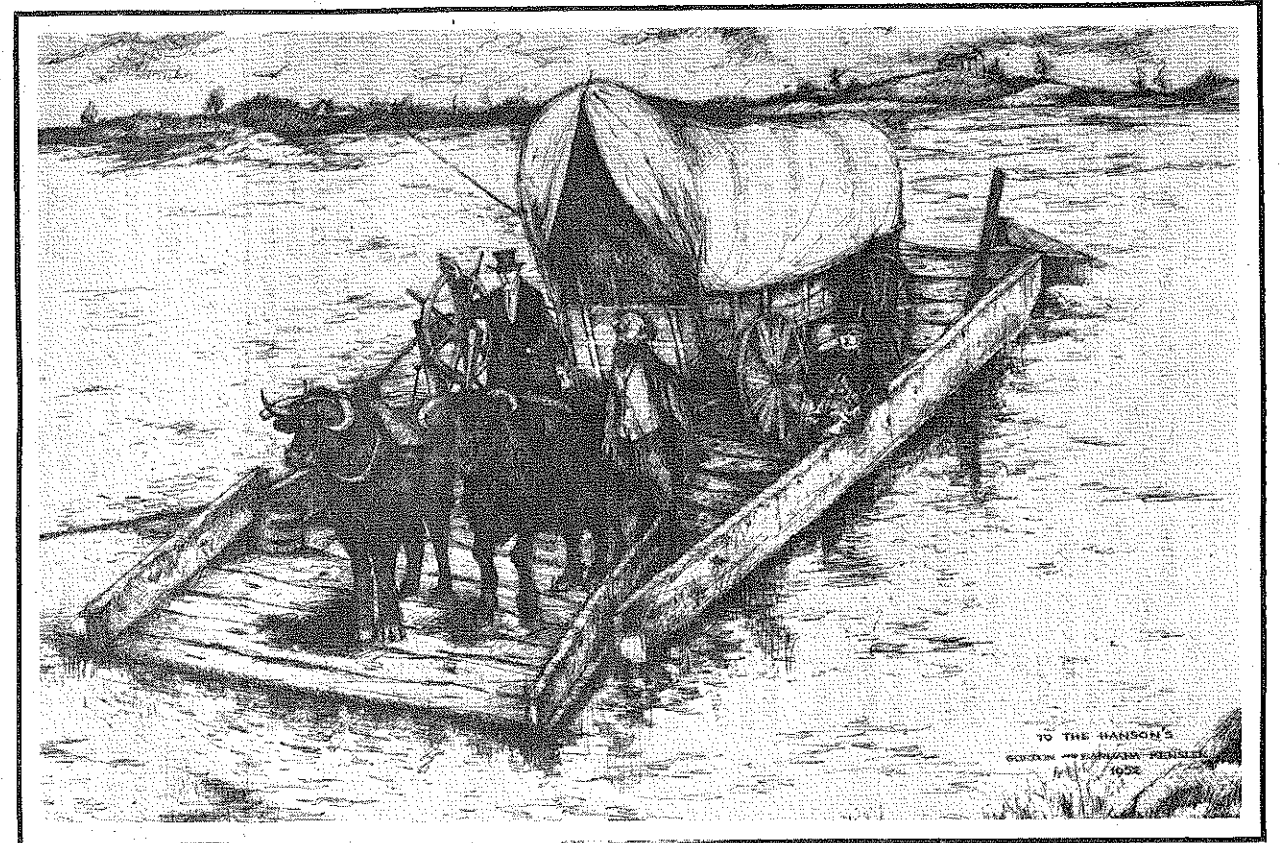


UNIVERSITY
FOR
MAN



A community learning center

Fall 1982



University for Man
1221 Thurston
Manhattan, KS 66502

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HISTORIC KANSAS

The land that is now Kansas was for centuries inhabited by Native Americans of a variety of tribes. In 1541, the Spanish conquistador, Francisco Vasquez de Coronado crossed the Arkansas River in Kansas in his unsuccessful search for gold. French explorers were in Kansas in the early 1700's. For a time France, Spain and England all had claims on the Kansas area. The English did nothing to further their claim. French claims were ceded to Spain in 1762, but in 1800 title was returned to France from whom the United States bought the entire Louisiana territory in 1803.

Meriwether Lewis and William Clark, while exploring the Louisiana Purchase saw Kansas in 1804 as did Zebulon Pike in 1806 on his way to discover the mountain which is now called Pike's Peak.

William Becknell, a Missouri trader, opened the Santa Fe Trail, two-thirds of which is in Kansas, to trade with the Spanish in what is now New Mexico. Early in the 1820's wagon trains were being sent over this route from the Missouri River to Santa Fe, passing through such early Kansas settlements as Council Grove, Fort Larned and Fort Dodge.

The Oregon Trail to the northwest was traveled during the middle decades of the 1800's. The route crossed the northeastern section of Kansas, impressing many pioneers who stopped to settle or who later returned to farm the rich land.

In 1854, Kansas was organized as a territory. Conflict over the question of slavery led to bloody battles between freestaters and pro-slavery forces. Three attempts at statehood failed until the anti-slavery forces finally won out in January of 1861, when Kansas became the 34th state.

In 1867, Abilene became a shipping center for Texas cattle when Joseph McCoy persuaded Texas drivers to use the extended Chisholm Trail to bring their herds to the just-arrived railroad. As tracks were built south and west, other towns like Newton, Ellsworth, Caldwell, Wichita and Dodge City became prominent. Mennonites from Russia in 1874 introduced Turkey Red wheat, a milestone in Kansas agriculture. Throughout the late 1800's towns were founded, schools established, and businesses and small industries started.

Significant changes occurred in agriculture, industry, communication and transportation in the years after 1900. After an unprecedented boom in agriculture during World War I, Kansas became part of the "dust bowl" of the 1930's. Conditions improved in the 1940's and Kansas became steadily more urbanized as new industries concentrated in population centers.

THE LEARNING RESOURCES NETWORK (LERN)

The Learning Resources Network (LERN) is the national association of free universities headquartered at UFM. This past month we have moved into new offices at 1221 Thurston, and have a new phone number - 539-LERN.

We are also pleased to have a new staff member, Lori Bergen, formerly a reporter with the Junction City Daily Union. Lori will be Director of the LERN News Service.

Stop by and visit us, and don't forget to subscribe to our magazine, THE LEARNING CONNECTION, for just \$10 a year, and stay in touch with the exciting field of lifelong learning.

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 Adult Education, and the U.S. Office of Education, Vocational Rehabilitation.

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 THE MANHATTAN MERCURY AND MANHATTAN CAMERA SHOP FOR ASSISTANCE IN PUBLISHING THIS BROCHURE.

Photos courtesy of Kansas State Historical Society, cover, pps 3, 6, 7 top, 7 bottom, 9, 10, 13 top, 13 bottom, 14, 15, 24, 26, 27, 29

HOW DO I REGISTER FOR CLASSES?

Complete registration instructions can be found on the inside-back cover of this catalog.

WHY DO CLASSES COST?

Registration fees are collected to cover printing costs and other expenses. Some instructors charge for materials and supplies. Please keep in mind that the same instruction elsewhere usually costs more. Special rates are provided for senior citizens, the handicapped and families. If you cannot afford to pay the class fee, please call UFM.

WHO CAN TAKE FREE U CLASSES?

Young or old or anyone in between can take Free U classes. You select the classes that interest you.

KEEP YOUR RECEIPT!!!

The receipt you receive when you register for a UFM class is important. The date, location and time of your class appears on the back of your receipt. If you have problems with a class or need a refund, your receipt number can help us give you better service. When you register in person, you will receive your receipt at registration. If you register by mail, a receipt will be returned to you by mail. Either way, hold on to it (and read the back). It's important.

STAFF:

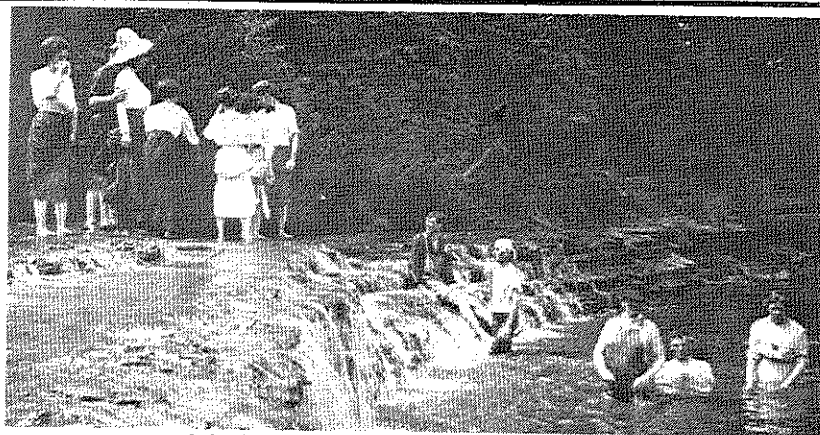
Julie Coates	Director, Local Programs
Janet Holcomb	Class Coordinator
Brian Mulch	Class Coordinator
Adam Rome	Class Coordinator
Neil Schanker	Assistant Director, Local Programs
Julie Govert Walter	Class Coordinator
Sandy Sandersware	Class Coordinator



Cover photos, summer 1982 catalog by Holly Miller. UFM apologizes for omission of credit in summer '82.

COMMUNITY

The search for historic Kansas begins in your own back yard. The Manhattan area is full of adventures for those who seek their past. You might want to start out an adventure to the past by exploring the places you know. Why not discover the history of your house this autumn or tour historic Marshall County. Or maybe this Fall would be a good time to explore your family tree; and you won't want to miss Leona and Doris Velen's "Our Kansas Heritage" slide presentation.



Swimming at Cedar Falls, Jefferson County

MONEY MATTERS

YOUR BUDGET C1
 Patricia Streeter 537-2244
 Tuesdays, 7-8:30pm, Sept 28 and Oct 12 (2 times)
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 15

Does your money run out on you before the month does? To get the most from your money, it's important to understand the basics of budgeting. At the first class you'll work on a monthly budget. At the second class we'll see how well it works. (Patricia is a small-business owner and a credit and money management specialist.)

SUCCESSFUL HOME BUYING C2
 Bill Frakes 776-1100

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

Thinking about buying a home? What should you look for inside, outside and all around a potential home? This course will provide you with a complete home buying checklist and will discuss such important elements as home-finance, professional inspection and planning for the future. (Bill is a broker-owner of a local real estate agency, the current president of the Manhattan Board of Realtors, and 1981 Realtor of the Year.)

SUCCESSFUL MONEY MANAGEMENT C9
 Fred Freeby 537-4505

Section I: Monday, 7-9:30pm, Sept 13
 Section II: Monday, 7-9:30pm, Sept 20
 Location: Register and you will be contacted

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. NOTE: Each section meets one time only. Couples are encouraged to participate together. (Fred is a district manager for Waddell and Reed, a national financial services organization specializing in financial planning.)

INVESTMENT IN OLDER REAL ESTATE C10
 Tom Keohan, Bill Frakes 537-9683

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

When it comes to wise real estate investments these days buildings don't get older but get better. This course will cover the economic advantages of investing in older and historic buildings including the "Economic Commercial and Residential Recovery Act of 1981" and investment tax credits. Find out how older real estate can be one of the best investments you can make in today's real estate market. (Tom, an expert on older commercial real estate, is the coordinator of Manhattan's Downtown Design Project; Bill is a Manhattan realtor.)

ESTATE PLANNING, IS IT FOR ME? C11
 Leo Figurski, Jim Morrison 532-5833

One Time: Tuesday, 7:30-9pm, Oct 5
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 25

Estate planning is for all ages, and many estate planning tools are available for individuals and couples wanting to develop or revise their estate plan. Tools used in estate planning including wills, property ownership, gifts and trusts will be covered. A review of the Economic Recovery Tax Act of 1981 and its effect on estate planning will be discussed. Bring your questions to class. (Leo has conducted many meetings on this topic as an area Extension Specialist. Jim is a local attorney who has had extensive experience in estate planning.)

MICROCOMPUTERS FOR YOUR BUSINESS AND HOME C14
 Noel Hebert, Mark Gorman 537-1075

One Time: Saturday, 9am-12noon, Oct 2
 Location: Register and you will be contacted
 Class Fee: \$5.00, pay with registration

What is a microcomputer? What can they do and what can't they do? These questions and others will be answered in this informative seminar. Different computer systems including the Atari and the Apple will be demonstrated and computer software will be discussed. (Noel is a local computer consultant and software specialist; Mark is the owner of a local computer firm.)

ESTABLISHING A CREDIT FILE C3
 B. Dale Thierolf 776-9434

One Time: Wednesday, 7:30-9:30pm, Sept 15
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 10

When the economic times get tough, the people with the least, suffer the most. A credit file and a good credit rating can give you an edge in spending power. The essentials of building your credit file will be explained. You will be provided with suggestions on how to build and maintain yours, no matter what your age or income. (Dale owns and operates a local credit bureau.)

ALICE IN CREDITLAND C4
 Patricia Streeter 537-2244

One Time: Thursday, 7-8:30pm, Sept 30
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 15

Alice has pushed through a revolving glass door into the wonderful world of credit. There are so many ways to purchase items, but Alice chooses her options wisely. Come and discover how to be a credit-wise shopper just like Alice.

STARTING A BUSINESS C-13
 Rick Mann 537-4400

One Time: Thursday, 7-10pm, Oct 14
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

So you're starting a business or thinking about starting one? Terrific! Make this class one of your first investments and find out how to finance your business, effectively market your produce or service, and make wise advertising choices. Controlling and monitoring your business organization will also be covered. (Rick is Vice President of Kansas State Bank in Manhattan.)

IT'S YOUR MONEY: A FINANCIAL SERIES C6
 Steve Harrison, Sherl Prawl 537-0594

Whether you want to know how stocks and bonds, mutual funds and money market funds work on Wall Street or how IRA's and Keogh's can supplement retirement income, chances are you will find your answer in this series of programs.

Location: Register and you will be contacted
 Class Fee: \$3.00/session (please indicate sessions you plan to attend)
 \$10.00/series (pay with registration)

Investment Basics C6A
 Tuesday, 7:30-9:30pm, Sept 14

Back by popular demand, this is an opportunity to begin forming the foundation of investment fundamentals necessary for effective financial planning. Topics discussed will include money market funds, stocks, bonds, mutual funds and other investment opportunities.

Why Investors Fail C6B
 Thursday, 7:30-9:30pm, Sept 16

Once you have the basics, where do you go next? Questions addressed during this session will include: "What can I hope to get from investing?" "What risks can I afford to take?" and "How do I calculate investment risk?"

Investing for Income Today C6C
 Tuesday, 7:30-9:30pm, Sept 21

"What will give me income now?" For those who ask this question we will discuss money market funds, bonds (corporate, government and municipal), income stocks, income-producing real estate and other alternatives.

Investing for Growth and/or Retirement C6D
 Thursday, 7:30-9:30pm, Sept 23

Inflation and taxes - both are major considerations. Discussions will cover: investing for income tax reduction through real estate, oil and gas, as well as equipment leasing; retirement plans such as Keogh's and IRA's and growth through various investment vehicles.

(Steve and Sherl are registered representatives of a New York Stock Exchange member firm with offices in Manhattan.)

MORE MONEY MATTERS

SOCIAL SECURITY: WHERE IT'S BEEN, WHERE IT'S GOING AND HOW IT AFFECTS YOU C5

John Ridenour 539-4681
 One Time: Wednesday, 7-9pm, Sept 22
 Location: Manhattan Public Library Limit: 30
 "Will I ever see any of the tax money I've paid to Social Security after I retire?" This question and others will be addressed in this class. Find out why the Social Security system began and how it has changed. We'll also cover the four social security programs; Retirement; Survivor's Benefits; Disability and Medicare as well as the current status on Social Security funding and legislative proposals. If you've ever wondered about our Social Security System this course is for you. (John is a field representative for the Manhattan Social Security office.)

UNDERSTANDING COMMODITY FUTURES MARKETS C7

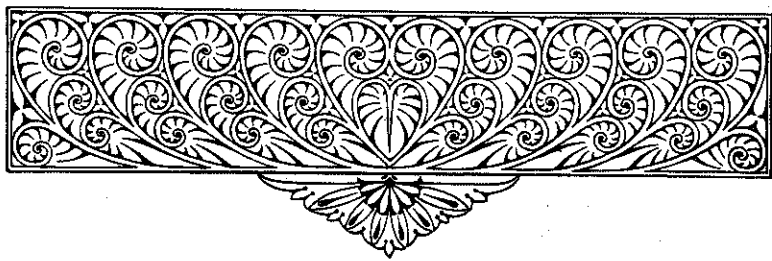
Jim Buchanon, Terry Henry 776-1313
 One Time: Thursday, 7:30-10pm, Oct 14
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 The commodity futures market is the fastest growing area on the stock exchanges. Register for this course and find out why. We'll discuss how commodities like wheat, cotton and silver are bought and sold and what factors determine investment success. Investment opportunities will be considered. (Jim and Terry are registered commodity brokers who have researched, taught and written about the Commodity Futures Market.)

FINANCIAL FUTURES ON THE STOCK INDEX C8

Albert Winkler 776-1313
 One Time: Thursday, 7-9:30pm, Oct 21
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 This course will discuss the variety of new tools available to financial investors which can reduce risks of the individual who has a diversified portfolio of loans, bonds, stocks or other financial securities. We will discuss the advantages and disadvantages of new laws which can permit investors to eliminate 90% of the risk on their investment portfolio. This course is especially designed for those who have advanced understanding or appreciation of financial securities. (Albert is a stockbroker and an economist with experience in a broad range of financial markets.)

CONSEQUENCES OF BANKRUPTCY C-12

Paul Nickel 537-4400
 One Time: Tuesday, 7:30-9:30pm, Oct. 5
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 Bankruptcy - you've heard about it. Maybe you've thought about declaring bankruptcy during these tough economic times. What are the problems those declaring bankruptcy encounter. This question and others will be addressed in this session. (Paul is a Consumer/Commercial loan officer with Kansas State Bank.)



THE LAW and YOU

DIVORCE: THE LEGAL ASPECTS C15

Robert Pottroff 539-4656
 One Time: Monday, 7:30-9pm, Sept 27
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 What do you want to know about divorce procedures in Kansas? This course will cover current Kansas law concerning divorce proceedings, upcoming statute changes and answer your questions about general divorce law. (Robert is a Manhattan attorney.)

FAMILY RELATIONSHIPS AND THE LAW C16

Rod Olsen 776-9208
 One Time: Tuesday, 7:30-9pm, Oct 12
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 Recent changes in Kansas statutes may mean changes for you or for someone you know in family relationship matters. Child custody, divorce and other family relationship concerns will be discussed. (Rod is a Manhattan attorney.)

WOMEN AND THE LAW C17

Sue Jacobson 762-3333
 One Time: Monday, 7-9pm, Oct 4
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 What should women know about the law? This course will emphasize women's rights as applied to property rights, before, during and after marriage; child custody; the separation process and in cases of crimes against the family. (Sue is an attorney in Junction City.)

4 Community

FOOD ISSUES

FOOD ISSUES:

A HUNGER FILM SERIES C20

Dave Stewart 539-3051
 Fridays, 11:30am-1pm
 Location: K-State Union
 This series of films which focus on a variety of food issues is sponsored by American Baptist Campus Ministries and is coordinated by Dave Stewart, a local campus minister and State Coordinator for "Bread for The World" in Kansas. For more information about this special series contact Dave at 539-3051. A discussion will follow all films.
 Sept 3 "Grain of Conscience"
 (Little Theatre) This film, a Cousteau Society documentary, examines the issues and thinking of the world food problem.
 Sept 10 "Let My Village Live"
 (Little Theatre) A story of how one young farmer breaks the ancient pattern of poverty and hunger in his village.
 Sept 17 "Rich and Poor. What Can We Do?"
 (Rm 213) A film which explores the need for rich and poor nations alike to assume responsibility for altering the systems that create poverty and hunger.
 Sept 24 "Bread That was Sown" and "A Step in Right Direction"
 (place to be announced) Two films which anticipate the CROP Hunger Walk (Sept 26) and describe the value of the local community's participation in responding to world hunger.

YOUR HUNGER PROJECT: THE FIRST FIVE YEARS C21

Edith Stunke 776-3624
 One Time: Tuesday, 7:30-9:30pm, Sept 14
 Location: Register and you will be contacted
 Class Fee: \$1.00, pay with registration
 Five years ago The Hunger Project was founded to empower individuals to participate in ending hunger and starvation on our planet by the end of the century. In this class we will review the progress and pitfalls encountered toward that goal. (Edith is one of thousands enrolled in The Hunger Project in Manhattan.)

FLINT HILLS BREADBASKET C22

Tom Mulhern, Carol Pyle 776-9294
 One Time: Tuesday, 7-8pm, Sept 21
 Location: Register and you will be contacted
 Class Fee: \$1.00, pay with registration
 Kansas is known as the "Breadbasket of the World" and now Manhattan has a breadbasket of its own - the Flint Hills Breadbasket. You're invited for a tour of the Manhattan area's food bank and to find out how you can be involved in this positive approach to the community's and the world's hunger problem. (Tom and Carol have been involved in the organization of the Flint Hills Breadbasket.)



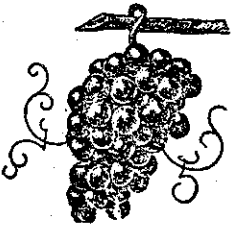
THE 1982 CROP WALK: WHAT DO YOU WANT TO KNOW? C23

Elvin Franz 272-8322
 One Time: Thursday, 7-8:30pm, Sept 16
 Location: Register and you will be contacted.
 Half a billion people in our world never have enough of the right kinds of food to eat. What can you do to change this situation? Join people in the Manhattan community as we embark on a 12-mile walk on September 26 to raise funds for Church World Service and other international relief organizations and express our hope for a world without hunger. Details about Manhattan's CROP Walk and an explanation national and international CROP Network will be the focus of this session. (Elvin is the State Coordinator of CROP of Kansas.)

WORLD FOOD DAY: OCTOBER 16 C24

Plans are being made now for a celebration of World Food Day on Saturday, October 16. Special events and activities will be part of this celebration. If you or your organization would like to become involved contact David Stewart, chair of the World Food Day Coordinating Committee at 539-3051.)

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YOUR HERITAGE

FIND YOUR FAMILY TREE

C25

Karra Porter

Wednesdays, 7-9pm, Sept 15, 22 (2 times)
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration

Take this class and discover your family tree. This beginner's course in family history will include basic procedures for collecting and recording family records. It will also cover the importance and availability of public records - census, vital statistics, probate, land and military records. (Karra is a K-State student who has six years experience in genealogical research and is working on a book of her family's history.)

DISCOVERING THE HISTORY OF YOUR HOUSE

C28

Owen Jones

539-7976

Wednesdays, 7-8:30pm, Oct 6, 13 (2 times)
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Would you like to know more about the house you live in? In this class, we will discuss ways to find out about older buildings in Manhattan - we will talk about older building methods and materials, and we'll talk about searching through local records. Join us! (Owen, retired after many years in the building trade, is a lover of history. He hopes we can find and preserve the historic places of the future today.)

OUR KANSAS HERITAGE: A SLIDE SHOW

C26

Doris & Leona Velen

539-8758

One Time: Monday, 7:30pm, Sept 9
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

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

A TOUR OF HISTORIC MARSHALL COUNTY

C27

Owen Jones

539-7976

One Time: Saturday, 9:30am-after noon (bring your lunch), Sept 18
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: Drive or bring \$2.00 for gas

Travelling north to Frankfort, we will seek out the old Oregon Trail near the Clear Fork crossing of the Black Vermilion. We will explore what remains of the old Barret township, now largely under the Tuttle Creek reservoir. We will see the schoolhouse of old USD #1, and the stone farm houses of the Barrett family. We will talk about the town as it was before the dam. Bring a picnic lunch and a leisurely longing for adventure! (Owen lived the first 53 years of his life in Marshall County. His brother and sister own and farm the land that includes the few surviving historic structures in Barrett.)



PUBLIC ISSUES

NUCLEAR WEAPONS: WORRY IN OUR WORLD

C30

Mondays, 7:30pm
Location: Register and you will be contacted
Class Fee: \$1.00/session; \$3.00/series

The following 4-part series of programs is sponsored by The Other Manhattan Project, a citizens group concerned about the alarming proliferation of nuclear weapons. (The Other Manhattan Project meets the first Monday of each month at ECM, 1021 Denison.) Contact David MacFarland, 537-1505 for more information.

Sept 20 "The Final Epidemic"
This film depicts the consequences of a nuclear blast and the after-effects of such a horrible disaster

Sept 27 "What About the Russians?"
This video-tape with Jacob Kipp, a member of KSU's Department of History and an expert on Soviet Military affairs addresses the question of "The Russian Threat."

Oct 4 "Survival...or Suicide"
This documentary deals with the strategic military forces of the U.S. and the USSR.

Oct 11 "Taxes for Peace"
Dean Denner, who sends the military portion of his taxes to the World Peace Tax Fund, will discuss the range of options for those who wish to direct their tax money for peace purposes.

IT'S TIME FOR A FREEZE

C31

Kiva Ryan

776-1154

One Time: Thursday, 7:30-9:30pm, Oct 7
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

What is all the talk about a freeze on nuclear weapons production about? This course will explain what the proposed U.S./U.S.S.R. nuclear weapons freeze is. We'll discuss why it is urgently needed today before new designs in nuclear weapons systems in both countries defy any checks in compliance with such a treaty. We'll also discuss what we, as citizens, can do to aid the freeze effort. (Kiva is a homemaker and mother who has been active in the Nuclear Freeze effort since it was brought to Manhattan.)

DRAFT REGISTRATION: WHAT'S IN STORE?

C32

Dean Denner

776-5589

One Time: Thursday, 7:30-9pm, Sept 23
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

This summer prosecution has begun against selected men who did not register for military conscription through the Selective Service System. What's in store for 18-year-old males and the rest of us? Dean will present what he knows. (Dean is armed with facts and information about this controversial area.)



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MANHATTAN and BEYOND

TOUR OF McCALL PATTERN CO.

C35

776-4041

Norman E. Winter

Section I: Friday, 9-10am, Sept 17
 Section II: Tuesday, 1-2pm, Oct 5 Limit: 25 each section
 Location: Register and you will be contacted
 Class Fee: \$1.00, pay with 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. All participants will receive a free gift packet.



Car in mud, Osborne County (?)

UFM VOLUNTEER CORPS

C36

532-5866

Karra Porter

One Time: Monday, 7:30-9:30pm, Sept 13, UFM Fireplace Rm

Want to meet people, go places, have fun and do something to help UFM too? Then you might be just who we're looking for. UFM is organizing a Volunteer Corps which will plan future UFM events, help provide course ideas, improve our organization and tell others about UFM. Come and learn more at this informative meeting.

WHAT UFM CAN OFFER THE DISABLED

C37

532-5866

Mary Priest

One Time: Thursday, 7:30-9pm, Sept 16
 Location: UFM Solar Addition

What's new at UFM for the handicapped? This will be a presentation of UFM programs and services designed to aid the handicapped. We'll discuss problems and possible solutions. (Mary, a graduate student in Horticultural Therapy, coordinates UFM's "Let's Recreate" program and is herself confined to a wheelchair.)

INTERNATIONAL CAREER AND EDUCATIONAL OPPORTUNITIES

C38

532-6799

Jon Feighner

One Time: Wednesday, 7:30-9pm, Nov 3
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 24

Is there a career in international business or a foreign exchange program in your future? Perhaps there should be. This course will cover foreign exchange programs available to K-State students, the International Personnel Registry of the International Trade Institute and international graduate programs. Bring your questions. (Jon is an international trade specialist with K-State's International Trade Institute.)

INTRODUCTION TO COSTA RICA

C40

532-6799

Jon Lee Feighner

One Time: Wednesday, 7:30-10pm, Oct 6
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$2.00, pay at class Limit: 16

This introduction to Costa Rica will provide you with an overview of the history, politics, culture and geography of an important central American nation. Costa Rica travel and study opportunities will be discussed. (Jon, who has a Masters degree in Latin American Studies spent his junior year abroad in Costa Rica.)

WORLD FRIENDSHIP

C41

539-6377

Sharon Reagan

Tuesdays, 9:30-11:00am First Meeting: Sept 7 Length: Ongoing
 Location: First Presbyterian Church, 8th & Leavenworth

World Friendship is an organization devoted to building friendships that span many cultures and languages. Our goals are to provide a broad learning experience for foreign women and their children and to acquaint our foreign guests with Manhattan. Classes held each Tuesday are English, sewing, cooking, crafts and exercise. A nursery and transportation are provided. American volunteers are needed to assist in all aspects of World Friendship. Join us and share your talents. (Sharon has been involved in World Friendship for 4 years and has lived in a foreign country and understands the feelings and needs of a person strange to the culture.)

EUROPEAN GETAWAYS: (WAYS TO SAVE MONEY AND ENJOY EUROPE)

C39

David Garvin

539-0531

One Time: Thursday, 7:30-9:30pm, Oct 14
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

Travel to Europe - it doesn't have to be expensive. Come and learn about cheap ways to get to Europe, low-cost ways of traveling around Europe, and fun places to stay. Europe need not break you - come and learn! (David, the owner of a local travel agency, has been in the travel business for 6 years.)

TUTORING CONVERSATIONAL ENGLISH

FA13

532-6448

Kurt Musil, Donna Davis

Section I: Wednesday, 7-8pm, Sept 8
 Section II: Thursday, 7-8pm, Sept 9
 Location: International Student Center

This class is for people who would like to help international students or their spouses improve their English skills. After a one-time orientation meeting tutoring assignments will be arranged at each participant's convenience. No previous training is necessary, only that you speak English and are sensitive to people from other cultures. (Kurt and Donna both work at the International Student Center, and they both agree that being an English tutor is one of the nicest things they've ever done for themselves.)



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WOMEN

"That man over there says that women need to be helped into carriages, and lifted over ditches, and to have the best place everywhere. Nobody ever helps me into carriages, or over mud-puddles, or gives me any best place! And ain't I a woman? Look at me! Look at my arm! I have ploughed and planted, and gathered into barns, and no man could head me! And ain't I a woman? I could work as much and eat as much as a man - when I could get it - and bear the lash as well! And ain't I a woman? I have born thirteen children, and seen them most all sold off to slavery, and when I cried out with my mother's grief, none but Jesus heard me! And ain't I a woman?" -Sojourner Truth, 1851.



Suffragettes in Lawrence, Kansas

WOMEN IN BUSINESS: BARRIERS TO THEIR SUCCESS

C50

Laura Milner

537-4472

One Time: Tuesday, 7:30-9:30pm, Sept 14
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

This lecture and discussion will focus on situational barriers such as tokenism, (one female among many males) and sexual harassment as well as socialization practices that effectively block the upward mobility of women in business. (Laura, a doctoral candidate in the KSU Department of Psychology, is interested in women in business with the intention of doing her dissertation on sexual harassment.)

WOMEN'S CAREER DEVELOPMENT GROUP

C51

Susan Scott Angle

532-6927

Register and you will be contacted for time and location
Class Fee: \$3.00, pay with registration Limit: 8

The Women's Career Development Group is designed for women who wish to reenter the job market or change from one career to another. In a group setting, you will examine vocational choice as a lifelong process in which all experiences are meaningful and changes may be expected. (Susan is a counselor at the KSU counseling center who has an interest in the special career development needs for women.)

SHOULD LESBIANS COME OUT AT WORK?

C52

Lesbian-Feminist Alliance

One Time: Wednesday, 7-8:30pm, Oct 27
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

This session will include a presentation of recent research about lesbian self-disclosure and work satisfaction, and a general discussion of this topic. We'll discuss other topics related to lesbians and psychology according to class participant's interests.

IMAGES OF WOMEN

C53

Rosie Field

One Time: Wednesday, 7:30pm, Sept 8
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Have you observed how day-to-day use of English words can perpetuate the "lesser woman" system? We will discuss many of the words and pictures, symbols of "woman," which have been with us through the years. Come with your own observations to discuss. (Rosie has been noticing verbal/marketing inequality for years and has been known on occasion to walk into a store and register a complaint about the store's advertisement flyer.)

WOMEN AND ALCOHOL

C-54

Laura King

532-6432

One Time: Tuesday, 7-9pm, Oct 12
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

This class will provide information and discussion on a variety of issues related to women's use of alcohol. Topics we will discuss include: the physical effects of drinking on women, alcohol consumption during pregnancy, society's view of the drinking woman versus the drinking man, women problem drinkers' difficulties in receiving help and options for dealing with the effects of your own or another's problem drinking. (Laura is the director of the KSU alcohol abuse prevention program, and a grad student in Psychology.)

RAPE AND ABUSE: THE ELDERLY CONNECTION

C-56

Elaine M. Johannes

776-9294

One Time: Friday, 10-11:30am, Oct 8
Location: Manhattan Public Library, Juliette & Poyntz

The problem of abuse and rape is not limited to the young. The elderly are also victims and their numbers are increasing. This open forum is offered as an opportunity to become enlightened and to discuss the topics of elder abuse and elderly rape. Steps to safeguard against rape will be highlighted and community resources will be discussed. (Elaine is Assistant Director for Consumer Assistance and Information with the NC-FH Area Agency on Aging, and is a member of the Regional Crisis Center.)

REGIONAL CRISIS CENTER VOLUNTEER TRAINING

C-59

One Time: Saturday, 9am-5pm, Sept 18
Location: St. Mary's Hospital - Large meeting room

One out of 2 families will experience domestic violence in their relationship at some time. One out of 3 women will be raped. (FBI statistics). The Regional Crisis Center training is for potential volunteers and for people who are interested in learning more about the problem of domestic violence and rape.

HEALTH ISSUES FOR WOMEN

C55

Anne Wigglesworth, M.D.

456-9202

One Time: Monday, 7-9pm, Sept 13
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

"Aging," "Fitness," "Nutrition" and Media Influences on women's health and reproductive medicine will be among some of the topics we will discuss in this informal session. Bring your ideas and concerns. (Anne is a practicing board-certified obstetrician-gynecologist with a variety of traditional and not-so-traditional experiences. She has lived 42 years in a woman's body.)

INTRODUCTION TO SELF-DEFENSE FOR WOMEN

K-7

Christie and Sandy

776-6498

Sundays, 7-9pm, Oct 10 & 17 (2 times)
Location: Douglass Center Annex, 901 Yuma

Regardless of age, race, social class or lifestyle - all women are potential targets of violence. However, women rarely receive any training for their own defense. This class will introduce simple but effective self-defense skills, taught by women for women. Be sure to wear loose comfortable clothes. (Christie and Sandy have taught self-defense for women for the past 2 years.)



Group in Lawrence, Kansas

more on WOMEN

WOMEN USA HOTLINE

C58

1-800-221-4945

Every week, an issue of importance to women and current National policies can be heard via HOTLINE, along with a legislative update. Information on legislators to contact to express your opinion is also given. Make your voice count! Call HOTLINE and write your Congressperson.

LESBIAN-FEMINIST SUPPORT GROUP

C60

Lesbian Feminist Alliance

Sundays, 6:30-8:30pm First Meeting: Sept 12
Location: Register and you will be contacted
Class Fee: \$2.00, pay with registration

Length: Ongoing

This group is for lesbians to get together for support and discussions - we'll talk about "coming out" in a small town, homophobia and how it affects our self-image, and working and living together while accepting our differences. We'll have small group discussions, maybe some field trips and speakers. (The Alliance is a group of lesbians in Manhattan who feel our support for one another is essential for our personal and political growth.)

WOMEN OF THE HEARTLANDS

C63

Christie Simpson

776-7573

Sundays - register and you will be contacted for times and location
Class Fee: \$1.00, pay with registration

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

BOOKS BY AND ABOUT WOMEN

C64

Lorrie Cross and Barbara Anderegg

539-9141

Tuesdays, 7:30-9pm First Meeting: Sept 21
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Length: Ongoing

Women writers say special things. Women readers often hear them. This class provides time for women to talk with each other about novels, non-fictional works, humor and satire. Dimensions of self-image shaped by literary models are examined by participants as we discuss books selected by group members. Recent meetings have focused on the books: Bleedingheart by Marilyn French, Love For Lydia by H.E. Bates, Willa Cather by Lucy Gayhart, So Big by Edna Ferber and Portrait of a Lady by Henry James. (Lorrie has been in this group since 1978 and Barbara's been involved since Spring 1981.)

PRO-LIFE FEMINISM

C61

Elise Rose

532-5731

One Time: Sunday, 7:30-9:30pm, Oct 3
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Pro-life feminists reject the popular notion of feminism - including more economic rewards for a certain class of women, abortion on demand and rising materialism and narcissism. Pro-life feminists feel that feminism is inherently non-violent and must oppose the exploitation of women and children by the masculinist culture which dominates our society. They believe this exploitation underlies the increasing reliance on abortion for birth control. They are working for restructuring communities to embrace and support the entire human family beyond the biological family and to elevate the status of women and children. (Elise is a member of Feminists for Life of America and wants to see our society become both less sexist and less violent.)

HARBOURS: A WOMAN'S PLACE

C62

Liz Goudy and Laurie Domsch

776-3815

One Time: Friday, 8pm, Sept 17
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

HARBOURS began last Spring as a women's coffeehouse, with the purpose of providing a woman-oriented atmosphere in which to relax, visit, study and eat popcorn. Our primary purpose is to encourage women to meet, brainstorm on women's community concerns, get to know each other, trust each other and work together. Women's music will be provided. (Liz and Laurie are active in the women's community and enjoy getting women together to share common experiences.)

WOMEN AND THE EARTH

E36

Ann Simony, Sue Rieger

539-3291

One Time: Monday, 7pm, Sept 13
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Limit: 10

We'd like to gather women together to explore our connectedness to nature and our developing spirituality. We may address topics such as what is inherent in women that makes them closer to the earth (if anything?), women's cycles, how women heal themselves, native American rituals and viewpoints and spiritual awakenings. The discussion and excursions will be geared toward individual interests. (Sue and Ann are piecing together what spirituality means to them.)

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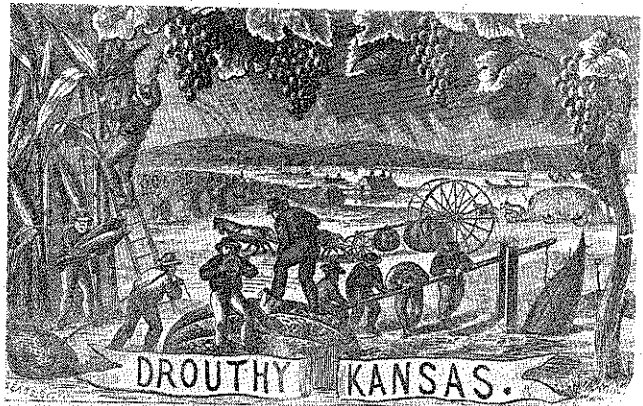
EARTH

Historic Kansas comes especially alive in three UFM classes in the Earth Section.

The Land and Its People: A Historical Sketch will take you on a short trip to experience what challenges the Flint Hills provided for settlers and travellers on the Oregon Trail.

The Lore of the Land, by well-known folklorist Bill Koch, will offer up a generous portion of Great Plains literature, story and song from the Santa Fe trail and great cattle-drive days.

Recreational Gold Prospecting will teach you how and where to find gold, using some of the same techniques the '49ers used when they crossed Kansas in the rush to California.



Kansas Farmer, in its 25th Year, is a Weekly, 2-Page, Farm and Family Journal, Published at Topeka, Kansas, at \$2.00 per Year, Cash in Advance.

GROWING YOUR OWN

HERBAL LORE

E19

Carol Ebert

456-2841

Thursdays, 7:30-8:30pm First Meeting: Sept 30 Length: 4 times
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration
Materials Fee: \$2.00, pay at class

Limit: 20

Herbs and spices - dazzle your palate, cure your ills, tantalize your nose. Come learn some of the history and lore of the special plants called herbs. Get tips for buying or drying and preserving your own. Learn many food uses, how to make potpourri and caffeine free herbal teas. (Carol is an avid herbalist with the knowledge that the use of herbs and spices is limited only by one's imagination.)

HARVESTING AND STORING VEGETABLES

E22

Chuck Marr and Jim Lindquist

776-4781 532-6170

One Time: Tuesday, 7:30-8:30pm, Oct 12
Location: Register and you will be contacted

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

CAMPUS TREE WALK

E24

Frank Gibbons

532-6170

One Time: Monday, 6:30-8pm, Sept 13
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Limit: 25

Join us for a tour of the KSU campus arboretum. We will look at important woody plant materials useful for home landscaping. Plants will include shade trees, evergreens, shrubs and vines. (Frank teaches Woody Plant Materials in the Horticulture Department, KSU.)

INDOOR GARDENING

E25

Mary Priest

532-5866

One Time: Thursday, 7-9pm, Nov 11
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

If you have indoor houseplant problems or would just enjoy learning more about interior gardening, this is the class for you. We will cover the importance of light, media, watering and fertilization. Other topics discussed will be propagation, flowering, insects and diseases. (Mary is well versed in the care of house plants and is a Graduate student in Hort Therapy at KSU.)

AUTUMN BULBS

E20

Houchang Khatamian

532-6170

One Time: Thursday, 7:30-9:30pm, Oct 28
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class

Limit: 25

Quiz: 1) which bulbs must be taken up for the winter - lily, tulip, hyacinth or gladiolus? 2) How deep do you plant a canna? In this class we will talk about how to take care of bulbs. We will discuss bulb propagation, which bulbs to plant outside and which to store inside for the winter. (Houchang teaches Horticulture at KSU.)

RESIDENTIAL FLOWER GARDENING

E21

Tim Lindemuth

776-5603

One Time: Tuesday, 7pm, Sept 14
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

You, too, could have "the yard of the week!" This class will explore soil conditioning, fertilizing, and selection of flowers for a striking home display. Lawn care will be touched upon. We will also discuss how to construct a patio pool and fountain. (Tim has been gardening for 25 years and his home has twice been awarded Manhattan's yard of the week.)

BASIC TREE MAINTENANCE

E23

Joel Brinker

539-6143

One Time: Saturday, 9am, Oct 2
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Limit: 20

We will consider pruning principles for trees of all sizes and the various reasons for pruning of shade, fruit and ornamental trees. We'll also be looking at specific trees and their problems as well as some of the tools used for pruning. This class will take place in a two-acre area, well populated with native Kansas trees which will be identified. (Joel owns and operates a local tree service and is a Kansas Certified Arborist with ten years experience.)

TERRARIUMS (AGES 6-12)

E26

Rebecca Brownson

537-9098

One Time: Saturday, 9-11am, Sept 11
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: 50¢, pay at class

Limit: 5

Bring a jar and some imagination. We will gather plants and create an enclosed garden. Control of your terrarium's environment and some of the life processes occurring within will be discussed. Parents welcome, but you must bring your own jar. (Rebecca has been making terrariums since she was a child when her grandmother introduced her to gardening.)

ARRANGING DRIED FLOWERS

E27

Karen Medlin

537-2846

One Time: Wednesday, 7:30pm, Oct 20
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Limit: 10

Have you ever envied your neighbor's bouquets or centerpieces of dried flowers? Learn how the professionals do it - in this class we will learn the basic skills of dried flower arranging so that we can create those bouquets and centerpieces ourselves. Bring a container and dried flowers - or be prepared to purchase flowers at class. (Karen loves flowers and is manager of Westloop Floral.)



ALL CREATURES GREAT and SMALL

ARABIAN HORSES

E6

Duane Daily

537-7823

One Time: Saturday, Oct 16, 3pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

The Arabian horse, foundation breed of all light horses, is thought by many to be difficult to handle. Not so according to Duane, who says that gentleness and quick learning ability are two important traits in Arabians. Come and meet some Arabian horses on their own turf. (Duane's interest in Arabians evolved from a 4-H experience in Egypt, and he's been breeding, raising and training horses for years.)

SHETLAND PONIES - CARE AND USE

E7

Roger McCormick, Harlen Kleiner

494-2374 494-2630

Saturdays, 9-11am First Meeting: Sept 11 Length: 8 times
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration

Ever wonder about those little ponies often seen in parades? This class will give you a greater appreciation for Shetlands. Roger will cover care of feet, which will include corrective trimming and shoeing. He will show how to harness to drive single and double. Harlen will discuss training pulling ponies and show how to adjust harness and equipment. Also care of brood mares and stallions will be taught. (Roger and Harlen enjoy Shetland ponies.)

PUPPY OWNERSHIP AND HOUSEBREAKING

E8

Mary DeBey

539-9278

One Time: Wednesday, 7-8:30pm, Nov 10
Location: Register and you will be contacted Limit: 25
Class Fee: \$3.00, pay with registration

Puppies are special. How you approach their early training can make them happy or not-so-happy as adult dogs. We'll talk about the behavior you might expect when you first bring your pup home and behaviors to expect as it grows. We'll also cover diet, health care and methods for house-training. Bring your questions. (Mary worked as a veterinarian in private practice for 1 year and is now on the faculty at KSU.)

PRINCIPLES OF ANIMAL CARE

E-9

Maggie Moynagh, DVM

One Time: Sunday, Sept 26, 7-10pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

The theoretical side of general animal care, including vaccination and immunity, parasite control, and breeding will be discussed. Breed associated problems will also be examined. This discussion is best suited to the seriously interested animal manager.

ANIMAL CARE - FOR CHILDREN AGES 7-14

E-10

Maggie Moynagh, DVM

One Time: Sunday, Oct 10, 2-4pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 20

Learn how to feed, groom and love your animals. Basic techniques of animal care will be demonstrated and practiced. Children are encouraged to bring along pets that are restrained and vaccinated appropriately. (Maggie is a DVM graduate from Purdue who is now working in the Manhattan-Onaga area.)

HUMAN ANATOMY

E37

Lynn Schanker

539-9150

Saturday, 1-3pm, Nov 6
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 10

Ever want to study a human skeleton but were always afraid to? No bones about it, this class provides you with the opportunity to view and HANDLE human bones, preserved human organs, x-rays, models, dissect rats and sheep eyes. Find out about yourself! (Lynn, a human body herself, is a biology instructor.)



Samuel J. Reader's watercolor version of a bison

HALLOWEEN OWL CALLING

E11

Monty Hinten

537-8871

One Time: Saturday, Oct 30, 9pm-12midnight
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 15

Halloween brings to mind things that inhabit the night. On this trip we will endeavor to seek out and "talk" to a group of nocturnal birds - the owls. (Monty is vice president of the Northern Flint Hills Audubon Society and enjoys activities related to wildlife.)

BUGS LIKE KIDS

E13

John Holcomb

485-2410

One Time: Saturday, 11am-1:30pm, Sept 11
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

And, kids like bugs. We will find and identify as many insects as possible on a walk around the Manhattan Community Gardens. We'll make a collection together. Mounting techniques will be demonstrated. Bring a butterfly net or similar bug catcher with you (you can make one with a wire clothes hanger and old nylon stockings or pillowcase). (John likes bugs too.)

EXPLORING UNDER ROCKS (FOR KIDS AND ADULTS)

E14

Stephen Hoffman

776-8072

One Time: Saturday, Sept 11, 2-5pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Under every rock is a world most people have never seen. Join with Steve as we search for ringneck snakes, lizards, toads, scorpions, centipedes and millipedes along with other rocky residents. Wear appropriate clothing, and bring your favorite cold drink. (Steve has been exploring these worlds for years.)

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EDIBLE LANDSCAPE SERIES

SUSTAINABLE AGRICULTURE AND APPROPRIATE TECHNOLOGY SLIDE TOUR E39
Ira Harritt 532-5866

One Time: Tuesday, 7:30-9pm, Sept 28
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

A slide tour will be offered of models for sustainable agriculture and appropriate technology from across the country. The Farrallones Institute, New Alchemy, Rodale Experimental Farm Village Homes (Davis, CA.), Community Gardens and Canneries, etc. will be presented and some of their research and explorations explained. (Ira has studied at the Farrallones Institute, directed the Kansas City Community Garden Project and currently is the UFM Edible Landscape Horticulturalist.)

SURVEY OF UFM EDIBLE LANDSCAPE, GREENHOUSE AND COLD FRAMES E40
Ira Harritt 532-5866

One Time: Saturday, 10-11:30am, Sept 25
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 20

We will explore the Edible Landscape design process - review planting of perennial food crops, annual vegetables, greenhouse and cold frame crops. There will be a discussion of book selections for the homeowner's Sustainable Agriculture Library. We will also explore the co-op purchase of dwarf fruit trees, and quantity purchasing of plant materials.

CORNUCOPIA OR EMPTY BREADBASKET? E-41

Gary Coates/Ira Harritt 532-5866

One Time: Thursday, 7:30-9pm, Sept 23
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

What is the status of the large and small farmer and our agricultural resources? We will survey some current trends of farming and marketing and alternatives responding to serious issues of soil erosion, energy costs, etc., threatening our future food supplies. The class can provide a background for consumer, producer and community actions to promote a sustainable food system. (Ira is horticulturalist and Gary is director of the UFM Edible Landscape Project. Both are participants in the Midwest Plains Congress on a Sustainable Food System.)

BEEKEEPING E12

Jim Johnson 532-5891

Mondays, 7:30-10pm First Meeting: Sept 13 Length: 3 times
Location: Register and you will be contacted
Materials Fee: \$2.50, pay at class, optional Limit: 25

Honey is that wonderful natural sweetener that bees make - but few people know how they do it. The sessions will cover many aspects of hobby beekeeping; from obtaining the bees and needed equipment, to managing the hive for your first and future honey crops. (Jim is an Extension Entomologist at KSU, and a local beekeeper.)

MUSHROOM IDENTIFICATION E18

Elizabeth Moses 537-4300

One Time: Tuesday, 7:30-9pm, Oct 5
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Learn what's good and bad, edible and not, about these fascinating fungi. Enter the world of the Shaggy Mane, the Stinkhorn, and the Destroying Angel. Emphasis will be placed on mushroom varieties in Kansas and neighboring farmlands. (Elizabeth learned through home study, field experience and recently, attending National Forays.)

COMPOSTING E38

Ray A. Keen

One Time: Saturday, 5:30pm, Oct 23
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Learn how to convert plant and animal residues to the best soil amendment. Covered will be slow-fast sheet-heap composting. Composting is odorless, effortless, carefree, inexpensive, acidic or basic. (Ray is a retired professor of Ornamental Horticulture.)

DRY IT - YOU'LL LIKE IT F20

Kay and Max Johnston 316/682-0747

One Time: Saturday, 9:30am-12noon, Sept 18
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 30

Basics of food dehydration with emphasis on saving flavor, color, nutrients and expense. Demonstration of methods of food preparation and storage for fruits, vegetables, meats, cheese and other foods. Discussion of alternative ways of drying foods including electric dehydrators, stove ovens, cardboard boxes and do-it-yourself solar dehydrators. Demonstration of solar and electric dehydration. (Kay and Max have been dehydrating most of their food for over 10 years. Last year they gave over 100 talks to organizations around the state.)

COOKING WITH DRIED FOODS WORKSHOP F21

Kay and Max Johnston 316/682-0747

One Time: Saturday 1-3pm, Sept 18
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 30

This class will focus on the best methods for using dehydrated foods. We will talk about storage techniques, reconstitution and how to retain the greatest nutritional content. Selected recipes will be demonstrated and we'll all get a taste!

PEOPLE and THE EARTH

THE LAND AND ITS PEOPLE: A HISTORICAL SKETCH E1

Peg Wherry 532-5686

Wednesdays, 7-8:30pm, Oct 6, 13 (2 times)
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Because the Great Plains landscape differs so dramatically from the Eastern United States, it has always demanded adjustment from the people who settled here. We will consider in this class how the physical characteristics of the land have challenged settlers, and how the settlers have responded to those challenges. We will begin by taking a short trip to a typical Great Plains landscape near Manhattan; if time permits, we will end by discussing problems facing the Plains in the future. (Peg, a native Iowan, has lived in Kansas for ten years.)

THE LORE OF THE LAND E2

Bill Koch 539-7138

One Time: Tuesday, 7-9:30pm, Oct 5
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

The land of the Great Plains has given birth to a rich family of literature, story and song. In this class we will read aloud some of that literature, tell some of those stories and sing some of those songs. We will explore the character of our land. (Bring along a passage or a poem to read, if you can!) (Bill is a professor of folklore and folk-literature, a storyteller, and a singer of folk songs.)

LAND INSTITUTE VISITOR'S DAY E34

Wes and Dana Jackson

Sunday, Oct 10 - carpool at 12noon (maps will be provided)
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

The Land Institute is a place where students receive college credit for participating in alternative projects with windmills, solar collectors, earth houses, and composting toilets in the search for sustainable alternatives in agriculture, energy, shelter and waste management. After a 2pm tour, the group will discuss, at 3pm, "Surviving the 80's: Working for saner Energy, Environmental and Agricultural Policies." (Wes and Dana are founders of the Land Institute in Salina.)

FRIENDS OF THE EARTH E35

Neil Schanker 532-5866

One Time: Saturday, 1pm, Nov 6
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

FOE, a national environmental organization promotes clean energy, clean air, wildlands and wildlife. The Kansas Chapter of FOE will hold a meeting in Manhattan to coordinate efforts to influence the state legislature. Steve Ernst, staff member of the Riley County Energy Project, will present the program, "Understanding Energy Uses In The Community." (Neil is vice-president of Kansas FOE.)

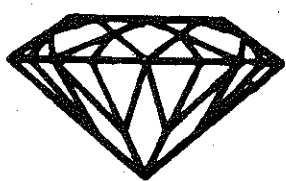
WOMEN AND THE EARTH E36

Ann Simony, Sue Rieger

One Time: Monday, 7pm, Sept 13
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 10

We'd like to gather women together to explore our connectedness to nature and our developing spirituality. We may address topics such as what is inherent in women that makes them closer to the earth (if anything?), women's cycles, how women heal themselves, Native American rituals and viewpoints and spiritual awakening. The discussions and excursions will be geared toward individual interests. (Sue and Ann are exploring what spirituality means to them.)





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THIS PLANET and BEYOND

FULL MOON WALK ON THE PRAIRIE

E3

Neil Schanker 532-5866

One Time: Monday, Oct 4, 9pm-12am (raindate Oct 5)
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 30

Listen to the night sounds of the Kansas prairie on a full-moon night. The Flint Hills natural history comes alive after dark with its plant life, nocturnal birds and mammals. Emphasis will be on listening and experiencing. (Neil enjoys a good full moon in any season.)

EXPLORING KINGS CREEK ON KONZA PRAIRIE

E4

Marty Gurtz 539-8062 532-6629

One Time: Sunday, 3-6pm, Oct 10
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 15

Water in prairie streams can be as crystal clear as that of any mountain stream - come to Kings Creek on Konza Prairie and see for yourself. The class will include a brief introduction to stream ecology and a slide show of Kings Creek through the seasons. We'll do some "exploring" to see what kinds of animal and plant life we can find, and we'll discuss how streams in tallgrass prairie watersheds compare to other streams. (Marty has been conducting research on Kings Creek for 2 years with KSU's Division of Biology.)

NATURE SCAVENGER HUNT

E5

Sue Rieger, David Verschelden

One Time: Saturday, 9am-2pm, Oct 9
Location: Register and you will be contacted Limit: 20
Class Fee: \$3.00, pay with registration

This class is for people aged 5-12. We'll explore the Carnahan Creek area searching for natural objects, including seeds, rocks, grasses, flowers, trees, birds and animals. We'll discuss what we saw and found, sharing theories of how objects formed and about the history of the land. Adults who would like to join us and help with supervision are welcome. Everyone should bring a sack lunch. (Dave and Sue appreciate the curiosity of children in natural settings.)



RECREATIONAL GOLD PROSPECTING

E29

David Patterson 776-5013

Thursdays, 7:30-9:30pm First Meeting: Sept 23 Length: 2 times
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Just back from Colorado, Dave will cover beginning prospecting, basic and advanced equipment, laws, and equipment modifications. Old class members are encouraged to sign up. This time he'll be giving away location information! (Dave has spent a lot of time doing this and he's catching gold fever again. It's contagious.)

ASTRONOMY - BASICS PLUS

E30

Jeff Wainright 776-1389

Mondays, 7-8pm First Meeting: Sept 20 Length: 2 times (plus extra field time)
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 20

Learn about the crab nebula, meteors, planets and black holes. The class will cover how to use a telescope for those with little experience, plus lessons in the use of star charts and maps, lunar maps, etc. Field time will be variable, depending on weather. (Jeff has long held astronomy as a hobby.)

WEIRD WEATHER?

E31

Dean Bark 532-6814

Register and you will be contacted for time and location
Class Fee: \$3.00, pay with registration Limit: 10

Have you wondered just how weird the weather has been this year? In this class we will try to answer that question by looking through official climate records. We will see the instruments and perhaps use the computers of the professionals. (Dean is a meteorologist at KSU.)

PLAYING WITH PHYSICS

E32

Brock Dale 539-3037

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

Let's play with physics! In this class, we will view unusual and fun demonstrations of optics, mechanics, electricity, heat, sound and magnetism - we will learn something of the ways the world works. (Brock teaches physics at KSU.)

NATURE PHOTOGRAPHY

E33

David Rintoul 532-5832

Saturdays, 10am-12n, Sept 11; 8-11am, Sept 18 Length: 2 times
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration Limit: 10

Learn how to capture on film the wondrous detail of a butterfly or the elegance of a dewy flower. This course will consist of description and practice of close-up nature photography. Emphasis will be on optics and close-up flash techniques. In the second class we will travel to nearby wild places for some practice in photographing nature. Rudimentary knowledge of operation of a 35mm SLR would be helpful. (David is an amateur photographer, specializing in close-up photography of flowers, insects, and other critters.)

FLINT HILLS WILDFLOWERS OF KONZA PRAIRIE

E15

Craig Freeman 776-1678

Section I: Saturday, 9am-11:30am, Sept 11 (rain date Sept 18)
Section II: Saturday, 1:30-4pm, Sept 11 (rain date Sept 18)
Location: Register and you will be contacted Limit: 20 each section
Class Fee: \$3.00, pay with registration

Ever wonder about the identity of some of those beautiful wildflowers that adorn the Kansas Flint Hills. If so, take a walk on the Konza Prairie and learn something of the identity, classification, and natural history of some of these gems. (Craig is a graduate student in plant taxonomy at K-State.)

PRAIRIE WILDFLOWERS

E16

Gene Towne 539-0353

Thursday, 6pm, Sept 9 (rain date Tuesday, 6pm, Sept 14)
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

Would you know compass plant, gayfeather or goldenrod if you saw them? 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 knows much about the prairie.)

PRAIRIE GRASSES

E17

Gene Towne 539-0353

Thursday, 6pm, Sept 16 (rain date Tuesday, Sept 21)
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

The prairie is a sea of grass. It has supported the American Bison with native grasses and the American people with emigrant grasses such as corn and wheat. A tour through the prairie will help you learn more about the native grasses species of the Flint Hills and how to identify them.

ANCIENT OCEANS OF KANSAS

E28

Dr. C. P. Walters 532-6724

One Time: Saturday, 9am, Sept 25
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class

Kansas has been under water 50% of the time for the past 1/2 billion years. The ancient oceans left us on top of 1/2 mile of ocean sediment. This deposit of mud and fossils puts Manhattan 1000 ft. above sea level. On this field trip we will examine the ancient sea floor and look for fossils along the way. Bring along a sack lunch and \$1 for gas donation. (A member of the local Audubon Society says, "I learned more about how the Flint Hills area developed from one of Dr. Walter's talks than I did in a whole semester.")

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FOODS

The migration of freed black slaves in 1865 brought to Kansas a culture and a people rich with southern tradition. Many of the foods and recipes were handed down from family to family during the period of slavery. They were often foods left over by slave and plantation owners or food that could be found such as beans and greens. Among the cuisine was pigtales, ham hocks, black-eyed peas, cornbread and homemade sweet potato pie.



Black settlers

FOOD, FOOD, . . .

CAKE DECORATING

F1

Pam Fitzsimmons

539-3211

Tuesdays, 7:30-9:30pm First Meeting: Sept 14
Location: Register and you will be contacted
Class Fee: \$10.00, pay with registration
Materials Fee: \$20.00, pay at class

Length: 8 times

Limit: 15

Learn one of the most creative and sharing arts of homemaking - cake decorating. With a decorated cake you can make an ordinary get together memorable for those you love, or you can turn any occasion into a real celebration. In this class you'll learn the proper way to bake and frost a cake and how to make beautiful borders, icing flowers and letter writing on an actual cake you bake and bring each week. (Pam has been decorating cakes for 3 years and was a professional cake decorator in Germany.)

BREAD SCULPTURE

F2

Elise Rose

532-5731

Section I: Saturday, 1-5pm, Sept 11
Section II: Saturday, 1-5pm, Nov 6
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: \$3.00, pay at class

Limit: 8 each section

We will make whole-grain breads using recipes and methods outlined in Ann Wiseman's excellent book, Bread Sculpture. The purpose is to create not lasting ornaments but edible works of art with both symbolic and nutritive value. Bring any of the following that you have: cookie sheets, foil, pastry brush, garlic or lemon press, kitchen shears, pie edge fluter, pizza cutter, spices, seeds, ideas for figures. (Elise enjoys making and eating natural foods, and enhancing celebrations with symbols.)

BABY FOOD

F3

Helen Johnson

776-8948

One Time: Tuesday, 7-8:30pm, Oct 5
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Limit: 15

Why spend your hard-earned money on all those little jars of over-processed, over-priced food for your baby? Learn simple ways to make quality nutritional foods for your child at a fraction of the cost. (Helen has made baby food for her own daughter and has taught this class before.)

ROOT BEER MAKING WITH YEAST

F11

Jennie Unterberger

776-5714

One Time: Saturday, 2-3pm, Oct 23
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class

Limit: 10

Have you always wondered how root beer is made? Jennie will demonstrate her special knack for root-beer making and show you the ins and outs of the process. Then she'll let you sample some of her homemade brew. (Jennie has made root beer for years and doesn't even remember why she began making it in the first place!)

CRAZY CREPES

F12

Sue Rieger

One Time: Tuesday, 7:30pm, Sept 28
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.50, pay at class

Limit: 10

The versatile crepe can be eaten at any meal. We'll fix dessert, seafood and vegetable fillings, along with a couple of basic crepe shell recipes, including a whole wheat crepe. You can refrigerate or freeze crepe shells for later use. Impress your friends with your international cooking flair! (Sue craves crazy crepes concocted with cunning.)

SWEET POTATO PIE

F13

Colleen Burnett

532-5866

One Time: Saturday, 7-9pm, Sept 24
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class

This delicious pie is a Southern tradition. Made with sweet potatoes and a rich flaky crust it's an addition to any meal. Come prepared to cook! (Colleen works for UFM and is always sharing her special recipes with the staff.)

EASY AND DELICIOUS MEALS FOR THOSE WHO DON'T LIKE TO COOK

F4

Kayann Heinly

776-4781

Tuesday, 7:30-9pm, Sept 28
Location: Pottorf Hall, Ci-Co Park

Everyone has his or her own special interests. Everyone has to eat. If your special interest is not in the food line - come and learn some short cuts to nutritious, delicious, easy-to-fix foods. (Kayann has been a County Extension Home Economist for 25 years.)

QUICK AND EASY HORS D'OEUVRES

F5

Pat Kneisley, Pam Fitzsimmons

537-8419

Thursdays, 7:30-9:30pm First Meeting: Sept 16
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration
Materials Fee: \$5.00, pay at class

Limit: 20

Quick, easy and hassle free Hors d'oeuvres and canapes to make your party an event to remember. We will learn how to make at least 8 hot and cold varieties and recipes will be provided. (Pam & Pat prepare Hors d'oeuvres for parties and friends as a hobby.)



Cream Separator

CHRISTMAS PANORAMA

F-19

Riley County Extension

776-4781

One Time: Thursday, 1:30-3pm, Nov 4
Location: Pottorf Hall, CiCo Park

Are you looking forward to the Christmas Holiday? Come and enjoy an afternoon of ideas. Three County Extension Home Economists will present ideas on: A Live Christmas Tree - Pies - Gifts from Your Sewing Room.

WHOLE WHEAT COOKING

F16

Carol Ebert

456-2841

Mondays, 7:30-9pm First Meeting: Sept 13
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration
Materials Fee: \$3.00, pay at class

Limit: 15

This whole wheat cookery class will include tips for use of whole wheat, nutritional values, and preparation of whole wheat foods. We will make bread, rolls, cake, cookies and whole wheat frosting. (Carol has years of experience as a whole wheat cook, and is author of Wheat Country Health Delights, a whole wheat cookbook.)

... and MORE FOOD

SOUPS

F6

Rebecca Brownson 537-9098
 One Time: Saturday, 5:30-7:30pm, Nov 6
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$3.00, pay at class Limit: 5

These thick, beautiful soups are easy to make ahead, freeze or reheat. We will make Potato Soup and sample Cheese Soup, Crock Pot Minestrone and Cheese Sausage Chowder. Come prepared for a little work and a lot of good eating. (Rebecca started making main dish soups as a defense against mealtime madness when she was a research assistant with two vet school roommates.)

CHICKEN ENCHILADAS

F7

Pat McIntyre & Pat Tetreault 532-6850
 Tuesdays, 7-8pm First Meeting: Sept 7 Length: 2 times
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 6
 Materials Fee: To be determined by number of participants

Would you like to eat some authentic Mexican food??? Pat & Pat (not incorporated) are two great cooks from the Southwest (The Tex-Mex border). Come to the class, cook, and then eat (!) some great enchiladas. (Pat and Pat are experts on preparing and enjoying food.)

YOGURT MAKING

F17

Dennis Hemmendinger 539-6609
 One Time: Monday, 7-9pm, Sept 27
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 10

Yogurt making can be easy. All you need is milk, a little plain yogurt, a jar, a crock-pot and a paper bag. Come see a method I've been using for years. (Dennis enjoys yogurt in everything from ice cream to casseroles.)

INTRODUCTION TO PEOPLE'S GROCERY FOOD CO-OP

F18

Mary K. Brinker, Kerry Ingersoll 539-6143 537-1876
 Register and you will be contacted for time and location
 Class Fee: \$1.00, pay with registration

Several members of our cooperative will combine their talents to present an introduction to natural foods, herbs and spices, and sprouting. We will share some food preparation and storage hints particularly for people interested in incorporating more natural foods into their diets without "shocking" their family's palates.

DRY IT - YOU'LL LIKE IT

F20

Kay and Max Johnston 316/682-0747
 One Time: Saturday, 9:30am-12noon, Sept 18
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 30

Basics of food dehydration with emphasis on saving flavor, color, nutrients and expense. Demonstration of methods of food preparation and storage for fruits, vegetables, meats, cheese and other foods. Discussion of alternative ways of drying foods including electric dehydrators, stove ovens, cardboard boxes and do-it-yourself solar dehydrators. Demonstration of solar and electric dehydration. (Kay and Max have been dehydrating most of their food for over 10 years. Last year they gave over 100 talks to organizations around the state.)

COOKING WITH DRIED FOODS WORKSHOP

F21

Kay and Max Johnston 316/682-0747
 One Time: Saturday 1-3pm, Sept 18
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 30

This class will focus on the best methods for using dehydrated foods. We will talk about storage techniques, reconstitution and how to retain the greatest nutritional content. Selected recipes will be demonstrated and we'll all get a taste!

MEAT: CONCEPTION TO CONSUMPTION

F22

Dave Nichols 532-6131
 Thursdays, 7-9pm First Meeting: Oct 7 Length: 2 times
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$2.00, pay at class Limit: 20

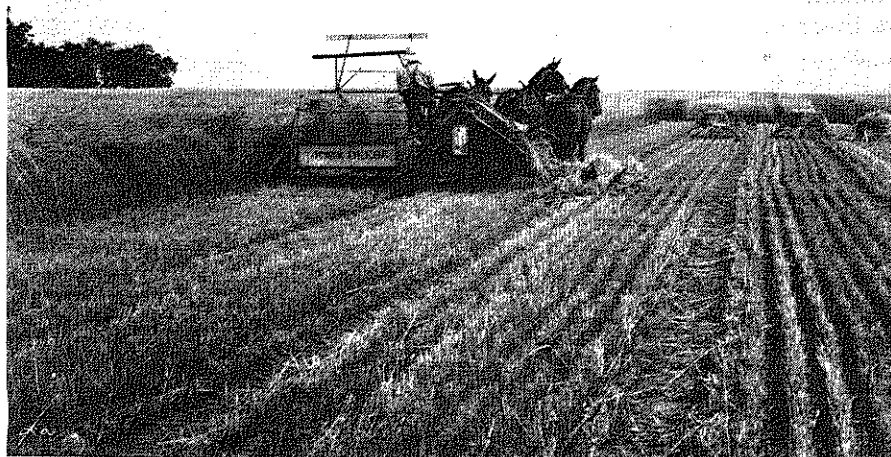
This class is intended to inform consumers on current red meat production systems. It is intended as a brief introduction to meat animal production. (Dave is an extension livestock specialist and has been involved with animal agriculture for many years.)

WINE APPRECIATION

F14

L. W. Davenport 539-1823
 Register and you will be contacted for time and location
 Class Fee: \$10.00, pay with registration
 Materials Fee: \$20.00, pay at class

If your personal wine consultant is Aldo Cella--this class is for you! This is an unpretentious approach to wines from vine to glass (and beyond. . .). The emphasis will be on the four classes of wine; foreign and domestics; when to serve them; and how to pick them. (Mr. Davenport tends a small vineyard, is a winemaker and member of the Society of Wine Educators.)



Using a binder

PIZZA, HOAGIES AND BAGELS

F8

Cathy Stackpole & Sandy Sandersware 776-6498
 Thursdays, 7-9pm First Meeting: Oct 7 Length: 3 times
 Location: Register and you will be contacted
 Class Fee: \$5.00, pay with registration Limit: 10

Stranded in Kansas with only meat and potatoes? Nearest deli 1500 miles east? Learn to make great greasy New York pizza, Philadelphia hoagies and Jewish bagels. The first meeting will be an organizational meeting - then on to the deli delights! (Cathy is from "da east" and loves to cook meals from her homeland. Sandy just likes to chop and eat.)

PRETZELS AND ROOT BEER

F9

Sandra Cindrach 776-5448
 One Time: Thursday, 7:30-9:30pm, Sept 30
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$1.00, pay at class Limit: 4

Out of your own kitchen - hot, soft pretzels to rival any big city vendor! and with homemade (non-yeast) root beer . . . who could ask for anything more? (With 7 children, Sandra looks for inexpensive, easy-to-make treats.)

JACK-O-LANTERNS - PUMPKIN SEEDS - PUMPKIN PIES

F10

Julie Strauss 293-5795
 One Time: Saturday, 1-4pm, Oct 23
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 15

This class is for children and adults alike and just in time for Halloween. Bring your own pumpkin and come prepared to carve a jack-o-lantern, we'll roast pumpkin seeds and mix pumpkin pie filling. (Julie is a close friend of the "Great Pumpkin.")

NATURAL FOODS RESTAURANT

F15

Sue Rieger
 One Time: Thursday, 7:30pm, Sept 23
 Location: Register and you will be contacted
 Class Fee: \$1.00, pay with registration Limit: 10

Do you ever daydream about relaxing in an inexpensive, comfortable restaurant, where you could buy a cup of herbal tea and homemade desserts here in Manhattan? Let's talk about our ideas and pool our energies. A town the size of Manhattan could surely use such a place. (Sue has been having this recurring daydream for years.)

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SKILLS

Learn some skills and energy savers that were used in the past in Kansas. Earth/Air Cooling Tubes were used in the early 1900's to cool homes using ground temperatures. Solar energy was used by most houses and many early homes were dug into hills, utilizing the earth-sheltered concept. Gun maintenance, bartending basics, and basic haircutting were important pioneer skills. Furniture refinishing and antique collecting can help us appreciate our historic past.



SKILLS

MOTORCYCLE MAINTENANCE

SK1

Mark Chatelain

776-3596

Monday & Tuesday, 6:30-8pm, Sept 27 & 28 (2 times)

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration Limit: 10

This class will teach the rider how to maintain the motorcycle safely and effectively at minimum cost. Subjects include batteries, wheels and tires, frame and suspension, valves and heads, points, timing and carburetors. Students learn how to perform a major tune-up on their own motorcycles. (Mark has 15 years of riding experience and five years as a motorcycle mechanic as the owner of Cycleworks.)

GUN MAINTENANCE

SK2

Mike

539-9815

One Time: Thursday, Sept 23, 7-8:30pm

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Guns are not toys. They require proper care for safety and efficiency. Come learn cleaning techniques and methods for general maintenance. We will also cover some basic safety do's and don't's. (Mike owns Ole Mike's Shooters Supply & Tackle.)

WELDING

SK3

Glen A. Nelson

776-7172

Mondays & Thursdays, 7:30-9:30pm First Meeting: Thurs, Sept 9

Location: Register and you will be contacted Length: 15 times

Class Fee: \$10.00, pay with registration Limit: 15

Attention Everybody! If you want to learn how to weld for hobby or employment, this is your chance to learn from the best. Every technique will be shown, don't pass up this opportunity. (Glen has been in the welding business for 30 years.)

WATERBED CONSTRUCTION

SK5

Bob Knapp

537-8837

One Time: Tuesday, 7-8pm, Sept 14

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration Limit: 20

We will learn what materials are necessary to build your own waterbed frame and how to put these materials together. We will look at detailed plans for constructing the three basic types of waterbed frames. An ideas catalogue will be available for your use, along with an explanation of mattress types, heater types and the advantages of each. (Bob has 7 years experience in delivery and setup of waterbeds for retail outlets. He has worked with dozens of manufactured construction techniques.)

BARTENDING BASICS

SK6

Will Cox

Saturdays, 1pm, Sept 18 & 25 (2 times)

Location: Register and you will be contacted

Class Fee: \$5.00, pay with registration

Materials Fee: \$3.50, pay at class

The cocktail is an American invention based upon a combination of the ridiculous, the sublime and a dash of good spirits. There are several rules to follow when mixing drinks for fun (and contrary to popular belief, there is no little man hiding behind the sofa making sure your measurements are exact!) Bring one-half pint each of Vodka, gin and tequila, a shot glass and a shaker and we'll have an old-fashioned mix-in. Learn how to set up a bar, duties of a bartender, and how to concoct some of those exotic drinks with milk, eggs or fruit. Learn also the drinks most served at cocktail parties. (Will has been in the restaurant business and a professional bartender in Nova Scotia and is well versed in the art of bartending.)

BICYCLE TRAILERS

SK4

Alan Edgar

532-5866

One Time: Monday, 7:30-9pm, Sept 13

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Bike trailers are a safe, ecologically sound and fun alternative to automobiles for nearly all your errands around town. We'll look at models on the market and ones you can make. (Alan thinks it's silly to drag 3000 lbs of gas eating auto 10 blocks for a couple of sacks of groceries.)

BICYCLE REPAIR AND MAINTENANCE

SK7

Bill Jacoby

537-1510

Tuesdays, 7pm First Meeting: Sept 14

Length: 7 times

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration Limit: 10

Bring your own bicycle and we'll learn about brakes, derailleurs, patching tires, truing wheels, parking forks and hubs, and general repair and maintenance. (Bill has been working on bikes for 11 years.)

ANTIQUES AND COLLECTABLES

SK11

Sue Smies

539-2154

Mondays, 7:30-9pm First Meeting: Sept 13

Length: 5 times

Location: Register and you will be contacted

Class Fee: \$5.00, pay with registration Limit: 35

We will discuss the ins and outs and thrills of "antique" collecting, buying and selling. Major topics will include: kitchen collectables - crockery, depression glass patterns and era, detecting acceptable and unacceptable damage in pottery and glassware, auction, yard sale, show and shop buying techniques - when and where to sell or trade. There will be a field trip to local shops. (Sue has been an antique dealer for 8 years, shop owner for 5-1/2 years and rabid antique collector for well over 10 years.)

MAKE-UP

SK8

Janet Lincoln

539-7033

Register and you will be contacted for time and location

Class Fee: \$3.00, pay with registration Limit: 10

The artful use of make-up can change your appearance in wonderful ways. Learn the latest techniques to enhance your coloring, facial shape and ways to correct little flaws that detract. Bring your own makeup and learn the how-to's of facial make-over. (Janet is a licensed cosmetologist with emphasis on make-up techniques.)

BASIC HAIRCUTTING

SK9

Janet Lincoln

539-7033

One Time: Saturday, Sept 18, 10am-12noon

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration Limit: 6

Learn the basic hair do's and hair don't's in this class. We will learn the techniques for giving a simple, basic cut that you can use to keep your children trim (for only the cost of scissors) or to save money for your friends (and even yourself). There are few chances to learn this useful skill. Don't pass it up!



Aggie Hair Shapers

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Use this coupon when you come in and get \$1 off on a shampoo, cut, and blow-dry (regularly \$9 guys, \$10-\$12 girls). Slightly more for EXTRA long hair. Offer expires Sept. 25, 1982.

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more SKILLS

PUBLIC SPEAKING

SK12

Cathy Stackpole

One Time: Monday, 7-9pm, Nov 8
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Stage fright sometimes overcomes us all. Cathy will tell you how to overcome (or at least deal with) this normal reaction to speaking before groups. She'll also give useful tips on use of humor, how to keep your audience "with you" and how to effectively get your points across. (Cathy has LOTS OF EXPERIENCE with public speaking.)

CHAIN SAW SAFETY AND MAINTENANCE

SK10

R. W. Altland

776-6656

One Time: Thursday, 7-9pm, Sept 2
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 10

Chain saws are powerful tools. They can be very dangerous if not properly used and cared for. Rob will discuss service and maintenance needs and techniques as well as basic safety tips. (Rob is the owner of Rob's Small Engines and has up-to-date knowledge on service and maintenance of chain saws.)

ENERGY

MAINTENANCE OF A FORCED AIR FURNACE

AT1

Gene Myers

One Time: Tuesday, 7:30-8:30pm, Oct 5
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Proper maintenance of your heating unit can save you money this winter. In an era of rising fuel costs, you can learn ways to cut your heating bills. This class will cover general maintenance and upkeep of forced air furnaces. Simple steps can save lots of money. (Gene is with The Energy Extension Office at KSU.)

UNDERGROUND HOMES

AT3

Keith Christensen

537-1581

One Time: Wednesday, 7:30-9:30pm, Oct 13
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

The first part of this class will cover basic design concepts for earth sheltered homes including site planning, building design, natural ventilation and utilization of passive solar energy. The second part will include discussion of design and construction details of wall and roof sections, and a question and answer session. (Keith has taught in the KSU Dept. of Architecture for 15 years and spent last summer doing earth shelter and passive solar design for an architecture firm in Dodge City, Kansas.)

ENERGY AND ARCHITECTURE - FILM SERIES

AT4

Appropriate Technology Staff (UFM)

532-5866

Thursdays, 7:30-9pm First Meeting: Aug 26 Length: 4 times
Location: Register and you will be contacted
Class Fee: \$4.00, pay with registration

UFM's Appropriate Technology program, with assistance from KSU's College of Architecture and Design, is hosting a series of award winning films on architecture and energy. These 4 films will progress from the general energy concerns to construction details for solar energy efficient homes. Question and answer sessions will follow each film. Films are approximately 30 minutes each. Come and see how beautiful solar architecture can be.

SOLAR CELLS

AT5

Bill Dorsett

539-1956

One Time: Tuesday, 7pm, Sept 14
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: 50¢, pay at class

Usually overlooked in the search for new energy, these space technology chips have no moving parts, consume so fuel, produce no pollution, and can be fashioned from the second most abundant element in the earth's crust. Plan to be your own utility in 1985. (Bill researched solar cells for 3 years as an alternative to nuclear energy.)

EARTH/AIR COOLING TUBES

AT8

Bruce Snead

532-5866

One Time: Tuesday, 7:30-9:30pm, Sept 21
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 16

Interested in a natural way to cool a new home or addition? We will review up-to-date information on earth/air systems like the one at UFM's Solar Addition. Costs, materials, performance and design concepts will be covered. There are a number of operating earth/air cooling systems in the Manhattan area. (Bruce is UFM's Appropriate Technology coordinator and lectures in architecture at KSU.)

PASSIVE SOLAR ADDITIONS

AT7

Dean Denner and Bill Dorsett

776-5589

One Time: Saturday, 7pm, Sept 18
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

A passive solar addition may be used as a greenhouse, family room, office, or bedroom depending upon your needs. We will discuss how to design and build such a living space to best meet individual as well as energy needs. (Dean and Bill are builders of solar homes and have taught UFM energy classes before.)

16 Skills

WOOD

FURNITURE REFINISHING WORKSHOP

W1

Marge & Warne Somsen

776-9686

Wednesday, 7:30-9:30pm, Sept 15; Thursday, 7:30-9:30pm, Sept 16
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: \$5.50, pay at class Limit: 8

In this class you'll be able to COMPLETELY refinish any small furniture piece that you bring. Get professional results as we dissolve the old varnish, lacquer or shellac (leaving the original stain and patina). Scratches will disappear without sanding and we'll apply tung oil or your favorite finish. Bring a wide-mouth glass jar (cup size) and rubber gloves (optional). Call if you have questions. (Marge and Warne have been using and demonstrating Victorian House for more than a year.)

UFM WOODSHOP CO-OP

W2

Alan Edgar

532-5866

Organizational Meeting: Tuesday, 7:30-9:30pm, Sept 14
Location: Register and you will be contacted Membership Fee: \$20.00

Located in the UFM 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, band saw, and most common woodworking tools. The 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. (Alan is the UFM woodshop coordinator.)

SOLAR OR HOBBY GREENHOUSES

AT6

Leroy Hannerbaum

539-4921

One Time: Tuesday, 7-9pm, Nov 2
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

We will discuss solar and hobby greenhouses, their use by homeowners, available tax credits, various brands and styles available, cost range, and installation and maintenance procedures. We will tour the demonstration unit at Raintree. (Leroy is the owner of Raintree Gardens.)

ATTACHED SOLAR GREENHOUSES

AT10

Bill Dorsett and Dean Denner

539-1956

One Time: Saturday, 7pm, Sept 18
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: 50¢, pay at class

Attached greenhouses can provide food, heat and additional living space for your family. We will discuss basics of passive solar energy, greenhouse design, and low-cost approaches. We will also show examples of attached greenhouses in the area. Specific design questions are welcome.

LOW-COST SOLAR FOR EXISTING HOMES

AT9

Bruce Snead and Alan Edgar

532-5866

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

This class will review the range of low-cost solar options for existing homes - focusing on do-it-yourself plans, materials and devices already available. A slide show will review construction, design and siting for solar additions. (Bruce and Al directed a series of low-cost solar workshops last spring.)

HOW TO MAKE YOUR MOBILE HOME ENERGY EFFICIENT

AT2

Doug Walter

532-6026

One Time: Tuesday, 7:30-9:30pm, Oct 5
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Mobile homes are notorious for being energy inefficient. Doug is an energy expert and can tell you how to conserve your expensive energy. He will also inform you on how to use solar energy in your mobile home. (Doug is an energy extension agent at KSU.)

UFM MICRO-COMPUTER USERS GROUP

S41

Jay Elewitz

Sign up and you will be contacted
Fee: \$3.00, pay with registration

A users group for community micro-computer owners and users to share their knowledge and experience, and ideas. Owners of all brands and sizes of personal computers are invited to attend this meeting.

COMPUTER APPLICATION FOR THE REAL WORLD

S40

Jay Elewitz

Section I: Wednesday and Thursday, 7-10pm, Sept. 8, 9
Section II: Wednesday and Thursday, 7-10pm, Sept. 15, 16
Location: Register and you will be contacted
Class Fee: \$55.00, pay with registration

- | | | | |
|----|-------------------------------|-----|--------------------------------|
| I | How A Computer Works | III | Software |
| | Input | | Operating Systems |
| | Processing | | Programming Languages |
| | Output | | Application Software |
| II | Hardware | IV | Hands On Familiarization |
| | Central Processing Unit (CPO) | | Interactive Accounting Systems |
| | Memory | | User Data Bases |
| | Magnetic Tape and Disk | | |
| | CRT's and Keyboard Terminals | | |

This seminar is aimed at business, owners, managers, bookkeepers, and accountants contemplating or currently using business or personal computers in their own operation. Computer terms, capabilities, and limitations will be presented. Participants will have ample time to explore individual needs and ideas.



FINE ARTS

Most of the traditional arts in America were born of necessary skills. It was important to know quilting, spinning, crewel, and tatting, not only to stay warm and clothed, but also to continue the craftsmanship developed over generations.

Immigrants from other countries brought over many crafts and UFM offers classes in Ukrainian Egg Decorating, Traditional Mountain Clogging, and folk dancing, as well as the more provincial skills mentioned above. There is also the continuation of the arts of photography, languages, music, poetry and pottery. It is truly a link from the past to the future to learn and pass on a useful art or craft.

ARTS and CRAFTS FROM HERE and THERE

UFM WINTER CRAFT FAIR

FA1

Janet Holcomb

532-5866

Friday and Saturday, 11am-5pm, Dec 3 and 4
Location: UFM Fireplace Room

Sell your handmade goods at the UFM Winter Crafts Festival! Participate in the festive atmosphere of pre-Christmas excitement. Please sign up - include your address, and you will be sent a registration form with information as to time and area assignment for the sale. It will be held the first weekend of December.

UKRAINIAN EGG DECORATING

FA2

Elaine Cole

539-2148

One Time: Saturday, 1-5pm, Oct 30
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Ukrainian eggs are a traditional centuries old folkart. This class consists of a slide show about the heritage and symbolism, a demonstration of the technique and a chance to make your own Ukrainian egg. Beginners and advanced students welcome. Please bring 2 eggs at room temperature, a candle and candle holder, matches and a pencil. (Elaine learned this art from an 80-year-old Czech woman and has shared her wonderful knowledge through UFM many times.)

TETHERED FLIGHT: KITE MAKING AND FLYING

P37

David Kamerer, Lori Bergen

One Time: Sunday, 12noon-3pm, Sept 26
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: \$6.00, pay at class

Limit: 12

Would you like to have the world on a string? If so, then join us for an afternoon of kite making and kite flying. We'll look at several designs and each build one. Then we'll take to the sky and compare the characteristics of each kite. Provided materials include: cloth, nylon fabric, plastic, string, dowels, glue and tape. (Lori and David would rather fly a kite than ride a bike into the Kansas wind anyway! If you can't beat 'em, join 'em.)

ORIGAMI - JAPANESE PAPER FOLDING

FA3

Sharley Chang

539-4113

Saturdays, 1-2pm, Oct 2 and 9
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Limit: 8

Origami is the Japanese art of folding colored paper into animals and other objects. It is a very old craft passed down traditionally to younger children to increase their creativity and imagination. Come and learn this beautiful oriental skill for yourself. (Sharley learned this art as a child growing up in Japan.)

CREATIVE CLOCK MAKING

FA4

Steve Hall

539-5228

Tuesdays, 7-9pm, Oct 5 and 19
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Limit: 20

Clocks can have personality! Materials will be on hand for each participant to create a unique clock face of his/her own design to be incorporated into a simple box frame. Several examples and idea suggestions will be discussed. You may buy at class whatever materials you might need to re-make an old clock or begin a new one. (Steve is a participant in local craft shows and enjoys creating unique craft items.)

JUNCTION CITY'S "ART IN THE PARK"

FA52

Jean Hoppas

238-5656

One Time: Sunday, 12noon-6pm, Sept 12
Location: Junction City Park, 6th & Washington, Junction City, Ks.

This is Junction City's annual Arts & Crafts Fair. Held in City Park, it provides day-long entertainment where original arts and crafts may be sold. Items are judged in 3 categories: Crafts, Paintings, Drawings, Photography and 3-Dimensional (Pottery, Ceramics, Metal Sculpture). A cash award will be given for the best of each. There will be a craft activity area for children and face-painting, continuous music and food will be available. Restrooms are located at the Chamber of Commerce. For more information contact Jean Hoppas, PO Box 403, Junction City, Ks. 66441, phone 913/238-5656.

CHINESE BRUSH STROKES ON RICE PAPER

FA6

Sue Hu

539-6192

Sundays, 2-4pm First Meeting: Oct 3
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration

Length: 3 times

Limit: 10

Enjoy the tranquil motion of you, your brushes, the paper and ink while learning how to handle the bamboo tipped brushes on rice paper. You will be involved with practicing each stroke in painting bamboo and wild orchids. This method can be used with colors but they will not be used in class for they are too expensive to practice with. If you have any background in painting, please bring your work to the first meeting. (Sue has taught this popular class many times before and is a very knowledgeable and talented teacher.)

BASICS OF CALLIGRAPHY

FA7

Linda Edgar

494-2788

Monday and Wednesday, 7pm, Oct 4 & 6; Saturday, 10am, Oct 9
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration

Limit: 12

Have you ever wanted to learn the unique lettering styles on cards and posters that catch your attention? With some practice you can learn calligraphy. We will learn Chancery script and Old English lettering styles. Please bring to class a C-2 or C-3 speedball penpoint, ruler, typing paper or layout bond paper, India ink and pen holder. You may want to pick up the "Speedball TEXT for Pen and Brush Lettering." (Linda is a graphic design artist from Kansas City.)

BARGAIN HUNTER'S GUIDE TO ART COLLECTING

FA5

Julie Strecker, Kate Cashman

539-2139

One Time: Wednesday, 7:30-9pm, Sept 15
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Limit: 10

Learning how to collect art and NOT lose your shirt are the objectives of this class. We'll discuss different art forms and the processes involved, and most importantly, developing personal guidelines for investment. (Kate is the director of Strecker Gallery. Julie is an art collector and owns the gallery.)

CALLIGRAPHY FOR THE NON-BEGINNER

FA8

Janice Hooks

776-1529

Tuesdays, 7-9pm First Meeting: Sept 28
Location: Register and you will be contacted
Class Fee: \$10.00, pay with registration
Materials Fee: \$10.00, pay at class

Limit: 10

In this class emphasis will be on surveying 2-3 calligraphic hands (i.e., Blackletter/Gothic, Carolingian, Bookhand, Uncials, Pen Caps, Neuland). Students will be encouraged to experiment with new materials along with layout/design ideas while doing class projects. This class is an intermediate/advanced level class and is recommended for students with a knowledge of at least one basic hand. Please bring ink, nibs, holders, ruler, bond paper, and scratch paper to first class meeting. (The materials fee may be reduced if you already have the required equipment.) (Janice is a freelance calligrapher from San Francisco.)

ND TOOLS • FENCE POSTS • WROUGHT IRON • LUMBER • SPINDLES
RDEN POWER TOOLS • LUMBER • PAINT • HAND TOOLS • ELECTRICAL
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LUMBER SUPPLIES • HARDWARE • FASTNERS • LUMBER • SHELVING
CORATOR PRODUCTS • LUMBER • CABINETS • PLYWOOD • PAINTING
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MBER • GLASS • FIRE OR SMOKE ALARMS • ROOF VENTILATORS • CO
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WITH THREAD and NEEDLE

SMOCKING

FA21
 Louise Barrett
 485-2404
 Thursdays, 7:30-9pm, Sept 16, 23 (2 times)
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 Limit: 10
 Smocking - to put it simply - is a decorative way of controlling fullness in a garment. You may have seen it in baby dresses or women's blouses. It is a beautiful art that is fun to do and fairly simple. Each person will complete a sample of various methods of smocking. Please bring an embroidery needle, thread and scissors to class. (Louise has enjoyed this art for 20 years.)

CATHEDRAL WINDOW QUILTING

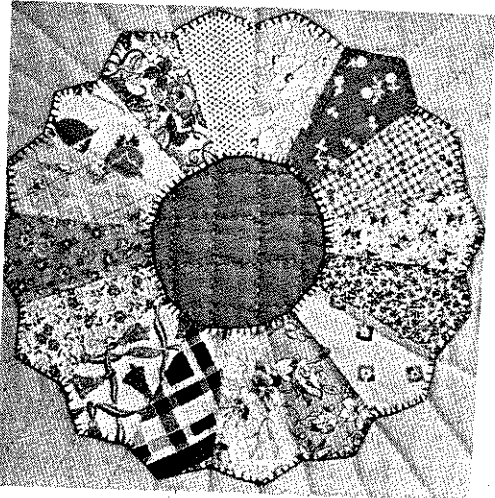
FA16
 Nancy Oliver
 539-5324
 One Time: Thursday, 7-9:30pm, Sept 23
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$2.00, pay at class
 Limit: 12
 This will be a hands-on lesson in the art of the cathedral window quilting method making a small project. We will also discuss the adapting of the cathedral window in various projects. (Mary has been quilting for 7 years and has taught quilting for 2 years. She has completed over 20 various quilts.)

CREWEL STITCHERY

FA22
 Joyce Erickson
 537-0159
 One Time: Saturday, 10am-12noon, Oct 23
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 Limit: 8
 Crewel stitchery uses special thread to embroider decoration onto material. You will complete a small sample in class and have the opportunity to order any number of further projects you wish. (Joyce is a distributor for "Creative Circle" craft products.)

SPINNING

FA17
 Mimi Benedick
 457-3645
 Tuesdays, 7-9pm, Sept 14, 21 (2 times)
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$5.00, pay at class
 Limit: 8
 This class will be a hands-on introduction to spinning, including the treatment of the wool from the sheep to the yarn. Each person will make their own drop spindle, practice making yarn with it, and have a chance to use a modern spinning wheel. (Mimi has been spinning for 5 years and has used the yarn in her weavings.)



RUG BRAIDING

FA18
 Dean Denner
 776-5589
 One Time: Tuesday, 7:30-9:30pm, Sept 21
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 Limit: 15
 Turn old rags (and other materials) into soft, warm, colorful rugs. Two methods of braiding and joining strands will be shown. Bring scraps to braid with and needle, thread and scissors. (Dean uses these colorful rugs to insulate cold wood floors in winter.)

NEEDLEPOINT

FA19
 Joyce Erickson
 537-0159
 One Time: Saturday, 10am-12noon, Oct 16
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 Limit: 8
 Needlepoint is a beautiful art that you can work on almost anywhere while you relax. You will learn all the necessary stitches needed to complete one sample project with the option to order any other project you wish. These may include pillows and pictures. (Joyce enjoys needlework as a hobby.)

ADVANCED NEEDLEWORK

FA20
 Jean Bean
 776-6365
 One Time: Wednesday, 7-9pm, Sept 22
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 For persons who are interested in needlework beyond the basics such as needlelace, blackwork, Hardanger embroidery, advanced crewel or needlepoint and all forms of stitchery. This is meant to be an experience - sharing self-help course to find new challenges. (Jean enjoys experimenting with different forms of needlework and is looking forward to meeting others who feel the same.)

QUILTING BASICS

FA15
 Nancy Griffin and Mary Oliver
 485-2762 539-5324
 Thursdays, 7-9pm First Meeting: Sept 30 Length: 3 times
 Location: Register and you will be contacted
 Class Fee: \$5.00, pay with registration
 Limit: 12
 Quilting has evolved through the years from a "necessary task" to a new decorative art form. This class will be a survey of quilting covering how to plan, prepare and construct a quilt - all the essential steps. Patchwork, applique and alternate quilting methods will be discussed. (Mary has been quilting for 7 years and Nancy is a member of the Konza Prairie Quilters Guild.)

COUNTED CROSS STITCH FOR ADULTS

FA23
 Kim Schumm
 539-3641
 Section I: (for adults), Monday, 7:30pm, Oct 4, 11 & 18
 Section II: (12-16 years), Tuesdays, 7pm, Oct 5, 12, & 19
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 Limit: 8
 Counted cross-stitch is a type of needlework using even weave fabric. Patterns and designs are created by doing a basic cross-stitch within the weave of the fabric. The aim of this class is to learn how to work on any fabric (besides even-weave) and to make your own patterns. This is NOT based on a KIT. There will be other sessions made available if there is enough response. (Kim has taught this class numerous times with great success.)

COUNTED CROSS STITCH FOR 8-11 YEAR-OLDS

FA25
 Kim Schumm
 539-3641
 Tuesdays, 6:30-7:45pm, Sept 14, 21, 28 Length: 3 times
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 Limit: 5
 Counted cross-stitch is a type of needlework using even weave fabric. Patterns and designs are created by doing a basic cross-stitch within the weave of the fabric. All the basic stitches will be covered including an introduction in how to create your own patterns. There will be other sessions made available if there is enough response.

COUNTED CROSS STITCH FOR 4-7 YEAR-OLDS

FA26
 Kim Schumm
 539-3641
 Saturdays, 1-2:30pm, Sept 11, 18, 25 (3 times)
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 Limit: 5
 This is an introduction to the art of counted cross-stitch for children. It is a type of needlework where patterns and designs are created by doing a basic cross-stitch on the fabric. This skill will help develop good eye/hand coordination in the child. A parent or high school youth is requested to attend with each child. The first meeting is for the adult only. The two sessions following are for child and adult. Please bring water color magic markers to the first meeting. Other sessions will be available if requested.

TATTING - THE ART OF MAKING LACE

FA14
 Jessie Foveaux
 Thursdays, 7-9pm each section
 Section I: Sept 23, 30, Oct 7
 Section II: Oct 21, 28, Nov 4
 Location: Register and you will be contacted
 Class Fee: \$5.00, pay with registration
 Limit: 6 each section
 Tatting, or "Frivolite" as the French call it, is a very old art. This process of making lace by looping and knotting a single strand of thread on a small shuttle seems to have originated in Europe. Years ago tatters used very fine thread and many long "picots," to create a lacy effect. Modern tatting has shorter and fewer picots, uses heavier thread, and will outwear the cloth it is on. Please bring a plastic tatting shuttle, spool of tatting thread, crochet hook or needle and a basic tatting instruction booklet. (Jessie was 11 years old when she learned this art from her grandmother and has continued tatting to the present day.)

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FROM MUD PIES to GLAZES

UFM POTTERY STUDIO FACILITY

UFM's pottery studio is equipped with 2 kick wheels and a new electric wheel. There is a large electric kiln and a variety of glazes available for use. If you are a leader of a scout group or a special art class working with clay, you may rent kiln space to fire your pots and use our glazes at an extremely reasonable price. For more information contact Janet Holcomb, the pottery studio coordinator, at 532-5866.

UFM POTTER'S GUILD

FA43

Norm Lally

468-3696

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. (Norm is a professional potter in Olsburg and is a member of the Guild.)

UFM POTTERY STUDIO CO-OP

FA44

Janet Holcomb

532-5866

Saturday, 12noon, Sept 11, organizational meeting
 Location: Register and you will be contacted Limit: 10
 Membership in studio: \$20.00, 8 weeks
 30.00, 16 weeks
 50.00, 24 weeks

This is a cooperative studio-access class open to anyone with experience in pottery who feels confident working alone. There is no instruction provided. As a co-op member you will have access to the studio for four hours a week, 12½ pounds of clay plus all the recycled clay you produce, kiln space, and glazes. (Janet is the pottery studio coordinator for UFM.)

BEGINNING CERAMICS

FA45

Pat Larsh, Section I: Kim Kepler, Section II

Section I: Tuesdays, 7-9pm, First Meeting: Sept 14 Length: 8 times
 Section II: Wednesdays, 7-9pm, First Meeting: Sept 15 Length: 8 times
 Location: Register and you will be contacted Limit: 8 each section
 Class Fee: \$10.00, pay with registration
 Materials Fee: \$10.00, pay at class

This will be a combination of wheelthrowing and handbuilding clay techniques. Enjoy the sensation of forming this organic material into many vessels and sculptural forms. The instructor will demonstrate various techniques and help you work on projects of your choosing. (Pat has taken ceramics as a student at KSU and is anxious to teach this class. Kim has enjoyed leading this class for UFM on a regular basis.)

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- Back issues of Comics and Men's Magazines

SEE WHAT DEVELOPS

BEGINNING PHOTOGRAPHY

FA46

John Holcomb

1-485-2410

One Time: Thursday, 6:30-8pm, Sept 30
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

Bring your camera - simple or complex - and we will discuss basics of good picture taking. We will also talk about basic equipment and give information about cameras, lens, and other gadgets. (John is a photographer and is consultant for the UFM darkroom cooperative.)

BEGINNING DARKROOM

FA47

John Holcomb

1-485-2410

One Time: Thursday, 6:30-9:30pm, Sept 16
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 10

Discover the fun and excitement of developing and printing your own black and white film. This class includes an introduction to darkroom processes, an actual demonstration in the UFM darkroom and all necessary texts. You will have the option to sign up for the Darkeoom Cooperative at the end of this class.

INTERMEDIATE DARKROOM

FA48

John Holcomb

One Time: Thursday, 6:30-9:30pm, Sept 23
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 10

For those who know their way around a darkroom and would like to learn new techniques in a black and white setup. Burning in, dodging and other methods will be demonstrated.

BEGINNING PHOTOGRAPHY

FA51

Ernie Peck

776-4240

Section I: Tuesday, Wednesday, Thursday, Saturday
 Oct 26, 27, 28, Nov 2, 7-10pm; Oct 30, 9am (all day)
 Section II: Tuesday, Wednesday, Thursday, Saturday
 Nov 9, 10, 11, 16, 7-10pm; Nov 13, 9am (all day)

Location: Register and you will be contacted
 Class Fee: \$32.00, pay with registration Limit: 10 each section

Four evenings and a full day of instruction on how to operate and care for a 35mm camera. Film, processing, handouts, and a camera are furnished. The camera must be returned but the rest is yours to keep. (Ernie has taught this many times with great success.)

UFM DARKROOM COOPERATIVE

FA49

Neil Schanker

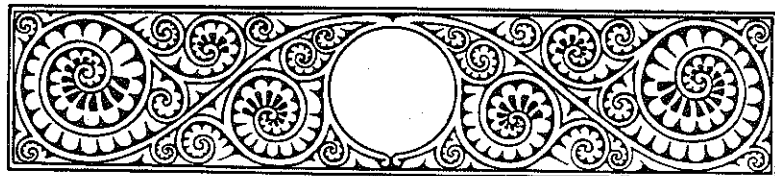
532-5866

Monday, 5-5:30pm, Sept 13 (Organizational meeting)
 Location: Register and you will be contacted

Located just one block east of campus in the UFM House, the UFM darkroom is available to anyone who needs access to a well-equipped facility. Equipment is capable of handling up to 11x14 prints and 6cmx6cm negatives as well as 35mm. The fee includes everything but paper. For those who need instruction in darkroom techniques, UFM is offering a course "Beginning Darkroom" where you can have your questions answered.

Fees: 1 semester, \$18, new members \$15, renewals (pay with
 2 semesters, \$30, new members \$25, renewals registration)
 3 semesters, \$40, new members \$35, renewals

This fee covers use of space, equipment and all necessary chemicals for black and white film processing. There is no additional hourly use charge. For those who wish to use the darkroom but who do not wish to purchase a membership, space is available at the rate of \$2.00/hour.



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MUSIC TO YOUR EARS

FLINT HILLS DULCIMER PLAYERS

FA33

Linda Teener 537-0508

Wednesdays, 7-8:30pm First Meeting: Sept 22 Length: Ongoing

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration Limit: 6

We are a group of mountain dulcimer players who meet to play together, share tunes, and learn new techniques. We play primarily traditional American and British music. There are no skill requirements. Come join us! (Linda plays both mountain and hammered dulcimer and loves to play with other people.)

BEGINNING BANJO

FA34

David Verschelden

Tuesdays, 7:30-8:30pm First Meeting: Sept 14 Length: 4 times

Location: Register and you will be contacted

Class Fee: \$7.00, pay with registration Limit: 8

Materials Fee: \$1.00, pay at class

You say you like the sound of banjo music but can't figure how they make it? You will see 3 finger (Scruggs) style banjo playing dissected and learn the fundamentals as you learn a song. We will cover some ways of accompanying guitar music also. Anyone who plays Claw-hammer style is welcome to share their skill with us. (Dave plays a little banjo, or a regular sized one.)

MAINTENANCE OF MUSICAL INSTRUMENTS

FA36

Christopher Banner

776-6562

One Time: Saturday, 10am, Oct 2

Location: Register and you will be contacted

Class Fee: \$1.00, pay with registration

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

WOMEN OF THE HEARTLANDS - SINGING OUR LIVES

FA41

Christie Simpson

776-7573

Sundays - Register and you will be contacted for time and location. This will be an ongoing class.

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

GUITAR TECHNIQUE

FA37

Peter Della Femina

539-5862

Tuesdays, 7-8pm First Meeting: Sept 14 Length: 6 times

Location: Register and you will be contacted

Class Fee: \$10.00, pay with registration Limit: 12

Materials Fee: 50¢, pay at class

Beginning to intermediate players are welcome. Knowledge and facility with basic chords is preferred since left hand fingering technique will be covered briefly. The majority of class time will be spent on right hand technique (strumming, fingerpicking, etc.). The instruction is meant to improve the songs you already play. Bring your guitar for each class. (Peter composes and performs his own music in the Manhattan area.)

BLUEGRASS JAM GET TOGETHER

FA38

Janet Holcomb

532-5866

One Time, Thursday, 7-9pm, Oct 7

Location: Register and you will be contacted

Class Fee: \$1.00, pay with registration

Anyone who plays a bluegrass instrument or enjoys singing is encouraged to sign up. This will be an opportunity to meet other people who are interested in playing bluegrass in an informal jam get-together. Bring your instruments and yourselves. The class can meet on a regular basis if there is enough interest. (Janet sings, dabbles with the guitar and plays kazoo.)

WOODWIND ENSEMBLE

FA35

Jim Shanteau, Carol Harris

532-6850

Sundays, 3-5pm First Meeting: Sept 12 Length: Ongoing

Location: Register and you will be contacted

Class Fee: \$1.00, pay with registration

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.)

SINGING ROUNDS

FA42

Christie Simpson and Deb Rubaloff

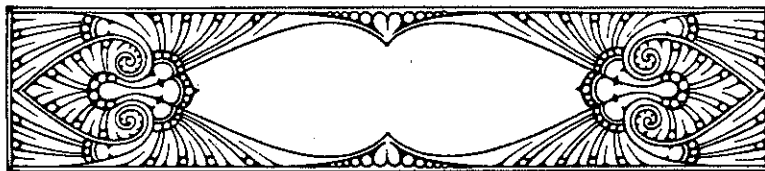
776-7573

Thursdays, 7-8:30pm, Oct 21 and 28 (2 times)

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Rounds are songs which create their own harmony when sung in parts. No knowledge of music is necessary to join in to help create that harmony. Anyone who enjoys singing just for fun is welcome. (Deb and Christie have been singing rounds for 15 years.)



SPEAK UP or WRITE IT DOWN

FREELANCE WRITING

FA9

Eva Wilson

Tuesdays, 7-9pm, Sept 14, 21 (2 times)

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Materials Fee: \$1.00, pay at class

Do you feel you may be a budding writer but don't know where to go to publish or how to present your writing? This class will answer your questions about what freelance writing is, how to get started in it and also discuss various classes which may help you improve your skill. (There will be no actual writing done at these two meetings.) (Eva is a graduate student in journalism at K-State and has freelanced as a hobby for 3 years.)

ONE HUNDRED AND ONE USES FOR A DEAD POET

FA10

Steve Maxham

776-0133

Register and you will be contacted for times and location

Class Fee: \$3.00, pay with registration

The prerequisites for this class are that those who sign up either write or want to, that they be willing to share and exchange ideas and accept and give moderate criticism (very little of that). The objective will be to submit a group entry into the Kansas Quarterly for possible inclusion in the next edition. (Steve is a dead poet.)

TUTORING CONVERSATIONAL ENGLISH

FA13

Kurt Musil, Donna Davis

532-6448

Section I: Wednesday, 7-8pm, Sept 8 (1 class each section)

Section II: Thursday, 7-8pm, Sept 9

Location: International Student Center

This class is for people who would like to help international students or their spouses improve their English skills. After a one-time orientation meeting tutoring assignments will be arranged at each participant's convenience. No previous training is necessary, only that you speak English and are sensitive to people from other cultures. (Kurt and Donna both work at the International Student Center, and they both agree that being an English tutor is one of the nicest things they've ever done for themselves.)

20 Fine Arts

CONVERSATIONAL SPANISH

FA11

Jon Feighner

Tuesdays, 7-8pm First Meeting: Oct 5

Length: 8 times

Location: Register and you will be contacted

Class Fee: \$10.00, pay with registration

Materials Fee: \$2.00, pay at class

Limit: 14

In this class useful phrases and basic grammar will be taught, and independent practice will be expected. We will also discuss traveling in Mexico and Latin America. A book review on travel in Mexico will be included. (Jon has a Masters in Latin American studies; Bachelors, in Spanish Literature from University of Kansas.)




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FLINT HILLS FOLKDANCE FELLOWSHIP

FA27

Kathy Miller, Enid Cocke

Register and you will be contacted for time and location
Class Fee: \$3.00, pay with registration

Several local dancers will present a wide variety of dances from all over the world. Every session will include instruction and review. No prior experience is necessary, and all ages are welcome. (The presenters have danced with college, recreational and exhibition groups and have taught for clubs, recreational dance camps, and university workshops.)

DANCE SAMPLER

FA28

Jodie Demere

Wednesdays, 7-8pm First Meeting: Sept 15 Length 8 times
Location: Register and you will be contacted
Class Fee: \$10.00, pay with registration Limit: 30

Come and learn different forms of dance all in one class. You will get a sample of 2 weeks ballet, 2 weeks dancercise, 2 weeks jazz and modern and 2 weeks of rhythmic aerobics. We will be flexible to change and concentrate on the interests of the students. Leotards and tights are the preferred wear but if unavailable, please wear shorts and T-shirts. (Jodie has taught ballet, jazz, tap, aerobics and other dance forms in Boston, Mass., Emporia and Manhattan.)

TRADITIONAL MOUNTAIN CLOGGING WORKSHOP

FA29

Pam Liptich

1-273-7109

One Time: Saturday, 10am-4pm, Oct 30
Location: Register and you will be contacted
Class Fee: \$7.00, pay with registration

This will be an all-day dance workshop given by the Sunflower State Cloggers of Topeka where they will perform and teach the participants up to 16 different traditional steps and the stories connected to each of them. Clogging is related to and descended from the folkdance of the Irish Settlers of the southern Appalachian mountains. Please bring hard soled shoes and a sack lunch. (There will be an hour lunch break.) (Pam is a member of the Sunflower State Cloggers.)

BALLROOM DANCE

FA30

Alex Ramm

539-0959

Sundays, 7-8:30pm First Meeting: Sept 12 Length: 3 times
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration Limit: 20

Learn the exciting, beautiful dances of the Big Band era...waltzes, fox trots and tangos. Bring some of your favorite tape cassettes to try in class. (Professor Ramm is anxious to dance and share his expertise with an interested group.)

COUNTRY WESTERN SWING DANCE

FA31

Pat Dreese

539-9150

Wednesdays, 7-8:30pm First Meeting: Oct 6 Length: 3 times
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration Limit: 20

Don't hold yourself back when you hear that hot fiddle playing! Round up your friends to learn the sharp moves, dips, spins, turns and slides done in country western swing and get down to some hot tunes. (Pat likes to swing dance and has taught this class before.)

COUNTRY WESTERN SWING DANCE

FA50

Beth Socolofsky, Floyd Howe

539-3489

Thursdays, 7-9pm, First Meeting: Sept 9 Length: 4 times
Location: Register and you will be contacted
Class Fee: \$7.00, pay with registration Limit: 16

Hey y'all out there, rustle up a partner and learn the sharp moves, spins, dips, turns and slides done in Country Western Swing Dance. A fun evening out dancing will give us a chance to romp and stomp to some lively music. The first two meetings will cover some basic moves to use then it's out to the dance floors to practice what you've learned for the last two classes. Please register with a partner. (Beth and Floyd have taught this popular class before and enjoy swinging around the dance floor.)

DANCING FOOLS

FA32

Linda Gross

494-2812

Organizational Meeting: Thursday, 7pm, Sept 16
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

Have you been swing dancing for a year or more? Would you like to take your dancing seriously but can't find a serious partner or partners? Help form a new group, Dancing Fools, interested in getting together often and practicing. **THIS IS NOT A CLASS**, just for people interested in being better dancers. (Linda teaches swing dance in Manhattan and dances for the fun of it.)

JUST CLOWNIN' AROUND

P40

Sue Rieger

One Time: Wednesday, 7:30pm, Oct 6
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 8

Discover the clown hiding inside you. Clowns can be mimickers, children, or explorers. We'll explore the use of movement, facial expressions, costume, make-up, juggling and props. (Sue loves to clown and is looking for others to learn with her.)



Dance Classes



SUSAN WARDEN DANCERS

Come dance with the Susan Warden Dancers—"Manhattan's Only Professional Dance Company" and the only dance company in Kansas to be chosen by the Kansas Touring Arts Program.

For the past three years, our dance company has traveled across Kansas, offering a variety of community services, such as, concerts, workshops, and lecture/demonstrations for schools, nursing homes, mental health facilities, as well as the general public.

At our local Manhattan studio, our dance company members teach a variety of classes to help you:

- stay fit
- develop grace and coordination
- increase body awareness
- meet new friends
- have fun!

Our goal is to offer quality training dance for the casual or serious student —so enroll today!

EXERCISE

(Combining Jazz and Modern techniques with exercise routines)

Teens & Adults: Monday & Wednesday 6:30-7:30 p.m. 8 weeks, \$40
Tuesday & Thursday 7:30-8:30 p.m. 8 weeks, \$40

Shape up, stay fit, and have fun at the same time! You'll enjoy this twice weekly class and look forward to coming each time. Warm up and do exercises for strengthening flexibility with routines to music.

MODERN

Modern for Adults: Friday 5:30-6:30 p.m. 8 weeks, \$30

Modern for Teens: Friday 4:00-5:00 p.m. 8 weeks, \$30

Tap a well of creativity you have left unexplored and experience the excitement of modern dance. A technique class emphasizing body awareness and using different styles to music.

JAZZ

Jazz for Adults: Tuesday 5:30-6:30 p.m. 8 weeks, \$30

Jazz for Teens: Tuesday & Thursday 4:00-5:00 p.m. 8 weeks, \$60

Let go, feel good, and learn "all that Jazz" with this beginning technique class. Learn body isolations, rhythmic movement sequences and much more. You'll walk out of this class feeling "jazzy."

BALLET

Ballet for Adults:

I Monday & Wednesday 7:30-8:30 p.m. 8 weeks, \$60

II Tuesday & Thursday 6:30-7:30 p.m. 8 weeks, \$60

For those who never had ballet before, or did and forgot most of it. Experience the challenge and exhilaration of this classical form of dance. Beginning technical skills and short combinations of ballet steps.

Ballet for Teens:

Monday 4:00-5:00 p.m. 8 weeks, \$30
Your body can move with grace and style when you learn these easy exercises. A technique class with beginning skills and steps.

Intermediate Ballet

Monday & Wednesday 5:00-6:30 p.m. 8 weeks, \$76 (\$38/month)

A technique class for adults and teenagers who have already had at least one year of ballet training. Pointe work for more advanced students.

Children's Ballet I

For ages 8-10 Saturday 10:00-11:00 a.m. 8 weeks, \$30

Give your child the opportunity to experience the joy and physical discipline of classical ballet. Emphasis on correct body training and alignment useful in gymnastics as well as future dance classes.

Children's Ballet II

For ages 10-13 Wednesday 4:00-5:00 p.m. 8 weeks, \$30

For children who have already acquired some basic ballet fundamentals. Continuation of ballet basics in preparation for pointe work.

CREATIVE MOVEMENT/ PRE-BALLET

Boy's class: Saturday 9:00-10:00 a.m. 8 weeks, \$30

Elementary: Saturday 11:00-12 noon 8 weeks, \$30

Pre-School: Please contact studio to set up a time.
Let the young person in your family experience the joys of spontaneous movement and learn the basics of ballet. Provides fundamentals for future dance classes as well as basic coordination and grace.

ONE TIME WORKSHOPS

These workshops are offered only once for those with special dance interests.

Creative Movement for Adults:

Friday, October 1 6:30-8:30 p.m. \$6

This workshop will use simple problem solving techniques to develop spontaneous movement in a tension-free atmosphere.

Musical Theatre for Teens:

Friday, October 22 6:30-8:30 p.m. \$6

This workshop will combine the use of voice and movement while learning some basic choreography from your favorite musicals.

Creative Dramatics for Children:

Saturday, November 20 1:00-3:00 p.m. \$6

The creative exploration of a child's imagination through theatre game and improvisational sound and movement. Class limited to 12 students, ages 7-11.

REGISTRATION INFORMATION

All students are requested to give full payment upon enrollment for each session with the exception of Intermediate Ballet students, who may pay by the month.

Registration by mail begins August 16. Make checks payable to "Susan Warden Dancers" and mail to:

Susan Warden Dancers
719 Osage Street
Manhattan, KS 66502

Studio registration will take place Thursday, August 26, and Friday, August 27, from 3 to 7 p.m., and Saturday, August 28, from 10 a.m. to 2 p.m. The studio is located above Humboldt Square Shopping Center (3rd and Humboldt). Please use the outside entrance on the east side of the building.

For more information, call (913) 539-6336 or (913) 539-7767

ALL CLASSES START THE WEEK OF **AUGUST 30** AND WILL TAKE PLACE AT OUR STUDIO AT 210-A HUMBOLDT. Bring a friend and register today!

CLASS SCHEDULE

1st 8 week session: August 30-October 5
2nd 8 week session: October 26-December 24
3rd 8 week session: January 3-February 28
4th 8 week session: March 21-May 14

REGISTRATION FORM

Name _____
Street _____
City _____
State _____
Zip _____
Work Phone _____
Home Phone _____
Class _____
Age Group _____
Amount _____
Tax Deductible _____
Contribution _____
Total _____
Remittance _____
Volunteer Interests: _____

INNER SELF

Kansas Cures for What Ails Ya!

"If you have cramps in your feet at night, put your shoes under your bed upside down, and your cramps will end."

"Let your head get wet during the first May rain, and you will not have a headache for a year."

"If a burn blister is opened up after sundown, it won't make a sore."

"To cure hiccups: close your eyes, place your right thumb in your mouth, and blow as hard as you can. While you are doing this, you must think about the ocean."

"A woman who dreams about fish is going to have a baby."

- From Folklore from Kansas
by William E. Koch

Prof. Miss KATIE BENDER

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KATIE BENDER.

June 18, 1872.

FAMILY and RELATIONSHIPS

PROBLEM DRINKING AND THE FAMILY

IS6

John Prignano

532-6432

One Time: Thursday, 7-9pm, Oct 14
Location: K-State Union, Rm 202

Limit: 15

The impact of a problem drinker on family and friends will be explored in this class. The roles that friends and family members may play in the development and maintenance of alcohol abuse will be discussed as well. Finally, we will consider various strategies for dealing with a problem drinker in a close relationship. (John is a graduate student in the Counseling Department at KSU and works with the Campus Alcohol Abuse Prevention Program.)

PARENT EFFECTIVENESS TRAINING

IS7

Don and Irmie Fallon

Wednesdays, 7pm First Meeting: Sept 29 Length: 8 times

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Materials Fee: \$30.00, pay at class (National registration fee & books)

Thomas Gordon's Parent Effectiveness Training communication skills help parents learn to listen so their children will talk, talk so their children will listen and enable parents and children to solve family problems so both have their needs met. (Don and Irmie are certified Parent Effectiveness Training teachers.)

PARENTS ANONYMOUS

IS8

Don and Irmie Fallon

Thursdays, 7:30pm First Meeting: Sept 30

Location: Register and you will be contacted

Class Fee: \$1.00, pay with registration

Even good parents lose their temper with their children or sometimes set unusually high expectations. At times parents avoid disciplining their children for fear of losing control. Irritability can lead to physical or emotional hurt and abuse. This is a support group for parents who wish to cope with such feelings and prevent damaging relationships between themselves and their children. Skills will be shared that help express anger and love feelings, to reduce stress and to affirm a new sense of self-worth. Trust, confidentiality, anonymity, and caring will be emphasized. Register by first name only and phone number and you will be contacted. (Sponsored by Manhattan Family Council. Don and Irmie are parents. Don is a graduate of the Menninger Counseling Program and Irmie is a kindergarten teacher with experience and graduate work in parent-child relationships.)

ALZHEIMERS GROUP

IS9

Susan Davis

537-4610

Mondays, 2:00-3:00pm, register and you will be contacted for starting date. This is an on-going group

Location: Register and you will be contacted

Class Fee: \$1.00, pay with registration

This is a support group for people who have a family member with Alzheimers or a related dementing disease with symptoms of increasing forgetfulness and confusion. We will meet to discuss problems arising when providing daily care, and how caring for an impaired person affects you. (Susan is a Social Worker at Meadowlark Hills and enjoys working with groups.)

PATTERNING: INTENSIVE PHYSICAL THERAPY FOR A DEVELOPMENTALLY DISABLED CHILD

IS10

Roberta Johnson

537-9718

Tuesdays, 7pm First Meeting: Sept 14 Length: Ongoing

Location: Peace Lutheran Church, 2500 Kimball Ave

What can the public do for the handicapped? You can learn about what causes brain injuries and an alternative therapy which uses a repetitive, intensive exercise program that attempts to activate brain cells in developmentally disabled children. You will experience "hands-on" training with a handicapped child. We always welcome volunteers to help with this program. (Roberta has been using this technique with her niece Jennifer since February and has seen good progress in her development.)

DIVORCE - WAYS TO GROW THROUGH THE PAIN

IS11

Michael Weinburg, MS

537-2244

Mondays, 7-8:30pm First Meeting: Sept 15

Length: 2 times

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Limit: 10

We will discuss the numerous sources of pain, anxiety, and fear that are often present during and after divorce proceedings. Very specific alternatives will be presented, that can aid the individuals to gain more control and grow through this experience. (Michael has an M.S. in F.C.D. and is a doctoral candidate in Adult Education. He is a certified Reality therapist in private practice locally.)

INTRODUCE YOUR RELATIONSHIP TO TRANSACTIONAL ANALYSIS

IS5

Don Fallon

539-4451

Tuesdays, 7:30pm First Meeting: Sept 21

Length: Ongoing

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Limit: 6 couples

This is an enrichment group supporting couples in building communication skills, self-understanding of parent-adult-child ego state interactions and family life script or role expectations. Emphasis will be given to developing skills in handling conflict, developing a healthy fight style and coping with feelings of anger, sex or love. Trust, caring, confidentiality and options will be stressed. (Don is Lutheran Campus Pastor and also works with the KSU Center for Student Development.)

PHILOSOPHY and RELIGION

INTRODUCTION TO ZEN

IS1

Al Potter and Mary Williams

532-5634

Thursdays, 8:30-10pm, Sept 30 & Oct 7

Location: Register and you will be contacted

Class 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. (Al and Mary are both Zen students under instruction from Katagari Roshi of Minneapolis Zen Center.)

BONHOEFFER: A LIFE OF CHALLENGE

IS2

Dave Stewart

539-3051

Wednesday, 11:30am-1pm and 7:30pm, Nov 10 (2 showings)

Location: 11:30, Forum Hall; 7:30, Little Theater

The film examines the life of Dietrich Bonhoeffer, considered by many to be one of the most influential leaders of modern Christianity. Bonhoeffer is viewed from the perspective of his colleagues and associates as well as through excerpts from his own work. "Do not ask, 'Who is the Christ of history, for all ages, for your neighbor,' but ask, 'Who is the Christ for us, today?'" A panel discussion by KSU campus ministers will follow. (Dave is coordinator for campus ministries.)

THE PROPHETIC IMAGINATION

IS3

Dave Stewart

539-3051

Thursdays, 11:30am-1pm, First Meeting: Oct 14

Length: 5

Location: Baptist Campus Center, 1801 Anderson

Materials Fee: \$5.25, pay at class (cost of book) Limit: 15

This class will study the book, The Prophetic Imagination, which uses the models of key biblical characters to determine the nature and task of the prophetic community in contemporary society. The prophetic imagination is an alternative consciousness, committed to a theology of the freedom of God and to a politics of justice. (Dave has recently written a curriculum for his denomination on the book.)

A NEW HEAVEN AND A NEW EARTH: A CAMPUS MINISTRY BIBLE STUDY ON THE BOOK OF REVELATIONS

IS4

Rod Saunders

539-4281

Mondays, 7-9pm First Meeting: Sept 13

Length: 6 times

Sept 13 What is the Book Really Saying? Led by Dan Scheetz - Meet at American Baptist Campus Ministry Center, 1801 Anderson

Sept 20 The Message to the Churches. Led by Don Fallon - Meet at American Baptist Campus Ministry Center, 1801 Anderson

Sept 27 Jesus and The Rapture. Led by Rod Saunders - Meet at St. Isidore's Catholic Student Center, 711 Denison

Oct 4 Feminine Perspectives in Revelation. Led by Betty Suther - Meet at St. Isidore's Catholic Student Center, 711 Denison

Oct 11 An Overall Vision. Led by Dave Stewart - Meet at Ecumenical Christian Ministries Center, 1021 Denison

Oct 18 The Audience Responds Meet at Ecumenical Christian Ministries Center, 1021 Denison

Sponsored by:

The American Baptist Campus Ministry
St. Isidore's Catholic Student Center
Ecumenical Christian Ministries
Lutheran Campus Ministry

GROWTH and CHANGE

I'M OK - YOU'RE OK WEEKEND

IS12

Don Fallon

Friday, 9:30am-4pm, Nov 5; Saturday, 9:30am-4pm, Nov 6
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 15

This weekend is an introduction to Transactional Analysis and the use of TA tools for growth and awareness, self-understanding, ability to relate to other persons in creative ways. It will also provide help in undoing the programmed responses and patterns of the past, and liberating the self for creative and open living in the present.

HYPNOSIS FOR THE SERIOUSLY CURIOUS

IS15

Gregory Potter

537-0076

Monday and Thursday, 7-9pm, Sept 16 and Oct 14 (2 times)
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

This class offers information about and explanation of how hypnosis is used in goal achievement. Books and tapes will be available for purchase but are not required. Questions are invited. (Greg, with a MS in Psychology and PhD in counseling, has trained in hypnosis at the Institute to Advance Ethical Hypnosis in Newark, New Jersey and owns and directs Personal Achievement Systems in Manhattan.)

DEALING WITH DIFFICULT PEOPLE AND PROBLEM EMPLOYEES

IS16

Bernie Horak

776-2498

One Time: Tuesday, 7:30-9pm, Sept 14
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 15

This session offers strategies to deal with disagreeable attitudes, lack of motivation, and different personality types and conflicts found in social and work environments. (Bernie is a Captain, Medical Service Corps Ft. Riley with specialties in organizational behavior and management consulting.)

TIME AND MEETING MANAGEMENT

IS17

Bernie Horak

776-2498

One Time: Monday, 7:30-9pm, Sept 13
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

This session will identify common timewasters in home and work. We will discuss how to handle conflicting demands, and present proven time-saving techniques. Additionally, skills in planning and conducting effective meetings will be covered.

LIFE PLANNING WORKSHOP

IS18

Susan Scott Angle

532-6927

One Time: Saturday, 8:30am-4pm, Oct 30
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: \$2.00, pay at class (nonstudents) Limit: 15 nonstudents

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

CAREER EXPLORATION

IS19

Susan Scott Angle

532-6927

One Time: Saturday, 8:30am-4pm, Nov 6
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 15 nonstudents
Materials Fee: \$4.00, pay at class (for nonstudents)

The workshop is designed to assist participants in acquiring skills and information necessary for appropriate career decision-making. The Strong Campbell Interest Inventory helps individuals look at their personal interests in relation to a variety of career opportunities. The Inventory must be scheduled with the receptionist at the KSU Counseling at least two weeks prior to the workshop. Students costs are covered through KSU fees.

SELF-CONCEPT AND YOU

IS20

Kim Menard

539-8280

Mondays, Sept 13, 7-9pm; Sept 20, 7-8pm
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration Limit: 8

This class will look at several factors that affect how we view ourselves, and how we develop that self-concept. Several measures and exercises will be discussed as to how we might improve our self-concept, and maintain that high image level. (Kim has a Masters degree in social work.)

BI/POLAR PERSONAL GROWTH SEMINAR

IS40

Rod Saunders

539-4281

Time & Location: Contact Rod directly before Oct 11 for instructions
Class Fee: \$30, non-student; \$21, student, pay at class

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

HORTICULTURAL THERAPY

IS14

Mary Priest and Mary Stevenson

532-5866

One Time: Tuesday, 7-9pm, Nov 16
Location: Register and you will be contacted
Class Fee: \$2.00, pay with registration Limit: 10

Horticultural therapy is an innovative science of the relationship between green plants and human beings. The interaction of these two entities can come together to bring about feeling good about one's self and the environment surrounding us. We will try to examine our feelings and thoughts and relate plant activity around these. Horticultural techniques will be discussed. We invite disabled persons to participate also. We may even answer the questions, does it help to talk to my plants? (Mary P is a grad student in Hort Therapy at KSU and Mary S is an undergrad in Hort Therapy at KSU, who is doing her internship at Big Lakes Development Center.)

SYNECTICS: METAPHORS FOR PERSONAL CHANGE

IS13

Fred Newton, Jeff Stafford

539-8973 532-6927

Mondays, 7-9pm, Sept 20, 27 (2 times)
Location: Register and you will be contacted
Class Fee: \$2.00, pay with registration
Materials Fee: 50¢, pay at class Limit: 12

Dreams, metaphors, and images are ways the creative aspects of the mind may overcome the impasse and limitation of a more routinized mind set. Synectics is a creative problem solving process used in business and industry to elicit invention and innovation. Fred and Jeff use an adaptation of synectics (making the familiar strange through the use of analogous images) to facilitate new possibilities and change within one's personal life. The first session will prepare the class in the conditions and attitudes important to creative thinking process. The second session will demonstrate the synectics model. Students' cost covered by KSU fees. (Fred is Director of the Counseling Center, KSU. Jeff is an assistant Director of Housing at KSU.)

JOB SEARCH

IS21

Susan Scott Angle

532-6927

One Time: Saturday, 8:30am-4pm, Dec 4
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 15 nonstudents
Materials Fee: \$2.00, pay at class (nonstudents)

Plan your job search now. The workshop is designed to help participants develop skills important in locating and acquiring a job. Where and how to look, resume writing and interviewing are discussed and practiced in a supportive group environment. Students' costs are covered through KSU fees.

RETURNING TO SCHOOL

IS22

Margaret Nordin

532-6434

One Time: Thursday, 7:30-8:30pm, Nov 4
Location: Manhattan Public Library

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. This class will be very helpful to anyone thinking about school for the summer or fall. (Margaret is on KSU faculty. Her work involves adult students new to K-State.)

USING THE JOURNAL: A WAY OF "GETTING IT TOGETHER"

IS23

Liebe Pellerin

539-3104

Section I: Thursday, 7:30-9:30pm, Sept 9
Section II: Monday, 7:30-9:30pm, Sept 13
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Do you often find yourself wondering "What's the next step for me?" or "Where is my life leading me?" In 1966 psychologist Ira Progoff developed a method especially designed for adults seeking personal growth based on a simple journal-keeping technique. This course will include basic exercises which explain Progoff's techniques. You don't have to be an expert in language arts. Bring a pen and notebook paper. (Liebe is an authorized leader of Progoff's Intensive Journal program.)

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HEALTH and HEALING

RAPE AND ABUSE: THE ELDERLY CONNECTION

IS29

Elaine M. Johannes

776-9294

One Time: Friday, 10-11:30am, Oct 8

Location: Manhattan Public Library, Juliette & Poyntz

The problem of abuse and rape is not limited to the young, the elderly are also victims and their numbers are increasing. This open forum is offered as an opportunity to become enlightened and to discuss the topics of elder abuse and elderly rape. Steps to safeguard against rape will be highlighted, and community resources will be discussed. (Elaine is Assistant Director for Consumer Assistance and Information with the NC-FH Area Agency on Aging, and is a member of the Regional Crisis Center.)

HINTS TO STOP SMOKING

IS32

Dennis Beitz

776-7178

Wednesdays, 7-9pm First Meeting: Sept 15

Length: 4-7 times

Location: Register and you will be contacted

Class Fee: \$10.00, pay with registration

Limit: 10

This class will look at the physical effects of smoking on your health. We will also analyze the reasons why you may have "the habit," and then offer some common sense suggestions on how to decrease and even stop smoking altogether. (Dennis is the Director of Alcohol and Drug Services at the Pawnee Mental Health center and holds a PhD in health sciences.)

MULTI-MEDIA FIRST AID

IS31

Enell Foerster

537-0977

One Time: Saturday, 8am-5pm, Oct 16

Location: Red Cross Office, 206 Poyntz

Materials Fee: \$8.50, pay at class

This is the American Red Cross Instructional System, featuring filmed demonstrations, guided practice sessions, and programmed workbooks. The student is certified as a standard first-aider upon successful completion of the course. There is a fee of \$8.50 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 \$6.00.

BIOGENICS

IS33

Evelyn Frazier

539-4897

Mondays, 7:30-9pm, First Meeting: Sept 20

Length: Ongoing

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Limit: 12

This class will practice Dr. Norman Shealy's relaxation exercises of deep breathing, auto-suggestion, visualization and meditation to achieve body/mind harmony. Please wear comfortable clothes as the group will practice these exercises together. (Evelyn is interested in Biogenics and wants to teach this technique to others.)

YOGA

IS34

Rob Sheridan

776-6849

Mondays, 5-6pm First Meeting: Sept 20

Length: 8 times

Location: Register and you will be contacted

Class Fee: \$10.00, pay with registration

Limit: 8

We will study the basic yogic postures and breathing techniques, rather than the philosophy of yoga. However, the actual practice of yoga will deepen one's understanding of yogic philosophy. Please bring your own mat, comfortable clothing (slacks, leotards, etc.) and an empty stomach. (Rob is a student of Dr. Bert Franklin.) He suggests you obtain a copy of Dr. Franklin's book "Yoga" at \$4.95/copy.)

STRESS ILLS AND STRESS SKILLS

IS24

Don Fallon

539-4451

One Time: Saturday, 9:30am-4:30pm, Oct 30

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

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



Fort Hays Normal School bloomer girls c. 1925

WOMEN AND ALCOHOL

IS25

Laura King

532-6432

One Time: Tuesday, 7-9pm, Oct 12

Location: K-State Union, Rm 202

This class was designed to provide information and encourage discussion about a variety of issues specifically related to women and alcohol use. Topics we will cover include: the physical effects of drinking on women, alcohol consumption during pregnancy, society's view of the drinking women versus the drinking men, women problem drinkers, difficulties in receiving help and options for dealing with the effects of one's own or another's problem drinking. (Laura is the director of the KSU alcohol abuse prevention program, and a grad student in Psychology.)

BARTENDING WITHOUT ALCOHOL

IS26

Laura King

532-6432

One Time: Monday, 7:30-9pm, Oct 11

Location: Register and you will be contacted

Materials Fee: \$2.50, pay at class

Appealing drinks that offer an alternative to alcoholic beverages will be sampled using juices, carbonated beverages, ice cream, fruit, etc. A wide variety of non-alcoholic drink recipes and ingredients will be available for you to do your own "bartending." Bring your own recipe thoughts, a bit of imagination - an appetite! Snacks will be provided. (Laura is interested in encouraging personal choice in individuals' drinking practices and is looking forward to sharing new and old recipe ideas.)

RACE FOR LIFE - CPR

IS27

Enell Foerster

537-0977

Monday and Wednesday, 2-5pm, Sept 27 and 29

Location: Red Cross, 208 Poyntz

Materials Fee: \$8.00, pay at class

Limit: 10

CPR is a combination of artificial respiration and artificial circulation. It can save many lives (for instance, if started within one minute, it can save 92% of heart attack victims). However, it can cause serious harm if administered improperly. Learn the right way and earn a Red Cross certification. The fee will cover book costs.

FACTS ABOUT ARTHRITIS/EXERCISES FOR THE ARTHRITIC PATIENT

IS28

Dr. Palmer Meek, Jackie Rawlings

One Time: Wednesday, 7:30-10pm, Oct 13

Location: Register and you will be contacted

Class Fee: \$1.00, pay with registration

This class will provide discussion of the various types of arthritis through the use of slides. (By Dr. Meek). The second portion of the class will concentrate on specific therapeutic exercises for the arthritic patient. (Dr. Meek practices Internal Medicine in Manhattan. He has conducted group education classes for the Arthritis Foundation and serves as medical advisor for the Riley County AF. Jackie is director of physical therapy at St. Mary Hospital and has conducted group education classes for the Arthritis Foundation since 1970.)

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by
**BERNARD BOUANCHAUD
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YOGA

IS35

Bert Franklin

539-0495

Section I: Tuesdays, 5:30-6:30pm First Meeting: Sept 21
 Section II: Thursdays, 5:30-6:30pm First Meeting: Sept 23 Length: 8 time
 Location: Register and you will be contacted
 Class Fee: \$10.00, pay with registration
 Materials Fee: \$4.95, pay at class

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. (Having studied for 6 years in India with Krishnamacharya and Desikacher, Dr. Franklin has just attended a seminar with Desikacher and a group of his former students.)

SUFI DANCING

IS37

Nabiuddin Nelson

468-3631

Thursdays, 7:30-9:30pm, Sept 16 & 30 (2 times)
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

Simple folk style movements and the chanting of sacred phrases and mantras from the world's religions produce a certain feeling of shared joy and brotherhood that must be experienced to be understood. Please join us in that experience. (Nabiuddin is the local Sufi center coordinator and has led this class for a couple of years.)

HEALING SERIES

THERAPEUTIC TOUCH

IS38A

Keva Ryan

776-1154

Wednesday, 7:30pm, Sept 21
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

Therapeutic Touch is a technique which uses the hands to help or heal someone who is sick by mobilizing the person's own inner resources. The ability to use this technique is believed to be a natural potential in all human beings. It is presently being practiced by health professionals throughout the country and is taught in some graduate level nursing programs. The class will be discussion and demonstration. I hope to have others present who practice Therapeutic Touch locally. (Keva is a R.N. who has used alternative healing techniques for several years.)

COLOR AWARENESS IN HEALING

IS38B

Tess Keenan and Pat Embers

539-6697

One Time: Wednesday, 7:30pm, Sept 15
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

This is an introductory class on how color in our environment affects us mentally and physically. We will discuss the subtle, esoteric aspects and uses of color inherent in the art of healing. Classes may continue based on interest. (Pat & Tess continue to explore and experiment with alternative healing techniques.)

ACCUPRESSURE

IS38C

Tess Keenan

539-6697

One Time: Wednesday, 7:30-9:30pm, Sept 29
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

Accupressure is a form of therapy using fingers to relieve pressure in the body and help energy flow freely. There are about 365 points all over the body that are pressure points and 40 main points which relieve pressure. Tess will demonstrate some techniques which can help specific ailments (e.g., headaches, leg aches.)

MASSAGE

IS36

Bob Parr

Saturdays, 1-4pm, Oct 16 & 30 (2 times)
 Location: Register and you will be contacted
 Class Fee: \$5.00, pay with registration Limit: 10

This class will introduce you to traditional Swedish massage. This emphasizes the whole body methods with particular attention to facial and foot techniques. The aim is to improve circulation, and to promote relaxation. To get the most out of the class it is recommended that students sign up with partners and bring the following supplies: a mineral or vegetable oil, body lotion (preferably non-scented), baby powder and rubbing alcohol. (Bob worked as a masseur for two years in a health club while putting himself through school.)

NEW AGE SERMONS

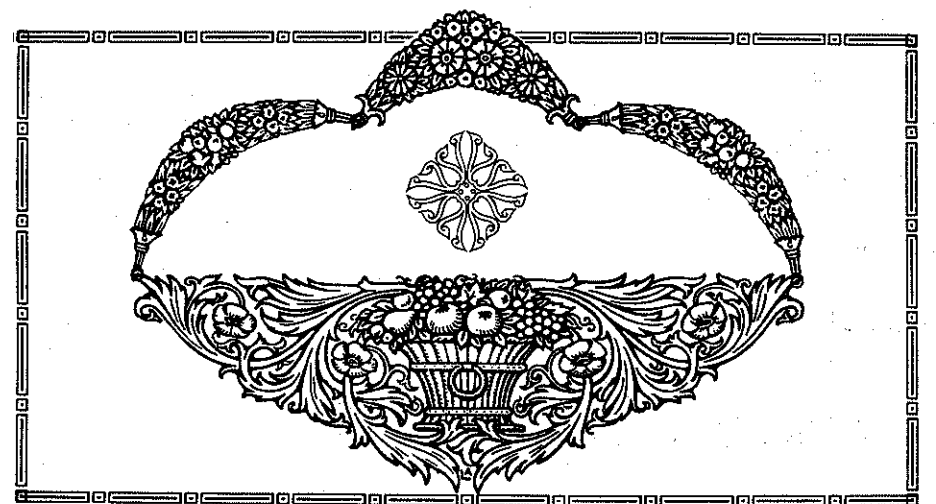
IS39

Jean Burnham

539-1546

Section I: Self-Healing, Sunday, 10-11am, Oct 3
 Section II: Healing Each Other, Sunday, 10-11am, Oct 10
 Section III: Healing The Earth, Sunday, 10-11am, Oct 17
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration (this is for all sections)

These 3 talks will examine New Age ideas for achieving spiritual well-being and peace through a relationship with God, with each other and with the earth. (Jean is a poet, songwriter and counselor who is deeply interested in the spiritual healing of the mind.)



POLARITY BALANCING

IS38D

Tess Keenan

One Time: Wednesday, 7-8:30pm, Oct 6
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

Polarity Balancing is a type of healing that is centuries old and very simple to learn. The technique balances the positive and negative forces in the body to promote both mental and physical well-being.

HEALING THROUGH THE SPIRIT

IS38E

Dorothy and Reid Barnett

776-7274

One Time: Wednesday, 7:30pm, Oct 13
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

All minds are joined even the minds of people who have passed over and those still living. God-mind is also one. Dorothy and Reid practice mental and emotional healing by putting people in touch with themselves by using spiritual symbols. Come to class and join in a demonstration of their techniques. (Dorothy and Reid have been working with healing through the spirit for the last 4 years.)

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OUTER SELF

The Outer Self section provides several classes that will enable you to relive historic Kansas.

In Introduction to Muzzleloading, the teachers will demonstrate the historic black-powder rifle, other muzzleloaders, and knife and tomahawk throwing.

Classes on backpacking, camping, canoeing and orienteering will utilize some of the same techniques used by Native Americans and pioneers.

And collecting stamps, coins, and military insignia will improve your appreciation for historical events that helped to shape Kansas.



MOVING WITH STYLE

RHYTHMIC AEROBICS

P1

Kathy Arbuthnot

539-5843

Mondays, Tuesdays, 7-8pm; Wednesdays, 7:30-8:30pm
First Meeting: Sept 13 Length: 18 times
Location: Register and you will be contacted
Class Fee: \$15.00, pay with registration
Materials Fee: \$1.00, pay at class Limit: 40

The program, Rhythmic Aerobics, with fitness at heart, was invented as a means of experiencing how exercise does not have to be drudgery. Routines are choreographed to include a sufficient workout for all body muscles, especially the heart. Participants monitor their heart rate to prevent overworking; in the meantime they are improving coordination, reaction time, muscular endurance, flexibility and cardiovascular fitness. Discover how getting fit can be fun! (Kathy enjoys keeping fit with Rhythmic Aerobics.)

GENERAL FITNESS EXERCISES TO MUSIC

P2

Susan Grecu

532-5731

Tuesdays and Thursdays, 5:00-5:45pm
First Meeting: Sept 14 Length: Ongoing
Location: Register and you will be contacted
Class Fee: \$10.00, pay with registration

Exercises include jogging and steps to music to increase the heart rate, and limbering and firming exercises done singly and with partners. Continuous activity is stressed, and will increase progressively through the semester. (Susan learned this course in West Germany and taught it professionally at the Damascus, Syria Sheraton Hotel.)

SELF-DEFENSE (WITH JUJITSU EMPHASIS)

P16

Stan Wilson

539-7723

Tuesdays, 7-9pm, First Meeting: Sept 14 Length: 6 times
Location: Register and you will be contacted
Class Fee: \$10.00, pay with registration Limit: 20

For centuries, the Japanese used Jujitsu, "the easy and effective self-defense," when weapons were not available. In this class, Stan will use basic Jujitsu to teach you simple methods using leverage, balance and everyday items carried in pockets. Mental aspects of self-defense will also be covered. (Stan has been involved in the martial arts for 12 yrs.)

PHILOSOPHY OF NINJITSU

P17

Stan Wilson

539-7723

One Time: Sunday, 2-4pm, Sept 19
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

"If someone is going to hit you, end up behind them. If someone is going to throw a chair at you, be on the chair." Ninjitsu, the ancient martial art of Japanese espionage agents, encompasses a philosophy of preparedness and of getting things done in the best way. The Togukuri Ryu style, which will be covered, is appropriate for those fearing attack.

BEGINNING FENCING

P29

Richard Reihls

539-9261

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

Learn to fence with a foil! Footwork, conditioning, and blade play will be emphasized in the first few weeks followed by practice bouts. The class will end with a class practice tournament in preparation for the Kansas beginners tournament. Fencing is an exciting sport. Five colleges in Kansas regularly sponsor events in Wichita, Lawrence and Kansas City. (Richard has been fencing for two years.)

BATON TWIRLING

P38

Tari Boller

776-3850

One Time: Monday, 7-9pm, Sept 13 (rain date, Sept 20)
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Tari will teach you basic skills, practice drills and marching. She'll demonstrate advanced skills like aerials and spontaneous routines. To top off the evening, we'll be treated to a demonstration of swords and fire batons. (Tari has twirled since age 3 and has taught since seventh grade. She performed in Junior High, High School and College.)

TAI CHI EXERCISE

P18

Tom Graham

532-6311 776-0780

Saturdays, 8:30-10:30am, Wednesdays, 7-9pm First Meeting: Sept 11
Location: Register and you will be contacted Length: Ongoing
Class Fee: \$7.00, pay with registration

Tai Chi 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. (Tom began Tai Chi last fall. He has been involved in martial arts for five years.)



INDOOR GAMES

POCKET BILLIARDS FOR BEGINNERS

P32

Jerry Riggs

776-6338

Saturdays, 10:30am First Meeting Sept 11 Length: 6 times
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration Limit: 12

The class will start with a brief history of the game. Included will be an introduction to playing equipment, basic stance, aiming, English, and control. The different games - 8-ball, 9-ball and snooker will be covered as well as the theory and mental game. Also, we will watch a video-tape trick shot demonstration and championship match. (Jerry has played in three World Pocket Billiard Championships in New York City, finishing 33rd in 1979, 16th in 1980 and 20th in 1981.)

BEGINNING BRIDGE

P33

Pat Cashin

539-7074

Tuesdays, 7:30-9:30pm, Oct 12, 19, 26 Length: 3 times
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration

Don't trump your partner's ace! Learn basic bidding and play from an expert. A brief introduction to defense will be included. This is the place to make mistakes, so that in three weeks, you'll be ready to play with friends and strangers. No previous bridge experience is required. (Pat has been teaching bridge through the Welcome Wagon for six years.)

DUNGEONS & DRAGONS

P34

Ron Knight

537-1688

Thursdays, 6-10pm First Meeting: Sept 9 Length: 13 times
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration
Materials Fee: 50¢, pay at class

Come and pit your dungeon skills against the world of Modar the Unknown. Face unforeseen dangers and even possible death as you explore the unknown in search of treasure, power, and magic. Participants should be age 14 or older. (Ron has almost twelve years of dungeoning experience.)

DESIGNING ADULT GAMES

P35

Lenny Kanterman

539-3786

One Time: Wednesday, Oct 20, 8-10pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Lenny will teach methods and techniques for designing and publishing board games for adults, including war games and Dungeons and Dragons type role-playing games, to be illustrated with examples from personal experience. If interest warrants, we will conduct a workshop to evaluate participant's amateur designs. (Lenny has designed 3 adult games that have been published.)

GAMING COUNCIL

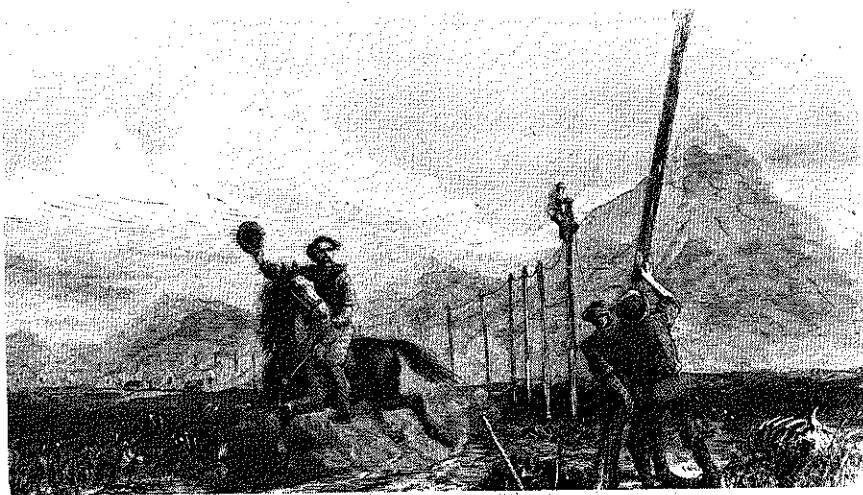
P36

Jim Parrish

539-4868

One Time: Saturday, 7:30pm, Sept 11
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

The Gaming Council enjoys Dungeons and Dragons, computer games and War-gaming. Come join in preparation for a tournament and Halloween costume contest. Fantasy's the word! (Jim is president of the Gaming Council.)



Pony Express, Harper's Weekly Nov 2, 1867

JUST FOR FUN

COIN COLLECTING

P45

Ray Kurtz

537-7193

Wednesdays, 7:30pm First Meeting: Oct 13 Length: Indefinite
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

The Manhattan Coin Club offers instruction for the beginner and fellowship and trading opportunities for the intermediate and advanced coin collector. Dave Smies and other long-time members of the American Numismatic Association will supply information on foreign coins as well as United States coins. There will be slide shows, guest speakers, demonstrations on grading coins, general discussion and question and answer periods. The library of the Manhattan Coin Club will be available to class members. (Ray is a member of the Manhattan Coin Club.)

NEW "NEW GAMES"

P39

Helen B. Safford

776-7615

One Time: Monday, 7-8:30pm, Sept 13
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

"Among the various components that make a game a new game are challenge, trust, safety, fantasy and ritual, empowerment, and innovation." New games stress cooperation rather than competition. We will play 5 games created by the New Games Foundation, and depending upon interest, we will invent our own "New Games." If you have some large group games you'd like to play, please feel free to share. (Helen likes to play.)

JUST CLOWNIN' AROUND

P40

Sue Rieger

One Time: Wednesday, 7:30pm, Oct 6 Limit: 8
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Discover the clown hiding inside you. Clowns can be mimickers, children, or explorers. We'll explore the use of movement, facial expressions, costume, make-up, juggling and props. (Sue loves to clown and is looking for others to learn with her.)

STAMP COLLECTING

P41

Tim Lindemuth

776-5603

Thursdays, 7:30pm First Meeting: Sept 9 Length: Indefinite
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

This class is for beginning, intermediate and advanced stamp collectors. You will learn the basics and finer points of collecting. Programs include slide shows, and guest speakers. Two field trips are planned to area stamp shows. (Tim is a long-time member of the American Philatelic Society and a collector for 27 years.)

MILITARY INSIGNIA COLLECTING

P42

Doug Teener

537-0508

One Time: Saturday, 1pm, Sept 11
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

A small group of collectors want to meet with others who may want to start or who have been at it for years. We exchange information, contacts and sources, as well as items. With Ft. Riley so close and Farrell Library as an available resource, the Manhattan area provides an ideal spot for collecting military insignia, particularly American. Doug will introduce you to the national organization ASMIC (American Society of Military Insignia Collectors), basic references and ethics of the collector. The only real usage of heraldry in the U.S. is in military insignia. (Doug has been collecting for more than 20 years and has over 2,000 individual pieces.)

INTRODUCTION TO MUZZLE LOADING

P43

Jim Bean, Jim Akin & Ed Hoover

776-6365

Register and you will be contacted for times and location Limit: 12
Class Fee: \$3.00, pay with registration
Materials Fee: \$2.00, pay at class

We will demonstrate usage, cleaning and repair of most typical types of muzzle loading arms followed by actual "hands-on" shooting. Included will be tomahawk and knife throwing. Participants are welcome to bring their own muzzle loaders, subject to safety inspection. We will cover muzzle loading hunting arms and competition on request. (Jim, Jim and Ed are variously members of the National Muzzleloading Rifle Association, National Rifle Association, National Association of Primitive Riflemen, The Kaw Valley Muzzleloaders and the Blue River Trading Company with several years experience in sport and competition shooting.)

WET STUFF

SWIMMING:

All Classes:

Location: Register and you will be contacted
Class Fee: \$8.00, pay with registration
Teachers are Red Cross certified Water Safety Instructors

Pre-Beginning Swimming for 3-5 year olds

P6

Tammi Bird

539-4931

Saturdays, 8-9am First Meeting: Sept 11 Length: 8 times Limit: 7

Beginning Swimming for 6-8 year olds

P7

Deb Dudley

537-9281

Saturdays, 9-10am First Meeting: Sept 11 Length: 8 times Limit: 8

Beginning Swimming for 6-10 year olds

P8

Michaela Richmond

539-3979

Saturdays, 11am-12n First Meeting: Sept 11 Length: 9 times Limit: 7

Beginning Swimming for 6-10 year olds

P9

Michaela Richmond

539-3979

Saturdays, 12n-1pm First Meeting: Sept 11 Length: 9 times Limit: 7

Intermediate Swimming for all ages

P10

Neil Schanker

532-5866

Sundays, 12n-1pm First Meeting: Sept 12 Length: 8 times Limit: 10

Adult Beginning Swimming

P11

Tom Deaver

537-2962

Saturdays, 10am-12n First Meeting: Sept 11 Length: 8 times Limit: 15

Adult Beginning Swimming

P12

Donna Fager - Scheiter

776-0935

Sundays, 12n-1pm First Meeting: Sept 12 Length: 8 times Limit: 10

Senior Citizen Beginning Swimming

P13

Neil Schanker

532-5866

Sundays, 11am-12n First Meeting: Sept 12 Length: 8 times Limit: 10

CANOEING KANSAS WATERS

P14

Bob Poresky

539-2967

Organizational meeting, Thursday, Sept 9, 7:30-9pm

Sundays, 1-5pm - dates to be announced at organizational meeting
Location: Register and you will be contacted Length: 4-6 times
Class Fee: \$3.00, pay with registration Limit: 20

Basic canoeing techniques will be incorporated into trips to nearby lakes, streams and rivers. We will have a chance to learn/relearn canoeing techniques as we explore this autumn. Participants will be responsible for providing canoes, paddles, life jackets, etc. The fall schedule will be set at the Sept meeting at which time partners and rental locations will be found. This class welcomes both individuals and families. (Bob has led similar classes and enjoys this opportunity to get out in the autumn. Have canoe, will paddle.)

KAYAKING!

P15

Jeni Kardinal, Rex Replogle

539-9537

Section I: Sundays, 9-12noon, First Meeting: Sept 12 Length: 3 times*
Section II: Sundays, 9-12noon, First Meeting: Oct 10 Length: 3 times*
Location: Register and you will be contacted *plus an optional trip
Class Fee: \$5.00, pay with registration Limit: 15 each section
Materials Fee: \$25.00, pay at class

Kayak (ki-ak)n: the Eskimo seal-skin canoe, long, narrow and covered over. Learn how to handle and enjoy the new lightweight plastic kayaks that are fast becoming so popular. Three sessions in an indoor swimming pool will prepare you for a trip to Missouri's thrilling white water. Kayaks and equipment are provided. Catch some wave action! (Jeni has been kayaking 4 years and has raced and taught for 2 years.)

Ballard

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OUT and ABOUT

BLUEMONT BIKE CLUB REGULAR RIDES

P21

Ted Geisert 532-6822

Section I: Saturdays, 8am First Meeting: Sept 11 Length: Ongoing
 Section II: Sundays, 4pm First Meeting: Sept 12
 Location: Register and you will be contacted
 Class Fee: \$1.00, per section, pay with registration

Section I: BREAKFAST RIDES - Meet Saturdays, 8am, Five to 30 miles, easy to moderate pace, ideally terminating at a cafe for breakfast. Distances will vary according to weather and stamina of the riders. Families, youngsters and oldsters invited.

Section II: MEDIUM RIDES - Meet Sundays, 4pm. Twenty to 40 miles, moderate pace. Varies with participants' ability and desire. (Ted is president of the Bluemont Bike Club which meets the first Monday of each month.)

BICYCLE TOURING FOR BEGINNERS

P22

Ted Geisert 532-6822

One Time: Saturday, 8-11am, Sept 25
 Location: Register and you will be contacted
 Class Fee: \$1.00, pay with registration

Bicycle touring continues to grow in popularity. This ride will cover approximately 10-30 scenic miles over a 3-hour period with a hearty breakfast stop at a restaurant at about halfway. Various aspects of touring will be introduced along the way. This ride is especially appropriate for the beginning biker who wants to find out what bicycle touring is all about.

INTRODUCTORY BACKPACKING

P23

Bob Klaphor 539-5857

One Time: Tuesday, 7-10pm, Oct 5 Limit: 15
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

This course will introduce the beginning or prospective backpacker to the basic equipment, clothing and supplies needed; and the basic techniques needed to be a safe, conservation-minded backpacker. There will be ample opportunity to practice through trips available via the Outing Club. (Bob has backpacked, hiked and climbed from Indiana on west to Colorado.)

CAMPOUT FOR ENVIRONMENTAL AWARENESS: WATERCRESS, STONE CHICKEN COOPS AND FUN

P24

Pat Dreese 539-9150

Saturday/Sunday, 5pm Sat to Sun am Oct 2/3
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

We will carpool out to scenic Carnahan Cove at Tuttle Reservoir for canoeing and hiking. We'll build a fire, cook supper and discuss activities of Kansas Friends of the Earth, a local environmental organization. Sunday morning, we'll eat breakfast, take a nature hike and visit three old stone structures, one being a two-story chicken coop. (Pat has camped quite a bit in Kansas and is president of Kansas Friends of the Earth.)

ORIENTEERING

P25

Mike Vovk 539-6144

Saturdays, 8-9am First Meeting: Sept 11 Length: 6 times
 Location: Register and you will be contacted Limit: 15
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$5.00, pay at class

With map and compass as steady companions, the art of Orienteering - the skill of finding your way along highways and country roads, through woods and fields, through mountain territory, and over lakes - becomes an intriguing hobby and an interesting sport, whether you travel alone, with your family, or with a group of like-minded friends. In this class, you'll learn how to read a 3-D map, how to use a magnetic compass, and you will have an opportunity to run an orienteering course. (Mike has been orienteering since 1976 and won the State of Kansas championships in his division in 1979.)

INTRODUCTION TO DOWNHILL SKIING

P26

Holly K. Crine 539-5663

One Time: Wednesday, 7-9pm, Nov 10 Limit: 15
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

Do you feel like doing something different and exciting this winter? Try skiing! But, before you get up on the slopes, come to this two-hour session to learn a few tips! We'll cover everything from equipment to treatment of frostbite. Bring pencil and paper (if you take notes), and any questions. Think Snow! (Holly has been an instructor, vice-president of the Heidelberg International Ski Club, and spent the past five years skiing Europe.)

TETHERED FLIGHT: KITE MAKING AND FLYING

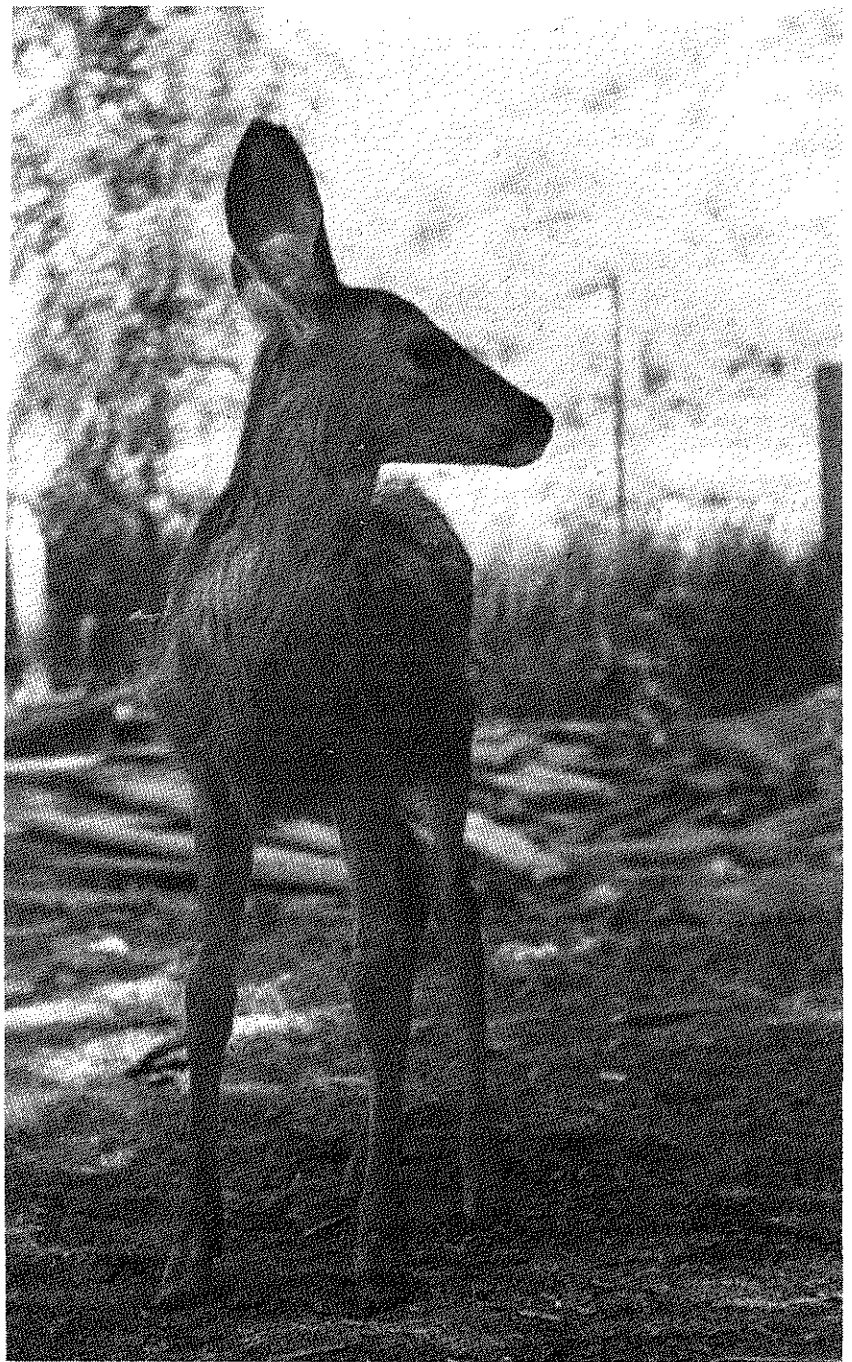
P37

David Kamerer, Lori Bergen

One Time: Sunday, 12noon to 3pm, Sept 26
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$6.00, pay at class Limit: 12

Would you like to have the world on a string? If so, then join us for an afternoon of kite making and kite flying. We'll look at several designs and each participant will build one. Then we'll take to the sky and compare the characteristics of each kite. Provided materials include: cloth, nylon fabric, plastic, string, dowels, glue and tape. (Avid cyclists, Lori and David would rather fly a kite than ride a bike into the Kansas wind anyway! If you can't beat 'em, join 'em.)

28 Outer Self



INTRODUCTION TO SKYDIVING

P27

Mark Young, Jim Brown

539-3655

One Time: Tues, 7:30-9pm, Sept 28
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

This class will serve as an introduction to Skydiving. Several movies will be shown and there will be a demonstration of equipment. A comprehensive book will be available for purchase. (The instructors are members of the K-State Parachute Club. Information on training to jump will be given.)

OUTING CLUB

P44

Mike Elledge, Mary Roth

776-1644

First and Third Wednesdays, 7:30pm First Meeting: Sept 15
 Location: Register and you will be contacted
 Class Fee: \$2.00, pay with registration Length: Ongoing

If you are interested in going camping, canoeing, bike touring, rock climbing, backpacking, sky diving, sailing, rappelling, kite-flying, spelunking or any of the above, this is the club for you. Each meeting, a variety of trips are planned for the next two weeks. (Mary and Mike enjoy many outdoor activities.)

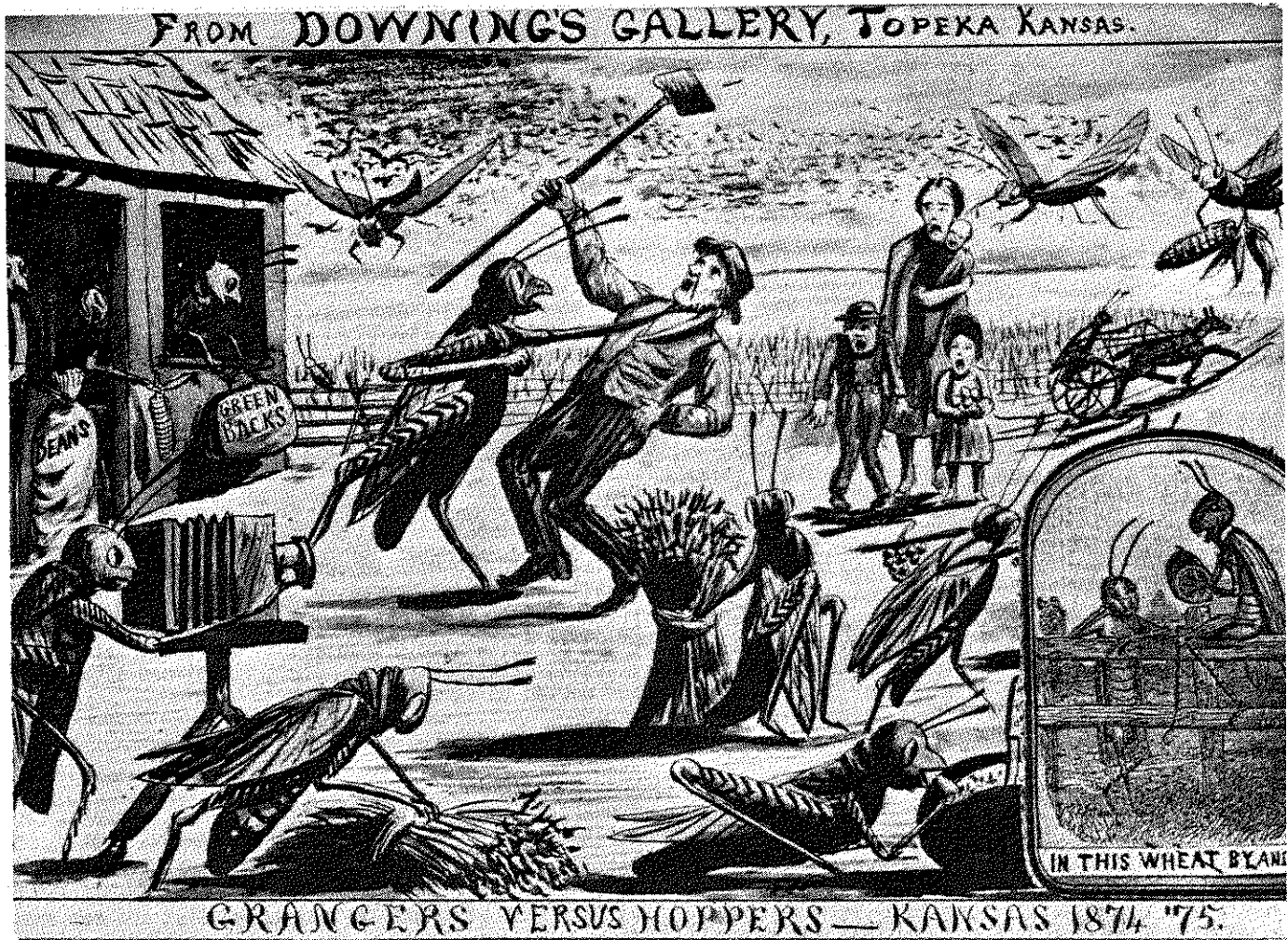
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Riley County Humane Society is sponsoring a Riley County shelter building fund day which is entitled "Pet Benefit Day" at CiCo Park, Manhattan, Kansas, September 11 from 9am to 11pm. We will have an animal fair, pet parade, next-to-new sale, entertainment, arts and crafts and much more. This day is dedicated to raising funds for a county-wide shelter that will take all animals. Donations for next-to-new sale, interested non-profit and civic organizations as well as arts and crafts contributors, please call Beverly Hashagen at PET HOTLINE 537-7430 by September 5.



Grangers vs Grasshoppers by Worrall

OUTDOOR ACTION

BEGINNING TENNIS

P3

Sharon Tuttle

776-3456

Sundays, 8-10am First Meeting: Sept 12 Length: 6 times
Location: Register and you will be contacted
Class Fee: \$10.00, pay with registration Limit: 20

Tennis lessons for the beginner will teach forehand, backhand, serves, court tactics, equipment selection and game rules. Bring a can of marked balls and a racquet. (Sharon played on the Manhattan High Varsity team and has continued playing tennis for the past four years.)

RACQUETBALL FOR BEGINNERS

P4

Richard Grissom

539-0884

Sundays, 8-10am First Meeting: Sept 12 Length: 5 times
Location: Register and you will be contacted
Class Fee: \$10.00, pay with registration Limit: 16

Join one of the most popular up and coming sports. Racquetball is good for developing cardiovascular fitness, muscular endurance, controlling weight and is a lifetime activity. This class will emphasize basic rules and fundamentals of the game including scoring, backhand, forehand and serving. Bring a racquet and two balls. (Richard plays semi-professional racquetball.)

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

P5

Neil Schanker

532-5866

Wednesday, Sept 22, 5pm
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

Want some new partners for sports? 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 has coordinated this class for several years.)

FRISBEE GOLF "FOLF"

P30

David Colburn

776-5589

Section I: Monday, 7-9:30pm, Sept 13
Section II: Monday, 7-9:30pm, Sept 20
Section III: Monday, 7-9:30pm, Sept 27
Location: Register and you will be contacted Limit: 10 each section
Class Fee: \$3.00, each section, pay with registration

Frisbee Golf is the same as regular golf only we use a frisbee and we don't play on a golf course. We will be playing on the course set up by the original Aerial Wizards several years ago on the K-State Campus. (Dave has been playing "FOLF" and Ultimate since the Aerial Wizards started six years ago.)

RUNNING: JOGGING TO RACING

P19

Tony Wilcox

532-6765

One Time: Tuesday, 7-9pm, Sept 21
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

The Fall is one of the nicest times of the year for running. This course will cover the basics of a running program, training tips, racing information and guidelines on winter training. Discussion will also revolve around individual problems or concerns of those attending. Intended for those already running or those considering taking it up, this class can help get you off on the right foot. (Tony teaches exercise physiology in the HPER Department and has been running competitively for many years.)

THE USE OF ORTHOTICS IN RUNNING

P20

Dr. J. A. Svoboda

539-7664

One Time: Wednesday, 7pm Sept 22
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Orthotics are specialized arch supports made from plaster impressions of your feet. They balance such deformities as flat feet, short toes or old fractures, so that you're not compensating for them in your running. (Joe is a runner and Podiatric consultant to KSU.)

VOLLEYBALL FOR FUN

P28

Lois Morales

539-8867

Tuesdays, Thursdays, 6:30-8:30pm First Meeting: Sept 9
Location: Register and you will be contacted Length: Ongoing
Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class

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

ULTIMATE FRISBEE

P31

Mark Stiles

776-1702

Sundays, 5pm First Meeting Sept 12 Length: Ongoing
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration

Ultimate is the popular frisbee game that combines aspects of basketball and soccer. Seven players pass the disc down the field toward their end zone, stopping to catch and pivoting to pass. Intercept some Frisbee fun with this class. (Mark has been playing Ultimate for 3 years.)

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KNOW HOW NETWORK

At 901 Yuma in Manhattan stands the Douglass Community Center and Annex. The original Douglass Center was built between 1939-1940 by the Work Projects Administration (W.P.A.) and was used as a USO for black soldiers during WWII. The Annex, built in 1903, was an all black school until 1966 when the public schools were integrated. Today the Douglass Center involves the black community in social, cultural, and recreational programs which serves the Manhattan community as a whole.

SURVIVAL SKILLS

INTRODUCTION TO SELF-DEFENSE FOR WOMEN

K7

Christie and Sandy 776-6498

Sundays, 7-9pm, Oct 10 & 17 (2 times)
Location: Douglass Center Annex, 901 Yuma

Regardless of age, race, social class or lifestyle - all women are potential targets of violence. However, women rarely receive any training for their own defense. This class will introduce simple but effective self-defense skills, taught by women for women. Be sure to wear loose, comfortable clothes. (Christie and Sandy have taught self-defense for women for the past 2 years.)

FLAT TIRED?

K8

John Holcomb 1-485-2410

One Time: Thursday, 7-8pm, Oct 7
Location: UFM Parking Lot

The most common car repair, and the most important in emergency situations is a tire change. It is a simple project but one that you may not have tried. The time to learn how to use your car jack, lugnut wrench and spare tire is before you are alone on a dark night with a flat tire. (John enjoys changing flat tires so much he sometimes lets the air out of his tires just for practice.)

BASIC HAIR CARE

K9

Robin Blair & Cynthia Tucker

Saturdays, 2-4:30pm First Meeting: Sept 11 Length: Ongoing
Location: Douglass Center, 901 Yuma

"I can't do a thing with my hair!" - It's a common complaint! Learn about your special hair care needs, different types of shampoos, p.h. balances, and hairstyles. Robin and Cynthia will demonstrate new styles, make-up applications, manicures and pedicures on class participants. Bring a pencil and paper to write down all you'll learn. (Robin and Cynthia are both students at Crum's Beauty School.)

CULTURE

CONTEMPORARY BLACK WOMEN WRITERS

K12

Ann Butler 532-6436

Register and you will be contacted for first meeting and location. The class will meet on Fridays and be on-going.

Many contemporary black women writers have not been given much credit. This group's goal is to read and discuss these authors and their works - including writers such as Alice Walker and Toni Morrison. (Ann works in the office of minority affairs at KSU and enjoys reading and discussing books by and about black women.)

EBONY BALL

K13

Sign up and you will be contacted

Last year's Ebony Ball celebrating the graduating black seniors was such a great success we want to plan another one . . . bigger and better! We need people to help with decorations, fund raising, refreshments, entertainment, and organizing. Please sign up to help with this project that gives special recognition to the young blacks in our community.

HEALTH

FIRST AID MULTI MEDIA

K10

Neil Schanker 532-5866

One Time: Saturday, 8am-5pm, Sept 25
Location: 206 Poyntz Ave.
Materials Fee: \$8.50, pay at class

Limit: 12

This is the American Red Cross Instructional System, featuring film demonstrations, guided practice sessions, and programmed workbooks. The student is certified as a standard first-aider upon successful completion of the course. There is a fee of \$8.50, 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 \$6.00. (Neil has taught this class many times before and is a Certified Red Cross First Aid instructor.)

REGIONAL CRISIS CENTER TRAINING

K14

RCC Staff 539-2785

Saturday, 9am-5pm, Sept 18
Location: St. Mary's Hospital - Large Meeting Room

One out of 2 families will experience domestic violence in their relationship at some time. One out of 3 women will be raped (FBI statistics). The Regional Crisis Center training is for potential volunteers and for people who are interested in learning more about the problem of domestic violence and rape.

BASIC CAR CARE

K5

Larry Nicholson 537-0056

Register and you will be contacted for times
Location: Douglass Center, Butler Bldg., 901 Yuma

Learn more about how a car operates and how you can prevent costly repairs by doing simple maintenance yourself. Larry will cover tasks like changing oil, spark plugs, winterizing, and simple car repair. (Larry has worked on cars for years.)

SURVIVING IN THESE TIMES - HOME ECONOMICS

K6

Angela Diggs 776-8642

Mondays, 7-8pm First Meeting: Oct 4 Length: 6 times
Location: Douglass Center, Douglass Rm, 901 Yuma

Setting up your first household? Suddenly single and on your own? This class will teach you how to shop and eat cheaply and nutritiously. We will talk about preparing a shopping list and comparative shopping, easy cooking on a shoestring, and we will share some of her recipes collected from all over the world. (Angela is a mother and has been on her own since she was 13 years old.)

CRAFTS

FABRIC FLOWERS

K11

Rose Kerezsi 539-9760

One Time: Tuesday, 7-9pm, Oct 12
Location: Douglass Center, 901 Yuma

Learn how to make beautiful flowers that don't need watering, and never wilt. Fabric flowers are easy to make and can be arranged to make decorative center pieces and bouquets. Bring to class scraps of cotton or chiffon, craft wire and scissors. (Rose is a fabric flower fancier.)

JOB SKILLS

HOW TO GET YOUR REAL ESTATE LICENSE

K3

Karen Cook 539-3281

One Time: Wednesday, 7-9pm, Oct 13
Location: Douglass Center, King Rm, 901 Yuma

Thinking about a career in real estate? This class will help you prepare to get your Kansas Real Estate License - what books to study, where to go to get information, what a job in Real Estate entails, and what opportunities are available in the Manhattan area. (Karen has a real estate license and is interested in helping others receive theirs.)

JOB SKILLS RESUME WRITING

K4

Jon Feighner 532-6799

One Time: Monday, 7-9:30pm, Nov 1
Location: Douglass Center, Tubman Rm, 901 Yuma
Materials Fee: \$2.00, pay at class Limit: 24

This course is designed to give you help in designing your resume. Course material will include handouts on how to successfully write your resume and market your skills. The class is designed for people seeking professional/non-professional occupations. (Jon has a Masters Degree in International Management with an emphasis in Marketing.)

PARENTING

INTRODUCTION TO FOSTER PARENTING

K1

Nancy Williams and SRS Staff 776-4011

One Time: Wednesday, 7:30-9pm, Oct 20
Location: Douglass Center, 901 Yuma

Are you a family with the desire, love, time and space to open your home to a child who needs one? The Department of Social and Rehabilitation Services is seeking foster homes. This class will give general information about foster parenting. (Nancy was a licensing worker for three years and feels that Riley County is in need of more foster homes.)

PARENTING & ADOLESCENTS "HOW CAN WE BOTH SURVIVE"

K2

Michael Weinberg, M.S. 537-2244

Mondays, 7-8:30pm, Oct 25 & Nov 1 (2 times)
Location: 404 Humboldt, Suite C Limit: 10

This will be an indepth discussion concerning the options and alternatives parents have in increasing the communication between themselves and their teens. We will discuss the specifics concerning what parents can do to facilitate good mental health in their family. (Mike has an MS in Family Child Development and ABD in Education. Certified in Reality Therapy and is in private practice as a Reality Therapist.)

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Easy and Delicious Meals for Those Who Don't Like to Cook 13	New "New Games" 27	W
Ebony Ball 30	Nuclear Weapons: Worry in Our World 5	Waterbed Construction 15
Energy and Architecture - Film Series 16		Welding 15
Establishing A Credit File 3		What UFM Can Offer the Disabled 6
Estate Planning: Is It for Me? 3		Whole Wheat Cooking 13
European Getaways 6		Wierd Weather? 12
Exploring Kings Creek 12		Wine Appreciation 14
Exploring Under Rocks 10		Women 7

Mail In Registration Form

(One form per person) Mail - in registration due Aug. 16 - Sept. 3

Registration

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

(Please Print)

Name _____

Street _____ Apt.# _____

City _____ Zip _____

Home Phone _____ Work Phone _____

Survey-Please check all that apply

I am a:

KSU Student (___ credit hours)

Student Spouse Ft Riley Personnel

KSU Faculty/Staff Townsperson(nonKSU)

Fac/Staff Spouse Rural Riley Co.

School Age Handicapped

Senior Citizen

Where did you pick up your catalogue? _____

I would like to volunteer my skills in exchange for registration discounts _____

I am interested in teaching for UFM _____

I would like to see offered next term _____

UFM - 532-5866

Class #	Sec#	Title	Class Fee
1.			
2.			
3.			
4.			
5.			
6.			

Total class fee*(see costs) _____

Plus Registration Fee Individual - \$2.00 _____

(see costs)

Check here if senior citizen or disabled _____

If KSU student list ID# here _____

Total Due _____

IMPORTANT! Please read the refund policy *e.g., Sec I or II, etc. if indicated in description.

REGISTRATION DATES: Mail - in registration due Aug. 16 - Sept. 3

Walk-in:

Tuesday, Aug 17	UFM House 7-9am; Public Library,
Thursday, Aug 19	KSU Union 9am-2pm 5-7pm
Monday, Aug 23	KSU Union 9am-2pm
Tuesday, Aug 24	KSU Union 9am-2pm
Saturday, Aug 28	WalMart, 10am-12noon; Alco 1-3pm
Wednesday, Sept 1	KSU Union 9am-2pm
Thursday, Sept 2	Public Library 9am-2pm; 5-7pm

Late Registration: Accepted on a Space Available Basis

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. (A stamped, self-addressed envelope would be appreciated).

(Please Print)

Name _____

Street _____ Apt.# _____

City _____ Zip _____

Home Phone _____ Work Phone _____

Survey-Please check all that apply

I am a:

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Total class fee*(see costs) _____

Plus Registration Fee Individual - \$2.00 _____

(see costs)

Check here if senior citizen or disabled _____

If KSU student list ID# here _____

Total Due _____

IMPORTANT! Please read the refund policy *e.g., Sec I or II, etc. if indicated in description.

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.

SPECIAL CHILDREN'S DISCOUNT FOR FAMILY PARTICIPATION:

If you are under 13 and are enrolling in a class that your parents are enrolling in, pay no registration fee and half the class fee. If you are enrolling in classes that your parents are not in, pay no enrollment fee.

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 are entitled to fee reductions when enrolling in UFM classes in either this catalog or in the future. UFM teacher credit can be saved up, but cannot be redeemed for cash or transferred to others. UFM teacher credit will be mailed to our current instructors. This is one way for us to say thank you for being part of 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 includeo.

UFM TEACHERS POTLUCK GATHERING

Tuesday, Sept 7, 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, meet other teachers and hear tips on teaching. Families and friends are welcome.

(Please Print)

Name _____

Street _____ Apt.# _____

City _____ Zip _____

Home Phone _____ Work Phone _____

Survey-Please check all that apply

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2.			
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6.			

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Plus Registration Fee Individual - \$2.00 _____

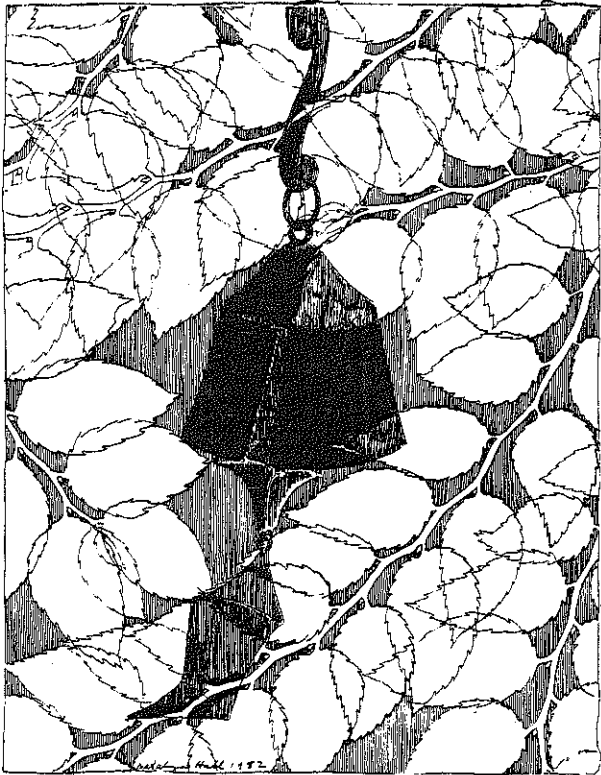
(see costs)

Check here if senior citizen or disabled _____

If KSU student list ID# here _____

Total Due _____

IMPORTANT! Please read the refund policy *e.g., Sec I or II, etc. if indicated in description.



Graphic from 1983 Calendar by Natalya Hall

University For Man

fall special

Volunteer Corps

Lou Douglas Series

UFM's Volunteer Corps is looking for some enthusiastic UFM friends to assist in spreading the word about UFM's program on the K-State campus and in the community, and to help develop our program. It's a fun way to get to know us and make lots of friends. If you would like to join the Volunteer Corps or would like more information, contact Karra Porter, chairman, at 532-3889 or UFM at 532-5866. Call today!

"Our changing Economy" will be the focus of the 1983 Lou Douglas Lecture Series which will be happening this Spring. Volunteers to help with publicity, Special events, and program planning are needed now. If you would like to get involved or would like to find out more, call UFM at 532-5866.

Holiday Thoughts

UFM WINTER CRAFT FAIR

MF69

Janet Holcomb

532-5866

Friday and Saturday, 11am-5pm, Dec 3 and 4
Location: UFM Fireplace Rm

Sell your handmade goods at the UFM Winter Crafts Fair! Participate in the festive atmosphere of pre-Christmas excitement. Please sign up - include your address, and you will be sent a registration form with information as to time and area assignment for the sale. It will be held the first weekend of December.

101 GIFT IDEAS

MF-2

Time: 7:30pm all sessions

Location: Will be noted on your receipt

Class Fee: \$3.00, single session; \$10.00, all sessions

Dread the annual search for gifts for those special people on your gift list? Don't despair! This series, sponsored by local merchants, is guaranteed to provide you with the best gift ideas around. Sign up for one session or for all of them. You're under no obligation to purchase anything you discover (but you may want to!)

Tuesday, Nov 9: Let a bestseller help you solve your holiday gift-giving problems. In this session you'll tour the book section of Varney's where you're bound to find many novel ideas for almost anyone on your list. Participants will receive a 10% discount on any Varney's merchandise (excluding textbooks). (Sponsored by Varney's Bookstore.)

Monday, Nov 15: Discover the latest in gift ideas for the trailblazer, bicyclist or traveler on your gift list. This session will provide you with dozens of gift-giving tips from backpacks to balaclavas and a 10% discount on all Pathfinder merchandise (excluding bicycles). (What's a balaclava?? - sign up for this one and find out). (Sponsored by Pathfinder.)

Tuesday, Nov 16: Avoid the hustle and bustle of last minute holiday shopping and spend a relaxing evening with us. We'll view and learn about the newest kitchen accessories that will please every gourmet buff on your list. Holiday treats and demonstrations will fill the evening. Last, but not least, we'll discuss beautiful gift items for the bath - enjoy the luscious colors and fragrances and learn about our monograms. Join us for the fun! (Sponsored by The Cook's Nook and Bath Shop.)

Wednesday, Nov 17: Been wondering about how to buy a camera as a gift (or for yourself)? This session will focus on what is available in photography including the four types of cameras and deciding which fits your needs best. Photography equipment and accessories will be discussed as well as oddball and exotic accessories for the photographer who "has it all." (Sponsored by Manhattan Camera.)

Tuesday, Nov 23: Is someone on your list a music lover, student or someone who needs a Manhattan reminder? You'll be provided with classy gift ideas for the many different tastes of all your friends and receive advice on your gift-giving needs. (Sponsored by Westron Wynde.)

Tuesday, Nov 30: If the allure of the world of fashion excites someone on your holiday-giving list, sign up for this informative class. Fashion experts will provide you with dozens of fashionable and sure-to-please gift ideas which will fit into every Christmas budget. (Sponsored by Browne's Ladies and Children's Store.)

SOME WOMEN'S CULTURE FOR HOLIDAY GIVING

MF12

Carol Fitzgerald, Sandy Sandersware

776-9520

Tuesday, 7-8:30pm, Nov 30

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Ever hear of Jane Rule? Jan Claussen? Marge Piercy? Rita Mae Brown? off our backs? Holly Near? Margie Adams? Alice Walker? This class will help introduce you to the music, books and periodicals by and about women. We will listen to cuts from albums, discuss different (and favorite) authors, and show examples of periodicals. We will also provide you with places you can acquire women-identified materials. (Carol has just moved here from Chicago and is a Jane Rule fan! Sandy has been here forever and is currently partial to Alice Walker.)

SURVIVING THE HOLIDAYS ALONE

MF31

Mary Herrmann

776-3322

One Time: Tuesday, 7-8:30pm, Dec 14

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

The ending of relationships is often a painful experience, especially during the holiday season. This class is for recently divorced, separated or widowed men and women to share and explore new ways to cope with loneliness and grief. (Mary is a chaplain at St. Mary's hospital.)

SELECTING TOYS FOR CHILDREN

MF1

Marjorie Stith

532-5510

Monday, 7:30-9pm, Nov. 22

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Toys are part of childhood and a part of Christmas giving. This course will consider why toys are important to the growth and development of the child and the educational and safety considerations which should be part of toy decisions. Gift ideas including "surprise boxes" and toys for sick children will also be offered. (Marjorie is a professor in KSU's Department of Family and Child Development.)

WRAP IT OR WRITE IT

MF77

Cara Fairchild

776-0465

Saturdays, 10am-12noon, Dec 4, 11

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: \$1.50, pay at class Limit: 10

Create your own Christmas cards and wrapping paper this Christmas. We will use basic printmaking techniques that are inexpensive and easy to learn. It will be a fun way to make nice looking cards and wrapping paper. Techniques we will be using include: spattered stencil, vegetable and meat tray printmaking. Please bring to class: 2 or 3 styrofoam meat trays (these can be obtained at any grocery store.); vegetables (potatoes, cucumbers, etc.); #2 pencil, scissors, matt knife with sharp blade, old toothbrush, 2 sheets index paper.

Things To Note

Here and There

PARENT'S NIGHT OUT

Karen Seay, Sue Tangemen

776-4958

Parent's night out is for parents who need quality child care while they shop, study, work, spend a little private time or have a night on the town. Any age child is welcome on a regular or drop-in basis. (Drop-ins please phone ahead.) Parent's night out operates every Thursday from 5:30-10pm. Contact Karen for information on cost. (Both Karen and Sue are pre-school teachers in Manhattan.)

WOMEN'S RESOURCE CENTER

The Women's Resource Center (WRC) is currently forming several support groups - small groups of women meeting on a regular basis to discuss and share experiences. Although problems will be discussed, these will not be "therapy groups." The 3 groups forming at this time include: a general interest support group, a rape survivor support group and a divorce support group. For more information call WRC at 532-6444.

PUERTO RICO CANTA: Folklore music group, presents songs and dances from the island of enchantment, Puerto Rico. Nov. 19, 7:30pm, KSU Little Theatre.

Money Matters

YOUR BUDGET

MF4

Patricia Streeter

537-2244

Wednesday, 7-8:30pm, Nov 17

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Limit: 15

Does your money run out on you before the month does? To get the most from your money, it's important to understand the basics of budgeting. At the first class you'll work on a monthly budget. (Patricia is a small-business owner and a credit and money management specialist.)

DO-IT-YOURSELF TAX PREPARATION: THE BASICS

MF5

LaJuan Shrimplin

One Time: Thursday, 7-9:30pm, Nov 4

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Don't wait for the April 15th Frenzies to strike! This course will cover the basics you need to know to organize your financial information so that you can easily do your tax return. Included will be how to deal with a "business on the side," income averaging, dealing with 1099's and W-2's, and other important tricks of the trade. Bring last year's tax return to class with you or, if available, a copy of this year's tax form. (LaJuan is an expert in tax preparation who instructs accounting courses at KSU and is a professional tax consultant.)

SUCCESSFUL MONEY MANAGEMENT

MF6

Fred Freeby

537-4505

Section I: Monday, Nov 8, 7-9:30pm

Section II: Monday, Nov 15, 7-9:30pm

Section III: Thursday, Dec 2, 7-9:30pm

Location: Will be noted on your receipt

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. NOTE: Each section meets one time only. Couples are encouraged to participate together. (Fred is a district manager for Waddell and Reed, a national financial services organization specializing in financial planning.)

HEALTH INSURANCE VS HEALTH CARE COSTS (I CAN'T AFFORD EITHER)

MF7

Vicki Stone

776-3300

One Time: Wednesday, 7:30-10pm, Nov 10

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Does health insurance terminology and the many types of health policies available put your head in a spin? This class will help you understand the world of health insurance so you can recognize the best coverage available at the most reasonable cost. We'll discuss the pros and cons of: no health insurance, minimum health insurance and maximum health insurance. Information on how to proceed in appealing or questioning an insurance company decision regarding payment or non-payment of your medical cost(s) will be covered. (Vicki is credit manager with Memorial Hospital where she has dealt with patient and community questions and frustrations with health insurance since 1979.)

SUCCESSFUL HOME BUYING

MF8

Bill Frakes

776-1100

One Time: Wednesday, 7-9pm, Dec 1

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Thinking about buying a home? What should you look for inside, outside and all around a potential home? This course will provide you with a complete home buying checklist and will discuss such important elements as home-finance, professional inspection and planning for the future. (Bill is a broker-owner of a local real estate agency, the current president of the Manhattan Board of Realtors, and 1981 Realtor of the Year.)

FIND YOUR FAMILY TREE

MF9

Karra Porter

532-3889

Tuesdays, 7-9pm, Nov 9, 16 (2 times)

Location: Will be noted on your receipt

Class Fee: \$5.00, pay with registration

Take this class and discover your family tree. This beginner's course in family history will include basic procedures for collecting and recording family records. It will also cover the importance and availability of public records - census, vital statistics, probate, land and military records. (Karra is a K-State student who has six years experience in genealogical research and is working on a book of her family's history.)

TOUR OF McCALL PATTERN CO.

MF10

Norman E. Winter

776-4041

Section I: Thursday, 1:30-2:30pm, Nov 18

Section II: Monday, 9:30-10:30am, Dec 6

Location: Will be noted on your receipt

Class Fee: \$1.00, pay with 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. All participants will receive a free gift packet.

LEBANON: AN UNHOLY CRISIS

MF11

Michael Suleiman

One Time: Sunday, 7:30-9pm, Nov 14

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

What is behind the current crisis in Lebanon and why should Americans be concerned? This class will explore the roots of the Lebanese crisis, the Israeli invasion, the Palestine situation and how the resolution of the Lebanese conflict will affect the United States role in the Middle East. (Dr. Suleiman is an expert in Middle Eastern affairs and has written extensively on this topic.)

TUTORING CONVERSATIONAL ENGLISH

MF13

Kurt Musil, Donna Davis

532-6448

Section I: Wednesday, 7-8pm, Nov 10

Section II: Thursday, 7-8pm, Nov 11

Location: Will be noted on your receipt

This class is for people who would like to help international students or their spouses improve their English skills. After a one-time orientation meeting tutoring assignments will be arranged at each participant's convenience. No previous training is necessary, only that you speak English and are sensitive to people from other cultures. (Kurt and Donna both work at the International Student Center, and they both agree that being an English tutor is one of the nicest things they've ever done for themselves.)

GET AWAY WITH A CRUISE

MF14

David Garvin

539-0531

One Time: Thursday, 7:30-9:30pm, Nov 4

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Have you been dreaming of the day you could escape to the world of exotic places aboard the "Love Boat?" Cruising is for everyone and with the major cruise companies knocking down their prices, there's no time like right now to consider your get-away. We will discuss costs, places to go (with emphasis on the popular Caribbean cruise) and we'll see several travel films which present some of the many cruises available. (Dave is the owner/manager of a Manhattan travel agency and has helped people find their cruise for the past seven years.)

KANSAS CITY HERE I COME!

MF35

Judie Coates

532-5866

UFM Shopping/Lights Tour

Date: Thursday, Dec 9

Time: Leave Manhattan, 8am

Cost: \$26 per person

UFM will sponsor the first Annual Santa's Shopping Tour to Kansas City on December 9. We will spend the day in Oak Park mall and after a day of shopping will have dinner in a Kansas City restaurant. After dinner we will tour the Plaza to view the spectacular Christmas lights display. Our luxury tour bus should have us home by 9pm. Snacks will be served en route. Fee covers all costs except lunch and dinner (and Christmas presents, of course!) Seats are limited, so sign up today.

HIDDEN PLACES: WHERE HISTORY LIVES

MF86

Sandy Sandersware

532-5866

Register and you will be contacted for time and location

Kansas is full of hidden places. Physically, our landscape appears plain to outsiders because the attractiveness of our state lies in an understated, solid handsomeness, not a gaudy show of mountains, forests, or seashores. Much of our history shares this understated quality. While our past included events of national importance (Bleeding Kansas, the cow town, Carry Nation and prohibition), still most of our history has consisted of events that have not made national headlines. These "hidden places" in our history, however, are in at least one important way even more interesting than the major historical events: by telling us about the lives of ordinary people, they portray with great effectiveness the shaping of the Kansas character. We will show three films on three separate nights, which take us to the hidden places in our history. Despite the fact that only one of the hidden places in these films is in Kansas (Hollenberg Station), all three films are relevant to our state.

Feasting For Everyone

A CHEESE EVENT

MF3

Jan Keller 1-456-7200

One Time: Tuesday, 9:30-10:30am, Nov 9
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Do thoughts of cheese dance through your head as the holiday season approaches? Join the folks at Bit-O-Gold Cheese and other cheese lovers and discover the wonderful world of cheese. The origins of a wide variety of cheeses will be discussed. Also covered will be how cheese is made, quality control and serving ideas. Samples will be provided! (Jan is Bit-O-Gold's retail manager and loves to talk cheese.)

CANDYMAKING EXTRAVAGANZA!

MF15

Julie and Meriam 532-5866

One Time: Wednesday, 7-9:30pm, Dec 1
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$3.00, pay at class Limit: 12

Make your own gifts of candy for those special friends and family this holiday season. From divinity, peanut brittle, fudge and peanut butter cups - this class will be a great chance to get some ideas on holiday candy making and have fun too. (Meriam and Julie are candy eating and candy making connoisseurs.)

TRADITIONAL MENNONITE HOLIDAY TREATS

MF16

Myrna Bartel and Karen Franz 539-7950

Thursday, 7:30pm, Dec 9
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: 75¢, pay at class

Enjoy the traditional holiday treats of the Mennonites this Christmas/New Year season. This class will prepare the raisin fritter New Year's cookie, and the ever-favorite peppernuts - and then enjoy the fritters of their labor - both were big hits at the recent Kansas Folk Life Festival. Learn to make them now, in the traditional way. (Karen & Myrna have prepared these treats for their families.)

HOLIDAY COOKIES FOR KIDS (AGES 4 & OLDER)

MF17

Kim Schumm 539-3641

One Time: Saturday, 1-2:30pm, Dec 11
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class Limit: 8

This class will show young cookie makers how to make holiday cookies and brownies. Children will be given simple recipes and cookie samples to take home and share. (Kim is a close friend of the "Cookie Monster.")

GINGERBREAD HOUSES

MF20

Rebecca Brownson 537-9098

One Time: Monday, 7-8:30pm, Nov 29
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 15

Building a gingerbread house is not a difficult project once you've seen one constructed. This will be your chance to do just that and still have time before the holidays to build one for your Hansels and Gretels.

LET'S HEAR IT FOR GRANOLA

MF21

Julie Strauss 1-293-5795

One Time: Wednesday, 7-8:30pm, Nov 17
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.50, pay at class Limit: 10

If you've never tasted this sweet healthy treat - now's your golden opportunity!! Class participants will enjoy in both the baking and partaking of granola. Creative hints will be offered on how to package it for inexpensive gift giving. (Julie bakes and munches granola every season of the year - but especially during the holidays.)

WINTER SOLSTICE

MF22

Sue Rieger & Sandy Sandersware 532-5866

One Time: Tuesday, 7-10pm, Dec 21
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Midwinter solstice is the celebration of rebirth as the year's cycle comes full circle. Come join us in song, food and celebration. Bring poetry, musical instruments and enough food to share.

HONEY & SPICE AND EVERYTHING NICE

MF23

People's Grocery 539-6143

One Time: Saturday, 9:30am, Dec 11
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

"We always cook with honey - so how's your appetite." Several members of the People's Grocery will share recipes and sweet, tasty bakery treats you can cook without sugar. Come prepared to help with the baking and your tastebuds ready to explore.

PUNCH WITHOUT THE PUNCH

MF18

Laura King 532-6434

One Time: Thursday, 7:30pm, Nov 18
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$2.00, pay at class

Titillate your tastebuds and join us in exploring holiday 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 exciting new combinations. (Laura is the fun-loving director of KSU's Alcohol Abuse Preventive Program.)

MELT-IN-YOUR-MOUTH MINTS

MF19

Mrs. Quinlan 537-7315

One Time: Saturday, 10am-12noon, Dec 4
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay in advance to instructor Limit: 6

What would the holiday season be without beautiful and delicious mints? Mrs. Quinlan will demonstrate how to make mints that will be a perfect idea for gift giving, to decorate your table and to use as a tasty addition to your holiday festivities. Please pay the materials fee to the class instructor in advance. (Mrs. Quinlan has taught mint making for UFM before and enjoys this holiday tradition.)

SWEET, SWEET POTATOES

MF24

Colleen Burnett 532-5866

One Time: Monday, 7-8:30pm, Nov 8
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: 50¢, pay at class Limit: 10

Sweet potatoes are both versatile and delicious. From sweet potato pie, to candied sweet potatoes. Learn the many ways sweet potatoes can complement your holiday dinner. Come prepared to cook and taste. (Colleen works for UFM and is always sharing her special recipes with the staff.)

DESIGN FOR DINING

MF25

Mrs. Von Riesen 776-9067

One Time: Tuesday, 7:30-8:30pm, Nov 16
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 10

Is company coming for dinner? Learn how to accent and coordinate your dining table with table top fashions including placemats, linens, china, crystal and flatware. (Mrs. Von Riesen is the head bridal consultant for Campbells.)

BREAD SCULPTURES

MF26

Elise Rose 532-5731

Saturday, 1-5pm, Dec 11
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$3.00, pay at class Limit: 8

We will make whole-grain breads using recipes and methods outlined in Ann Wiseman's excellent book, Bread Sculpture. The purpose is to create not lasting ornaments but edible works of art with both symbolic and nutritive value. Bring any of the following that you have: cookie sheets, foil, pastry brush, garlic or lemon press, kitchen shears, pie edge fluter, pizza cutter, spices, seeds, ideas for figures. (Elise enjoys making and eating natural foods, and enhancing celebrations with symbols.)

WHICH BIRD SHALL WE TRY THIS YEAR?

MF57

Albert Adams 776-1555 532-5654

One Time: Tuesday, 7-8:30pm, Nov 9
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 25

Which bird shall we try this year? Duck, goose, capon, Rock Cornish hen, or a whole new experience of turkey. Dr. Adams will discuss the basis for selection: taste, cooking aspects, leftovers, size of party, etc. Get a headstart on your Thanksgiving and Christmas dinner party planning with this fair look at holiday fowl. (Dr. Adams is professor of Animal Science, specializing in poultry. Secretary of K.S. Poultry Association and loves promoting Kansas consumption of Kansas poultry!)

THE 40-SECOND OMELET

MF58

Albert Adams 776-1555 532-5654

One Time: Thursday, 7-8pm, Dec 9
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class Limit: 30

Omelets are as simple and fast as ABC to make, and many people don't realize what a wonderful wrapper an omelet is for all those holiday leftovers. Join Dr. Adams to learn how versatile a cook you can be. You'll get to make an omelet and sample many.

MAKING BEER

Ira Harritt & John Holcomb 532-5866

Tuesdays, 6:30-8:30pm First Meeting Nov. 16 Length: 3 times
Location: Will be noted on your receipt
Class Fee: \$3.00 pay at registration
Materials Fee: \$3.00 pay at class

The art of home brewing and its beneficial effect on Greenhouse production (and the brewer.) CO₂ levels help plants grow and is produced in the brewing process. Bottling and sampling meetings to be scheduled. Each participant will receive a sample from this class. (Participation subject to state law).

Fancies...

TATTED SNOWFLAKE ORNAMENTS: THE BASICS OF LACE MAKING MF66

Coni Jo Bates 537-0570
 Section I: Tuesdays, 1:30-3:30pm, Nov 30, Dec 7
 Section II: Thursdays, 9:30-11:30am, Dec 2, 9
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 6

This ancient art of lace making was called Frivolité in France but when English women took it up their husbands rebelled in their engaging in Frivolité all day so it was renamed tatting. Today tatters often start on small projects such as medallions and snowflakes which make beautiful gifts and tree decorations. Come learn the magic you can do with a piece of string. Please bring to class: red plastic shuttle and a ball of bedspread crochet cotton. (Coni Jo learned this art from 92-year-old Effie Edwards who taught the first UFM tatting class.)

COLOR YOUR TREE WITH ORIGAMI MF70

Sharley Chang 539-4113
 Saturdays, 1-2pm, Nov 13, 20
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 8

Origami is the Japanese art of folding brightly colored paper into animals, and other objects. These whimsical animals make wonderful tree ornaments. Traditionally, this craft was passed down to young children to develop creativity and imagination, but today all ages can enjoy this fascinating art. Join us and discover this beautiful Oriental skill for yourself. (Sharley learned this art as a child growing up in Japan.)

HAIRBRAIDING FOR THE HOLIDAYS MF71

Lin Broccolo 776-0364
 Section I: Wednesday, 8pm, Dec 1
 Section II: Monday, 8pm, Dec 6
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 10

Christmas break will arrive along with all the special festivities so treat yourself to a new stylish way to wear your hair. Professional hair stylists will demonstrate different types of braiding and knotting on each of the participants. Come enjoy yourself while learning the newest techniques so you can do them on yourself. (Lin owns her own salon, The Hair Experts, in Aggieville.)

HOLIDAY CANDLEMAKING MF82

Neil Schanker 532-5866
 Thursday, 7:30-9:30pm, Dec 2
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$1.50, pay at class Limit: 15

Make candles for gifts this holiday season! They're inexpensive, fun and they allow lots of creativity. After we discuss candle types, waxes, wicks, molds, colors, scents, safety and tips, everyone can make a personalized candle to take home. (Neil enjoys making candles on long winter nights.)

... and Planes

LATHING - WOOD IN THE ROUND MF59

Lowell Regeher 776-3757
 Thursdays, 7pm, Nov 4, 11, 18, Dec 2 (4 times)
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration Limit: 6

Turning chunks of wood into beautiful rounded candleholders, bowls, bed spindles, chair legs and other items is a very satisfying and rather magical art. Lowell especially enjoys this type of woodworking and will introduce to you the basics of operating the equipment safely and help you on completing a project of your choice. Don't be "LATHe" to class! (Lowell is glad to have the chance to teach his hobby to others.)

UFM WOODSHOP CO-OP MF62

Alan Edgar 532-5866
 Organizational Meeting: Wednesday, 7:30-9:30pm, Nov 3
 Location: Will be noted on your receipt Membership Fee: \$20.00
 Located in the UFM 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, band saw, and most common woodworking tools. The 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. (Alan is the UFM woodshop coordinator.)

WOODCARVING MF63

Harold Clason 537-1087
 One Time: Wednesday, 7pm, Nov 10
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 5

Woodcarving is one of the more popular traditional crafts found in Kansas today. Using a few basic tools and his knowledge of farm animals, Harold carves beautiful animals out of scrap wood. He is happy to share his knowledge about this traditional art by not only discussing his own work but also sharing his experience with others so they can begin their own woodcarving project. Please bring a pencil, pocket knife and any soft scrap wood you may have to class. (Harold is a folk artist who has been woodcarving for years.)

Pots...

CLASSY CLAY ORNAMENTS MF65

Amy Jo Gatschet 539-0351
 Thursdays, 7-9pm, Nov 4, 11, 18 (3 times)
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration
 Materials Fee: \$2.00, pay at class Limit: 8

In an atmosphere of fun and holiday spirit, we will construct decorative ornaments in pottery using combinations with coil, slab and pinch methods of construction. You may make some of our suggested projects or choose some of your own with technical and artistic assistance from Amy Jo. These finished ornaments will be fun to hang on your tree or give as an unusual gift to a special friend. (Amy Jo enjoys the unlimited possibilities that are present when working with clay and is anxious to help you discover them, too.)

UFM POTTERY STUDIO CO-OP MF67

Janet Holcomb 532-5866
 Tuesday, 6:30pm, Nov 9, organizational meeting
 Location: Will be noted on your receipt
 Membership in studio: \$20.00, 8 weeks Limit: 8
 30.00, 16 weeks
 50.00, 24 weeks

This is a cooperative studio-access class open to anyone with experience who feels confident working alone. There is no instruction provided. As a co-op member you will have access to the studio for four hours a week, 12½ pounds of clay plus all the recycled clay you produce, kiln space, and glazes. (Janet is the pottery studio coordinator for UFM.)



... and Prints

UFM DARKROOM CO-OP FOR BLACK AND WHITE MF60

Neil Schanker 532-5866
 Organizational meeting: Thursday, 5pm, Nov 4

Located just one block east of campus in the UFM House, the UFM darkroom is available to anyone who needs access to a well-equipped facility. Equipment is capable of handling up to 11x14 prints and 6cmx6cm negatives as well as 35mm. The fee includes everything but paper. For those who need instruction in darkroom techniques, UFM is offering a course "Beginning Darkroom" where you can have your questions answered.

Fees: 1 semester, \$18, new members	\$15, renewals	pay with
2 semesters, \$30, new members	\$25, renewals	registration
3 semesters, \$40, new members	\$35, renewals	

This fee covers use of space, equipment and all necessary chemicals for black and white film processing. There is no additional hourly use charge. For those who wish to use the darkroom but who do not wish to purchase a membership, space is available at the rate of \$2.00/hour.

BEGINNING BLACK AND WHITE DARKROOM MF61

Bill Russell 539-2678
 Instructor will contact you as to time and date
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

Discover the fun and excitement of developing and printing your own black and white film. This class includes an introduction to darkroom processes, an actual demonstration in the UFM darkroom and all necessary texts. You will have the option to sign up for the Darkroom Cooperative at the end of this class. (Bill was a professional photographer while stationed in Germany.)

BEGINNING COLOR DARKROOM MF88

John Holcomb 532-5866
 Section I: Tuesday, Nov 9, 6:30-9:30pm
 Section II: Thursday, Nov 11, 6:30-9:30pm
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration Limit: 8 each section
 Why waste money to have someone else process your color film, slides and prints? New developments in home darkroom processing have simplified the procedures so that a beginner can make beautiful color prints and slides with little practice. UFM has recently purchased color equipment and John will show you the easy steps to impressive color results. Save money and experience the pleasure and pride of making your own color photography. (John's good in a dark room.)

BEGINNING PHOTOGRAPHY MF81

Ernie Peck 776-4240
 Tuesday, Wednesday, Thursday, Monday, 7-10pm, Nov 9, 10, 11, 16
 Saturday, 9am (all day) Nov 13 (5 times)
 Location: Will be noted on your receipt
 Class Fee: \$32.00, pay with registration Limit: 10
 Learn how to use the new cameras you may be getting for the holiday season. This class includes four evenings and a full day of instruction on how to operate and care for a 35mm camera. Film, processing, handouts, and a camera are furnished. The camera must be returned but the rest is yours to keep. (Ernie has taught this many times and the class really enjoys themselves.)

Arts and Crafts . . .

TANNING

MF64

1-494-2568

Petra Stephens

Organizational Meeting: Thursday, 8-10pm, Nov 4
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$5.00, pay at class Limit: 6

An introduction to tanning fur skins such as sheep, deer, goat and rabbit. We hope to be able to schedule a hands-on demonstration. If you have hides to be tanned, you are welcome to bring those. Please freeze them until the first scheduled meeting. Don't bring hides to the organizational meeting. (Petra has tanned hides for 3 years and has skinned and tanned a variety of animals from skunk, coyote and deer to sheep and goats.)

MATTING AND PICTURE FRAMING BASICS

MF78

539-5228

Steve Hall

Mondays, 7-9pm, Nov 8, 15, 22, 29, Dec 6 (5 times)
 Location: Will be noted on your receipt
 Class Fee: \$7.00, pay with registration
 Materials Fee: \$8.00, pay at class Limit: 15

Don't go out and spend a fortune on a good-quality picture frame! Learn techniques necessary for assembling your own frame including: matting basics, glass cutting and choosing what type moulding to use and how to finish it properly. This will include demonstrations and hands-on experience. Materials and supplies for additional framing will be available for purchase by participants. (Steve has taught this popular framing class for 2 years.)

SCULPTURES IN ICE

MF79

537-2284

Larry Lindstrom

Saturdays, 1pm, Dec 4, 11 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration
 Materials Fee: \$2.00, pay at class Limit: 15

Larry will teach you the frozen art of ice sculpture. With chain saw and chisels in hand he has made almost life sized sculptures of reindeers, swans, eagles, parrots, and even Minnie and Mickey Mouse. The first class he will demonstrate his technique and the second class you will have the chance to chisel a sculpture of your own. Materials fee must be paid to Larry in advance for the purchase of the ice. (Larry has been sculpting in ice for 2 years and basically taught himself the art.)

KNITTING

MF80

Jan Wieck

Mondays, 7-9pm, Nov 8, 15, 22, Dec 6 (4 times)
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration Limit: 8

Learn to knit this holiday season while making your very own hand-made sweater! All the basics of increasing and decreasing stitches, reading a pattern and stitching both knit and purl will be covered as you are guided through your project to completion. This class is designed to be simple and enjoyable! Please bring to class: 20-24 oz of 4-ply acrylic yarn (worsted weight), 1 pair of 9 or 10 or 10½ inch circular needles 24 inches long. (Jan has been designing and knitting sweaters for ten years.)

COUNTED CROSS STITCH FOR ADULTS

MF83

539-3641

Kim Schumm

Section I: (for adults) Mondays, 7pm, Nov 8, 15, 22
 Section II: (12-16 years) will be contacted for time and date
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 8

Enjoy giving handmade gifts this holiday season that you have sewn yourself. Counted cross-stitch is a type of needlework using even weave fabric. Patterns and designs are created by doing a basic cross-stitch within the weave of the fabric. You will learn how to create your own patterns on any type material. It's fun and easy and makes wonderful gifts. (Kim enjoys making special gifts for her friends and family.)

COUNTED CROSS STITCH FOR 8-11 YEARS

MF84

539-3641

Kim Schumm

Tuesdays, 6:30-7:45pm, Nov 9, 16, 23, 30 (4 times)
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration Limit: 5

Take advantage of this opportunity for children to make their own hand-made Christmas gifts, i.e., tree ornaments, pictures and more are possible. This is a type of needlework using even-weave fabric. Patterns and designs are created by doing a basic cross-stitch within the weave of the fabric. All the basic stitches will be covered including an introduction in how to create your own patterns.

COUNTED CROSS STITCH FOR 4-7 YEARS

MF85

539-3641

Kim Schumm

Saturdays, 1-2:30pm, Nov 6, 13, 20, Dec 4 (4 times)
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration Limit: 5

Back by popular demand, this improved course is an introduction to the art of counted cross-stitch for children. It is a type of needlework where patterns and designs are created by doing a basic cross-stitch on the fabric and which will help develop good eye/hand coordination in the child. This is a great opportunity for them to make that special gift for parents or grandparents. A parent or high school youth is requested to attend with each child. Parents of 7-year-olds please call Kim before enrolling.

BARGAIN HUNTER'S GUIDE TO ART COLLECTING

MF73

Julie Strecker, Kate Cashman

539-2139

One Time: Wednesday, 7:30-9pm, Nov 17
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 10

Learning how to collect art and NOT lose your shirt are the objectives of this class. We'll discuss different art forms and the processes involved, and most importantly, developing personal guidelines for investment. (Kate is the director of Strecker Gallery. Julie is an art collector and owns the gallery.)

CREATIVE CLOCK MAKING

MF72

539-5228

Steve Hall

Tuesdays, 7-9pm, Nov 16, 30
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 20

Clocks can have personality! Materials will be on hand for each participant to create a unique clock face of his/her own design to be incorporated into a simple box frame. Several examples and idea suggestions will be discussed. You may buy at class whatever materials you might need to re-make an old clock or begin a new one. (Steve is a participant in local craft shows and enjoys creating unique craft items.)

POTPOURRI MAKING

MF68

1-494-2540

Dale Anderson

One Time: Wednesday, 7-9:30pm, Nov 17
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 10

Potpourri has many more uses other than just as a room freshener. We will smell samples, look at recipes and actually make our own potpourri. When properly prepared, it will last for generations and make excellent Christmas gifts. The cost will vary between \$10-\$20, although \$10 will make a large amount of potpourri. Bring a large bowl or large plastic bag to mix in and enjoy an evening in a turn-of-the-century store. (Dale owns the Herb Patch and is known for the wonderful selection of potpourri he makes.)

. . . and Other Skills

BIDDING AND BUYING AT AUCTION

MF74

539-1319

Pat Hamilton

One Time: Tuesday, 7-8:30pm, Nov 30
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 10

Auctions are great places to pick up the perfect antique gift for a low price. There are many of them being held in Manhattan and surrounding areas this holiday season. Pat, a local auctioneer, will help get over fears like "If I scratch my nose at an auction could I end up owning 200 acres of land?" Join the fun and bring a small item to be auctioned off for practice. (Pat is a graduate of the Missouri Auction School and a member of the National and Kansas Auctioneers Associations.)

DISCOVER YOUR SEASON: A PRETTIER YOU

MF75

537-1382

Karen Elliott

Section I: Saturday, 9:30am, Nov 6
 Section II: Tuesday, 7:00pm, Nov 9
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 10

Do you want to look beautiful for those special holiday festivities? Do you want to learn how to apply make-up to make you look naturally glamorous? Learn about proper makeup application and color coordination to make the most of you and discover what season you are! (Karen received her Doctorate in Home Economics at KSU and currently works with Lady Finelle cosmetics.)

PROFESSIONAL MANICURES

MF76

776-5488

Judy Goodson

One Time: Monday, 7-8:30pm, Nov 15
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 8

Pamper yourself for the holidays! Here's your chance to achieve the long, beautiful and healthy nails that you've always admired on everyone else but didn't think possible for yourself. Well - it is. A professional manicurist will demonstrate and help you with actual hands-on experience. You'll discuss techniques used in giving a professional manicure, hand care problems, safety precautions and use of equipment. Treat yourself and feel great when you leave! (Judy owns Van's Hair Fashion and is both a trained manicurist and hairstylist.)

MEET THE COMPUTER

MF87

539-5216

Jay Elowitz

Section I: Tuesdays, 7-9pm, First Class, Nov. 2 Length: 8 times
 Section II: Mondays, 7-9pm, First Class, Nov 1 each section
 Location: Will be noted on your receipt
 Enrollment Fee: \$10.00, pay with registration Limit: 12
 Computer Use Fee: \$85.00, pay at class each section

This course in beginning basic programming is designed for the first time user to gain familiarity with computer terms, theory of operation and programming with the BASIC programming language. No prior computer knowledge is required. Ample computer time will be allowed to finish all class exercises. The basic language taught in this course is compatible with most of today's micro-computers.

Growing Together

K-STATE ORCHID COLLECTION TOUR

MF41

Richard Mattson

532-6170

One Time: Monday, 7-8:30pm, Nov 8
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Come and visit some orchids, that amazing family of plants that include the state flower of Minnesota and those luscious, exotic Central American beauties. The plants can be terrestrial or tree-climbing and are often ugly, but the FLOWERS... Ah... Learn the basics of orchid care and meet Dendrobium, Phalaenopsis and Cattleya, the florist orchid and others. The colors and fragrances must be experienced to be believed. (Dick is a professor of horticulture at KSU.)

INDOOR GARDENING

MF42

Mary Priest

532-5866

One Time: Thursday, 7-9pm, Nov 11
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

If you have indoor houseplant problems or would just enjoy learning more about interior gardening, this is the class for you. We will cover the importance of light, media, watering and fertilization. Other topics discussed will be propagation, flowering, insects and diseases. (Mary is well versed in the care of house plants and is a Graduate student in Hort Therapy at KSU.)

TERRARIUMS FOR GIFTS

MF43

Rebecca Brownson

537-9098

One Time: Wednesday, 7-8pm, Nov 17
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 15

Looking for a handmade gift that requires little time and is easy to make? Try a terrarium. We will discuss plant groups that enjoy terrarium living, suitable containers and materials needed to develop a miniature environment. (Rebecca has been making terrariums since she was a child when her grandmother introduced her to gardening.)

GARDEN SEED CO-OP

MF44

Kate Bromley

1-457-2185

One Time: Saturday, 1-3pm, Nov 20
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Try new varieties of vegetables, herbs and experiment a bit without having to buy whole packets. Or buy in bulk with others and save money. Coordinating seed orders can be fun, economical and allow you to try new companies and new varieties. Come to this first organizational meeting to discuss how to start a co-op for those interested. (Kate has been gardening and experimenting for years and always looks for ways to save money.)

COLD FRAME, CLOUCH AND GREENHOUSE PRODUCTION

MF54

Ira Harritt

532-5866

One Time: Saturday, 11am-12:30pm, Nov 13
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 15

See what we've got growing in the Solar Grow Frame, Greenhouse and simple clouch cold frame (and how well they continue the growing season) Chinese vegetables, greenhouse tomatoes, container plantings, winter food production. (Ira is the UFM Edible Landscape Horticulturalist and likes fresh veggies all year round.)

GROUP PURCHASE OF FRUIT AND NUT TREES, BERRIES, ETC.

MF55

Ira Harritt

532-5866

One Time: Saturday, 1-3pm, Nov 13
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Would you like to buy Apple, Pear, Peach or nut trees, berry plants or other perennial plant materials? Save 50% off retail costs. Join us in a wholesale group purchase for Spring planting and save. Come to the class on what plant varieties are available and which might be best for you. Or, have us send you information and an order form.

GROWING IN A SOLAR GREENHOUSE THROUGH THE SEASONS

MF56

Ira Harritt

532-5866

Mondays, 7:30-9pm, First Meeting: Nov 15
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Length: 4 times

Limit: 15

A look at the basics of growing food crops in a solar greenhouse. Greenhouse micro climates, crops, propagation, maintenance. Opportunity to observe greenhouse production throughout winter at bi-weekly meetings - times to be announced.

LIVING CHRISTMAS TREES AS AN ALTERNATIVE

MF58-A

Bill Louchs

539-6092 532-5752

One Time: Tuesday, 7-8pm, Nov 30
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 20

Are you uncertain about killing a tree for your Christmas decoration? Are you uncertain about the appearance and cost of the artificial Christmas trees? Why not invite a living tree to share your holiday celebration this year? Bill will tell you how to select a living tree (with its future home in your yard in mind) how to keep it healthy in your house and how to plant it out afterward. (Bill is an Extension Forester and Secretary of Kansas Christmas Tree Growers Association who does not like artificial Christmas trees!)

Indoors and Out

FRIENDS OF THE EARTH

MF53

Neil Schanker

532-5866

One Time: Saturday, 1pm, Nov 6
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

FOE, a national environmental organization promotes clean energy, clean air, wildlands and wildlife. The Kansas Chapter of FOE will hold a meeting in Manhattan to coordinate efforts to influence the state legislature. Steve Ernst, staff member of the Riley County Energy Project, will present the program, "Understanding Energy Uses In The Community." (Neil is vice-president of Kansas FOE.)

CHAINSAW DEMONSTRATION: USE, SAFETY AND MAINTENANCE

MF38

Brett Balkenhol

537-2644

One Time: Saturday, 8:30am-12noon, Nov 20
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class

Limit: 10

Last year, more than 50,000 Americans required emergency hospital treatment for chainsaw injuries, many of which could have been avoided. Brett will take you to a nearby woodsy area to demonstrate safe techniques in acquiring your wood supply. If you're a novice chainsaw user, don't pass up this valuable class. If you're an old hand with chainsaws, you may pick up some worthwhile tips. (Brett has five years experience in the logging industry and does tree trimming on weekends.)

TAXIDERMY: FROM FIELD TO TROPHY (WITH PHEASANT MOUNTING DEMONSTRATION)

Myron Schwinn

MF36

1-494-2487

One Time: Thursday, 7:30-9:30pm, Nov 11
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Myron will introduce you to the history of taxidermy and the advancement in techniques over the last 50 years. He will cover field care of birds, fish, small mammals, big game, and he'll explain how to best prepare animals for the taxidermist. Most of the class will be a step-by-step demonstration of mounting a pheasant, starting with a skin. Don't pass up this rare opportunity! (Myron is president of the Kansas Association of Taxidermists and has been a professional taxidermist for over 20 years.)

THE OUTDOORS: LEARN IT AND EAT IT (FISHING, HUNTING AND TRAPPING)

Dan T. Price

MF37

776-3270

Mondays, 7:30-9:30pm First Meeting: Nov 8
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Length: Ongoing

Want to catch fish ----- or trap muskrat? Dan will teach you techniques of fishing and outdoor protein gathering. According to class interests, outdoor events will be scheduled including a coon barbecue, fishing trips and fish fries. (Dan grew up in a family business devoted solely to fishing, hunting and trapping. His specialty is fishing.)

HALLOWEEN OWL CALLING

MF39

Monty Hinten

537-8871

One Time: Saturday, 9pm-12midnight, Oct 30
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 10

Halloween brings to mind things that inhabit the night. On this trip we will endeavor to seek out and "talk" to a group of nocturnal birds - the owls. (Monty is vice president of the Northern Flint Hills Audubon Society and enjoys activities related to wildlife.)

HUMAN ANATOMY

MF51

Lynn Schanker

539-9150

Saturday, 1-3pm, Nov 6
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 10

Ever want to study a human skeleton but were always afraid to? No bones about it, this class provides you with the opportunity to view and HANDLE human bones, preserved human organs, x-rays, models, dissect rats and sheep eyes. Find out about yourself! (Lynn, a human body herself, is a biology instructor.)

SEASHELLS AND SHELL COLLECTING: GIFT IDEAS FOR KANSANS

MF52

Doris Fosha

1-293-5724

One Time: Tuesday, 7:30pm, Nov 9
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 15

The class will involve viewing, discussing, collecting and cleaning shells, their natural habitats and ways of obtaining shells from other countries and their prices. (The instructor is the owner of the soon-to-open "Home Place" Natural and Wildlife Decorator Shop at rural Leonardville.)

Heart and Soul

PARENTS ANONYMOUS

MF27

Don and Irmie Fallon

539-4451

Thursdays, 7:30pm, First Meeting, Nov 11
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Even good parents lose their temper with their children or sometimes set unusually high expectations. At times parents avoid disciplining their children for fear of losing control. Irritability can lead to physical or emotional hurt and abuse. This is a support group for parents who wish to cope with such feelings and prevent damaging relationships between themselves and their children. Skills will be shared that help express anger and love feelings, to reduce stress and to affirm a new sense of self-worth. Trust, confidentiality, anonymity, and caring will be emphasized. Register by first name only and phone number and you will be contacted. (Sponsored by Manhattan Family Council. Don and Irmie are parents. Don is a graduate of the Menninger Counseling Program and Irmie is a kindergarten teacher with experience and graduate work in parent-child relationships.)

THE PSYCHIC MIND OF EVERYONE

MF28

Bill Wilkins

539-8211

Section I: Saturdays, 6-8pm, First Meeting: Nov 6 Length: 7 times
Section II: Saturdays, 8-10pm, First Meeting: Nov 6 each section
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration Limit: 10 each section

Mediumship, psychometry (object reading), healing, clairvoyance, meditation. Each person has the ability to manipulate the mind. Although few people exercise their abilities, all are endowed with psychic gifts. This class will open you up to your own abilities so that you may make the best of your potential. (Bill has counseled others in the use of psychic abilities for the last 2 years.)

INTRODUCTION TO MEDITATION

MF29

Dada Sukhamaya

612/874-9041

One Time: Wednesday, 7-9pm, Dec 15
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

"In all people there is a constant restless search for complete happiness. Meditation is a tool by which this human need can be satisfied.

(Dada is regional secretary of Ananda Marga for the Mid-west, and has trained in India in Yoga.)

NEO HUMANISM

MF30

Dada Sukhamaya

One Time: Thursday, 7-9pm, Dec 16
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

A new synthesis of spiritual practice and social action, based on Universalism. Meditation is used as a tool to overcome narrow sentiments within ourselves and give rise to nationalism and groupism in society.

USING THE JOURNAL: A WAY OF "GETTING IT TOGETHER"

MF32

Liebe Pellerin

539-3104

Section I: Thursday, 7:30-9:30pm, Nov 11
Section II: Wednesday, 7:30-9:30pm, Nov 17
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Do you often find yourself wondering "What's the next step for me?" or "Where is my life leading me?" In 1966, psychologist Ira Progoff developed a method especially designed for adults seeking personal growth based on a simple journal-keeping technique. This course will include basic exercises which explain Progoff's techniques. You don't have to be an expert in language arts. Bring a pen and notebook paper. (Liebe is an authorized leader of Progoff's Intensive Journal program.)

DANCES OF UNIVERSAL PEACE/SUFI DANCING

MF33

Nabiuddin Nelson, Shankar Harritt

468-3631 539-2717

Thursdays, 7:30-9:30pm, Nov 18, Dec 2 (2 times)
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration

Dances of Universal Peace/Sufi Dancing draw from the spiritual traditions of the world combining sacred phrases with music and simple movement, creating a union of the group energy in the divine. Atonement to the God ideal fans the flame of Love and Light in our hearts transforming us to the divine. (Nabiuddin and Shankar have studied, taught or rejoiced in Sufi wisdom for over 5 years.)

REFLEXOLOGY

MF34

Russell Gillespie

776-8768

One Time: Monday, 7:30-9:30pm, Nov 8
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Limit: 21

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



In Motion

INTRODUCTION TO DOWNHILL SKIING

MF40

Holly K. Crine

539-5663

One Time: Wednesday, 7-9pm, Nov 17
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 15

Do you feel like doing something different and exciting this winter? Try skiing! But, before you get up on the slopes, come to this two-hour session to learn a few tips! We'll cover everything from equipment to treatment of frostbite. Bring pencil and paper (if you take notes), and any questions. Think Snow! (Holly has been an instructor, vice-president of the Heidelberg International Ski Club, and spent the past five years skiing Europe.)

INTERMEDIATE KAYAKING WORKSHOPS

MF45

Rex Replogle

539-9537

Sundays, 9am-12noon, Nov 7, Nov 14, Nov 21, Dec 5, Dec 12
Location: Will be noted on your receipt
Materials Fee: \$2.50 each Sunday, pay at class

These workshops are for those kayakers with some experience who desire to improve their skills. Informal critiques will be provided on rolls and strokes in indoor pools. Boats are available for rent at the pool or you can bring your own. Come as many times as you want and pay \$2.50 per Sunday at the class. Instruction will be provided by members of the Kayak chapter of the Kansas Canoe Association.

GENERAL FITNESS EXERCISES TO MUSIC

MF46

Susan Greco

532-5731

Tuesdays, Wednesdays, Fridays, 5-5:45pm First Meeting: Nov 3
Location: Will be noted on your receipt Length: Ongoing
Class Fee: \$10.00, pay with registration

Exercises include jogging and steps to music to increase the heart rate, and limbering and firming exercises done singly and with partners. Continuous activity is stressed, and will increase progressively through the semester. (Susan learned this course in West Germany and taught it professionally at the Damascus, Syria Sheraton Hotel.)

TAI CHI EXERCISE

MF47

Tom Graham

532-6311 776-0780

Wednesday, 7-9pm; Saturdays, 8:30-10:30am First Meeting: Nov 3
Location: Will be noted on your receipt Length: Ongoing
Class Fee: \$5.00, pay with registration
Materials Fee: \$2.00, pay at class

Tai Chi 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. (Tom began Tai Chi last fall. He has been involved in martial arts for five years.)

BEGINNING FENCING

MF48

Richard Reihls

539-9261

Wednesdays, 7-9pm, First Meeting: Nov 3 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration

Learn to fence with a foil! Footwork, conditioning, and blade play will be emphasized in the first few weeks followed by practice bouts. The class will end with a class practice tournament in preparation for the Kansas beginners tournament. Fencing is an exciting sport. Five colleges in Kansas regularly sponsor events in Wichita, Lawrence and Kansas City. (Richard has been fencing for two years.)

VOLLEYBALL FOR FUN

MF49

Lois Morales

539-8867

Tuesdays, Thursdays, 6:30-8:30pm First Meeting: Nov 2
Location: Will be noted on your receipt Length: Ongoing
Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class

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

POCKET BILLIARDS FOR BEGINNERS

MF50

Jerry Riggs

776-6338

Saturdays, 10:30am First Meeting: Nov 6 Length: 6 times
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration Limit: 12

The class will start with a brief history of the game. Included will be an introduction to playing equipment, basic stance, aiming, English, and control. The different games - 8-ball, 9-ball, and snooker will be covered as well as the theory and mental game. Also, we will watch a video-tape trick shot demonstration and championship match. (Jerry has played in three World Pocket Billiard Championships in New York City, finishing 33rd in 1979, 16th in 1980 and 20th in 1981.)

Mail In Registration Form

(One form per person) Mail-in registration due Oct 18-29

(Please Print)		Class #	Sec#	Title	Class Fee
Name _____	Apt.# _____				
Street _____	City _____	1.			
Home Phone _____	Work Phone _____	2.			
Survey-Please check all that apply		3.			
I am a:		4.			
KSU Student (___ credit hours)		5.			
Student Spouse ___ Ft Riley Personnel		6.			
KSU Faculty/Staff ___ Townsperson(nonKSU)		Total class fee*(see costs) _____			
Fac/Staff Spouse ___ Rural Riley Co.		Plus Registration Fee _____			
School Age ___ Handicapped		Individual - \$2.00 _____			
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			
UFM - 532-5866		*e.g., Sec I or II, etc. if indicated in description.			

(Please Print)		Class #	Sec#	Title	Class Fee
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Fac/Staff Spouse ___ Rural Riley Co.		Plus Registration Fee _____			
School Age ___ Handicapped		Individual - \$2.00 _____			
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UFM - 532-5866		*e.g., Sec I or II, etc. if indicated in description.			

Registration

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

REGISTRATION DATES: Mail-in registration due Oct 18-29

Walk-in:
 Tuesday, Oct 19 UFM House 7-9am
 Wednesday, Oct 20 KSU Union 9am-2pm
 Thursday, Oct 21 Public Library 5-7pm
 Saturday, Oct 23 Wal-Mart 10am-12n
 Monday, Oct 25 KSU Union 9am-2pm
 Wednesday, Oct 27 Public Library 9am-2pm 5-7pm

Late Registration: Accepted on a Space Available Basis

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. (A stamped, self-addressed envelope would be appreciated).

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 registration fee. If you are a full-time KSU student you are exempt from the registration fee. (An annual SGA allocation supports student participation.) 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.

SPECIAL CHILDREN'S DISCOUNT FOR FAMILY PARTICIPATION:

If you are under 13 and are enrolling in a class that your parents are enrolling in, pay no registration fee and half the class fee. If you are enrolling in classes that your parents are not in, pay no enrollment fee.

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 contact 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 are entitled to fee reductions when enrolling in UFM classes in either this catalog or in the future. UFM teacher credit can be saved up, but cannot be redeemed for cash or transferred to others. UFM teacher credit will be mailed to our current instructors. This is one way for us to say thank you for being part of 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.