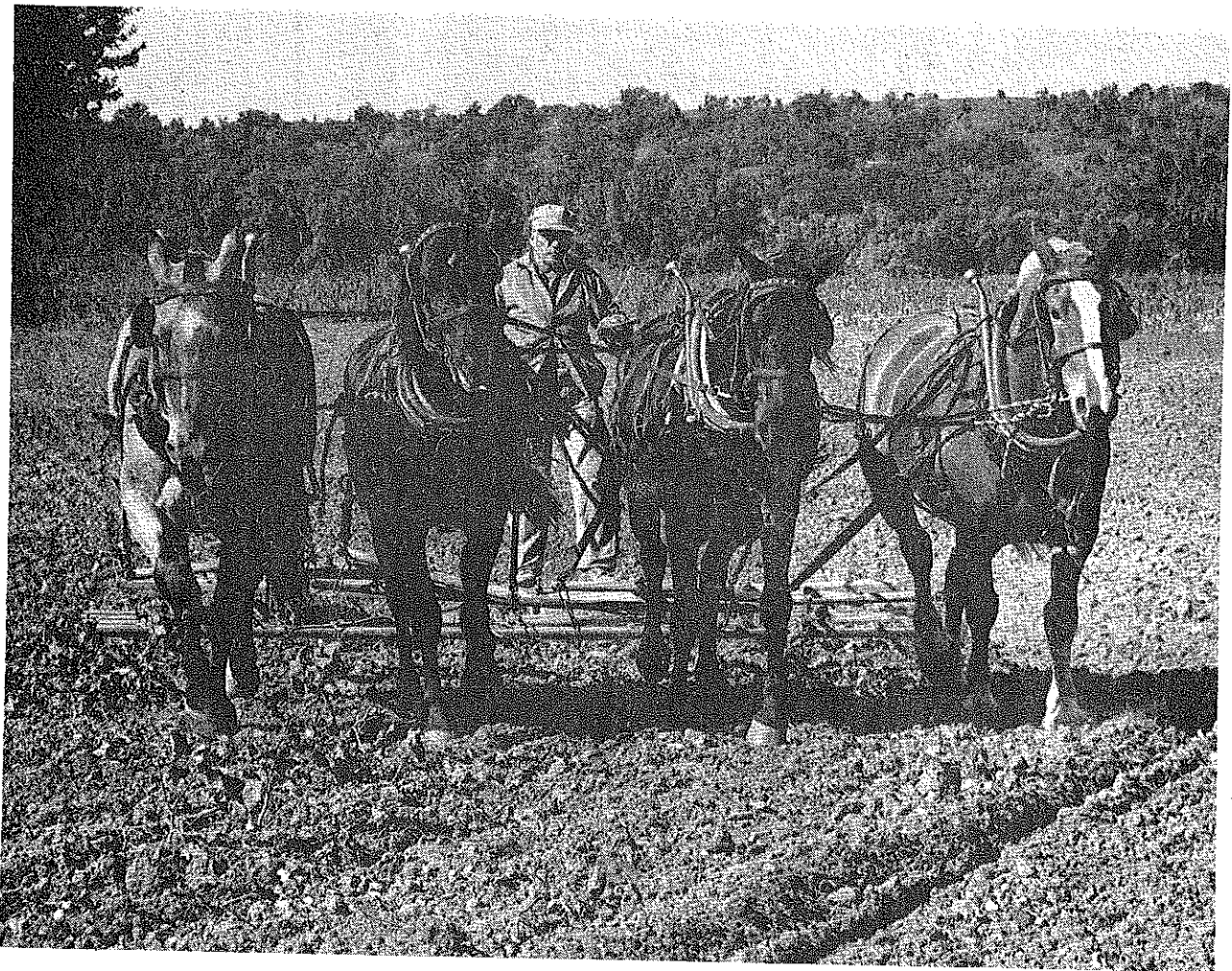


UNIVERSITY FOR MAN

A community learning center.



Summer 1982

A COMMUNITY LEARNING CENTER

COMMUNITY EDUCATION: WHAT'S IT ALL ABOUT?

A free university is defined as an organization that offers non-credit classes to the general public in which "anyone can teach and anyone can learn." Citizens offer to lead classes and may teach practically anything they want in any manner they wish. The free university acts as a link between those who want to teach and those who want to learn.

What makes free universities different from other non-credit educational providers? One of the most distinguishing characteristics of free universities is the philosophy that anybody can teach and anybody can learn. Free universities are the only nationally coordinated organizations that allow an individual to teach anything he or she wants, provided it is legal.

A second distinctive feature is that while free universities are not necessarily "free," they are the most cost-efficient adult learning. A study conducted for the National Center for Education Statistics showed that the average cost per class for a participant was less than \$10. That cost included cost of the sponsoring institution, to the government, and to the participant.

This low cost makes it possible for any community, large or small, to have a free university. In Olsburg, Kansas, a volunteer committee runs the Olsburg Rural Educational Opportunities (OREO) program on a budget of \$200 a year, which is raised at an annual summer flea market.

Free universities are not so much another institution as a new vision and a new model. Any person or organization can set up a free university, which hope to utilize existing resources, agencies, and people in the community.

Free universities are more than just education. Among other things, free universities attempt to provide a sense of community. That role, once held by churches, by family, by clubs, and sometimes even by government in times of national emergency, is never fulfilled by any one organization. But the free university partially meets that underlying need in all of us to feel part of something larger than ourselves. Free universities provide teachers and learners with a "community of scholars," a feeling of learning with others.

In pursuing learning for all, free universities have had to attack some mental blocks. They unhesitatingly propose that "anyone can teach and anyone can learn" - anything. That notion, of intruding upon sanctuaries of knowledge that have previously been unlocked only through a series of prescribed doors available only to a few, is heretical. We have been taught that knowledge is a commodity attained by going through prescribed steps, usually from elementary through intermediate to advanced. But a new concept of learning - as a process that anyone can tackle at any point - unleashes a deluge of possibilities for people to learn and act. In that sense, free universities are a new vision of what it means to learn. With resources available to all, people are free to learn any subject they wish and to teach any subject they want to. The consequences of learning anything inevitably lead to behavioral changes and to people's believing that they can do anything. When people believe that, they begin to act, to start things, to initiate democratic activity, to participate more in society.

The 1980's will see great changes in adult learning. Many of those changes are unforeseen now. No one knows much about what adult learning will be like at the end of this decade. We know something about the demographics of our society, but not a whole lot. We do not fully understand what self-directed learning is, or how one becomes a self-directed learner. We do not have an accurate gauge as to when it is appropriate to direct one's own learning and when it is appropriate to be taught. We do not know why people participate in different adult learning settings.



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.

2

TAKING CHARGE

"Taking charge." Many books and magazine articles deal with this topic often promising ways to "gain control" over your life and your surroundings.

"Taking charge" is not a new idea. We, here at UFM have been offering opportunities and tools to help individuals "take charge" for over fourteen years.

Whether you'd like to "take charge" by stopping your smoking habit, cutting your energy costs, or taking an active role in the political process, we think you'll find something in this summer's UFM catalog which will give you greater command over the outcomes in your life.

OUR NEW LANDSCAPE

You may have noticed that our lawn is undergoing some changes. We are developing an "edible landscape" to demonstrate potentials for urban food production.

Our long-term goal is to help individuals and groups in Manhattan and other communities develop locally controlled, comprehensive community food systems. We also intend to demonstrate:

1. how ecological and low-cost solar devices can be used to create aesthetically pleasing urban landscapes
2. plants as a means of energy conservation

We also hope to provide the knowledge and skills, particularly to senior citizens, the handicapped and low-income residents of Riley County, which will enhance food self-sufficiency.

If you'd like to know more about our edible landscape, give us a call. We'd be glad to arrange a tour. Many of the classes in our "Earth" section will also give you more information on this project.



STAFF:

Julie Coates	Director of Local Programs
Neil Schanker	Assistant Director of Local Programs
Kate Bromley	Class Coordinator
Julie Govert Walter	Class Coordinator
Janet Holcomb	Class Coordinator
Kate Maxham	Class Coordinator

GENERAL INFORMATION

Who we are
Why do classes cost? How UFM is funded
Keep your receipt
Interested in teaching?

Anyone who has a skill to share is invited to propose a class for UFM's community learning center. The deadline for class proposals for fall, 1982 is August 6. Some of our current needs include:

business/office skills	computers
basic auto mechanics	hair styling
cake decoration	swimming
shoe repair	Chinese cooking
word processing	self-hypnosis

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!!!

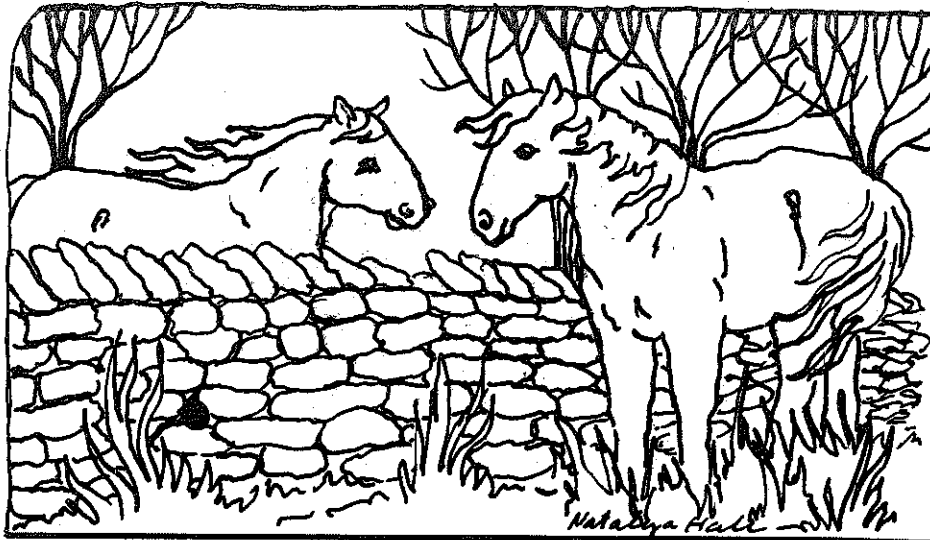
The receipt you receive when you register for a UFM class is important. The date, location and time of your class appears on the back of your receipt. If you have problems with a class or need a refund, your receipt number can help us give you better service. When you register in person, you will receive 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.

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

The Learning Resources Network (LERN) is a national association for adult learning headquartered at UFM. This summer we are moving to larger quarters in the UFM building, and we could use some help.

If you have any desks, shelving, typewriter tables or other office furniture not being used, we would appreciate your donation to the new LERN offices. Just contact Karen Stevenson at 532-5866.



Community

Courses in the Community Section offer a variety of ways to take charge --

What questions and concerns do you have about our local news media? Take charge by taking time to participate in "Meet the Manhattan Press," a public forum.

So you want to give those politicians a piece of your mind? Write your representative or president and if you'd like some guidelines sign up for the "Write Your Representative" course. Or, why not meet those involved with politics through the "Meet the Democrats" or "Meet the Republicans" courses.

Do you want more control over your money? There's bound to be a financial course just for you. Whether your "take charge" need is to balance a checkbook, find out about what kind and how much insurance is for you or investment alternative for your hard-earned money, it's here in this summer's catalog.

And women of Manhattan -- take a look at the courses under the Women's section. Take charge this summer.

Places to go...

TOUR OF THE McCALL PATTERN CO. C-16
 Norman E. Winter 776-4041
 Section I: Wednesday, June 30, 9-10am
 Section II: Wednesday, July 14, 1-2pm 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.

KMAN/KMKF TOUR C-2
 Doug Lawrence 776-4851
 One Time: Tuesday, July 13, 7-8pm
 Location: Register and you will be contacted
 Class Fee: \$1.00, pay with registration Limit: 15

This will be a complete tour of KMAN/KMKF's broadcast facilities. Included will be a demonstration on how various radio equipment is used and how a local broadcast station is organized. Special emphasis will be given to the way news is gathered. (Doug is with KMAN/KMKF's news department.)

KSU NUCLEAR REACTOR TOUR C-17
 Tim DeBey 532-5624
 One Time: Wednesday, July 7, 4:30-5:30pm Limit: 15
 Location: Register and you will be contacted
 Fee: \$1.00, pay with registration

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

... People to meet

MEET THE MANHATTAN PRESS C-1
 One Time: Tuesday, July 20, 7:30-9:30pm
 Location: Register and you will be contacted

We hear from them every day - their point of view on local, state and national issues. Take this opportunity to let representatives of the Manhattan area's news media know how you feel or answer your questions about their practices and policies. Come prepared for an invigorating discussion. (The Manhattan Mercury, Radio Station KMKF/KMAN and Radio KSAC will be among those participating in this public event.)

MANHATTAN MERCURY TOUR C-3
 David Hacker 776-1616
 One Time: Monday, July 19, 4-5pm Limit: 15
 Location: Register and you will be contacted
 Class Fee: \$1.00, pay with registration

Get a first-hand look at what goes on behind the scenes at the Manhattan Mercury. Included will be a general overview of how the Mercury is organized, how news is gathered and a tour of the printing facilities. Join us! (David is the Mercury's managing editor.)

WRITE YOUR REPRESENTATIVE C-5
 Julie Govert Walter 537-8634
 One Time: Thursday, 7:30-9:30pm, July 1
 Location: Register and you will be contacted
 Class Fee: \$1.00, pay with registration

The continued success of our nation's democratic system depends on our willingness to make our views and concerns known to our elected public officials. How often have you become really upset about a national, state or local issue yet put off writing that letter which stated your point? We'll discuss how to write effective letters to elected officials and then we will write and send a letter regarding an issue of personal concern to you. Bring pen, paper, an envelope and a 20¢ stamp. (Julie wants to see our nation's democracy working at its best.)

KSAC: RADIO IN KANSAS TOUR C-4
 Richard Baker 532-5851
 One Time: Wednesday, July 21, 7:30-9pm Limit: 15
 Location: Register and you will be contacted
 Class Fee: \$1.00, pay with registration

Tour KSAC, Kansas State University's 5000-watt station and one of the first radio stations in the state. A complete tour of the station's facilities and studios and a brief discussion of KSAC's history will be part of this informative event. (Richard is KSAC's News Director.)

MEET THE DEMOCRATS C-6
 Rosie Field
 One Time: Sunday, July 11, 2:30-4:30pm
 Location: Register and you will be contacted

Who are the leaders of the Democratic Party in this area? What are their concerns? How is the party organized and how can you get involved? This is your chance to have these and other questions answered at an informal Sunday afternoon gathering. (Rosie is the President of Kansas State University's Young Democrats.)

HIDDEN PLACES: WHERE HISTORY LIVES C35
 Julie Coates 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.

MEET THE REPUBLICANS C-7
 Kelly Presta
 One Time: Thursday, July 15, 7-9pm
 Location: Register and you will be contacted

What questions do you have about the Republican party, its organization and policies? How can you get involved? This class will focus on the Republican party, with a special emphasis on President Reagan's policies state politics and current political issues. Bring your questions. (Kelly is an officer of the National Republican Party and serves the Kansas Republican party as a member of its executive board.)



MEET THE AMERICAN CIVIL LIBERTIES UNION C-8
 Jared Namenson
 One Time: Thursday, June 24, 8-10pm
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

The ACLU has been responsible for the protection and advancement of many Americans' cherished freedoms. The ACLU participated in the Scopes "Monkey" trial (right to teach evolution), and defended the falsely accused Scottsboro Boys in the 1930's. Current issues include censorship in schools, "cult" deprogramming, and capital punishment. Join us and learn more about the ACLU and how you can be involved. (Jared is active in the Manhattan and KSU chapters of ACLU.)

Dollars and sense

INSURANCE: WHAT YOU NEED TO KNOW C-21

Pat McDermott

537-8123

Thursdays, 7-9pm First Meeting: July 1
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration
Materials Fee: \$3.00, pay at class

If you're confused about the world of insurance, you're not alone. This class will introduce risk management and the importance of property, liability and personal losses. Risks to be discussed include: loss of health through sickness or accident, loss of money from personal liability, loss of property through theft, fire or accident; loss of life; and loss of income through sickness or accident. The information in this course can save you thousands of dollars during your lifetime. Join us and find out what you need to know. (Pat, who is working on his PhD in Family Economics at KSU, wants consumers to know their options.)

INVESTMENT BASICS C-22

Steve Harrison & Sherl Prawl

537-0594

Tuesday, June 22 & Thursday, June 24, 7:30-9:30pm
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration

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. (Steve and Sherl are limited partners of a New York stock exchange member firm with offices in Manhattan.)

SUCCESSFUL MONEY MANAGEMENT C-23

Fred Freeby

537-4505

Section I: Monday, 7-9:30pm, June 28
Section II: Wednesday, 7-9:30pm, June 30
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

People do not get rich making money, but by managing the money they make. This seminar takes you up the 15 steps on the stairway to financial security. Plain everyday language plus extensive use of visual aids helps assure a better understanding of what could be highly technical information. NOTE: Each section meets one time only. (Fred is a district manager for Waddell and Reed, a national financial services organization specializing in financial planning.)

WHAT YOU NEED TO KNOW ABOUT IRA'S C-24

Bill Green

776-1066

One Time: Monday, July 19, 7:30-9:30pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

You've heard about them on the radio, you've seen them on T.V. Here's your chance to learn more about IRA's from a financial expert. Are IRA's all alike? Who should establish one and what should be considered in making this decision? These and other questions will be discussed. (Bill is a local financial planner.)

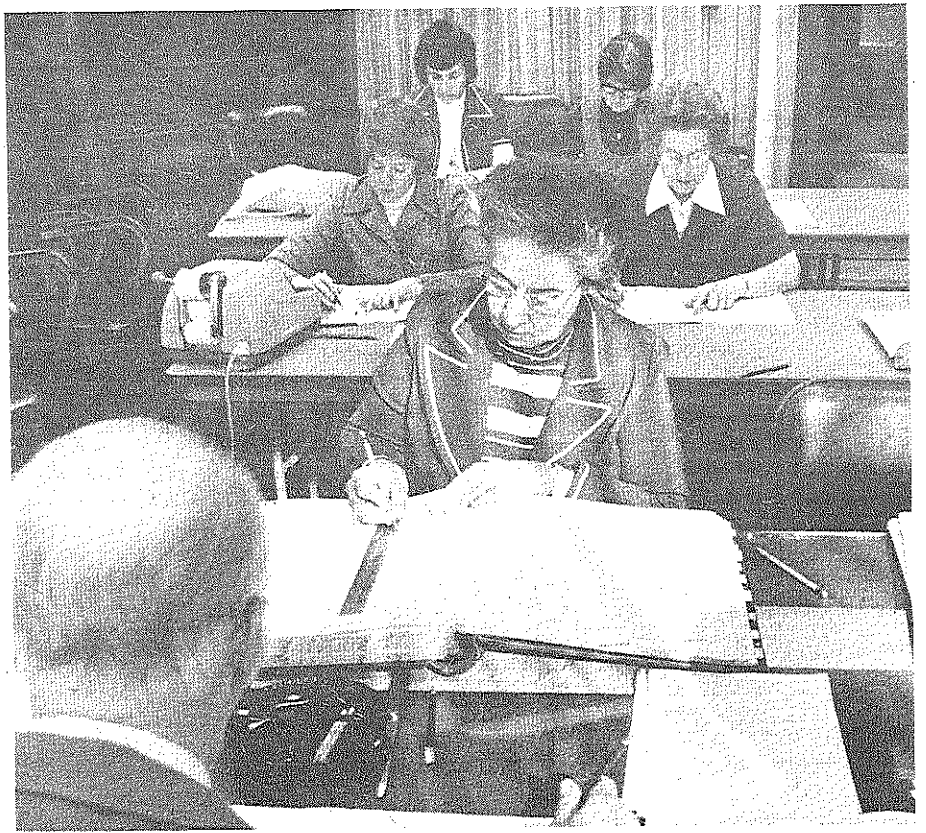
EVERYTHING YOU NEED TO KNOW ABOUT BUYING A HOME C-28

Sharon O'Neal

776-4733

One Time: Monday, July 12, 7-9pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

There's a lot that goes into deciding to buy a home these days. This course will cover what you need to know in making this important decision; a) how to finance; b) what qualities to look for; c) types of mortgages available; d) how to deal with a lender and what to consider when deciding to rent or buy. (Sharon is a loan officer at a local savings and loan company.)



1982 TAX PLANNING FOR YOUR BUSINESS C-25

H.L. 'Gil' Gillispie

776-7531

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

What do you need to know to reap the largest tax benefits for your business in 1982? "Cost Recovery," "Investment Credit" the new "write off" option and the tax "cut" will all be discussed in this course. We will also consider the records you need to keep and how to set up a simple, yet effective financial records system. (Gil, who has twenty years of tax preparation experience, is the owner of the Manhattan franchise of H & R Block.)

FOR GROWN WOMEN AND MEN WHO SHOULD KNOW BETTER C-26

Nina Miley

539-4939

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

"Business"--??? As Usual? Maybe not. If you have been thinking of starting your own small business or enterprise you've many questions to ask. We'll explore business philosophy, thought processes and research that are important parts of organizing and creating a small enterprise. This course will provide some solid ways of "thinking through" your business ideas. (Nina is a free-lance project coordinator who has created many successful small enterprises.)

INVESTMENT IN OLDER REAL ESTATE C-27

Tom Keohan

776-9683

One Time: Wednesday, June 23, 7:30-9:30pm
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 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 is the coordinator of Manhattan's Downtown Design Project.)

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WORKING AHEAD: 1982 INCOME TAXES AND YOU

C-18

L. 'Gil' Gillispie 776-7531

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

Don't wait 'til "later"! Make 1982 the year you make the most of the tax deductions available to you, the taxpaying citizen. The two-wage-earner deduction, the new charitable deduction, the graduated child care credit, IRA's and the elimination of the interest exclusion will be explained. In addition we'll cover tax strategies to use when you sell your home and to use in a divorce situation. The new interest exclusion and bracket indexing coming in 1984 will also be discussed. This class is designed to deal with your tax concerns - bring your questions. (Gil, who has 15 years of tax preparation experience is the owner of the Manhattan office of H & R Block.)

WORLD PEACE TAX FUND

C-19

Denner 776-5589

Time: Monday, July 12, 7-9pm
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

World Peace Tax Fund is a proposed alternative channel for that part of U.S. income tax which currently goes toward the military. The goal is to allow taxpayers to be able to designate the military portion of their taxes to be used toward non-violent resolution of international conflict. Find out more, join us! (Denner has paid the military portion of his personal income tax to a World Peace Tax Fund escrow account.)

MONEY MANAGEMENT: THE BASICS

C-20

Licia Streeter 537-2244

Time: Tuesday, July 6, 7:30-9pm
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$3.00, pay at class Limit: 15

There's nothing more important than having a clear idea of just what your financial situation is. In this class you will work on: balancing your checkbook, calculating a budget, income, fixed expenses, weekly out-of-pocket expenses and your financial net-worth. (Patty is a small business owner and a money management specialist.)



OF THE HEARTLANDS - SINGING OUR LIVES

C-32

Christy Simpson 776-7573

Organizational Meeting: Friday, June 25, 7-8pm
 Location: Register and you will be contacted
 Class Fee: \$1.00, pay with registration

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 leading Manhattan's feminist chorus for over a year.)

Women taking charge

WOMEN AND POLITICS

C33

Rosie Field

Wednesdays, July 21 & 28, 7:30-9:30pm (2 times)
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

This class will explore opportunities for women to become aware of the political process and issues of particular concern to women. The first session will provide an overview of the Women's Political Caucus and other women's political organizations. The second session will present some of the challenges women face as they enter the political arena. (Rosie is a member of the Women's Political Caucus and is enthusiastic about women's role in politics.)

ARE YOU AN "INVISIBLE" WOMAN?

C-29

Sarah Carlson 537-4400

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

Are you "invisible" in the credit world? Unfortunately, many women have no credit histories and some have been denied credit because of their sex. Others have not applied for credit relying on credit carried in their husband's name. Learn why your individual credit rating is a necessity, how to obtain a credit rating and what laws protect you as a woman. (Sarah is a loan officer with a local financial institution.)

RAPE!

C-30

Sue Mulryan, Sandy Sandersware 539-2785 539-3736

One Time: Thursday, July 1, 7-9pm
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

Would you know what to do if you or someone you knew were raped? Learn the "do's and don't's" in this session. We'll also discuss the prevalence of this violent crime in the U.S. and the rape intervention services offered by groups such as the Regional Crisis Center. (Sandy is a member of Women Against Rape, a Manhattan group concerned about violent crime against women; Sue is a staff member of the Regional Crisis Center.)

IT'S A FAMILY AFFAIR

C-31

Sue Mulryan 539-2785

One Time: Monday, July 19, 7-9pm
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

Family violence. What do you know about one of America's most prevalent problems? What should you know? This course will focus on the problem and the issues related to family violence. The film "Family Affair" will be shown and discussed and related concerns including police intervention, the judicial process and alcoholism will be covered. Join us for an informative and thought-provoking evening.

OF THE HEARTLANDS - SINGING OUR LIVES

C-32

Christy Simpson 776-7573

Organizational Meeting: Friday, June 25, 7-8pm
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FEMINIST FISHING FROLIC

E-10

Kate Jacques 776-6273

One Time: Sunday, July 11, 9am
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

This class asks the question - Why don't more women go fishing these days? Fishing's easy; fun and there's no better place to spend some time on a Sunday than on the river bank. Grab a fishing pole and join us! (Kate is an avid fisherwoman.)

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

UNION NATIONAL BANK & TRUST CO.

Working for changes

THE OTHER MANHATTAN PROJECT

C-10

David MacFarlane

537-1505

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

"What," have you asked, "is the Other Manhattan Project?" Here's your chance to find out about Manhattan's citizen group which was organized just last spring to "slow, stop and reverse" The Nuclear Arms race. The video-tape "But What About the Russians?" will be shown. Bring your questions. (Dave is the Other Manhattan Project's contact person.)

VIETNAM VETERAN GROUP

C-11

Bill Powers & Bob Laverty

776-7178

Wednesdays, First Meeting June 23, 7-9pm Limit: 10
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Vietnam veterans share many common experiences and frustrations as a result of their service to their country. This is a group offering support for Vietnam veterans who want to share their assistance and are seeking assistance for other related personal concerns. (Both Bill & Bob are veterans of the Vietnam conflict.)

WINNING

C-12

Edith Stunke

776-3624

Register and you will be contacted for time and location

What's it like to run through fifteen states in 22 days? The runners for WINNING, a trans-continental relay which will bring the message "end world hunger" to the U.N. on July 4 will know. The relay team will be in Manhattan on June 24 where they will make a stay-over. A Manhattan host-team is needed to plan hospitality arrangements which will make Kansas and Manhattan the highlight of WINNING's trek. Your help is needed. Sign up to learn all the details.

FLINT HILLS BREADBASKET

C-13

Tom Mulhern, Carol Pyler

776-9294

One Time: Tuesday, June 29, 7-8pm
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.)

WANT TO WORK WITH THE HANDICAPPED?

C-14

Genevieve Remus & Mary Priest

532-5866

One Time: Monday, June 28, 7-8pm
Location: Register and you will be contacted

Have you considered sharing your time and skills with the handicapped? This class will explain UFM's "Let's Recreate" project which is designed to provide the handicapped individual special learning experiences in horticulture, photography, ceramics, woodworking, aerobics, dance and dramatics. Find out how you can help. You're needed! (Genevieve and Mary are coordinators of UFM's Let's Recreate project.)

AMNESTY INTERNATIONAL

C-9

Dean Denner, Buddy Gray

539-2021 776-5589

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

Amnesty International is a worldwide organization that works directly as an advocate for individuals who are imprisoned around the world for their religious and political dissent. A local chapter is in the process of formation. All are welcome. (Dean and Buddy are concerned about the protection of human rights.)

VOLUNTEERS FOR LIVING LEARNING SCHOOL SUMMER PROGRAM

C-15

Mary Williams

539-3310

One Time: Wednesday, June 23, 7:30-9pm
Location: Register and you will be contacted

Learning can be fun and an adventure. The Living-Learning School's two summer sessions for children 5-14 years old invites you to be part of their innovative learning program. We'll be offering German, language arts, racketball, pottery, woodworking, crafts, emergency first aid, Dungeons and Dragons, math skills and more this summer. If you would like to be involved in Living-Learning School's summer programs or if you'd like to learn more about the school's program, join us! Dates - Session I - June 14th through July 9; Session II - July 19 through August 13. (Mary is head teacher at Living-Learning School, a certified elementary teacher in Kansas and the mother of three children.)

THE AQUARIAN CONSPIRACY: A DISCUSSION

C34

Enid Stover

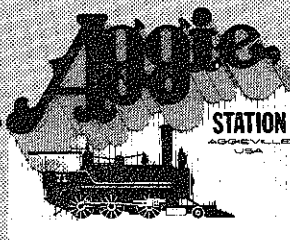
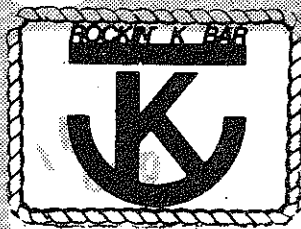
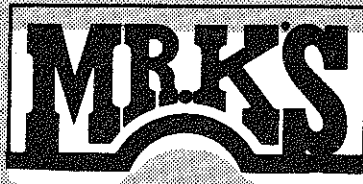
539-4366

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

What is the impact that new scientific discoveries, especially concerning the brain, will have on our society? Can a hopeful future be projected even from today's "gloomy" world situation? Marilyn Ferguson deals with these and a variety of other questions in her book The Aquarian Conspiracy. This class will focus on the ideas of Ferguson's book. (Enid was inspired by the ideas in The Aquarian Conspiracy and is looking forward to discussing them with others.)



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Earth

This summer's Earth classes offer some exciting ways to take charge of our environment in responsible and fun ways.

If there's a youngster in your family the "Terrariums" course taught by Rebecca Brownson will not only be a terrific summertime activity, but also a great way to learn about the wonders of the plant world. Observing and caring for a terrarium is a terrific way to learn and participate with nature.

Take charge by taking a step toward responsibility for the quality of our natural environment. The "Carnahan Outdoor Outing and Campout with Friends of the Earth" will mix invigorating outdoor fun with the how-to's needed to conserve our natural environment.

Take charge of your food bill. Fall can bring you harvests of potatoes, cabbages, beets, spinach and other nutritious cool-season vegetables if you take advantage of Fall Gardening. The pride of growing it yourself will make "taking charge" of the money you save that much more enjoyable.

Growing your own

INDOOR GARDENING E29
 Mary Priest 539-7313
 One Time: Tuesday, July 13, 7-9pm
 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.

SOLAR FOOD DEHYDRATORS E35
 Alan Edgar 532-5866
 One Time: Tuesday, June 29, 7:30-9pm
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

For many foods, dehydrators offer the key to home-grown nutrient-rich foods throughout the winter months. This class will discuss solar dehydrator design and construction using plans and procedures already available. (Alan is the construction supervisor for the UFM Edible Landscape project.)

BASIC TREE MAINTENANCE E30
 Joel Brinker 539-6143
 One Time: Saturday, July 10, 9am
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 20

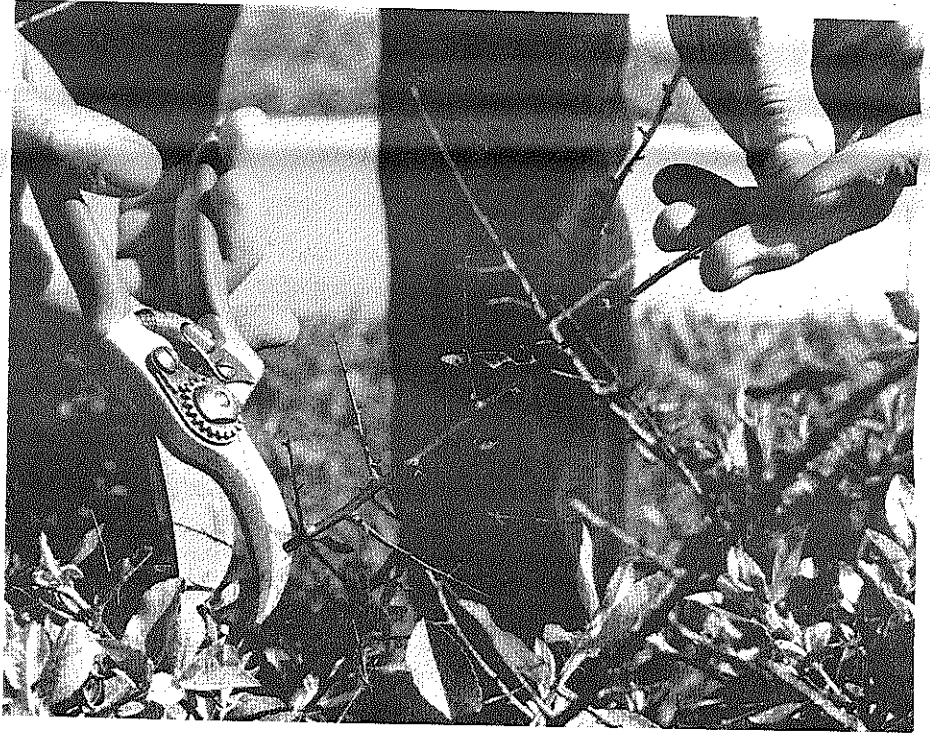
We will consider pruning principles for trees of all sizes and the various reasons for pruning of shade, fruit and ornamental trees. We'll also be looking at specific trees and their problems as well as some of the tools used for pruning. This class will take place in a two-acre area well populated with 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.)

MOVABLE PATIO CONTAINERS E36
 Alan Edgar 532-5866
 One Time: Thursday, June 24, 7:30-9pm
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 10

Movable planting containers offer flexible, attractive options for substantial food or flower production in limited space. Especially good for apartment dwellers, this class will talk through box design and planting options, materials choice, and construction techniques.

ARRANGING YOUR GARDEN FLOWERS E31
 Karen Medlin 537-2846
 One Time: Tuesday, July 27, 7:30-8:30pm
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 10
 Materials Fee: \$2.00, pay at class

Don't just throw your beautiful flowers in a vase! Learn how the professionals do it. During this session you will learn the basic skills of floral arranging so that you can arrange your garden flowers correctly. Bring a container and flowers. (Karen loves flowers and is manager of Westloop Floral.)



FALL GARDENING E32
 Bill Hoyt 776-7426
 One Time: Wednesday, July 7, 7-9pm (raindate July 8)
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

Extend your garden's productivity! Grow traditional spring crops in the fall. Spinach, beets, cabbage and potatoes can do beautifully in the cool of the fall season. Planting for fall gardens needs to be planned in July. (Bill is the Manhattan Community Gardens Coordinator.)

HORTICULTURE FOR HANDICAPPED ADULTS E33
 Illene Myer 532-5866
 Mondays, 7-9pm, First Meeting: June 28 Length: 14 times
 Location: Register and you will be contacted

Learn about plants as a hobby in a class geared for handicapped adults. Plants and their care, outdoor gardening, indoor gardening, horticultural crafts and field trips will be included. (Illene is a Horticultural Therapy graduate student and gardener at heart.)

TURF GRASS MAINTENANCE E27
 Brian McBride 776-8502
 One Time: Saturday, June 26, 9am-12noon
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

Want a beautiful green lawn this summer? This course will cover various aspects of turf maintenance such as: fertilization, weed control, irrigation, mowing, dethatching and other cultural practices. (Brian has a degree in Horticulture with several years experience as a lawn specialist.)

PLANT PROPAGATION TECHNIQUES E22
 Mary Priest 532-5866
 Thursdays, 7pm First Meeting, July 1 Length: 4 times
 Location: Register and you will be contacted
 Class Fee: \$5.00, pay with registration
 Materials Fee: \$5.00, pay at class Limit: 20

The fascinating techniques of plant propagation will be discussed and practiced, including asexual and sexual propagation. There will be lessons to include the following methods: seeds, cuttings, grafting and budding, layering, and specialized stem and root propagation. A variety of plant species will be used and also proper tools and their uses will be discussed. (Mary is a graduate of Mississippi State University in Ornamental Horticulture and is presently working on a Masters in Horticultural Therapy at KSU.)

TERRARIUMS (AGES 6-12) E28
 Rebecca Brownson 537-9098
 One Time: Saturday, July 10, 9-11am
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 Materials Fee: 35¢, pay at class

Bring a jar, some imagination and 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.)

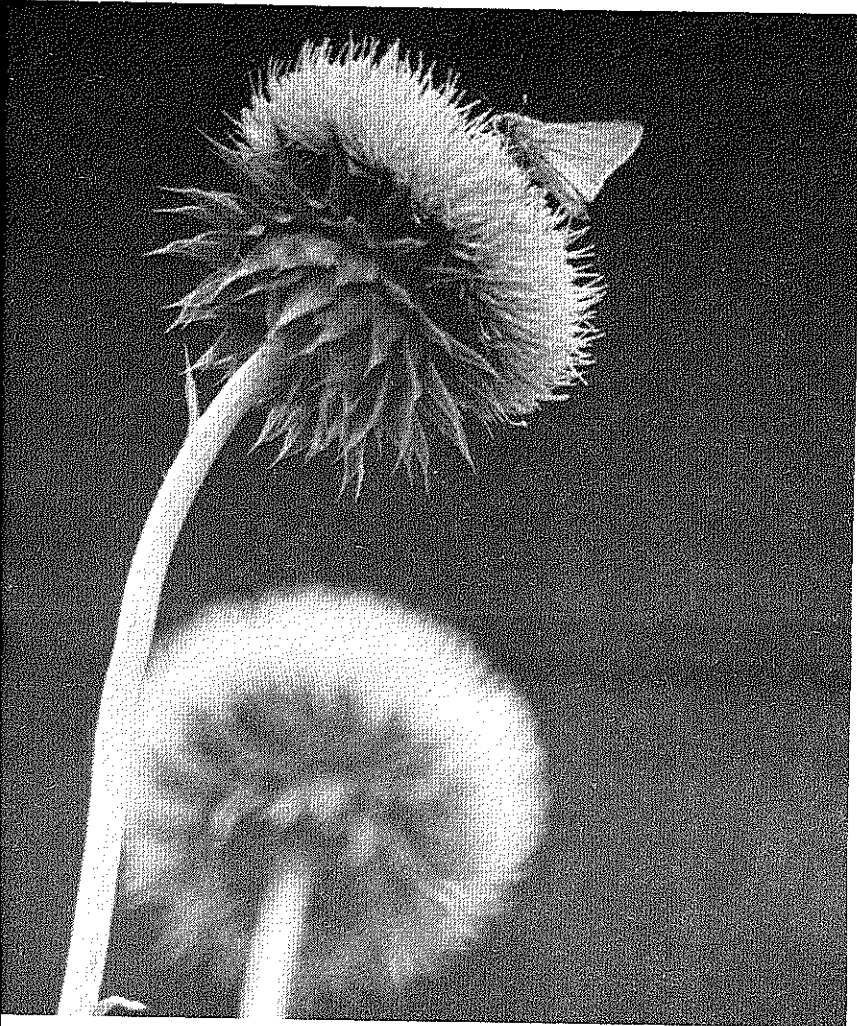
Field trips

RAIRIE WILDFLOWER WALK - FOR FAMILIES E23

Kate Jacques 776-6273
 One Time: Sunday, June 27, 10am
 Location: Register and you will be contacted
 Class Fee: \$1.00, pay with registration
 Come and see the compass plant that points out the directions, the snakehead used for pioneer brooms and the showy Missouri evening primrose. Kate will lead a wildflower walk sharing her enjoyment and knowledge about tall grasses and prairie flora. The walk will be suitable for kids as well as adults. (Kate has a masters degree in Range Management.)

EXPLORING UNDER ROCKS (FOR KIDS AND ADULTS) E17

Stephen Hoffman 776-8072
 One Time: Saturday, June 26, 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. (Steve has been exploring these worlds for years.)



RAIRIE WILDFLOWERS E24

Towne 532-6101
 Session I: Saturday, June 26, 10am (raindate Wednesday, June 30, 6pm)
 Session II: Saturday, July 10, 10am (raindate Wednesday, July 14, 6pm)
 Location: Register and you will be contacted
 Class Fee: \$1.00, pay with registration (each section)
 In this class you will not only enjoy the beauty of the Flint Hills, but also learn identifying characteristics of both flowering and vegetative plants. Lots of tidbit information about plants will be provided. The instructor is a research assistant in Range Management and has been teaching to identify plants for six years.)

MOON WALK ON THE PRAIRIE E25

Schanker 532-5866
 One Time: Tuesday, July 6, 9pm-12am (raindate July 7)
 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 summer night. The Flint Hills natural history comes alive after dark with its nocturnal life, nocturnal birds and mammals. Emphasis will be on listening and experiencing. (Neil enjoys a good full moon in any season.)

RAIRIE GRASSES E26

Towne 532-6101
 One Time: Thursday, July 1, 6pm (raindate, Friday, July 2, 6pm)
 Location: Register and you will be contacted
 Class Fee: \$1.00, pay with registration
 Grasses are not alike! Learn identifying characteristics that distinguish one grass species from another. The prairie tour will also focus on the importance and interesting information on grass species common to the Flint Hills.

Earth

HIKING TRAILS IN KANSAS E15

Jim Nighswonger 532-5752
 One Time: Monday, July 12, 7:30pm
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 This summer, hike the beautiful hills and valleys of Kansas. We will discuss what Kansas has to offer in the way of hiking opportunities. Emphasis will be in trail locations and their unique features. Information and guides will be available for handout. Foot trails will be emphasized and canoe trails will be mentioned. (Jim is a member of the Kansas Trail Council and the Kansas Canoe Association.)

CARNAHAN OUTDOOR OUTING AND CAMPOUT WITH FRIENDS OF THE EARTH E18

Pat Dreese 539-9150
 Saturday and Sunday, July 10 & 11, Saturday, 6:30pm-Sunday morning
 Location: Register and you will be contacted
 Class Fee: \$1.00, pay with registration
 We'll carpool out to the historic Carnahan Creek area of the Tuttle Reservoir and use the remaining daylight for canoeing, hiking, swimming and frisbee. Around the campfire, we'll toast marshmallows and discuss the activities and aspirations of the local environmental group, Kansas Friends of the Earth. In the morning, we'll cook an outdoor breakfast and head home. Bring your camping gear. (Pat is president of the Kansas branch of Friends of the Earth.)

SPELUNKING (CAVE EXPLORING) E11

William McGee 776-6679
 One Time: Wednesday, June 23, 7:30pm
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration
 Ever dream of exploring mysterious caverns (or getting lost in them?) Let Bill show you the how-to's of safe caving. He'll cover equipment, clothing, safety, food, water, types of caves and locations. Missouri, "the cave state," is nearby and convenient for summer trips. (Bill has had spelunking experience, mainly in the Ozarks, since he was 14. He is forming a Manhattan Grotto of the National Speleological Society.)

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... Further afield

NATURE PHOTOGRAPHY

E19

David Rintoul

776-0567

Saturdays, June 26, 10am-12noon; July 10, 7-9am
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

Length: 2 times
 Limit: 10

Capture on film that perfect dew-splattered spider web, that cute house wren or that serene landscape. This class will provide a practical introduction to 35mm nature photography. At the 1st session there will be an introduction to techniques, equipment, optical considerations, etc. At the 2nd session field work, concentrating primarily on insects and flowers, possibly birds will be introduced. (David is an amateur photographer, birdwatcher and biologist. He enjoys photography and particularly specializing in nature photography.)

FRIENDS OF CITY PARKS

E16

John LaShelle

532-5866

Alternate Thursdays, First Meeting: July 8, 7:30-8:30pm
 Location: Register and you will be contacted
 Class Fee: \$1.00, pay with registration

Help promote Manhattan's natural-area parks. A volunteer group is needed to develop educational materials, publicity, organize walks and trail clean-up trips, and promote habitat protection. Besides discussion and work meetings, the group will have weekend trips to Warner park and Project W.O.L.F. natural area. Other possible projects are bird houses and feeders, wildlife plantings, and a nature center. (John is a writer and photographer interested in birds, wildflowers and protection of natural places.)

RECREATIONAL GOLD PROSPECTING

E12

David Patterson

776-5013

Thursdays, 7:30-9:30pm First Meeting: June 24
 Location: Register and you will be contacted
 Class Fee: \$5.00, pay with registration

Length: 2-3 times

This class will cover beginning prospecting, basic and advanced equipment, laws, and equipment modifications. Also there is a tentative plan to go to Colorado in August for recreation and gold! Old class members are encouraged to sign up. This time I'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

E13

Jeff Wainright

539-4685

Thursdays, 6:30-7:15pm First Meeting: June 24
 Location: Register and you will be contacted
 Class Fee: \$5.00, pay with registration

Length: 6 (plus extra field time)
 Limit: 20

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.)

ARCHIMEDES, NEWTON, EINSTEIN AND THE GREAT PHYSICS SHOW

E14

Larry Weaver

532-6790

One Time: Tuesday, June 29, 2:30-4:30pm
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

Come to a variety of interesting and/or amusing physics demonstrations. Larry will add commentary on the history of physical thought and on seeing the laws of nature at work in our lives. (Larry is a physics professor at KSU.)



NATURAL DYE FORAGE

E20

Sue Maes

532-5866

One Time: Thursday, July 22, 6pm
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

Many of our native prairie plants can be used for beautiful natural dyeing. Soft, gentle colors are produced from sumac, dock root, poke, juniper berries and many other area plants. We will forage the surrounding area gathering and learning to recognize these plants in their natural surroundings. (Sue is a wild edible enthusiast who is familiar with native plant uses and identification.)

NATURAL DYE WORKSHOP

E21

Kathy LeFevre

784-4448

One Time: Saturday, July 24, 10am-3pm
 Location: Register and you will be contacted
 Class Fee: \$9.00, pay with registration (includes materials)

Class members will be taking dye plant materials collected by the Dye Forage Class and, with the use of mordants, dye wool yarns for use in their future projects. Natural dyeing procedures will be emphasized. (Kathy is a production handspinner from Ft. Riley.)

WOMEN AND THE EARTH

E34

Ann Bristow

One Time: Monday, June 28, 7pm
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

We would like to begin a discussion/experiential group of women to explore our connectedness to nature. Possible topics might include women's cycles, feminist spirituality and native American Indian rituals. Discussions and exercises will be geared toward individual's interests. (Ann teaches in the Psychology Department at KSU and is interested in feminist spirituality.)

The Leukemia Society of America, Inc.
 Kansas Chapter
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Here's another message from
 Liz Powers Wilderson:

Many of you in Manhattan and surrounding communities know my story already. I was diagnosed as having acute leukemia in mid-May of 1981 and had a bone marrow transplant July 20 of that year. As I write this, it is a day short of a year since I found out I almost certainly had leukemia. Without the advances made by research in the last ten years, I probably would have been dead for about ten months now. Please help support The Leukemia Society of America. They will use the money to help fund research, to help patients who can't meet the cost of ongoing treatment, and to educate both health professionals and the public about leukemia. Please don't be embarrassed to give if you can only give a small amount. Every dollar counts. Bless you and thank you.

Liz

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Animal friends

DOG OBEDIENCE

E1

Susan Bryant 537-7008
 Sundays, 4-5pm First Meeting: June 27 Length: 6 times
 Location: Register and you will be contacted (no July 4 class)
 Class Fee: \$5.00, pay with registration Limit: 15 (one person/dog)

After this class your dog will know heeling, the automatic sit, come when called, long sit and down and many other exercises. Teach your dog to be happier and more obedient. Each dog will need a six-foot leather leash and a choke chain (two inches longer than neck measurement). (Susan has taught dog obedience to 4-H'ers and for UFM.)

RABBIT RAISING - BUNNIES FOR ALL

E2

Suzy Klinker 539-4543
 One Time: Saturday, August 7, 10am
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

Learn to raise rabbits for pets, show, meat, and your own supply or organic fertilizer. We will discuss breeds, hutches, and sanitation. (Suzy has been raising rabbits for 5 years. Her rabbits have won purple ribbons at the State Fair.)

EXOTIC BIRDS: FLIGHTS OF FANCY

E3

Pat Jewett 537-7920
 Wednesdays, 7:30pm, July 14 & 21 Length: 2 times
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

Learn how to choose, tame and care for cockatoos, macaws, budgies and lovebirds. Pat will discuss how to handle middle of the night emergencies, who to call for help and the possibility of forming an information exchange club. Join us as we visit an aviary with walk-in cages, specifically designed for big birds. (Pat has been caring for exotic birds for three years.)

BUGS LIKE KIDS

E4

John Holcomb 1-485-2410
 One Time: Saturday, June 26, 11am-3pm (Raindate: July 10)
 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 university grounds. 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.)

ANIMAL CARE - FOR CHILDREN AGES 7-14

E5

Maggie Moynagh, DVM 537-9670
 One Time: Saturday, June 26, 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 in 1981 who is now working at the K-State Vet Hospital in Internal Medicine.)

PRINCIPLES OF ANIMAL CARE

E6

Maggie Moynagh, DVM 537-9670
 One Time: Monday, June 28, 7-10pm
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

The theoretical side of 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 serious animal manager.



Hook, line and sinker

FISHING ROD AND REEL REPAIR AND MAINTENANCE CLINIC

E7

Mike Weisbender 537-9815
 One Time: Thursday, June 24, 7-8:30pm
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 25

Get your old fishing gear out of the closet and let Mike show you how to get it in good condition again. Basic repair and maintenance of various rods and reels will be stressed. Mike will also let you in on the latest hot fishing tips. (Mike owns a local shooting and fishing store.)

GONE FISHING: MAKING FLIES, JIGS AND SINKERS

E8

Mike Weisbender 537-9815
 One Time: Thursday, July 1, 7-8:30pm
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

Don't pay big bucks for fishing lures and tackle. Mike will teach you how to pour lead sinkers and jigs and also to tie flies and jigs. Tips on the best lures for summer fishing will be given.

INTRODUCTION TO BOWFISHING

E9

Tom Galliher 776-8432
 One Time: Saturday, June 26, 9-10am
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

Put meat on the table with this fun and inexpensive sport. Tom will teach you about the methods and regulations for bows, reels, arrows. Whether you bowfish from the bank, a canoe or flat-bottom boat, you too can go after those big fish which never seem to bite your conventional hook and worm. Hints on preparing and cooking your fish will also be given. (Tom's been bowfishing for three years and is with the Blue Valley Bowhunters.)

FEMINIST FISHING FROLIC

E10

Kate Jacques 776-6273
 One Time: Sunday, July 11, 9am
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

This class asks the question - Why don't more women go fishing these days? Fishing's easy, fun and there's no better place to spend some time on a Sunday than on the river bank. Grab a fishing pole and join us! (Kate is an avid fisherwoman.)

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Foods

Taking charge might be said to begin at home. One of the simplest ways to take charge of your health and overall well-being is by taking charge of the food we eat each day. So consider your health and take charge this summer. Your garden is a great place to begin. Sign up for "Family Garden Recipe Sharing" and find out how others make the most of the bounty gardening in Kansas offers. If there's a little one on the way or already making a home with you, good nutrition can begin with the popular "Making Your Own Baby Food" course. You'll find other ways to take charge included in the Foods section. Try "Dry It - You'll Like It," "Homemade Yogurt," "Pretzelmaking" or one of the more exotic culinary ways of "taking charge" this summer.



MAKING YOUR OWN BABY FOOD

F14

Helen Johnson 776-8948

One Time: Tuesday, July 6, 7-8:30pm
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.)

FOOD FOR TOTS

F15

Pam Barba 539-7114

One Time: Saturday, July 17, 1-2:30pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Or, how the kid goes solid - ever had nightmares of English peas sailing across your kitchen or dinner time looking like the food fight in "Animal House" - switching from bottle or breast to solid food can be rough, and in this class we'll examine the wide range of reactions, and how to cope with them. So don't rent that force feeding machine just yet - sign up first. (Pam finds this transition easier after experiencing her own children.)



PORTUGUESE BREAD

F6

Debra MacCabe 539-9596

One Time: Saturday, June 26, 10am-2pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class

Limit: 8

Bake the Rock of Gibraltar - or an ancient angel food cake. This versatile old world sweetbread varies its taste and texture with the time spent kneading the dough! Massa Sovada isn't called 'massage bread' as a joke! Learn the secrets of success with this recipe and explore the varieties of traditional Portuguese forms and shapes that vary with the seasons. (Debra has been making "Massa Sovada" for 10 years and has won blue ribbons for this prize winning recipe.)

TRADITIONAL MENNONITE EATING TREATS

F7

Myrna Bartel/Karen Franz 539-7950

One Time: Tuesday, June 29, 7-9:30pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: 75¢, pay at class

Limit: 12

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.)

CHILDREN'S COOKIE CLASS - (8-14 YEARS)

F16

Kim Schumm

Tuesdays, 7:30-8:30pm June 29, July 6
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class

Length: 2 times

Limit: 6

We will begin with a dough making demonstration and discuss methods for brownies, oatmeal cookies, and peanut butter cookies. We will take home copies of the recipes and cookie samples. This class will be geared toward children's participation and will also cover the basic rules of kitchen safety. (Kim is a close friend of the "Cookie Monster.")

FAMILY GARDEN RECIPE SHARING

F17

Kate Bromley

532-5866

One Time: Saturday, July 10, 3-5pm
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration
Materials Fee: \$1.00, pay at class

Too many tomatoes, radishes, cucumbers? Share your recipes with others and sample some gourmet delights. Bring one dish using garden produce, and recipes to use up lots of veggies or fruit. Bring a self-addressed stamped envelope if you want a copy of all the recipes. (Kate is a home gardener who likes to share recipes and ideas.)

A GROWING NATURAL FOOD INDUSTRY - FIND OUT WHY

F18

Don Stillings

776-6201

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

Limit: 20

This is a no nonsense, question and answer session, to bring you state of the art information on the latest in the natural foods and supplement industry - products designed to help you with weight loss, fatigue, stress management, skin problems, chronic diseases, herpes, adinfinitum. This is for product information and customer response only. No medical claims or diagnosis will be made. (Don has 15 years interest in the field and is owner of a retail health food store for the last 10 years.)

DIAL-A-KITCHEN EQUIPMENT CO-OP

F19

Kate Maxham

776-1033

One Time: Wednesday, June 23, 5pm
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

Ever get stuck in the middle of a recipe without the right pan? Or read: "and now with your pasta machine..." right! Many of us won't give our first-born and movie rights, plus the 4,000 rubles for the latest model Juicer/slicer/dogcatcher on the market - ever want to rent one? or better, just borrow something but didn't know where? - Sign here. You've heard of inter-library loan - Kate is trying to establish an inter-kitchen loan network.

ROSY PEACH JAM-BOREE

F8

Kate Maxham

776-0133

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

Limit: 3

Did I forget the bananas? Oh well, and did I say fresh? Would you believe we'll pick - nay, nay - hand select the peaches from the back yard! We will go over the recipe - prepare the jam and put up enough to enjoy now and later. Class date will depend on our peach trees. (Kate made this peach, banana, and cherry jam last year - definitely worth another try.)

COTTAGE CHEESE

F9

Ron Pauli

539-6569

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

Limit: 10

Homemade cottage cheese tastes different from commercial cottage cheese, and some folks like it better. This delicious product can be made with either cow or goat milk. The class will include a demonstration of how to perform the alchemy of cheese making and then the students can sample their work. (Ron has raised dairy goats for several years and started making cottage cheese to use up surplus milk.)

DRY IT - YOU'LL LIKE IT!

F1

Bonnie Hansen

539-9286

One Time: Tuesday, June 29, 7:30-9pm

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Limit: 20

Dried foods can mean much more than apricots, apples, and prunes - this class will examine methods for drying not only fruit but meat jerkeys and leathers, vegetables, as well as the special needs for drying foods for camping. Various methods for food dehydration are available and the class will examine them in the light of their nutritional advantages. (Bonnie has a PhD in nutrition and has taught classes in food drying for 8 years. She owns and operates a health food store in Manhattan.)

STUFFED GRAPE LEAVES

F2

Pat Tetreault

776-1118

One Time: Thursday, July 8, 7-9pm

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Materials Fee: \$2.50, pay at class

Limit: 8

Come learn to make this traditional dish that is enjoyed in countries from the Near East to the Far East. It's a tailor made delight that's economical, easy, and can be made up ahead of time when you don't have much time for cooking - a delicious mixture of meat, rice, tomato paste, and seasonings. Enjoy! (Pat grew up watching her mother make this delicious dish.)

SAUERKRAUT

F3

Charles Marr

One Time: Saturday, June 26, 1:30-2:30pm

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Ever want to boil cabbage, make it sour, and put it on a shelf for months - to eat in the middle of winter? Right! We all want to! Especially the next time we boil a hot dog, or whip up a quick pastrami on rye. Why not jazz up your tastes with some homemade sauerkraut? A simple process just right for canning or freezing. (Chuck grew up on a farm where sauerkraut was made every year for 10 years.)

VEGETARIANISM

F4

Tom Schultes

Wednesdays, 7:30-9:30pm First Meeting: June 30 Length: 2 times

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Materials Fee: \$1.00, pay at class

Tired of feeling like an American Werewolf in London? The answer - vegetables. Yes, Virginia, there are alternatives to meat protein. Do your cholesterol ridden metabolism a favor - eat something green, or yellow, orange, red - even purple!! We'll take a look at the health (not to mention economic) advantages of a vegetarian diet. (Tom enjoys vegetarian dishes and has eight years' experience in grocery business.)

PRETZEL MAKING

F5

Sandra Cindrich

776-5448

One Time: Thursday, July 8, 7:30-9:30pm

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Materials Fee: 50¢, pay at class

Limit: 6

Ever get tired of hard pretzels you buy in a box at the store? You'll feel like you're downtown in the 'Big Apple' when you bite into these chewy, salt-topped delicacies. (Sandra has been making soft pretzels for 10 years and has found them to be an inexpensive treat for her 7 children.)

HOMEMADE YOGURT

F10

Ann Bristow

One Time: Thursday, June 24, 6:30pm

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Materials Fee: \$1.00, pay at class

Limit: 10

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

BARTENDING WITHOUT ALCOHOL

F13

Laura King

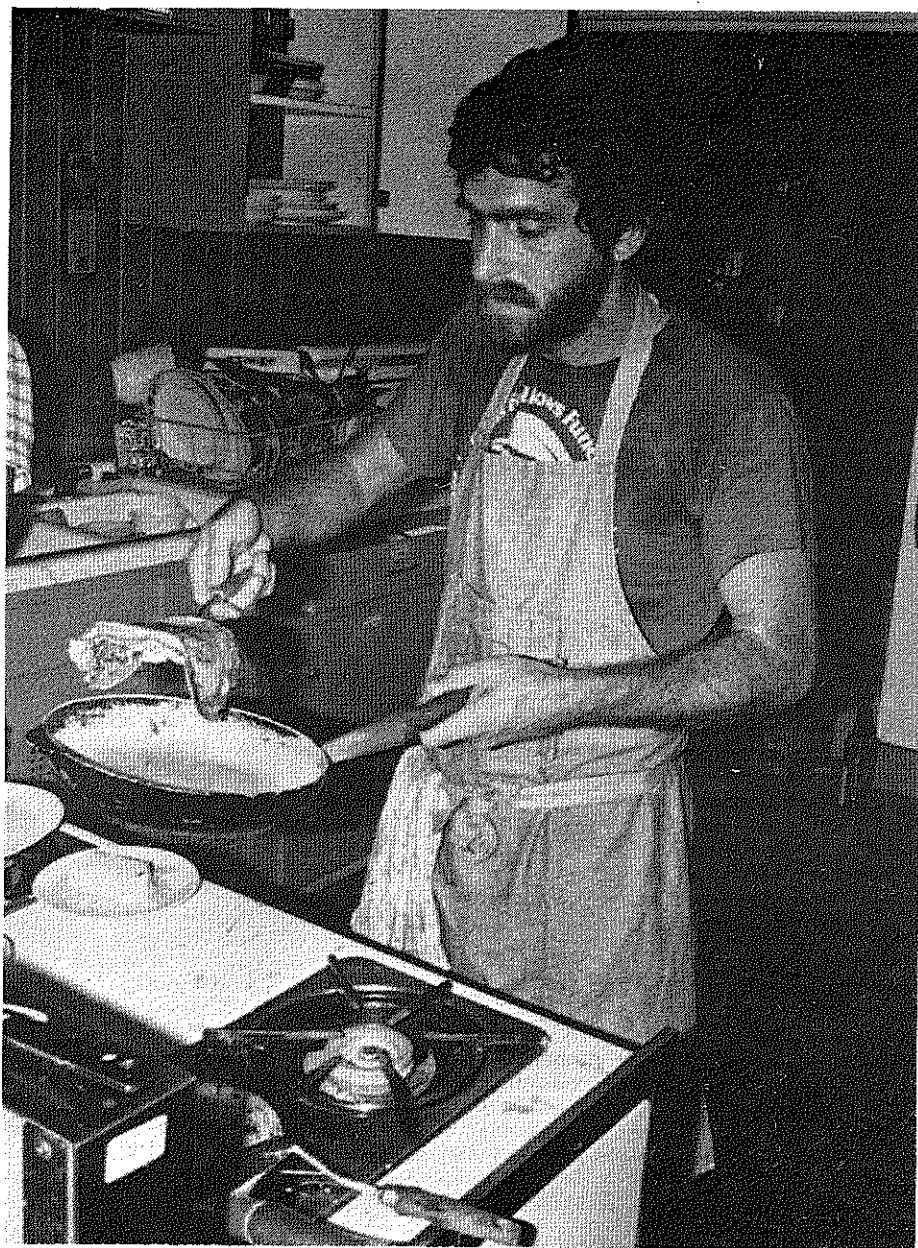
532-6432

One Time: Thursday, July 22, 7-8:30pm

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 nonalcoholic drink recipes and ingredients will be available for you to do your own "bartending." Bring your own recipe thoughts, a bit of imagination and an appetite! (Snacks will be provided also.) (Laura is interested in encouraging personal choice in individuals' drinking practices and is looking forward to sharing new and old recipe ideas.)



BASIC BEER MAKING

F11

Jim Miley

532-6869

One Time: Monday, July 5, 7-9pm

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

With a small investment in time and equipment, you can make home brewed beer using a simple time tested almost fool proof recipe that is used all over the country. The class will consist of a demonstration of the equipment and techniques needed to make and enjoy this delicious beverage. (Jim has been making and drinking his own beer for close to 20 years.)

ROOT BEER

F12

Jennie Unterberger

776-5714

One Time: Saturday, July 17, 2-3pm

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!)

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Skills

Take charge this summer with a practical skills you can use to improve your life.

Do those winter energy bills still have you seeing red? Take charge now with resources and information you can use to cut your energy costs. Don't miss Bruce Snead's "Rodale Film Series," a succession of films and presentations focusing on energy considerations which are of prime concerns for homeowners. There's also "Factory-Built Greenhouses," a course which will cover the pros and cons of pre-fabricated greenhouses vs the more custom made varieties, the ever-popular "Earth Sheltered Housing" featuring the how-to's of building and living "down under" and "Wind Power Generators," covering the how-to's of reaping energy from the Kansas wind.

Popular courses including "Auto Mechanics" "Stone Masonry" and "Furniture Refinishing" are back along with "Making Wooden Bowls" and UFM's successful "Woodshop Cooperative."

Be practical and take charge this summer with UFM.



BASIC AUTO MECHANICS

SK3

Jerry Martin

Saturdays, 9:30-11:30am First Meeting: June 26 Length: 3 times
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration

Why pay \$25 an hour for something you can do yourself? This class will teach you some very simple car repair procedures which can save you lots of money. Beginners only, please. (Jerry is a civil engineer at KSU.)

RIGHTS OF NURSING HOME RESIDENTS

S27

Harriet Nehring

One Time: Wednesday, July 7, 10-11:30am
Location: Register and you will be contacted

This class will be an open discussion of the rights of residents of nursing homes; recent changes in rights provisions in state regulations, and problems encountered by residents and their families in asserting rights. If you have a problem in particular, or you simply want to be aware of current legislation in this area, enroll now. (Harriet is the Executive Secretary of Kansans for Improvement of Nursing Homes, advocates for residents and their families. KINH distributes Residents Rights and promotes knowledge of their provisions.)

CREATIVE HAIR BRAIDING

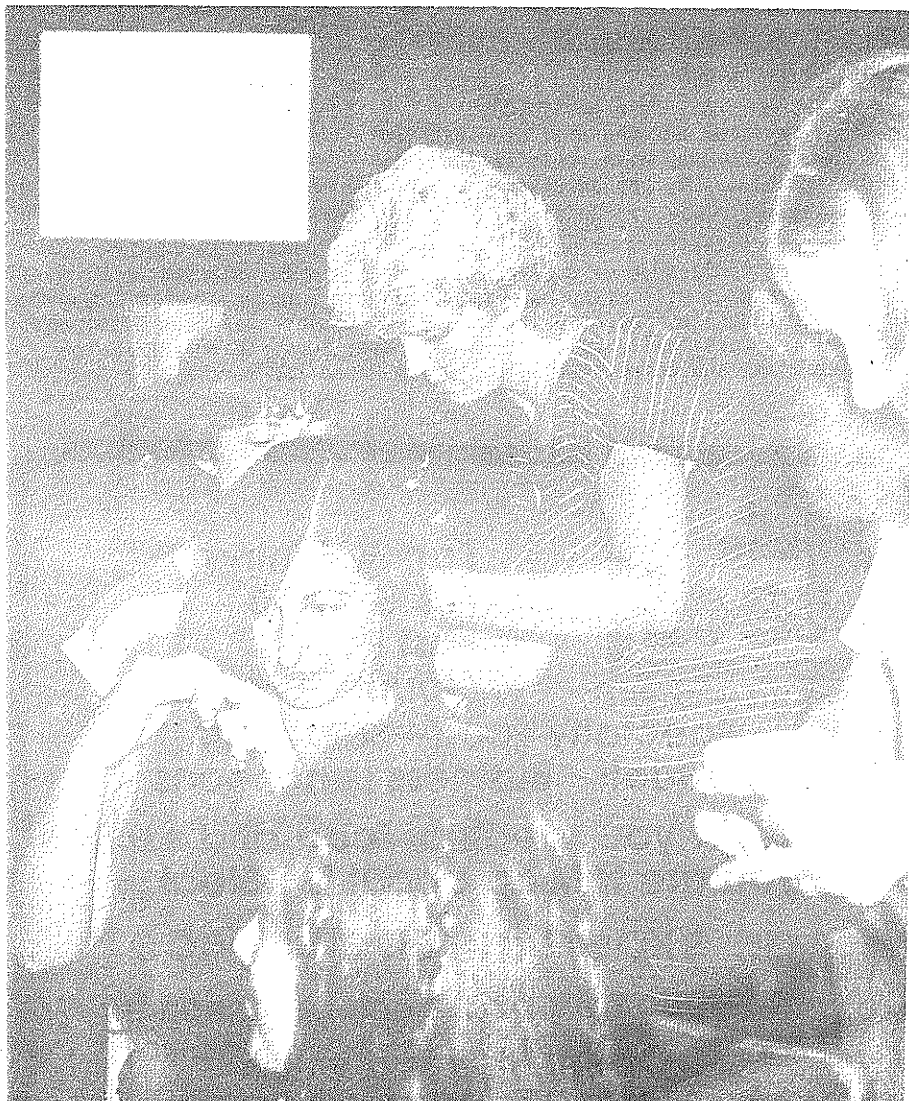
SK4

Lin BroccoIo

776-4455

Section I: Monday, June 28, 8pm Length: One time each section
Section II: Wednesday, July 7, 8pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 10

Braiding is an easy and stylish way to wear your hair this summer. Hair stylists will demonstrate different types of braiding and knotting on each of the participants. Come enjoy yourself and learn the newest techniques so that you can do them on yourself. (Lin owns the Hair Experts in Aggieville.)



HOW TO BUY A USED CAR

SK1

Leo H. Converse

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

Learn about important things to check for before you buy a used car. Help improve your chances of getting a good deal by knowing what to look for when you shop. (Leo has 20 years experience in auto sales and management.)

BIDDING AND BUYING AT AUCTION

SK2

Pat Hamilton

539-1319

Section I: Thursday, June 24, 7-8:30pm
Section II: Thursday, July 15, 7-8:30pm (1 time only each section)
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 30

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 is a member of the National and Kansas Auctioneers Associations.)

WATERBED CONSTRUCTION

SK5

Bob Knapp

537-8837

Wednesdays, 7-8pm, July 7 and 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.)

BICYCLE TRAILERS

SK6

Alan Edgar

532-5866

One Time: Monday, July 12, 7-9pm
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 its silly to drag 3000 lbs of gas eating auto 10 blocks for a couple of sacks of groceries.)

BASIC STONE MASONRY

SK7

Earl Robinson

539-4142

Sundays, 12noon, July 18 & 25
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 10

Stone is one of the most versatile and everlasting building materials. Building with stone is an exacting art that requires a good basic knowledge of the methods involved. Earl can give you ideas for projects once you know the basics. There may be a small fee for the cost of some cement for a small project which will be discussed at the first meeting. (Earl has years of experience and can show you how to build solidly and beautifully with stone.)

THE TEMPTATION OF THE APPLE

SK8

Bill Jahnke

Tuesday, Wednesday, Thursday, August 3, 4, 5, 7-9pm (3 times)
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration

Home computers can change your life. Immerse yourself in the high-tech luxury of an electronic meal planner, social secretary and companion. Your computer can plan your meals, remember your friends' birthdays, anniversaries and phone numbers, keep your financial records and play games with you. It can talk to other computers and keep you at the forefront of the way of the future. In this class, Bill will show you some of the ways he uses his Apple Computer and talk about future use possibilities. (Bill claims to have had the first pocket calculator and the first Apple in Manhattan.)

Woodworking

WOODSHOP CO-OP

W4

Alan Edgar

532-5866

Wednesday, 7pm, June 30 - organizational meeting

Location: Register and you will be contacted

Fees: \$20, 4 months; \$45/year, payable at registration Limit: 30

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 co-ordinator.)

BOWL TURNING

W1

Loyal Garrels

One Time: Tuesday, July 13, 7:30-9:30pm

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration Limit: 8

An introduction to the wood lathe will be presented. Bowl turning, what-not shelving, serving trays will be demonstrated. Participants will have an opportunity to learn the safe operation of equipment and complete a small project. (Over the past 10 years Yo has created a fulfilling hobby of woodworking for himself.)



WOODWORKING FOR HANDICAPPED ADULTS

W2

Dick Stater

532-5866

Section I: Monday, June 28-September 27, 7:30-9:30pm

Section II: Thursday, June 24-September 23, 7:30-9:30pm Length: 14 times

Location: Register and you will be contacted

Learn woodworking as a hobby in a class geared for handicapped adults. Safety, tools, materials, construction techniques, planning, finishing and refinishing are covered. Participants will take various field trips and plan and build a selected project. (Dick is a professional cabinet maker and wood is his hobby.)

FURNITURE REFINISHING WORKSHOP

W3

Marge & Warne Somsen

776-6634 776-9686

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

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Materials Fee: \$3.00, pay at class

In this three-hour 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.)

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Energy

FLAT PLATE SOLAR COLLECTORS

EN1

Dean Denner, Bill Dorsett 539-1956

One Time: Saturday, July 24, 9:30-11am
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Flat plate solar collectors can be built on the ground, wall or roof to provide supplemental daytime heat. The class will cover design, construction, tax credits (up to 70%) and show examples. Our goal is to give you the information so that you can build a collector for yourself if you wish.

FACTORY GREENHOUSES - GOODS AND NOT SO'S

EN2

Bill Dorsett, Dean Denner 776-5589 539-1956

One Time: Saturday, July 24, 7pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: 50¢, pay at class

Demand for solar greenhouses has brought a number of manufactured "sun-spaces" onto the market. Some are renamed conventional greenhouses and others are quite efficient. In this class we'll discuss the costs including portions the kit won't provide and design considerations in choosing one which best suits your needs. (Bill and Dean design and build attached solar greenhouses in Manhattan.)

VENTILATING YOUR ATTIC

EN4

Bruce Snead 532-5866

One Time: Thursday, July 1, 7:30-9pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 20

Without the proper summer ventilation of your attic, an excessive amount of heat can build up, causing your air conditioner in the living space below to work harder and cost you more. Without the proper winter ventilation, low temperatures and indoor humidity can cause moisture and roof ice dam problems - possibly ruining your insulation and other materials. This class will review the requirements and options in home and other ventilation. (Bruce is known for his ability to move air.)

SAVE THE MEGAWATTS

EN5

Mary Nee1 776-8893

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

"Save the Megawatts" is a KPL plan to reduce summer-time peak demand and balance the year-around load on the electrical system. Learn how you can reduce peak load in the summer months, help to postpone costly power plant construction and rate increases that must come when a new plant goes into service. (Mary is the Customer Assistance Advisor for Kansas Power and Light.)

EARTH/AIR COOLING TUBES

EN9

Bruce Snead 532-5866

One Time: Wednesday, July 7, 7:30-9:30pm
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.)

ENERGY AND YOUR HOME - FILM SERIES

EN7

Bruce Snead 532-5866

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

Two new films from Rodale Press, Saving Energy in the Home and Opening Your Home to the Sun will focus this class on the how's and why's of saving energy and going solar with your home. Two, ½-hour films will be followed by your questions and our energy-wise answers.

GREENHOUSE KITS

EN11

Leroy Hannebaum 539-4921

One Time: Tuesday, July 20, 7-9pm
Register and you will be contacted
Class Fee: \$3.00, pay with registration

The topic of greenhouses in the home as a passive solar heat collector, a sunshine room, or a food factory will be covered. An actual greenhouse will be toured in the Raintree Showroom. (Leroy's company, Raintree Gardens, builds sunshine rooms.)

MANHATTAN AREA ENERGY ALLIANCE - RILEY COUNTY ENERGY AUDIT

EN10

MAEA Staff: Tom Phillips/Steve Ernst 539-9332

One Time: Thursday, July 29, 7:30pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Energy and its costs impact all of us. In order to control that impact we must know what amounts of energy we use for what purposes. The Riley County Energy Audit and its findings will be presented and its implications discussed. (Tom has been in charge of The Energy Audit for the past year.)

EARTH SHELTERED HOMES

EN6

Keith Christensen 537-1581

One Time: Wednesday, June 30, 7:30-9:30pm
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 YOUR HOME - FILM SERIES

EN7A

Larry Price

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

A new film from Rodale Press on Wood Heating will raise the issues in using wood as an energy source for your home. The ½-hour film will be followed by questions and answers about wood heating and how it keeps you warm more than once. (Larry is an experienced wood stove user and is familiar with what is on the market today.)

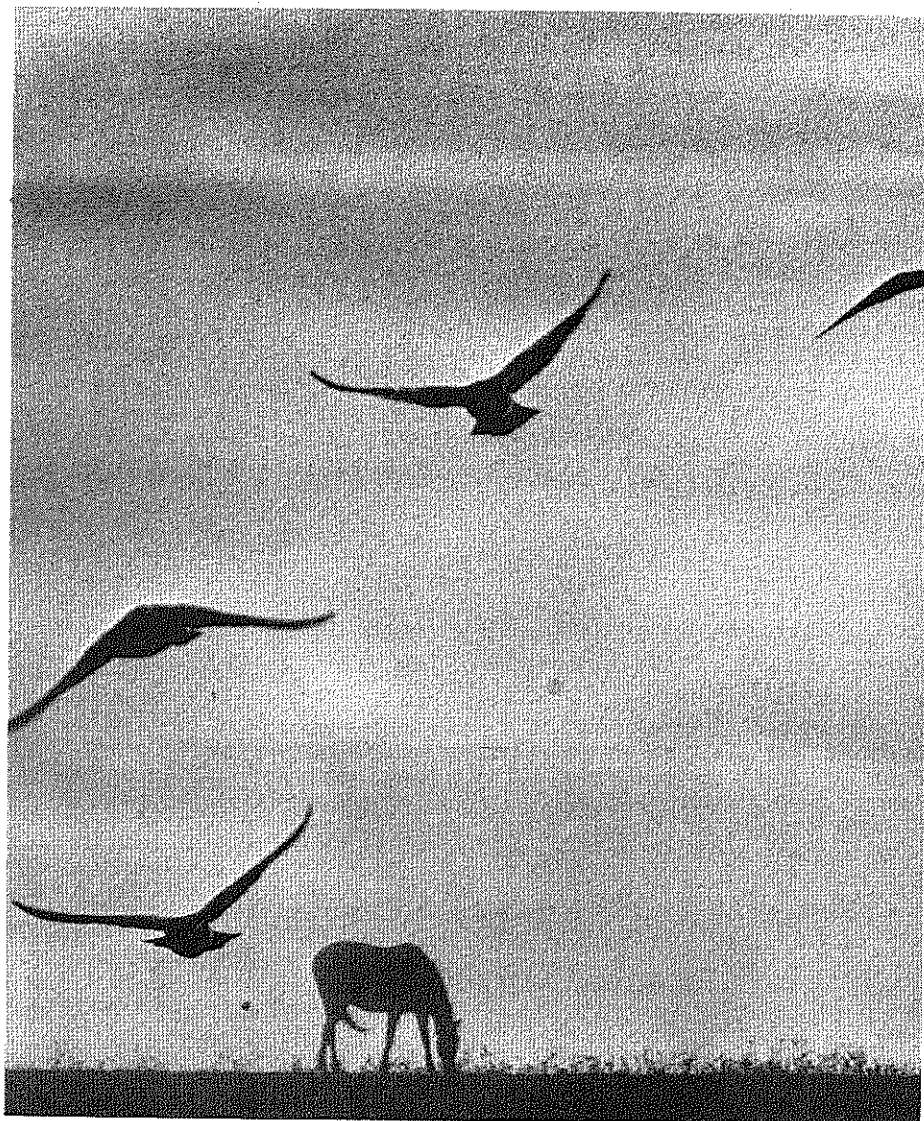
WIND-POWERED GENERATORS: THEORY AND DISCUSSION

EN8

Charles Rott 632-5029

One Time: Thursday, June 24, 7:30-9pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: \$2.50, pay at class Limit: 15

Charles will discuss economical, reliable wind electric systems for home, business, and remote power needs. He will cover systems costing \$500 to \$30,000 discussing siting, economics, and other issues along with answering your questions about wind power. (Charles presently sells solar heaters, solar grain driers, wind generators and services them.)



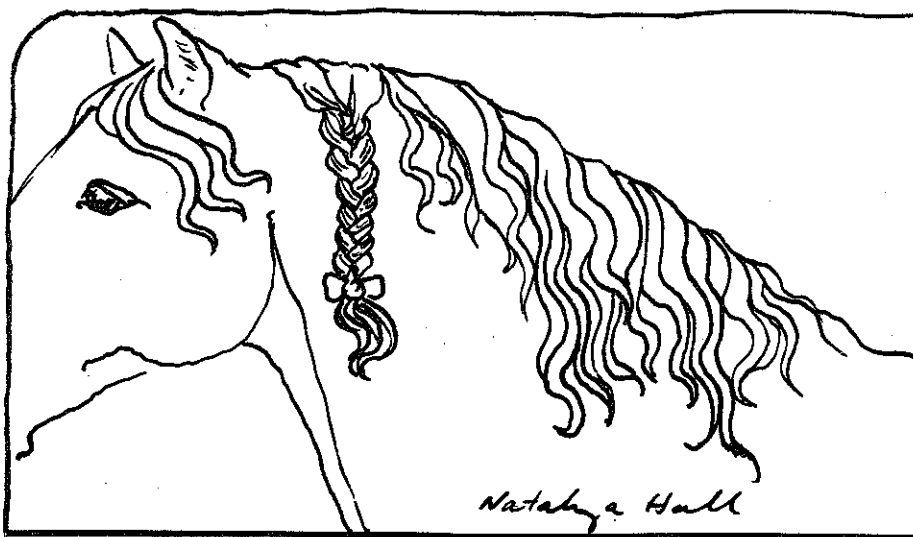
ON-SITE PRACTICAL APPLICATION OF WIND POWER

EN3

Dale Feldhausen 539-6811

One Time: Friday, July 23, 7-10pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 15

Using Dale's wind system as an example, this class will show home owners what is necessary to install and operate a wind generator system. We will discuss site location, towers, wiring, inverters, high wind protection, hooking up to the utility company and the all-important federal and state tax credits. (Since taking a UFM class on wind power three years ago, Dale has been completely hooked on wind power.)



Fine Arts

Take charge and participate in some of the finer things in life this summer.

Experience the thrill of creating something from the earth, water and fire through UFM's pottery courses. Beginning pottery, ceramics and UFM's Pottery Studio can add something extra to your life.

Instead of accepting the music coming from your radio or stereo this summer, why not try to make your own music or brushup on your musical skills? Linda Teener, UFM's dulcimer expert has been making music and dulcimers for years or learn "Guitar Technique" with Peter Della Femina, a music artist who performs professionally in this area.

Take charge of your communications skills this summer - R.J. Dicken's "How to Listen Effectively" or "Speechcraft" courses will give you a better command over communications skills essential if "take charge" plan is to "take off."

Potpourri

BEGINNING CALLIGRAPHY

FA33

Linda Edgar

1-494-2788

Saturdays 10-12noon, July 10, 17 Length: 2 times

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. If you are very interested this can be an ongoing class. Please bring to class: B-4 speedball pen point, pen holder, Black India ink, Layout bond paper - several sheets (large size.) (Linda is a graphic design artist.)

DRAWING (I) AGE 16 AND UP

FA34

Sharon L. Walz

776-8898

Saturdays, 10am-12noon First Meeting: June 26 Length: 5 times

Location: Register and you will be contacted No class July 3

Class Fee: \$10.00, pay with registration Limit: 10

We will be concerned with developing a sense of composition and experimenting with various techniques involved with handling the media. Most of the classes will be held in outdoor locations. Come prepared to learn a lot and have fun together. Please bring to the first class: All-Purpose Paper, size 18 x 24"; Pencils: 2B, 4B, 6B, 2H; Drawing Board, 20x26; masking tape; kneaded and pink pearl erasers. (Sharon is a senior at KSU majoring in Art Education, concentrating in drawing.)

BARGAIN HUNTER'S GUIDE TO ART COLLECTING

FA35

Julie Strecker, Kate Cashman

539-2139

One Time: Tuesday, June 29, 7:30-9pm

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.)

OPENING NIGHT: AN INFORMAL APPROACH TO ARTS AND HUMANITIES FOR OLDER ADULTS

FA36

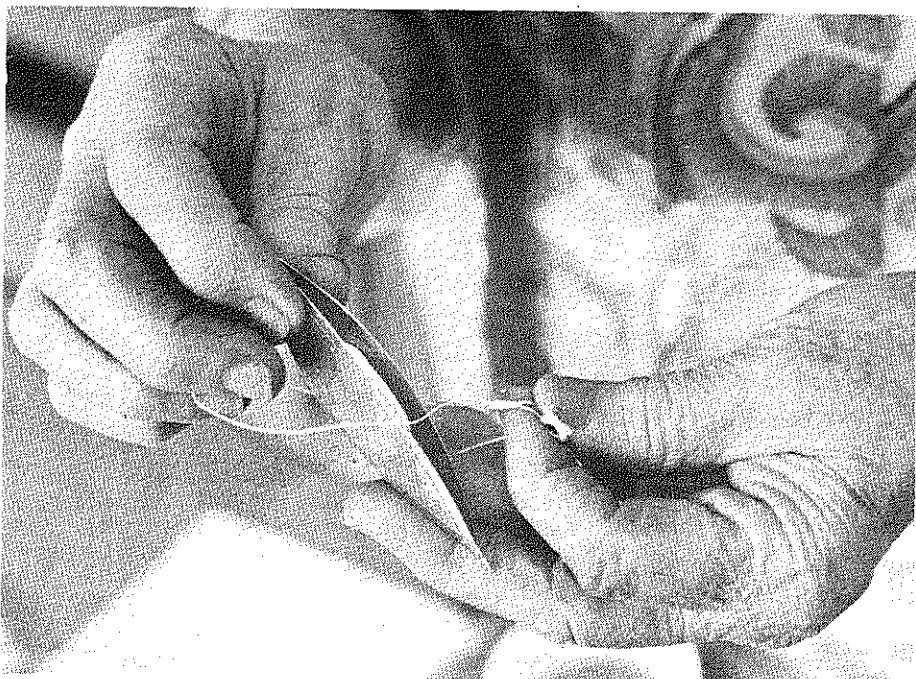
Edith Stunkel, Charlotte Edelman, Cindy Klentz

532-5945

Register and you will be contacted for times and location.

Class Fee: \$1.00, pay with registration

Let's get together to discuss music, crafts, movement, writing, design and more! This class will emphasize arts and humanities programs involving older adults. Anyone young or old interested in arts and humanities programs should attend this class. (Edith, Cindy and Charlotte attended a 2½-day workshop on arts and humanities for older adults and are eager to share their information, inspiration and ideas.)



A stitch in time

CREWEL STITCHERY

FA9

Joyce Erickson

537-0159

One Time: Saturday, July 17, 10am-12noon

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Materials Fee: \$1.00, pay at class Limit: 10

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.

STITCH-N-STUFF

FA10

Joyce Erickson

537-0159

One Time: Saturday, July 24, 10am-12noon

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Materials Fee: \$1.00, pay at class Limit: 10

Stitch-N-Stuff gives a dimensional look to your pillow or wall hanging by stitching around and stuffing certain areas. You will complete one sample project and have the option to order additional ones.

COUNTED CROSS-STITCH

FA11

Kim Schumm

539-3641

Tuesdays, 7-9pm First Meeting: July 13

Length: 3 times

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. This is a good chance to broaden your needlework skills. (Kim is adept at many forms of needlework.)

COUNTED CROSS STITCH

FA7

Joyce Erickson

537-0159

One Time: Saturday, June 26, 10am-12noon

Location: Register and you will be contacted

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

Materials Fee: \$1.00, pay at class

This is one of 4 classes offered through the "Creative Circle," a home demonstration program. Counted cross-stitch is one of the easiest and oldest embroidery techniques. You will learn the stitch and complete a small sample project. There are various extra projects you may wish to purchase. (Joyce is a distributor for "Creative Circle" products as a hobby.)

NEEDLEPOINT

FA8

Joyce Erickson

537-0159

One Time: Saturday, July 10, 10am-12noon

Location: Register and you will be contacted

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

Materials Fee: \$1.00, pay at class

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.

TATTING - THE ART OF MAKING LACE

FA1

Jessie Foveaux

Wednesdays, 7-9pm, June 23, 30 Length: 2 times

Location: Register and you will be contacted

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

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.)

Fleece to fabric

SPINNING

FA5

Petra Stephens 1-494-2568

Thursdays, July 8 & 15, 7:30-9:30pm Length: 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. (Petra spins her own wool to use in her hand-knit sweaters.)

KNITTING

FA6

Petra Stephens 1-494-2568

Tuesdays, 7-9pm First Meeting: June 29 Length: 4 times

Location: Register and you will be contacted

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

Using the European knitting method (thought to be twice as fast and simpler than American knitting) the course will concentrate on basic stitches and textures as well as an introduction to making ones own pattern for a first project. Please bring any size knitting needles and yarn to go with them for the first class. (Petra has knitted since she was 10 and trades her hand-knitted sweaters for wool from her friends.)

NATURAL DYE FORAGE

E20

Sue Maes 532-5866

One Time: Thursday, July 22, 6pm

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Many of our native prairie plants can be used for beautiful natural dyeing. Soft gentle colors are produced from sumac, dock root, poke, juniper berries and many other area plants. We will forage the surrounding area gathering and learning to recognize these plants in their natural surroundings. (Sue is a wild edible enthusiast who is familiar with local plant uses and identification.)

BATIK

FA2

Pam Harris & Jamie Sheilds

537-0958 539-6034

Tuesdays, 7-9pm First Meeting: June 29

Location: Register and you will be contacted

Class Fee: \$5.00, pay with registration

Length: 3 times

Limit: 10

There are so many exciting and endless possibilities to create with batik. Pam and Jamie enjoy making wall hangings or banners and will teach you their techniques and help you design one of your own. Please bring a white sheet, (it need not be new) and a plastic bucket. You will need to purchase some wax and Rit dye for the second class. (Pam and Jamie have made many of their own decorative wall hangings.)

TIE DYEING FOR ADULTS

FA3

Sandy Nelson

539-5306

One Time: Sunday, July 25, 2-4pm

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Materials Fee: 50¢

Limit: 12

TIE DYEING FOR KIDS (AGES 6-12)

FA4

Sandy Nelson

539-5306

Section I: Sunday, 2-4pm, July 11

Section II: Sunday, 2-4pm, July 18

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration (each section) Limit: 6

Materials Fee: 50¢ each section

Be colorful this summer! With string and colored dyes we will create bright, personalized clothing out of a plain white T-shirt. Please bring a 100% cotton T-shirt to tie dye. (Sandy has tie dyed since childhood and often wears what she dyes.)

NATURAL DYE WORKSHOP

E21

Kathy LeFevre

784-4448

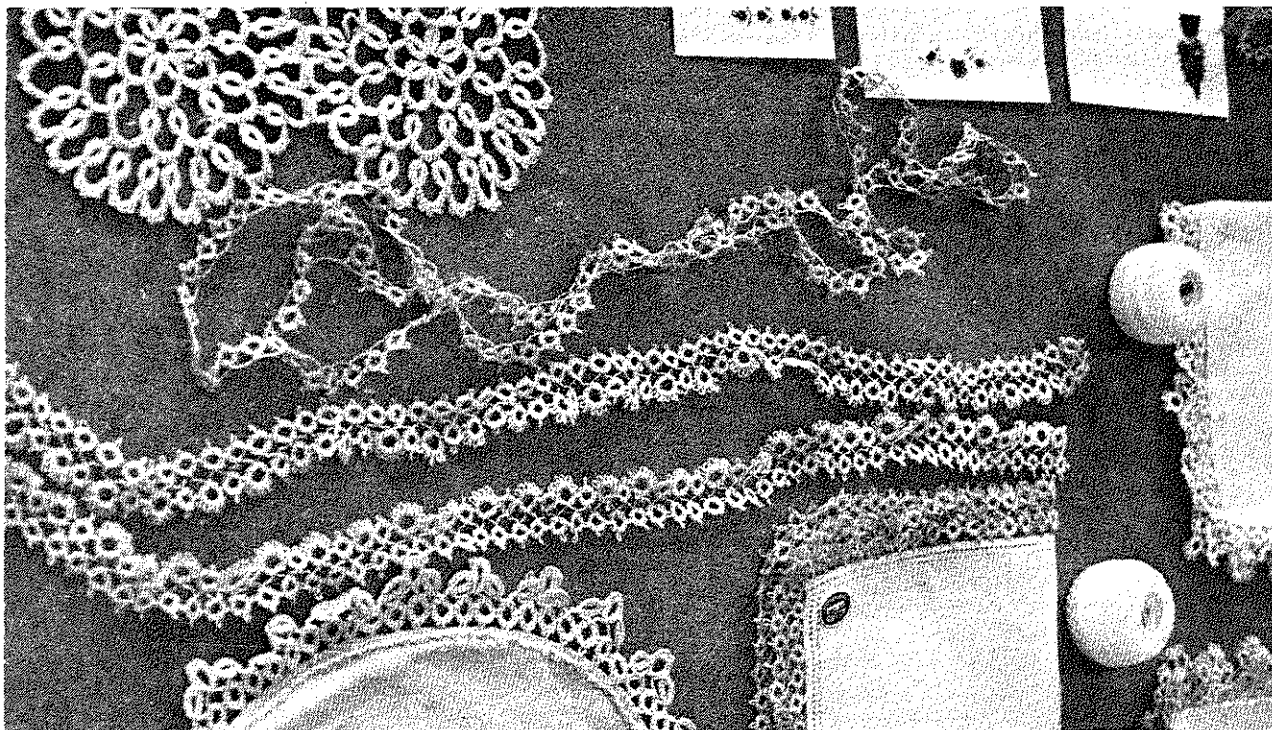
One Time: Saturday, July 24, 10am-3pm

Location: Register and you will be contacted

Class Fee: \$9.00, pay with registration

Limit: 10

Class members will be taking dye plant materials collected by the Dye Forage Class and with the use of mordants, dye wool yarns for use in their future projects. Natural dyeing procedures will be emphasized. Materials will be provided. (Kathy is a production hand spinner from Ft. Riley.)



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UFM POTTERY STUDIO CO-OP

FA25

Janet Holcomb

532-5866

Thursday, June 24, 6pm, organizational meeting

Location: Register and you will be contacted Limit: 8

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 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

FA26

Pat Larsh

Tuesdays, 7-9pm First Meeting: June 22

Length: 6 times

Location: Register and you will be contacted

Class Fee: \$10.00, pay with registration

Materials Fee: \$8.00, pay at class

Limit: 8

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 to work on a project of your choosing. (Pat has taken ceramics as a student at KSU and is anxious to teach this class.)

BEGINNING CERAMICS: MINI-SESSION

FA27

Bonnie Hamilton

539-1319

Wednesdays, 7-9pm First Meeting: July 14

Length: 4 times

Location: Register and you will be contacted

Class Fee: \$10.00, pay with registration

Materials Fee: \$5.00, pay at class

Limit: 8

This will be an introduction to working with clay. It will cover from the handbuilding techniques of coil, slab and pinch through basic wheelthrowing including demonstrations of each. Students will have the opportunity to work on a project of their own choosing. (Bonnie first learned about making clay objects from a Japanese potter in Japan and now enjoys teaching this class for UFM.)

RAKU POTTERY

FA28

Janet S. Holcomb

532-5866

Fridays, 6:30-8:30pm First Meeting: June 25

Length: 5 times

Location: Register and you will be contacted

Class Fee: \$10.00, pay with registration

Materials Fee: \$7.00, pay at class

Limit: 8

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

POTTERY FOR HANDICAPPED ADULTS

FA29

Staff

532-5866

Section I: Mondays, 7-9pm, First Meeting: June 28

Section II: Thursdays, 7-9pm, First Meeting: June 24 Length: 14 times

Location: Register and you will be contacted

Learn ceramics as a hobby in a class geared for handicapped adults. Sculptural handbuilding, wheel throwing, types of clay, glazes, kilns and field trips are included. Transportation will be provided for participants.



A shot in the dark

UFM DARKROOM COOPERATIVE

FA30

Neil Schanker

532-5866

Organizational Meeting: Thursday, 5-5:30pm, June 24

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.

Fees:

8 weeks	\$10.00
15 weeks, \$18, new members	\$15.00 renewals
30 weeks, \$30, new members	\$25, renewals (pay with
45 weeks, \$40, new members	\$35, renewals registration)

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 DARKROOM

FA31

John H. Holcomb

485-2410

One Time: Thursday, June 24, 6:30-9:30pm

Location: Register and you will be contacted

Class Fee: \$3.00, pay with registration

Limit: 6

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.

PHOTOGRAPHY FOR HANDICAPPED ADULTS

FA32

Holly Miller

532-5866

Section I: Tuesdays, 7-9pm First Meeting June 29

Section II: Wednesdays, 7-9pm First Meeting: June 23 Length: 14 times

Location: Register and you will be contacted

Learn photography as a hobby in a class geared for handicapped adults. Good photography techniques, film development, picture taking expeditions, and field trips are included. Transportation to class will be provided. (Holly is a professional photographer in Manhattan.)

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Getting in tune

PLAYING THE HAMMERED DULCIMER

FA18

Linda Teener

537-0508

One Time: Saturday, July 10, 1-3pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Have you wanted a hammered dulcimer, but didn't know how to select one? Do you have one, but don't know the top from the bottom? This class will cover the basics of selecting a good instrument and will also teach some basics for playing. (The hammered dulcimer is Linda's favorite instrument and she likes to share it with others.)

FLINT HILLS DULCIMER PLAYERS

FA19

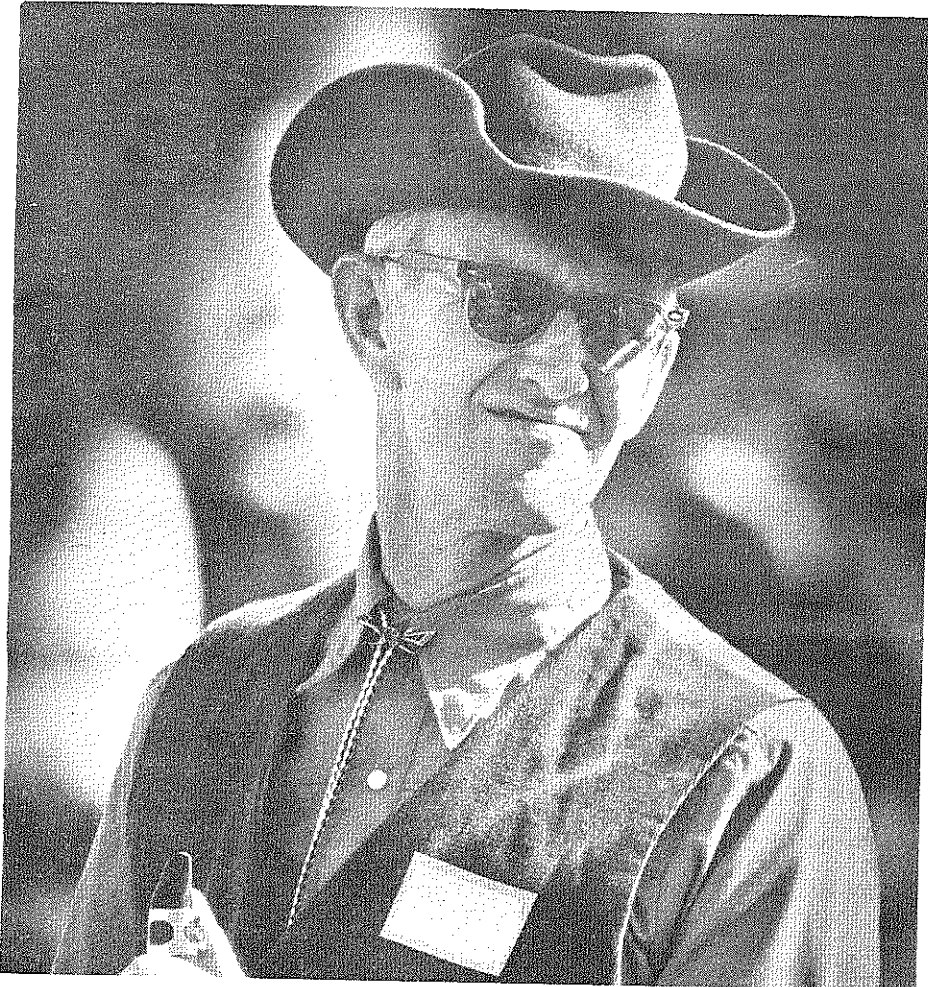
Linda Teener

537-0508

Wednesdays, 7-8:30pm First Meeting: June 23
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Length: indefinite

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



WOODWIND ENSEMBLE

FA21

Jim Shanteau, Carol Harris

532-6850

Sundays, 3-5pm First Meeting: June 27
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

Length: ongoing

As we play and discuss chamber music for winds, enthusiasm and desire to play are more important than polished musical skills. 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.)

BLUEGRASS JAM GET TOGETHER

FA22

Janet Holcomb

532-5866

Organizational Meeting: Friday, July 9, 7:30pm
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

Length: ongoing

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.

FOLKSTYLE AUTOHARP

FA17

Linda Teener

537-0508

One Time: Saturday, June 26, 1-3pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Limit: 8

A basic orientation to the autoharp will be given with information on diatonic tuning available. Tuning, use of fingerpicks, rhythm backup and picking melody lines are some of the topics to be covered in this class. (Linda has been playing autoharp about 2 years using it as both a melody and backup instrument.)

BEGINNING RECORDER

FA20

Vicki Shult

776-9911

Mondays, 7-8:15pm First Meeting: June 28
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration
Materials Fee: \$8.00, pay at class

Length: 8 times

Limit: 10

Limited to age 16 and up, group sessions will concentrate on help with technique problems, ensemble playing, and making music as opposed to just playing notes. Participants should plan to put in some practice time between sessions. The method book, available at class, will cost around \$8.00: either Katz Recorder Method or Kulbach & Nitka Recorder Guide, depending on composition of the group. You will also need a recorder and music stand. (Vicki has taught recorder for a number of years, studied and performed early music at the University of Florida.)

WOMEN OF THE HEARTLANDS - SINGING OUR LIVES

C-32

Christy Simpson

776-7573

Friday, June 25, 7-8pm, organizational meeting
Location: Register and you will be contacted
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.)

GUITAR IMPROVISATION

FA24

Peter Della Femina

539-5862

Wednesday, Thursday, Friday, 8:00-9:30pm, June 23, 24, 25, 30, July 1, 2
Location: Register and you will be contacted
Class Fee: \$10.00, pay with registration
Materials Fee: 50¢, pay at class

Length: 6 times

Limit: 12

This is a class in playing melody over chords and following chord changes. Some chord theory is covered. Knowledge of major and minor scales is preferred. Due to the quick pace of instruction some facility with scale patterns will be needed, but this can be accomplished readily with the proper effort. Intense practice is a must! You will learn a lot about your guitar. (NOTE: This will not be a course on how to play fast!)

GUITAR TECHNIQUE

FA23

Peter Della Femina

539-5862

Wednesdays, 7:30-8:20pm First Meeting: June 23
Location: Register and you will be contacted
Class Fee: \$7.00, pay with registration
Materials Fee: 50¢, pay at class

Length: 4 times

Limit: 12

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. (Pete composes and performs his own music in the Manhattan area.)

BAGPIPES

FA16

Ann Bristow

532-6850

Wednesday, 7-9pm, organizational meeting June 30
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

Length: ongoing

Is there anyone else in Manhattan or surrounding areas who plays bagpipes? If so, let's get together with practice chanter and try a jig or a reel. If there is enough interest, I would like to play regularly with some sister/fellow pipers.

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TUTORING CONVERSATIONAL ENGLISH FA42

Donna Davis 532-6448

Register and you will be contacted for time and location

Are you interested in tutoring international students or their spouses in conversational English? No special training is required, only that you are sensitive to people from other cultures. Volunteers will be given a description of the Conversational English Program and plenty of ideas for each tutoring session. (Donna is Assistant Foreign Student Advisor and coordinates the Conversational English Program at the K-State International Student Center.)

INTRODUCTION TO FREELANCE WRITING FA43

Eva Wilson 539-5097

Tuesdays, 7-8:30pm, July 6, 13 Length: 2 times

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

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.)

HOW TO CONDUCT PRODUCTIVE MEETINGS FA37

R. J. Dickens 539-7050

2nd & 4th Tuesdays, 6:30pm First Meeting: June 22 Length: ongoing

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

Take the number of meetings you attended last year, multiply by the number of hours for each meeting, multiply that times the average number of people at each meeting times the cost of time spent by people at meetings, multiply that by 12 and you have some idea of what unproductive meetings may be costing you. This class will show you how to make your meetings more productive by use of laboratory sessions and workbook handouts.

PARLIAMENTARY PROCEDURE IN ACTION FA38

R. J. Dickens 539-7050

One Time: Monday, 7pm, July 12

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

How many times have you been involved in a meeting that went on aimlessly without a set order? Are you (or are you about to become) a presiding officer of an organization and not sure what to do? This class, based on Robert's rules of order, can help.

HOW TO LISTEN EFFECTIVELY FA39

R. J. Dickens 539-7050

One Time: Monday, June 28, 7pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Estimates indicate that some people retain as little as 12 per cent of the information they hear. Are you one of them? This class will present, and give the opportunity to practice, techniques that will give greater comprehension and clarity to what is said to you. Anyone that has taken this class before is welcome to participate again.

SPEECHCRAFT FA40

R. J. Dickens 539-7050

Section I: 2nd & 4th Tuesdays, 5:30pm First Meeting: June 22
Section II: 1st & 3rd Thursdays, 7:30pm First Meeting: July 1
Section III: Wednesdays, 6pm First Meeting: June 23
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

When you are called upon to speak in a meeting - what do you do? Do you rise to your feet confidently, and then respond with appropriate remarks, or do you refuse with apologies? Would the ability to present your ideas in clear, brief and convincing style be welcome? If your answer to that last question is "yes," then this class may help.

Section I is open to the public
Section II is open to Ft. Riley personnel and spouses
Section III is open to international students, spouses and faculty members.

YOUTH SPEECHCRAFT FA41

R. J. Dickens 539-7050

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

Do you have trouble speaking in class? Are you president or another officer of a school or other youth organization and not sure what to do? This class can help. This class will fulfill all requirements for Boy Scouts Public Speaking and Communications merit badges.

20 Fine Arts

(192 1991)



Drama and dance

DRAMA FOR HANDICAPPED ADULTS FA14

Cindy Klentz & Nancy Stover 532-5866

Tuesdays, 7-9pm First Meeting: June 29 Length: 14 times

Location: Register and you will be contacted

Learn more about yourself through movement and body awareness, games, sound, imagination and concentration. Then work as a group with improvisations and structured drama. Some trips to theatrical productions will be taken.

DANCE FOR THE HANDICAPPED ADULTS FA15

Jodie Demere 532-5866

Section I: Wednesdays 6:30-7:30pm First Meeting: June 23

Section II: Fridays, 7-8pm First Meeting: June 25

Location: Register and you will be contacted Length: 14 times

Geared especially for handicapped adults. The class will start with warm-ups then various movements, aerobic exercises and other dance forms. Transportation for participants will be provided. (Jodie is a dance instructor at Sharon Washington Studio in Manhattan.)

COUNTRY SWING DANCE FA12

Beth Socolofsky, Floyd Howe 539-8505 539-3489

Thursdays, 7-9pm First Meeting: June 24 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 your partner. (Beth has taught this class before and enjoys swingin' around the dance floor.)

BEGINNING BELLY DANCE FA13

Rasha 776-1644

Mondays, 7-9pm First Meeting: June 21 Length: 8 times

Location: Register and you will be contacted

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

Try an exercise that benefits yourself and pleases others! Emphasis will be on shaping up, learning basic steps and playing zills (finger cymbals). We will touch on the Dance of the Seven Veils, Sword Dance and Sultan's Dance plus how to perform for an audience. (Rasha is one of the Caravan Dancers and has been dancing professionally for 4 years.)

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Families together and apart

TOGETHER - YOUNG AND OLD

S26

Nancy Demby, Debbie French

776-4125 776-7238

One Time: Wednesday, July 28, 3-5pm
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

Are you 16 years old and believe most older people lose their memories? Are you 68 years old and believe most young people only have time for themselves? Then come for an afternoon get together and see if your beliefs are true. Here's an opportunity for anyone of any age to meet fellow townspeople from different generations and learn about the misconceptions we all have about each other. (Nancy is the mother of two and a senior in social work - FCD, with a secondary major in gerontology at KSU. Debbie has worked in SRS foster care and is currently a master's student in Family Life Education with emphasis in Gerontology.)

SINGLE PARENTING

S23

Michael Weinberg

537-2244

Tuesdays, 7-8:30pm, July 20 and 27 (2 times)
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration
Materials Fee: 25¢, pay at class

Limit: 15

We will discuss the many obstacles single parents have to overcome, such as: how to answer our children's questions about divorce or death of our ex-spouse; what are some productive ways to handle acting out and misbehavior. We will conclude with tips that will promote a healthy family environment for you and your children. (Michael with a M.S. in FCD, is a doctoral candidate in Adult Education and has a private practice as a certified healing Therapist providing counseling services.)

DIVORCE SUPPORT GROUP

S24

Jean Chappell

537-1096

Wednesdays, 7-9pm First Meeting: June 23
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Length: 12 times

Limit: 10

This group of sessions is designed specifically for those thinking about going through, or just coming out of a divorce. Participants will find this support group to be a safe place to discuss ideas, compare problems, and share feelings. (Jean has a Master's degree in vocational rehabilitation counseling and has established similar groups in other cities.)

CHILDREN AND DIVORCE

S25

Preston Gregory

537-8245

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

Limit: 5

This class is designed to provide divorced and divorcing parents an opportunity to explore the changes in family relationships after divorce. Also, to help parents understand the emotional needs of their children during and after the divorce as well as typical feelings and reactions of children to that experience. We will then examine possible ways of dealing with those feelings and reactions in a positive way. The leader will provide a background of these issues and group discussion and interaction will be encouraged. (As a parent/child counselor, Preston has conducted many workshops for divorced and divorcing families as well as in-service programs for professionals on the effects of divorce on families.)

LITTLE APPLES SINGLES

S22

R. J. Dickens

539-7050

One Time: Monday, June 28, 7-8:30pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

Do you spend too much time alone, just sitting at home? Are you tired of it? We are. We value the development of good communication and equal participation from people who are interested in becoming more productive, self-sufficient individuals. Some of us are widowed, some divorced, and some never married. We believe that single people must lead socially active, more involved lives. Why sit alone, when you could join the rest of us. Please call R.J. before registering. (On a recent trip to Phoenix, R.J. was exposed to a unique singles organization that is spreading throughout the Southwestern U.S., and is committed to starting a group here in Manhattan.)

PREPARED CHILDBIRTH - LAMAZE

S8

Terry & John Buck, Melinda Inman

537-4933 776-3291

Thursdays, 7:30-9:45pm First Meeting: June 24 Length: 8 times

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

Materials Fee: \$30.00, pay at class Limit: 8 couples per session

Nutrition, development of fetus, Lamaze breathing and relaxation techniques, body mechanics, emotions during pregnancy, role of support person, consumerism, Caesarean birth, Post partum, and New baby care, etc., will be covered. We'll go on a hospital tour and see films and slides. (Terry and her husband John team-teach prepared childbirth classes as does Melinda. They are all members of International Childbirth Education Association.)

PREPARED CHILDBIRTH - REFRESHER

S9

Terry & John Buck

537-4933

Sign up and you will be contacted for times and location. There will be 4 classes.

Class Fee: \$7.00, pay with registration

Materials Fee: \$15.00, pay at class Limit: 8 couples

This refresher class is for couples who have completed the 8-week class and would like a reminder of techniques for current pregnancy.

WHAT IS LA LECHE LEAGUE

S10

Kay Ring

539-2468

One Time: Saturday, June 26, 12n-1:30pm
Location: Register and you will be contacted

Are you pregnant and thinking of breastfeeding? Or a new mother who would like to talk to another nursing mom? Come and bring your baby. (Kay is the La Leche League leader and has breast fed her two children.)



Good for your body...

HOSTING AND SERVING ALCOHOL

S11

Dennis Beitz 776-7178

One Time: Wednesday, July 21, 7-9pm
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration

This class will look at the information on alcohol as a social beverage. We will discuss ways to serve, how it affects the body, how the body (and certain foods) affect alcohol, and what you should do to see your guests return home safely. (Dennis teaches in public schools, college, and in the community.)

HINTS TO STOP SMOKING

S12

Dennis Beitz 776-7178

Wednesday, June 23; Monday, June 28, July 5; Tuesday, July 6 & 13
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.)

FIRST AID MULTI MEDIA

S13

Enell Foerster 537-0977

One Time: Saturday, June 26, 8am-5pm
Location: Register and you will be contacted
Materials Fee: \$8.50, pay at class Limit: 9

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-aid responder 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. (Enell has taught this class many times before and is a Certified Red Cross First Aid instructor.)

MASSAGE

S6

Bob Parr

One Time: Saturday, June 26, 10am-2:30pm
Location: Register and you will be contacted
Class Fee: \$5.00, pay with registration
Materials Fee: 50¢, pay at class 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 will be to improve circulation, and promote relaxation. We will take a short lunch break, so please bring a sack lunch. (Bob worked as a masseur for two years in a health club, putting himself through school.)

RACE FOR LIFE - CPR

S14

Enell Foerster 537-0977

Tuesday, June 29; Thursday, July 1, 7-10:30pm (2 times)
Location: Register and you will be contacted
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.



REFLEXOLOGY

S7

Russell Gillespie 776-8768

One Time: Monday, June 28, 7-9pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 21

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

HIGH LEVEL WELLNESS

S19

Cathy Hastings, Charlie Griffin 532-5510

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

Drawing from several areas such as health maintenance, stress management, professional "burn out," and non-traditional techniques, we will experientially and didactically describe the process of working with the wellness model. (Cathy is an assistant professor and a Program Director in Marriage and Family Therapy for KSU and the Family Center, works with families under stress of chronic illness and has a strong commitment to "health model" as something more than just the absence of illness. Charlie has worked with stress management and biofeedback for many years, attempting to integrate health strategies into working with families.)

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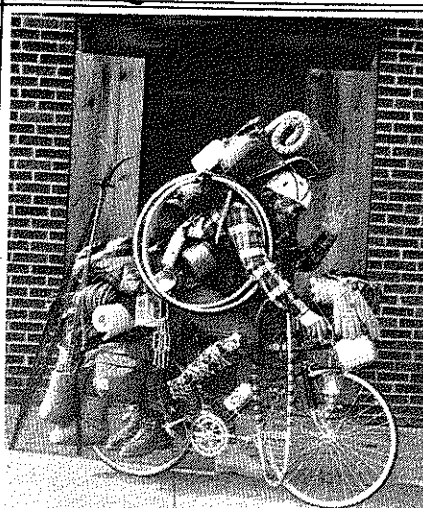
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SUFI DANCING

S3

Nabiuddin Nelson

468-3631

Thursdays, July 15 & 29, 8-9:30pm (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.)

YOGA

S4

Rob Sheridan, Bert Franklin

776-6849

Mondays, 5-6pm First Meeting: June 28 Length: 5 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 yogic breathing techniques, rather than the philosophies of yoga. However, the actual practice of yoga will deepen one's understanding of yogic philosophy. Please bring your own mat, comfortable clothing (shorts, leotards, etc.) and an empty stomach. Dr. Bert Franklin will also be on hand - his translation of B. Bouanchaud's book, "Yoga: The First Steps" is available at UFM. (Rob has been studying with Dr. Franklin for a few years.)

WOMEN AND THE EARTH

E-34

Ann Bristow

One Time: Monday, June 28, 7pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

We would like to begin a discussion/experiential group of women to explore our connectedness to nature. Possible topics might include women's cycles, feminist spirituality and Native American Indian rituals. Discussions and exercises will be geared toward individual's interests. (Ann teaches in the Psychology Department at KSU and is interested in feminist spirituality.)

INTRODUCTION TO ZEN - PRACTICE AND PHILOSOPHY

S2

Mary Williams, Leon Rappoport

539-3310

Tuesdays, 7:30-9pm First Meeting: June 29 Length: 2 times
Location: Register and you will be contacted
Class Fee: \$5.00, 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. (Mary is a Zen student under instruction from Katagari Roshi, the Minneapolis Zen Center and Leon is a psychology professor.)

SUCCESS DRESS PRINCIPLES

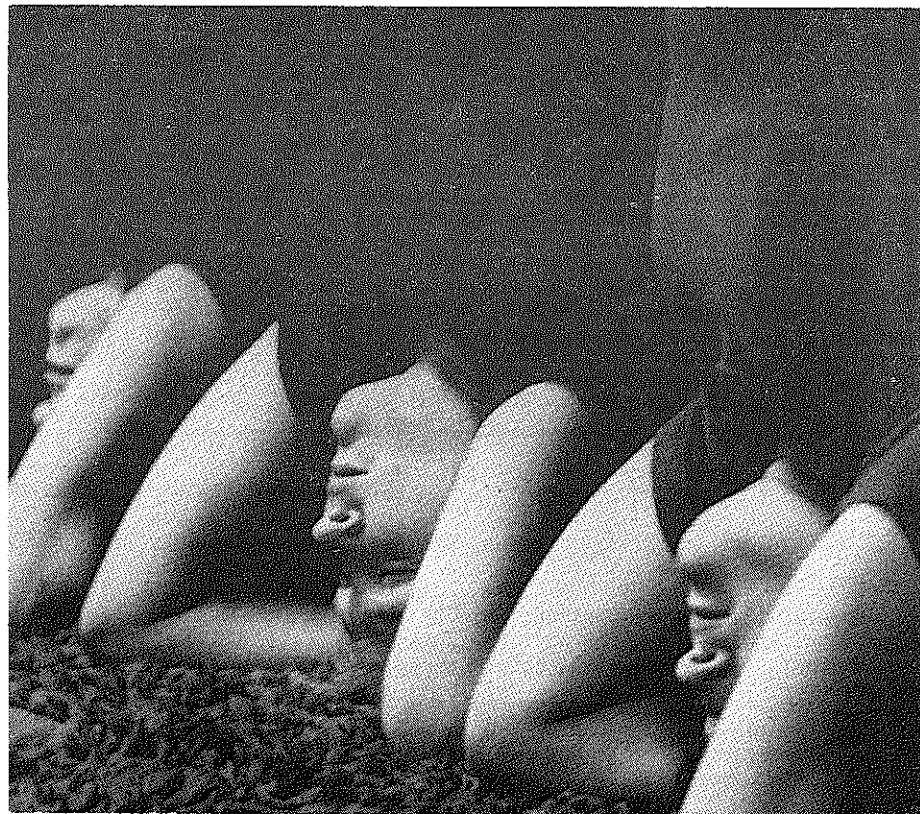
S20

Marsha Habluetzel

632-2568

Section I: Thursday, June 24, 7:30-9pm
Section II: Thursday, July 1, 7:30-9pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
Materials Fee: \$5.00, pay at class

Research has proven there are certain styles and colors of clothing you can use to gain favorable public reaction and employer reaction. Learn what to wear to enhance your selling potential, how to look qualified for a managerial position, what a woman should wear to overcome sexual prejudice in the business world, etc. (Marsha is a franchise owner and instructor for Image Improvement, Inc., and is trained in the areas of personal and business "image".)



INTRODUCTION TO ECKANKAR

S1

Susan Ginsberg

776-4318

One Time: Sunday, June 27, 3pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration

As a way of life Eckankar provides the spiritual tools that will enable you to understand and experience more fully the world in which you live. With Eck (Spirit) you learn to live in harmony with life and handle your day-to-day situations from a greater viewpoint - that of Soul. (Susan has been an Eckist for 7 years and is presently teaching another Eck class.)

HYPNOSIS FOR THE SERIOUSLY CURIOUS

S5

Gregory W. Potter

537-0076

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

This class offers information about and an 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.)

IMAGE COLOR

S21

Marsha Habluetzel

632-2568

One Time: Thursday, July 8, 7-9:30pm
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 6 (minimum 3)
Materials Fee: \$25.00, pay at class

Marsha has been professionally trained to discern accurately skin tones and the colors most complimentary to them. This class includes the background and application of complimentary skin and color choices, ideas on coordinating your wardrobe, make-up choices for skin tones, and personal color draping for each participant.

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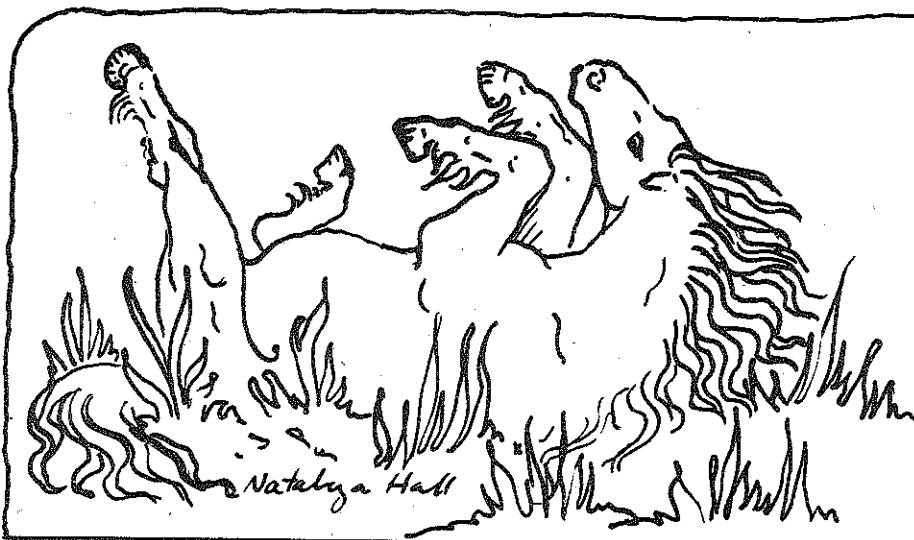
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Outer Self

Take charge of your figure or physique and have fun doing it. UFM's Rhythmic Aerobics, tennis, racquetball, biking, running and the variety of other activities included in Outer Self help you discover the benefits of being in shape: reduced mental and physical tension, less visits to the doctor and greater self-satisfaction. But, don't just sign up for Outer Self courses because of the health benefits - sign up for the fun. Volunteers who lead UFM's recreation courses put a special emphasis on having fun. Courses like Los Morales' "Volleyball For Fun" provide beginner and experienced volleyballers with a friendly yet competitive atmosphere where a sense of fun and cooperation prevails. Take charge of this summer by putting some physical activity and new friends in your life.

Games under the sun

BEGINNING TENNIS

P14

Sharon Tuttle 539-1079
Sundays, 8-10am First Meeting: June 27 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

P15

Marlies Keogh 539-1087
Sundays, 8-10am First Meeting: June 27 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 fatness 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. (Marlies has enjoyed recreational racquetball for three years.)

GOLF FOR BEGINNERS

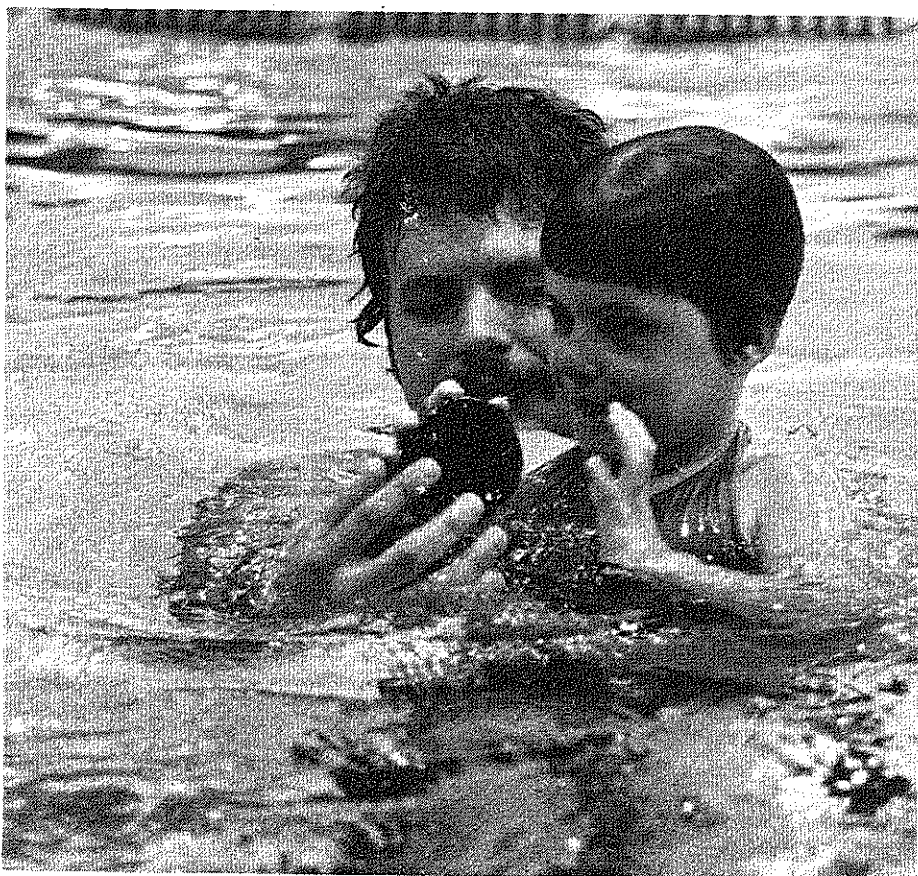
P17

Buzz Muir 532-5686
Tuesdays, 5:45-7pm, July 6 and 13 Length: 2 times
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration Limit: 12
Materials Fee: \$1.50, pay at class
For those who have little or no experience, Buzz will cover the basics including grip, stance, swing and club selection. Bring a seven iron, nine iron, putter and wood or rent them (inexpensively) at the golf course. (Buzz has taught golf for over nine years.)

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

P16

Neil Schanker 532-5866
Wednesday, June 30, 5pm
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration
Want some new partners for summer 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 coordinated this class last year.)



24 Outer Self

VOLLEYBALL FOR FUN

P19

Lois Morales 539-8867
Tuesdays, Thursdays, 6:30-8:30pm First Meeting: June 24
Location: Register and you will be contacted Length: Ongoing
Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class
Outdoor summer volleyball can provide low-key competition, exercise and a great time for beginners to those advanced. Nets and balls will be furnished. (Lois has played UFM volleyball for years.)

THE FANTASTIC FRISBEE

P20

Mark Stiles 776-1702
Tuesdays, 7pm First Meeting: June 29 Length: 5 times
Location: Register and you will be contacted
Class Fee: \$3.00, pay with registration
We'll cover the origin and history of Frisbee, learn and practice the basic throws and the unlimited variations of each. We'll also cover the rules and strategies of the seven established games/events and take in a tournament or two. Everyone who can pick up a Frisbee has filled the prerequisites for this course. We'll focus on fun rather than excellence of play. (Mark took advantage of the UFM Frisbee Class four years ago and has become a Frisbee fanatic.)

CHILDREN'S PLAY GROUP (1-5 YEAR OLDS)

P34

Barb Stork 776-4243
Wednesdays, 10:30am First Meeting: June 23 Length: ongoing
Location: Register and you will be contacted
Class Fee: \$1.00, pay with registration
Mothers socialize and their children get to know each other while they play with the playground equipment and each other. This is a good chance for both moms and kids to have fun. (Barb, the mother of a four- and a one-year-old, has been in this group for two years.)

In the water...

SWIMMING

All Classes:
Location: Register and you will be contacted Length: 5 times
Teachers are Red Cross certified Water Safety Instructors

Beginning Swimming for 3-5 year olds P4
(one parent must accompany each child in the pool)
Joan Robinson 776-1731
Saturdays, 9-10am First Meeting: June 26 Limit: 6 children
Class Fee: \$5.00, pay with registration

Beginning Swimming for age 6 and over P5
Joan Robinson 776-1731
Saturdays, 10-11am, First Meeting: June 26 Limit: 8 children
Class Fee: \$5.00, pay with registration

Beginning Swimming for age 6 and over P6
Ann Fields 539-4468
Sundays, 11am-1pm First Meeting: June 27 Limit: 10
Class Fee: \$8.00, pay with registration

Adult Beginners P8
Sheri Keller 776-1388
Saturdays, 10:30am-12noon First Meeting: June 26 Limit: 10
Class Fee: \$8.00, pay with registration

Adult Intermediates P9
Barb Stork 776-4243
Sundays, 9-10am First Meeting: June 27 Limit: 10
Class Fee: \$5.00, pay with registration

There will be no July 3 & 4 lessons

Trekking around

BACKPACKING FOR THE BEGINNER P23

Paul R. Mathewson 539-4176

One Time: Tuesday, June 29, 7-10pm
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 15

We will discuss the basics of backpacking equipment to include the pack itself, frame, clothing, tents, food and cooking equipment; how to pack gear, how to fit the pack properly and how to get started in planning a backpacking trip. Participants may bring their own gear and questions about it. (Paul has backpacked in the Sierra Nevada, in Utah and in Colorado for about 6 years.)

OUTING CLUB P24

Mary Roth 776-1644

First and Third Wednesdays, 7:30pm First Meeting: July 7
 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 enjoys many outdoor activities.)

LEG LENGTH DISCREPANCY AND THE AFFECT ON RUNNING P25

Joe Svoboda, Gene Russell 539-1863 532-5862

One Time: Wednesday, 7:30pm, June 23
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

If you aspire to be a "chariot of fire," you need to pay particular attention to your feet and legs. Let a running podiatrist clue you in on common causes of leg length problems and the affect on running. (Joe is a runner and a podiatric consultant to K.S.U.)

...On the water

KAYAKING P10

Rex Replogle, T. J. Hittle 539-9537 539-7772

Tuesdays & Thursdays, 6-9pm June 22, 24, 29, July 1 Length: 4 times
 Location: Register and you will be contacted
 Class Fee: \$8.00, pay with registration
 Materials Fee: \$16.00, pay at class (for equipment rental) Limit: 10

Experience the challenge of Kayaking! Through films, lectures, demonstrations and hands-on experience we will study equipment needs, paddle strokes, fast water maneuvers, safety, and the eskimo roll. The class meets three times at the Lake and once on a nearby river. All equipment is provided. (T.J. is president of the Kansas Canoe Association. Rex is director of the Kayak Chapter of the K.C.A. Both Rex and T.J. have extensive white water experience and have taught kayaking.)

CANOEING KANSAS WATERS P11

Bob Poresky 539-2967

Organizational meeting, Thursday June 24, 7:30-9:30pm
 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 summer. Participants will be responsible for providing canoes, paddles, life jackets, etc. The summer schedule will be set at the June 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 summer. Have canoe, will paddle.)

SAILING BASICS P12

Maurice Stark 539-1781

Saturday, 10am-12noon, June 26 and one other session to be announced
 Location: Register and you will be contacted
 Class Fee: \$5.00, pay with registration Limit: 15

Sail-a: to travel on water by the action of wind upon sails
 b: to move without visible effort or in a stately manner.

An introduction to sailing, including terminology, boat nomenclature, how to sail, selecting a boat, and how to get started. Several types of boats will be shown at the second session. (Maurice is Rear Commodore of the Blue Valley Yacht Club but new enough to the sport that he can relate to the problems of beginners.)

BOARDSAILING P13

Kurtis Robinson 539-4839

Section I: Sunday, June 27, 1-4pm
 Section II: Wednesday, June 30, 6-9pm
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration

Class will meet inside to see a movie on Boardsailing and have a 30-minute question and answer session. The group will then commute to the Stockdale area of Tuttle Reservoir and be given a demonstration of Boardsailing techniques on the water. If weather permits, students may try it themselves. Students must provide their own transportation. (Kurtis has been a Certified Windsurfer Instructor for two years and has seven years sailing experience.)

BLUEMONT BIKE CLUB REGULAR RIDES P21

Ted Geisert 532-6822

Section I: Wednesday, 5:30pm First Meeting: June 23
 Section II: Saturdays, 8am First Meeting: June 26 } Length: Ongoing
 Section III: Sundays, 4pm First Meeting: June 27
 Location: Register and you will be contacted
 Class Fee: \$1.00, per section

Section I: TRAINING RIDES - Meet Wednesdays, 5:30pm. Ten to 40 miles, fast pace, increasing as the season progresses. Not for the beginner nor the weak at heart.

Section II: 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 III: 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.)

BIRDING AND BIKING P22

Phil Fay 539-6656

Saturdays, 7:30am-10:30am, July 10, 17, 24 Length: 3 times
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 20

Do you enjoy bicycling? Do you enjoy birdwatching? If you like both, here's your big chance. We'll ride to some nearby birding spots and look for common and unusual species. Bring binoculars and a field guide. Beginners in both activities are welcome. Distances will be under 15 miles total. (Phil is a biology student and avid bicyclist.)

OUTDOOR ROLLER SKATING P35

Robert Harper 539-8149

Weekdays, 10-11:30am First Class: June 23 Length: 8 times
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 20

All ages are welcome in this class to learn how and where to skate. Equipment, safety rules and surfaces will be covered. Come and do some disco and routine skating. The last class will include a picnic lunch. (Robert has been street skating in the Manhattan area for three years.)



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Bodies in motion

SELF DEFENSE (WITH JUJITSU EMPHASIS)

P2

Stan Wilson

539-7723

Tuesdays, 7-9pm First Meeting: June 22
 Location: Register and you will be contacted
 Class Fee: \$10.00, pay with registration

Length: 6 times

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 years.)

TAI CHI EXERCISE

P3

Tom Graham

532-6311 776-0780

Saturdays, 8:30-10:30am; Wednesdays, 7-9pm, First Meeting: June 23
 Location: Register and you will be contacted
 Class Fee: \$5.00, pay with registration

Length: Ongoing

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, like most of the current members, began Tai Chi last fall. He has been involved in martial arts for five years.)

RHYTHMIC AEROBICS

P1

Debbie Flynn

537-7746

Mondays, Wednesdays, Thursdays, 7:15-8:15pm
 First Meeting: June 24 Length: 15 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! (Debbie enjoys keeping fit with Rhythmic Aerobics.)

BEGINNING FENCING

P18

Richard Reihs

539-9261

Wednesdays, 8-10pm First Meeting: June 23
 Location: Register and you will be contacted
 Class Fee: \$5.00, pay with registration

Length: ongoing

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.)

INTRODUCTION AND DEMONSTRATION OF BATON TWIRLING: FROM BASIC SKILLS TO FIRE BATONS AND SWORDS

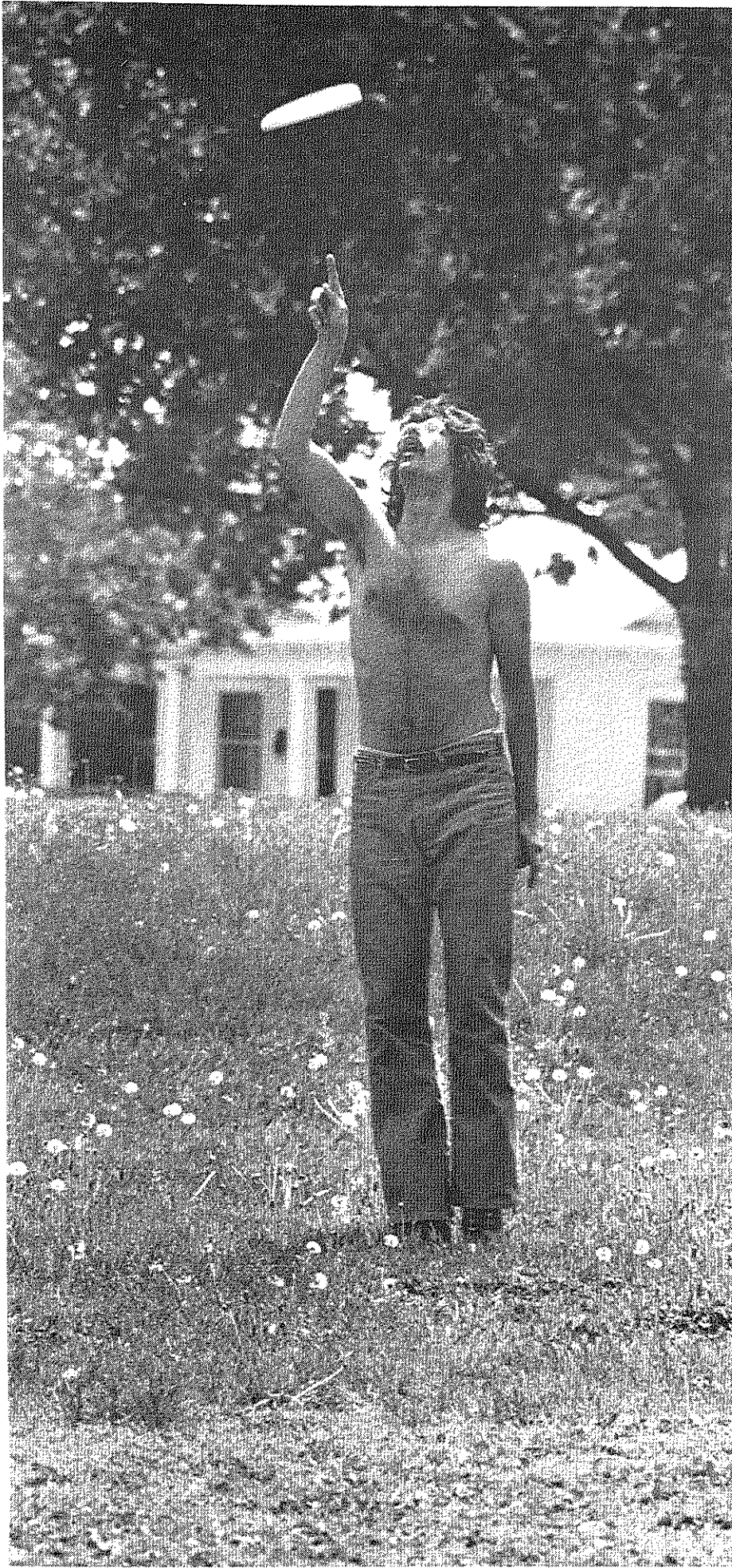
P28

Tari Boller

776-3850

One Time: Wednesday, June 30, 7pm
 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 aeriels 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.)



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Happy Hour
2-6**

**FREE
1/2 Hr.
Pool Time**

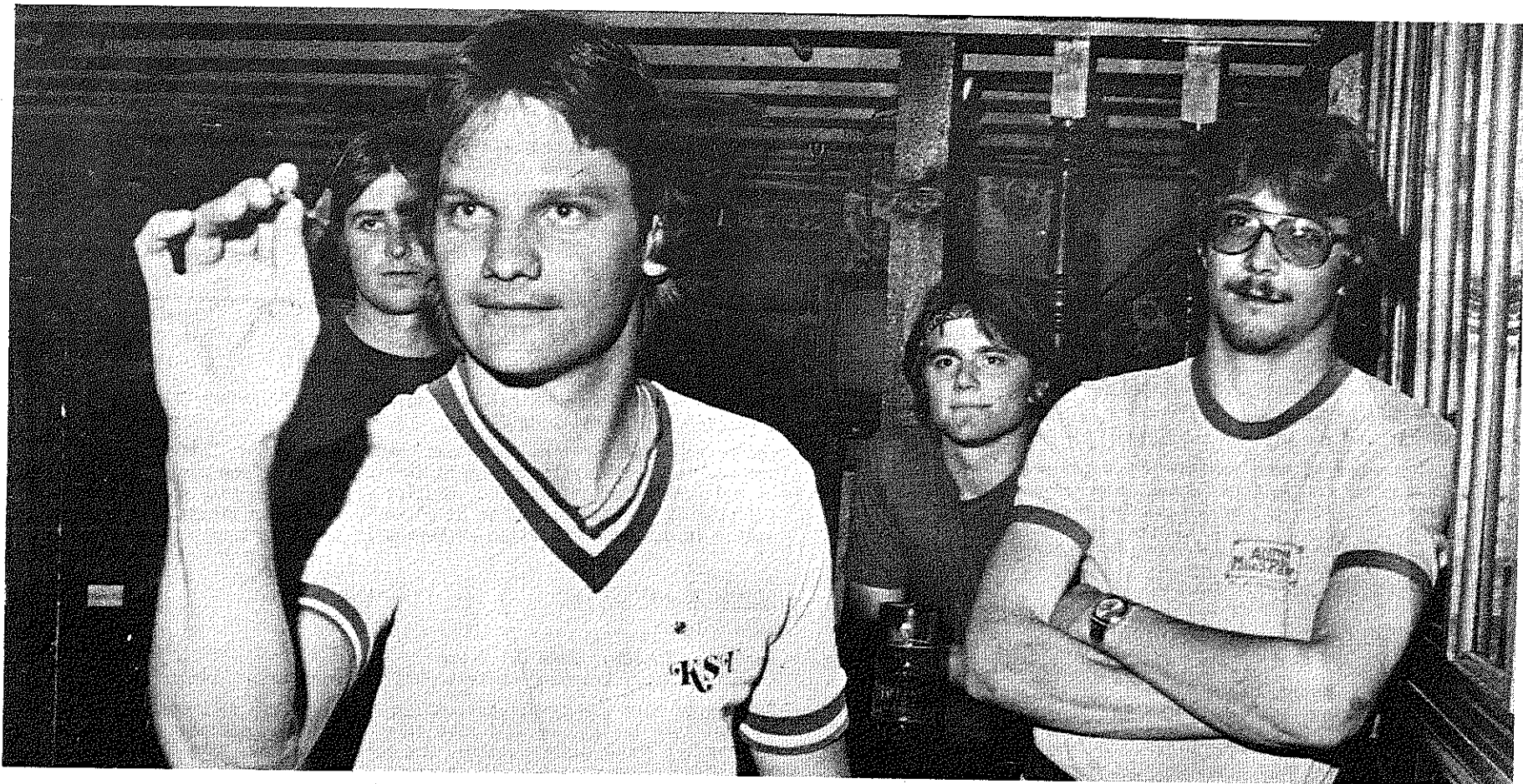
*Please-
One Coupon per Customer
per Table*

Have a nice summer!

776-6338

Open
Daily 10-12
Sunday 12-12

**317 Poyntz Ave.
Downtown**



Rainy day games

PACMAN FOR PARENTS AND ADULTS: WHAT'S IT ALL ABOUT ANYWAY? P29

Bob Shoop 532-5533

One Time: Wednesday, June 23, 7-9pm
 Location: Register and you will be contacted
 Class Fee: \$3.00, pay with registration Limit: 10
 Materials Fee: 25¢/game

Why has PacMan, the video game that started as an occasional diversion for affluent teenagers, become such a household word? Is it addictive, harmful or helpful? Bob will lead a 30-minute discussion on PacMan and other video games. Then its out to a game room to see what its all about. Your quantity of quarters will determine how much you can play. (Bob, besides being an admitted PacMan addict, is a professor in the College of Education at KSU.)

INTELLIVISION GAME EXCHANGE P30

Charles A. Smith 776-6378

Wednesday, June 23, 8-9pm Length: depending upon interest
 Location: Register and you will be contacted
 Class Fee: \$1.00, pay with registration Limit: 15

If you own a Mattel Intellivision Videogame and would like to temporarily exchange cartridges during the summer to expand the variety of your game play and save money, this class is for you. You might even find a partner or two to play such games as football, baseball, soccer, or sea battle. (Chuck and his family enjoy playing video games and would like to meet others who own the Intellivision.)

GAMING COUNCIL P26

Jim Parrish 539-4868

Wednesday, June 23, 7:30pm - organizational meeting
 Location: Register and you will be contacted Length: Ongoing
 Class Fee: \$5.00, pay with registration (each section)

Section I: Wargaming! For those who are generals at heart, Jim Ahern and Co. will hold a "war council" for those who wish to learn, teach and play!
 Section II: Dungeons and Dragons! Jim Parrish and Elliot Jackson have a combined Dungeoning experience of over 5 years. Come and see what fantasy role playing is all about.
 Section III: Computer Gaming! Micro computers and more! Larry Havenstein and Tim Moore will share their computer games and experience with those interested in "high-tech" gaming.
 (Jim is president of the Gaming Council.)

CHESS: FROM OPENINGS TO CHECKMATE P33

James Blood 539-4870

Wednesdays, 8-10pm First Meeting: June 23 Length: ongoing
 Location: Register and you will be contacted
 Class Fee: \$5.00, pay with registration Limit: 20

"Chess is no mere game," once explained a past world champion. This class will explain the reasons why. Learn the rules and fundamentals and enter the fascinating world of the sixty-four squares. After the basics, the class will proceed to planning and theory. Openings to endings will be discussed, as well as perceiving and analyzing moves correctly. Any level of expertise, including beginners are welcome. (James is a former Manhattan city champion with 37 years experience in playing, teaching and participating in regional and national tournaments.)

INTERMEDIATE POCKET BILLIARDS P31

Jerry Riggs 776-6338

Saturdays, 10:30am First Meeting: June 26 Length: 6 times
 Location: Register and you will be contacted
 Class Fee: \$5.00, pay with registration Limit: 20

The class will start with a brief history of the game. Included will be a review of 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.)

DESIGNING ADULT GAMES P27

Lenny Kanterman 539-3786

One Time: Wednesday, July 7, 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 professionally.)

BEGINNING BRIDGE P32

Pat Cashin 539-7074

Tuesdays, 7:30-9:30pm, July 13, 20, 27 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.)



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

9:00 A.M. - 4:00 P.M., Monday-Friday
 Other times by appointment
 Sponsored by the College of Home
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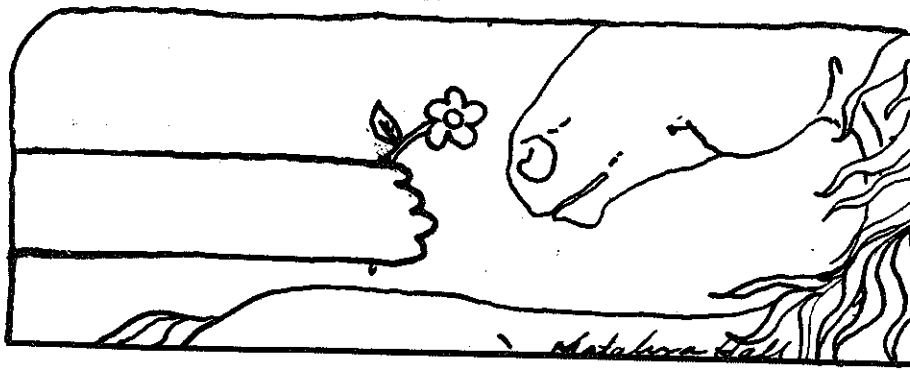
THE FONE

Hotline and
 Walk-in Center



We Care Enough
 to Listen...

532-6565
 1221 THURSTON



Know How Network

The Know-How Network provides learners in Manhattan unique opportunities to "take charge" this summer. Whether you search for ways to take charge of your career, your civil rights, your car, your personal finances, your leisure time or your self-concept, the Know-How Network has something to offer. Check out the courses in the Know-How Network. Each one is an opportunity to "take charge."

WOMEN'S SUPPORT GROUP

K1

Sandy Sandersware

532-5866

Tuesdays, 7-8pm First Meeting: July 6 Length: ongoing
Location: Register and you will be contacted

This group is for women to come together to share and develop strength and support as a group and as individuals. Some potential topics are: what to do with anger, survival skills, finances, health, divorce and single parenting. Transportation/child care needs call Sandy at 532-5866. (Sandy will facilitate the group and bring in resource women for specific topics.)

KNOW HOW TO GET YOUR G.E.D.

K2

Joe Hebert

776-4511

One Time: Wednesday, June 23, 7-9pm
Location: Douglass Center, 901 Yuma, King Rm

Have you thought about getting your G.E.D. but never knew where to start? Joe Hebert will talk to you about the where, when's and how's of getting your G.E.D. and other classes offered at the Adult Learning Center. (Joe is the coordinator of Adult Education for the local school and the Director of The Adult Learning Center.)

BUDGETING WHAT LITTLE YOU HAVE

K3

Madeline Sullinger

776-4781

One Time: Thursday, June 24, 7pm
Location: Douglass Center, 901 Yuma, King Rm

How can you stretch your dollars so they won't run out before the month does? We'll talk about how to set up and use a budget, balance your checkbook and survive in these hard times. (Madeline works with the County Extension Service and has helped many people with budgets.)

CIVIL RIGHTS/VOTING RIGHTS

K4

Murt Hanks

539-4242

One Time: Thursday, July 15, 7-9pm
Location: Douglass Center, 901 Yuma

"Never have so few taken so much from so many in so little time." This class will look at what's happening to many social programs which have benefitted the poor. High on our list of concerns is the future of the voting rights act. (Murt is an Equal Employment officer and very interested in Civil Rights.)

WRITE YOUR REPRESENTATIVE

K5

Julie Govert Walter

537-8634

One Time: Thursday, July 1, 7:30-9:30pm
Location: UFM Conference Rm, 1221 Thurston

The continued success of our nation's democratic system depends on our willingness to make our views and concerns known to our elected public officials. How often have you become really upset about a national, state or local issue yet put off writing that letter which stated your point. We'll discuss how to write effective letters to elected officials and then we will write a letter to send regarding an issue of personal concern. Bring pen, paper, an envelope and a 20¢ stamp. (Julie wants to see our nation's democracy working at its best.)

RESTYLING YOUR WARDROBE

K6

Liz Enoch

537-9067

Wednesday, Thursday, July 21 and 22, 7-9pm Length: 2 times
Location: Douglass Center, 901 Yuma, King Rm

Learn how to update your clothes through style changes. Liz will demonstrate how to narrow lapels and collars, convert darts to pleats, remove cuffs, narrow pant legs, and how to make a pair of knickers from long pants. (Liz is a recent graduate in apparel design.)

WHAT YOU CAN DO ABOUT SEXUAL HARASSMENT

K7

Marilyn O'Rourke Athens

776-2185

One Time: Wednesday, July 28, 7-9pm
Location: Douglass Center, 901 Yuma, King Rm

What do you do if you're harassed on the job or at school? Marilyn will talk about what sexual harassment is, legal guidelines, court decisions and what your options are if you are harassed. (Marilyn has several years experience as an Equal Employment Opportunity Officer and has investigated many cases of sexual harassment.)

SEWING YOUR OWN ALTERATIONS

K8

Liz Enoch

537-9067

Tuesday & Wednesday, June 29 & 30, 7-9pm Length: 2 times
Location: Adult Learning Center, 2031 Casement Rd

Do you have a jacket that doesn't fit quite right - tight in the shoulders or too long in the arms? This class will show you how to make those basic alterations to expand your wearable wardrobe. Liz will talk about fitting blazers, neckline changes, hemming, fitting pants, etc.

INTRODUCTION TO SPEEDWRITING

K9

Carol Stine

532-2233

Tuesdays & Thursdays, First Meeting: June 24, 7-8:30pm Length: 11 times
Location: Calvin Hall, Rm 217 Limit: 20

The Forkner speedwriting technique combines longhand letters and a few symbols to form a system of rapid writing. With a good basic understanding of the Forkner principles and practice students can take notes more easily and be able to take dictation at 80 to 90 words per minute. (Carol is a senior in business education at Kansas State University.)

BEGINNING PHOTOGRAPHY

K10

John Holcomb

485-2410

One Time: Tuesday, June 29, 7-9pm
Location: Adult Learning Center, 2031 Casement Rd Limit: 12

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 coordinator of the UFM darkroom cooperative.)

CPR SAVES LIVES

K11

Denise Worley

539-3839

Wednesday, Friday, Monday, July 7, 9, 12, 6:30-9:30pm (3 times)
Location: Douglass Center, 901 Yuma, King Rm Limit: 10
Materials Fee: \$8.00, pay at class

CPR is a combination of artificial respiration and artificial circulation. It can save many lives (for instance, if started within 1 minute, it can save 92% of heart attack victims). However, it can cause serious harm if administered improperly. Learn the right way and earn a Red Cross Certification. The fee will cover book costs. (Denise is a certified instructor of CPR and a volunteer for the Red Cross.)

"WE WILL NOT BE BEATEN" - FILM

K12

Cathy Stackpole

539-3736

One Time: Tuesday, July 20, 7-8:30pm
Location: Adult Learning Center, 2031 Casement Rd

This excellent film grew out of the need to reach as many people as possible with information about battering (domestic violence). After the film will be a discussion about the problem of domestic violence in the Manhattan area. (Cathy is project coordinator for the Regional Crisis Center.)

SUMMER FUN FOR THE KIDS

K13

Roxanne Lambert

One Time: Saturday, June 26, 1-2pm
Location: Douglass Park, 10th & Yuma

Are your children already saying they're bored and it's only the beginning of the summer. Learn and share childhood games such as double dutch rope jumping and rhythmic hand clap games. (Roxanne has two children and she is always looking for new and exciting ways to entertain them.)

BEGINNING GUITAR

K14

Shelly Crosby

532-6444

Monday, June 28 and Thursday, July 1, 7-9pm (2 times)
Location: Douglass Center, 901 Yuma, King Rm

Get out that old guitar you have tucked away in your closet and learn to play some very simple songs. Shelly will teach you basic guitar chords and strumming. Bring with you tunes you want to learn to play. (Shelly has been playing the guitar for 8 years.)

HANGING BASKETS

K15

Vester Davis

One Time: Thursday, July 8, 7-8:30pm
Location: Douglass Center, 901 Yuma, King Rm Limit: 10

Vester will teach you the basic square knot and help you make a plant hanger or hanging table. Bring 1 package (your choice of size and color) of natural jute, tape measure, scissors and wooden ring. (Vester has taught herself how to make a beautiful hanging basket and wants to show you how to do the same.)

BASIC CAR CARE

K16

Larry Nicholson

537-0056

Fridays, 7-9pm, July 9 & 16 (2 times)
Location: Douglass Center, 901 Yuma, Butler Bldg

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 the oil, spark plugs, summerizing, and simple car repair. Please wear clothes that you don't mind getting dirty. (Larry is the Director of Douglass Center and has worked on cars for years.)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Charlotte Perkins
Gillman b. 1860

Harriet Beecher
Stowe b. 1812

Father's Day

summer solstice

Cancer



JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Independence Day

Leo Amelia Earhart b. 1898

Emily Bronte b. 1818



JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Maria Mitchell b. 1818



Women gained right to vote. 1920

Virgo



AUGUST



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 June 7-18

Walk-in:
 Tuesday, June 8 UFM House 7-9am; Public Library, 5-7pm
 Wednesday, June 9 KSU Union, 9am-2pm
 Thursday, June 10 KSU Union, 9am-2pm
 Saturday, June 12, Tuesday, June 15, Wednesday, June 16, Thursday, June 17
 Walmart, 10am-12n; K-Mart, 1-3pm
 KSU Union, 9am-2pm
 KSU Union, 9am-2pm
 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.

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 registration 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.

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

RECEIPTS:

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

CLASS LOCATIONS:

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

LIABILITY FORMS:

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

Class Teacher Potluck Gathering:

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

Mail In Registration Form

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

(Please Print)

Name _____	Class #	Sec#	Title	Class Fee
Street _____ Apt.# _____				
City _____ Zip _____				
Home Phone _____ Work Phone _____				
Survey-Please check all that apply				
I am a:				
<input type="checkbox"/> KSU Student (___ credit hours)				
<input type="checkbox"/> Student Spouse <input type="checkbox"/> Ft Riley Personnel				
<input type="checkbox"/> KSU Faculty/Staff <input type="checkbox"/> Townsperson(nonKSU)				
<input type="checkbox"/> Fac/Staff Spouse <input type="checkbox"/> Rural Riley Co.				
<input type="checkbox"/> School Age <input type="checkbox"/> Handicapped				
<input type="checkbox"/> Senior Citizen				
Where did you pick up your catalogue? _____				
<input type="checkbox"/> I would like to volunteer my skills in exchange for registration discounts				
<input type="checkbox"/> I am interested in teaching for UFM				
<input type="checkbox"/> I would like to see offered next term				
UFM - 532-5866				

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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.				

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University for Man
1221 Thurston
Manhattan, KS 66502

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