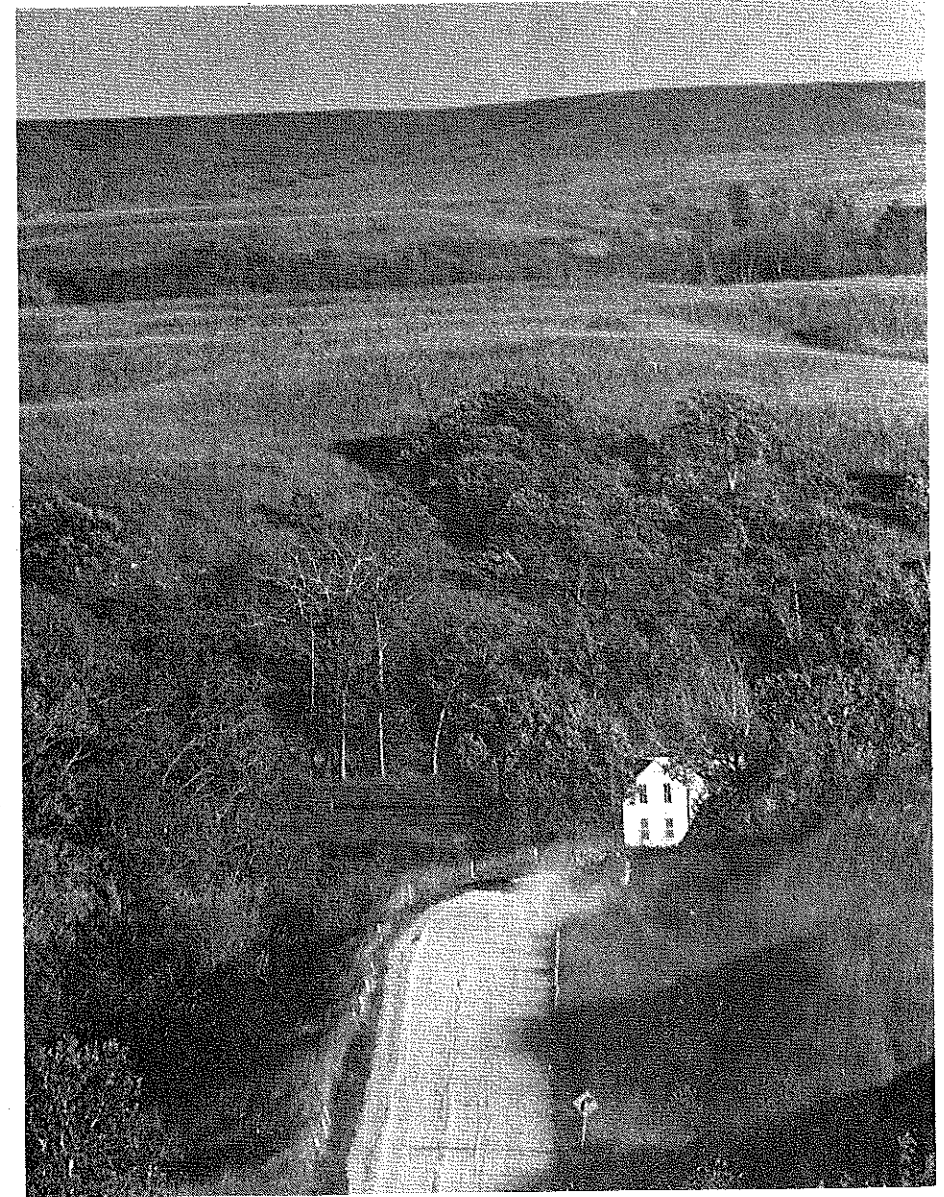


University For Man

A community
learning center

Fall 1983



Rural Renaissance

University for Man
1221 Thurston
Manhattan, KS 66506

Writings

- RURAL RENAISSANCE -

Any truly sustainable society must be based upon rural values and rooted in a healthy agriculture and in self-reliant rural communities. Over the past 200 years, we have seen the process of hyper-urbanization and rural depopulation as people have deserted the farm for urban living. For the first time since U.S. census records have been kept (160 years) we are now witnessing a reversal of this process. In every region of the country, small towns and rural areas both near to and distant from major cities have experienced more rapid growth than urban areas.

This unprecedented movement of population provides the opportunity for revitalization of American agriculture and rural life and the realization of the Jeffersonian vision of a yeoman democracy rooted in rural values.

Central to the realization of that vision is the revival of the tradition of self-help and self-reliance exemplified by UFM's programs.

Within Kansas, UFM has provided aid to over 50 small communities that have established programs based on UFM in Manhattan. These programs play a central role in the cultural and educational life of Kansas people.

The Outreach Program began in 1975 with the idea that the successful University for Man (UFM) program in Manhattan could also serve small rural communities in Kansas where educational opportunities for adults were limited.

In the intervening years, more than 50 programs have been set up in communities as small as Roxbury, population 97, to an inner city urban community with a population 160,000; from Iola in the southeast to Norton in the northwest of Kansas. The programs offer noncredit classes to the general public in which citizens share their ideas, skills and knowledge among themselves.

"The philosophy behind these developments is simple; people in rural areas are often their own best resources." - Rural America

Every town, no matter how small, has a wealth of untapped human resources within it. Teaching and sharing among neighbors and friends not only promotes learning, but enhances the sense of community in a small town, increases social cohesion, and can lead to projects and community development activities that go beyond classes and group meetings.

The concept of learning and sharing is rooted in our pioneer tradition. Long before there were colleges and universities in Kansas, people learned from each other the necessary trades and skills to survive and prosper on the frontier. Today that spirit still lives - the idea of citizens being responsible for their own learning, of doing things for themselves, of creating local programs that meet their own community needs, tailored to the characteristics of the community.

"In church basements and living rooms and even on backyard patios across the country, a few persons are talking and a lot of others are learning - without grades, homework or pressure." The Associated Press, "Free Universities Sprouting in Kansas."

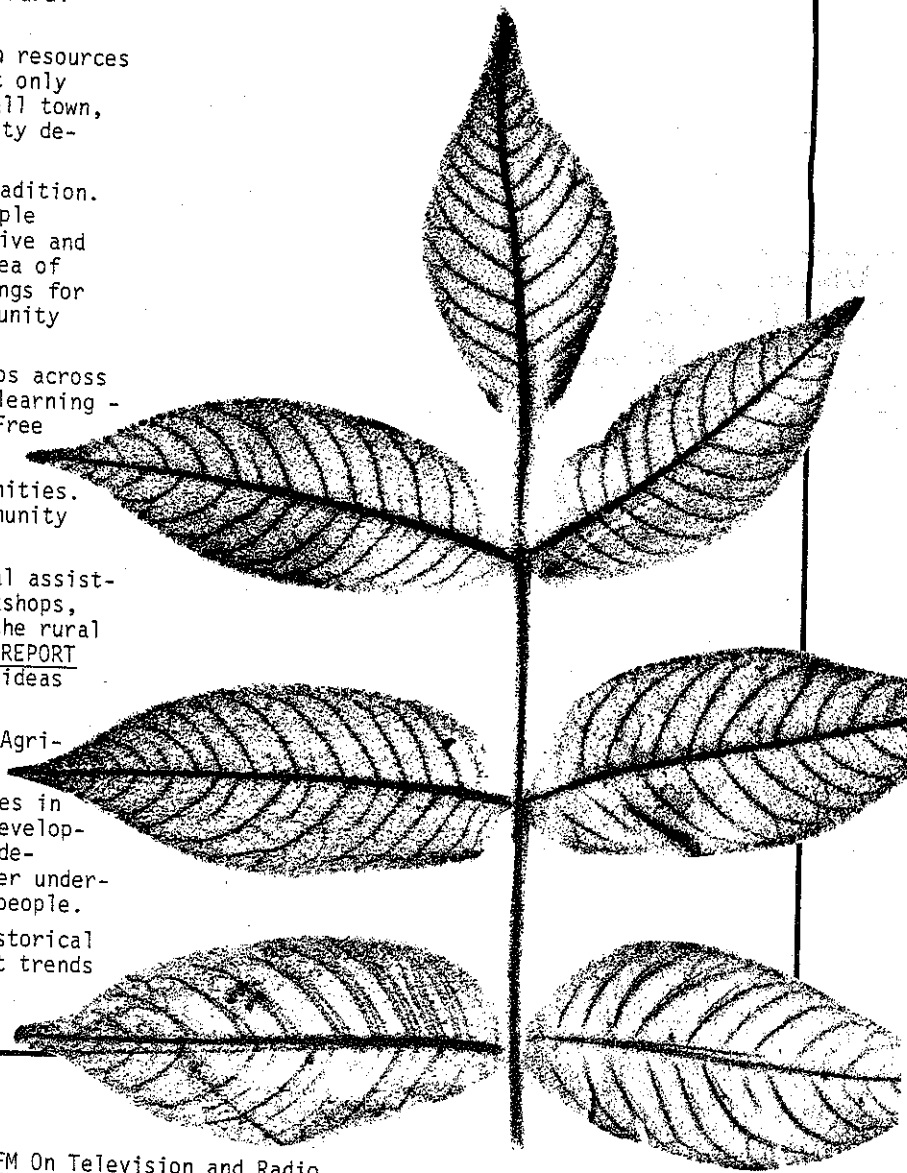
In Kansas, the programs continued to grow and serve their communities. More than 35,000 participants now enroll in free university community education programs across the state.

The Kansas Outreach Department provides information and technical assistance to the ongoing local programs. In addition to regional workshops, disseminating new program ideas and networking resources among the rural programs, a quarterly newsletter, the RURAL COMMUNITY EDUCATION REPORT is published providing news, program information and new course ideas which can be adapted to rural communities.

"This is my idea of genuine rural development," Stanley Leland, Agriculture Experiment Station, Kansas State University.

Currently the UFM Outreach Staff is working with several libraries in rural Kansas assisting librarians in the area of adult program development. Librarians together with interested community members are developing and implementing humanities programs which help us better understand ourselves and explore our heritage as Kansans and a rural people.

The realization of the opportunities presented by this unique historical moment depends upon our ability to work together to shape current trends in direction of our dreams.



The next session of UFM classes will begin on November 2, 1983. The catalog of classes will be available after October 15. It will appear as an insert in The Manhattan Mercury on October 16 and will also be available at: the K-State Union, Farrell Library, Safeway Stores, Food 4 Less, Mini-Marts and the Manhattan Public Library.

Parking: Parking is available after 6pm for classes scheduled at the UFM house. For classes scheduled on campus at KSU, parking is available in campus parking areas after 7pm. For classes that require you to park on campus before 7pm, visitors' permits are available from the information booth at the southwest entrance to the parking lot of KSU Union. Permits may be acquired until 4:30pm.

2 Photo Credits: p. 18, J. Chinn, others courtesy Manhattan Mercury

UFM On Television and Radio

"This is UFM" is a weekly television show featuring interviews with UFM leaders on their areas of expertise. It is aired every Tuesday at 6:30pm and Friday at 5pm on Cable Channel 6. Hear the highlights of UFM activities on "The UFM Report," a public service of radio KMKF (FM101.7) every Monday at 6:15pm.

Want to teach? Contact Julie Coates, 532-5866

Have something special you would like to learn? Let us find a teacher for you. Call Julie Coates, 532-5866.

UFM Campus Community Staff: Rebecca Brownson, Julie Coates, Janet Holcomb, Neil Schanker



Community

Money: Where it comes from, where it goes

IT'S YOUR MONEY: A FINANCIAL SERIES

Steve Harrison, Sherl Prawl

537-0594

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

Location: Will be noted on your receipt
 Class Fee: \$ 3.00/session (please indicate sessions you plan to attend)
 10.00/series, pay with registration
 Materials Fee: \$10.00, pay at class

If you are taking more than one session, pay the materials fee only once. The same book will be used for the entire series.

Investment Basics

C-1

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

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

Why Investors Fail

C-2

One Time: Thursday, 7:30-9:30pm, Sept 15

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

Investing for Income Today

C-3

One Time: Tuesday, 7:30-9:30pm, Sept 20

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

Investing for Growth and/or Retirement

C-4

Inflation and taxes - both are major considerations. Discussions will cover: investing for income tax reduction through real estate, oil and gas, as well as equipment leasing; retirement plans such as Keogh's and IRA's and growth through various investment vehicles. (Steve and Sherl are registered representatives of a New York Stock Exchange member firm with offices in Manhattan.)



SUCCESSFUL MONEY MANAGEMENT

Fred Freeby

C-5

537-4505

Mondays, 7-9:30pm (all sections) (One Time each section)

Section I: September 12

Section II: September 19

Section III: September 26

Location: Will be noted on your receipt

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

SUCCESSFUL HOME BUYING

Bill Frakes

C-6

776-1100

One Time: Tuesday, 7-9pm, Oct 11
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

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

ESTATE PLANNING

Don Weiner

C-7

776-4206

One Time: Monday, 6:45-7:45pm, Oct 10
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

A discussion with emphasis on current IRS regulations, wills, trusts and other legal aspects of successful estate planning. (Don is an attorney with offices in Manhattan.)

HOW TO APPLY FOR A LOAN

Paul Nickel

C-30

537-4400

One Time: Tuesday, 7-9pm, Sept 27
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

It's a fact: 95% of those who apply for a consumer or business loan don't know how to properly do so. As a result, loan applications which probably should be approved, are denied to potential borrowers. This course will provide you with some basic strategies, techniques and suggestions which will improve your chances for obtaining a loan. (Paul is vice-president and loan officer of a bank and has 13 years banking experience.)

STOCKMARKET BASICS

C-31

776-1066

Carol Hackman, Greg Barron
 Thursdays, Sept 29, October 6, 13 (3 times) 7-9pm
 Location: will be noted on your receipt
 Class fee: \$7.00, pay with registration
 Materials fee: \$5.00, pay at class

Limit: 40

Investment success most often is based on a thorough understanding of what makes the stock market "tick"-and the constant application of that knowledge in making investment decisions. Whether you are just crossing the threshold of the wonderful world of securities or are a seasoned investor, you will find a wealth of valuable material in this course. (Carol, a Registered Representative for Stifel, Nicolaus, has a degree in Business and is a member of the International Association of Financial Planning.)

LUNCHEON FINANCIAL SERIES

C-32

776-1066

Carol Hackman, Greg Barron
 Tuesdays, 11:45 am-1 pm, September 13, 20, 27 (3 times)
 Location: Will be noted on your receipt
 Class fee: \$7.00, pay at registration
 Materials fee: \$6.50, pay at class

Limit: 30

Gain a working knowledge of the many different investments for safety, growth and speculation. Learn about annuities, tax shelters, limited partnerships, mutual funds, money markets, IRA's, Keoghs and other tax sheltering techniques. (Greg is a stockbroker for Stifel, Nicolaus and has a Masters Degree in Agricultural Economics.) Lunch cost is not included in the materials fee.

INVESTING FOR INCOME

C-33

776-1066

Carol Hackman, Bill Green
 Wednesdays, 9-11 am, October 12, 19, 26 (3 times)
 Location: Will be noted on your receipt
 Class fee: \$7.00, pay at registration
 Materials fee: \$5.00, pay at class

Limit: 40

This course is specifically designed to aid the conservative investor in choosing the best income producing portfolio. The class will compare and analyze utility stocks, blue chip stocks, preferred stocks, bonds and other income oriented investments. (Bill is a stockbroker with Stifel, Nicolaus and has 30 years of trading and investment experience.)

Working together for a better world

FOCUS ON EL SALVADOR

C-8

Dave Stewart

539-3051

Register and you will be contacted for time and location
Dates will be Sept 11-18
Class Fee: \$1.00, pay with registration

In a variety of classes, public forums church gatherings, peace and relief for El Salvador will be the focus. Resource persons who have lived and worked in El Salvador will be on hand to discuss the issues. More detailed information will be released after press time. (Dave is the local coordinator for the Focus on El Salvador.)

HISTORIC PEACE CHURCH: MENNONITES IN MANHATTAN

C-12

Mike Klassen, Dean Denner

539-4079 776-5589

One Time: Wednesday, 7-9pm, Sept 14
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

The evening will begin with a film showing the development of the Mennonites within the Historic Peace Church tradition in Europe in the 1800's. The theology including non-violence, social justice, simple lifestyle and cooperative sharing will be discussed. Ethnic Mennonite Food will cap the evening. (Mike has been the pastor of the Manhattan Mennonite Fellowship for 5 years. Dean is a member.)



IT'S A HUNGRY WORLD (FILM SERIES)

C-9

Dave Stewart

539-3051

Fridays, 11:30am-1pm First Meeting: Aug 26 Length: 5 times
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

In preparation for the Manhattan CROP Walk, we will view and discuss various aspects of the hunger issue:

- Aug 26 "Glass House." The attempt of the affluent to protect themselves from the hunger that surrounds them.
- "Journey for Survival." Portrays the search for water and the problems related.
- Sept 2 "The Jewel Reclaimed." Documents the restoration of Kampuchea and how people can help.
- Sept 9 "Hunger Knows My Name." An American family comes face-to-face with hunger.
- Sept 16 "Indonesian Boomerang." Portrays a new awareness of the problems of developing countries.
- Sept 23 "Rich and Poor: What Can We Do?" Rich and poor both have responsibility to alter systems that lead to poverty and hunger.
- Sept 25 Annual CROP Hunger Walk in Manhattan. Sponsored by American Baptist Campus Ministry.

FLINT HILLS BREADBASKET

C-10

Marcia Schuley

776-9294

One Time: Tuesday, 7:30-8:30pm, Sept 20
Location: Will be noted on your receipt
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 solving the problem of hunger right in your own back yard. (Marcia has been involved with the Flint Hills Breadbasket since its beginning.)

LET'S ALL POLISH THE LITTLE APPLE

C-21

Jaimee Demby, Tracy Vallez

776-4125 537-7314

One Time: Saturday, 2-4pm, Oct 8
Location: Will be notified by the instructors

Join Tracy and Jaimee in their concern for keeping Manhattan litter-free. Ideas will be shared, and discussed on keeping the Little Apple polished, and plans for establishing a Club to do the same. (Jaimee and Tracy think a clean environment is very important. Jaimee is eight years old and Tracy is nine.)

AN EVENING OF PEACE EXPLORATION WITH THE MENNONITE-FRIENDS PEACE COMMITTEE

C-13

Mike Klassen

539-4079

One Time: Monday, 7:30-9pm, Sept 26
Location: Will be noted on your receipt

We are a group of Mennonites and Friends concerned about peace. We have engaged in and are planning various projects for peace including a clothes drive for Salvadoran refugees and the future establishment of a peace resource center for Manhattan.

HISTORY OF THE NUCLEAR ARMS RACE

C-14

W. D. Curtis

539-9208

Mondays, 7:00-8:30pm, Oct 3, 10 (2 times)
Location: Manhattan Public Library

The arms race is a topic which is being hotly debated across the country. How did it start? What are the forces driving it? Can anything be done about it? Where do things stand now and where are they going? (Dan is active in the Nuclear Freeze Movement and has experience as a consultant to the Department of Energy on matters related to nuclear weapons.)

NUCLEAR WAR DEFENSE PLANNING IN MANHATTAN

C-15

The Other Manhattan Project

One Time: Monday, 7:00-10:00pm, Oct 17
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Manhattan has a civil defense plan in case of nuclear attack. Come and find out what it is. Discuss, with our panel, the problems of civil defense in the nuclear age.

FIRST NATIONAL FREEZE WALK-A-THON

C-16

Sponsored by the Other Manhattan Project

One Time: Sunday, 1:30pm, Oct 9
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Last year California had a very successful walk-a-thon which drew crowds of optimistic, peace-loving people who support the idea of a Nuclear Weapons Freeze. A National Freeze campaign has been organized with activities occurring during the first part of October. Join other Manhattan area citizens as we show support for an end of the Nuclear Arms race. You will be contacted with further information.

Union National Bank
MANHATTAN, KANSAS

Command
24 HOUR SATELLITE BANKING SYSTEM

Member F.D.I.C.



UNION NATIONAL BANK & TRUST CO.

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.

Bank with ease when you please . . .
7 days a week . . . 24 hours a day.



Exploring our community

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

David Garvin

C-17

539-0531

One Time: Tuesday, 7-9pm, Oct 4
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

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

ROYAL LICHTENSTEIN CIRCUS

Dave Stewart

C-18

539-3051

One Time: Friday, 12n-1:00pm, Oct 14
 Location: Between Seaton Hall & K-State Union

The ever popular Royal Lichtenstein Quarter-Ring Sidewalk Circus will return to K-State this fall. The circus, nationally known, has delighted K-Staters on several occasions in the past. Due to their demanding schedule, this will be the last performance here until 1986. Break from the routine; come join us for an hour of laughter and celebration. (The circus is sponsored locally by American Baptist and Episcopal campus ministries.)

TOUR OF THE KSU NUCLEAR REACTOR

C-22

Jack Higginbotham

532-6657

One Time: Tuesday, 3-4pm, Oct 11
 Location: Will be noted on your receipt
 Class Fee: \$1.00, pay with registration

Tour the KSU reactor facility while Jack discusses the research and training uses of the reactor. Included in the presentation will be a slide show and discussion of commercial nuclear reactors. (Jack is the Reactor Supervisor at KSU.)

TOUR OF THE McCALL PATTERN COMPANY

Penny Streeter

C-23

776-4041

Section I: Friday, 9-10am, Sept 9
 Section II: Thursday, 1-2pm, Oct 13
 Location: Will be noted on your receipt
 Class Fee: \$1.00, pay with registration

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

UNIVERSAL Insurance Services

AUTO • HOME
COMMERCIAL • BONDS

TELEPHONE 776-4825

108 NORTH 4TH ST.
MANHATTAN, KS.



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

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



First National Bank

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

Reaching beyond family

INFERTILITY SUPPORT GROUP

S-4

Annette Winter

Mondays, 7:30pm First Meeting: Oct 10 Length: Ongoing
 Location: Will be noted on your receipt
 Class Fee: \$1.00, pay with registration

You are not alone. One out of every six adults has a problem with infertility. We are forming a local support group for interested individuals. (Annette is a member of RESOLVE, a national infertility organization.)

PARENTS ANONYMOUS

S-22

Don and Irmie Fallon

539-5541 539-5582

Wednesdays, 7:00pm First Meeting: Sept 7 Length: Ongoing
 Location: Will be noted on your receipt
 Class Fee: \$1.00, pay with registration

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

WORLD FRIENDSHIP

C-11

Florence Schwab, Nivedita Rangnekar

539-4020 776-1172

Tuesdays, 9:30-11:00am First Meeting: Sept 13 Length: Ongoing
 Location: Will be noted on your receipt
 Class Fee: \$1.00, pay with registration

World Friendship is an organization devoted to establishing friendships between American and International women living in Manhattan. Activities include English classes, exercise, international cooking, sewing and crafts. Periodically there are special programs to learn about different cultures or to take a tour. A nursery and transportation are provided. If you are looking for a rich, rewarding learning experience, join World Friendship. (Florence and Nivedita are co-chairwomen of the World Friendship group.)

PARENT-TO-PARENT

C-20

Jami Ramsey

539-3828

One Time: Monday, 7:30-8:30pm, Sept 12
 Location: UFM Conference Room

Parents! There are families who need your valuable experience and skills. We ask that as a volunteer, you spend one hour a week being a special friend to another parent who needs your ideas and support. Training and guidance will be provided. Join us for an orientation meeting -- you are needed.

BIG BROTHERS/BIG SISTERS

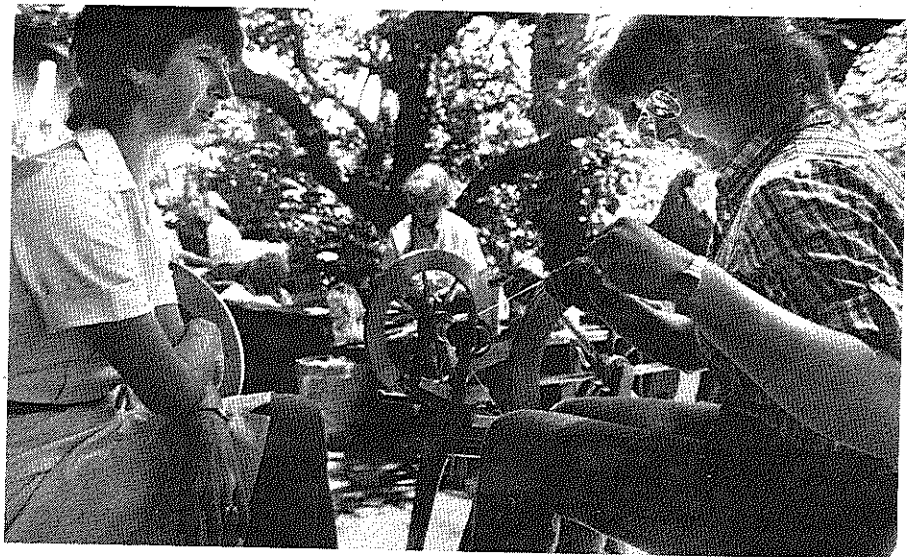
C-19

Winifred Endicott

776-9575

Orientation Meeting: Thursday, 7:30-8:45pm, Sept 8
 Location: You will be contacted by instructor

Volunteers age 18 and up are needed who are willing to make at least a one-year commitment to spend 3-6 hours a week with a child. Most of the children in the program are from single parent families and have a need to spend time with a caring adult who will provide friendship and role-modeling. (Winifred has been director of Big Brother/Big Sisters for the past 3 years.)



Women helping women

WOMEN AGAINST RAPE

C-24

Mary Holm, Christy Simpson, Sue Rieger

532-6444

Organizational Meeting: Thursday, 7-9pm, Sept 15 Length: Ongoing
 Location: UFM Fireplace Room

Women Against Rape is a group of local women working to educate people on the topic of rape. In addition to our group meetings, we teach self-defense and give educational presentations. (The class leaders are members of Women Against Rape.)

POLITICS OF RAPE

C-25

Mary Holm, Christy Simpson, Sue Rieger

532-6444

One Time: Monday, 7-9pm, Oct 17
 Location: Will be noted on your receipt
 Class Fee: \$1.00, pay with registration

Limit: 20

Why do people tell rape jokes? Why is rape a crime that has a conviction rate of 5%. Why is a woman juror less likely to help convict a rapist? Come discuss these and other topics as we consider the politics of rape in our society.

CONFRONTATION TRAINING

C-26

Simpson, Holm, Rieger

532-6444

One Time: Thursday, 7-9pm, Oct 6
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

This class, especially for women, will help you learn how to deal with both verbal and physical sexual harassment. A feminist perspective on how confrontation can be a preventive measure for violence against women will be explained and discussed.

SELF-DEFENSE FOR WOMEN

C-27

Holm, Simpson, Rieger

532-6444

Wednesdays, 7-9pm, Sept 14, 21 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

Limit: 20

Regardless of age, race, social class or lifestyle, all women are potential targets of violence. Women rarely receive any training for their own defense. This class will introduce simple but effective self-defense skills taught by women, for women. Be sure to wear loose, comfortable clothing.

HARBORS: A WOMYN'S COFFEEHOUSE

C-28

Sue Rieger

532-6444

One Time: Saturday, 8pm-12 midnight, Oct 1
 Location: Will be noted on your receipt
 Class Fee: \$1.00, pay with registration

This event is for women to share music, poetry and art. It is also a chance for women to meet each other, socialize, and learn what's happening in the women's community in Manhattan. (Sue is assistant director of the Women's Resource Center.)

WOMEN'S SUPPORT GROUPS

C-29


The Women's Resource Center is sponsoring several weekly support groups.

One is a general interest support group for women dealing with life decisions including careers, education, relationships and sexuality.

Another group will be for rape survivors. All women who have experienced rape regardless of the time elapsed are encouraged to attend and share their experiences, feeling and coping strategies.

The third group will be for incest survivors. Incest is an unspoken secret that many women carry with them. This is an opportunity to become stronger in a confidential supportive setting.

These groups are beginning in September. If you are interested in any of these groups contact Women's Resource Center at 532-6444. There is no fee for this class.



Buzzell's Office Equipment
 (across from the post office)
 511 Leavenworth
 776-9469

Machines, furniture and
 supplies for the office

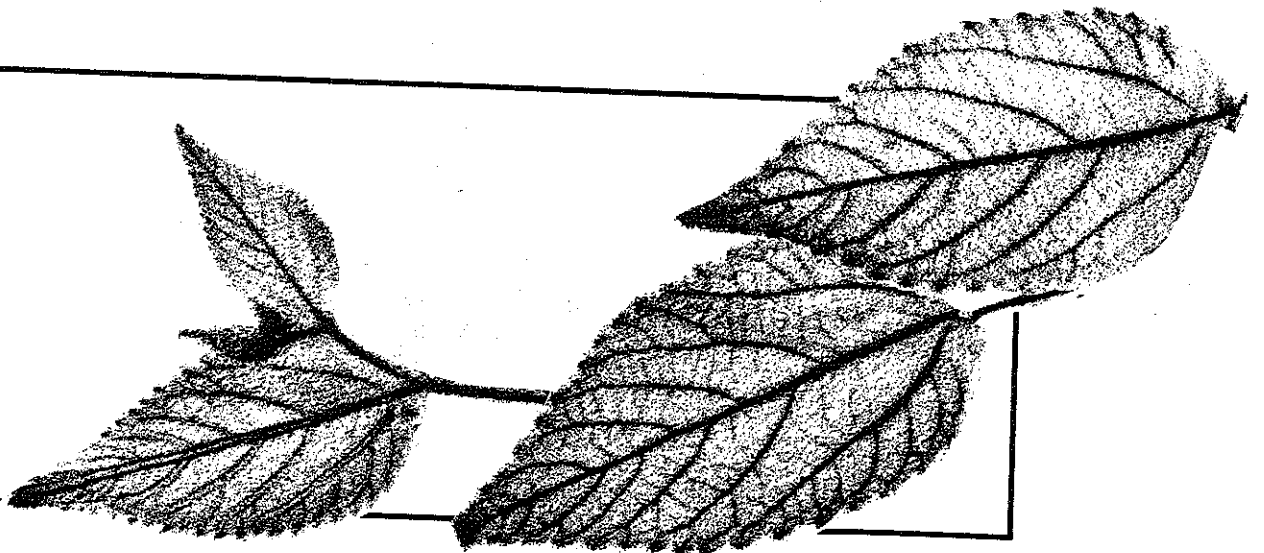
WPC
 2805 Clafin
 Manhattan, Ks. 66502
 537-2810

WOMEN'S PROFESSIONAL SERVICES

Typing and Storage of:
 theses
 resumes
 letters
 address labels

Serving business,
 community, college

Earth



The animals we live with

ARABIAN HORSES: VERSATILITY, TRIMMING AND SHOERING

E-9

Duane Daily, Kim and Olivia Huddelston

537-7823

One Time: Saturday, 3pm, Oct 8
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

The Arabian horse, foundation breed of all light horses, is thought by many to be difficult to handle. Not so according to Duane, who says that gentleness and quick learning ability are two important traits in Arabians. The versatility of Arabian horses will be shown in trail, western, English and sidesaddle riding. A demonstration of trimming and shoeing will be included. Come and meet some Arabian horses on their own turf. (Duane's interest in Arabians evolved from a 4-H experience in Egypt, and he's been breeding, raising and training horses for years. Kim and Olivia are fellow horse enthusiasts from Vermillion, Kansas.)

OBEDIENCE TRAINING FOR YOU AND YOUR DOG

E-3

Diane M. Legleiter

539-1412

Sundays, Sept 11 to Nov 20 weather permitting, 7-8pm
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration

Limit: 10

This class is for the adult or youngster who wishes to learn how to have an obedience-trained dog. The class will cover the basic commands of heel, sit, stay, come, stand, both on and off the leash. No dogs younger than 6 months. Bring your dog choke collar and leash to the first meeting. (Diane enjoyed working with people and their dogs through the 4-H program, where she first learned obedience, then later taught it.)

A HORSEBACK RIDING TRAIL FOR RILEY COUNTY

E-47

Ron Klataske

537-4385

Register and you will be contacted for day, time, date and location

There appears to be a tremendous opportunity for development of a 15-mile long horseback riding trail in rural Riley County. We are exploring the possibility of utilizing the abandoned railroad right-of-way which borders Ft. Riley from Keats to Riley and on to Bala for that primary purpose. It could also be used for hiking and general enjoyment of the natural and pastoral landscape. If you would like more information, want to help in any way to make this trail a reality or want to use such a trail in the future, please register with UFM. We would like to pursue the possibilities and develop a proposal in cooperation with other individuals and organizations. (Ron is already working with landowners on the Horseback Trail Project.)

MAKING YOUR PUPPY A BETTER PERSON

E-4

Heather Rife

539-0227

Saturdays, Sept 10, 17, 9-11am (2 times)
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class

Limit: 10

We will be teaching the puppies to be enjoyable companions, with emphasis on housebreaking and basic obedience. We will also condition the puppies to stand for veterinary examination, and psychology of personal behavior problems will be studied. Puppies between 3-7 months old with current vaccinations will be eligible. Children may accompany parent. Bring, puppies, collar and leash and dog treats to first class. (Heather has trained 14 Seeing Eye puppies and trained in obedience for 10 years. She is a junior in veterinary medicine and is interested in psychology of behavior.)

ALL ABOUT HORSES

E-10

Diane M. Legleiter

539-1412

Wednesdays, 7-8:30pm First Meeting: Sept 7
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Length: 5 times

Limit: 10

Anyone interested in horses can attend these classes. The five classes will cover breeds, conformation, riding styles, nutrition, colors and markings, basic vet care and equipment. Feel free to bring questions.

BEEKEEPING

E-42

Jim Johnson

776-8948

Tuesdays & Thursdays, 7-10pm, Sept 20, 22, 27, 29 (4 times)
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$2.50, pay at class (optional text)

Honey is that wonderful natural sweetener that bees make - but few people know how they do it. The sessions will cover many aspects of hobby beekeeping; from obtaining the bees and needed equipment, to managing the hive for your first and future honey crops. (Jim is a local beekeeper with over seven years experience. He has taught for UFM.)

LOVEBIRDS, COCKATIELS, PARAKEETS, AND OTHER SMALL PARROTS

E-11

Dan Land

776-3367

One Time: Saturday, 7-9pm, Sept 24
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

This class is for anyone who has or wants a small parrot. It will cover general care, housing, breeding, color mutations and their inheritance, and a question/answer session. Afterwards there will be a tour of the aviary. (Dan is a breeder of lovebirds, cockatiels, and parakeets, and has over 100 birds in his aviary.)

HUMAN ANATOMY FOR YOUNGSTERS

E-12

Lynn Schanker

539-9150

One Time: Saturday, 1-3pm, Oct 29
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 10

Does your child have questions about how their breathing, digestion, blood or eyesight works? Lynn will explain where the major organs are located in the body and why they are essential. Participants will have an opportunity to see the heart, lungs, kidneys, brains, eyes and bones. Parents are welcome too. (Lynn, a human body herself, is a biology instructor.)

KANSAS SNAKES AS PETS

E-40

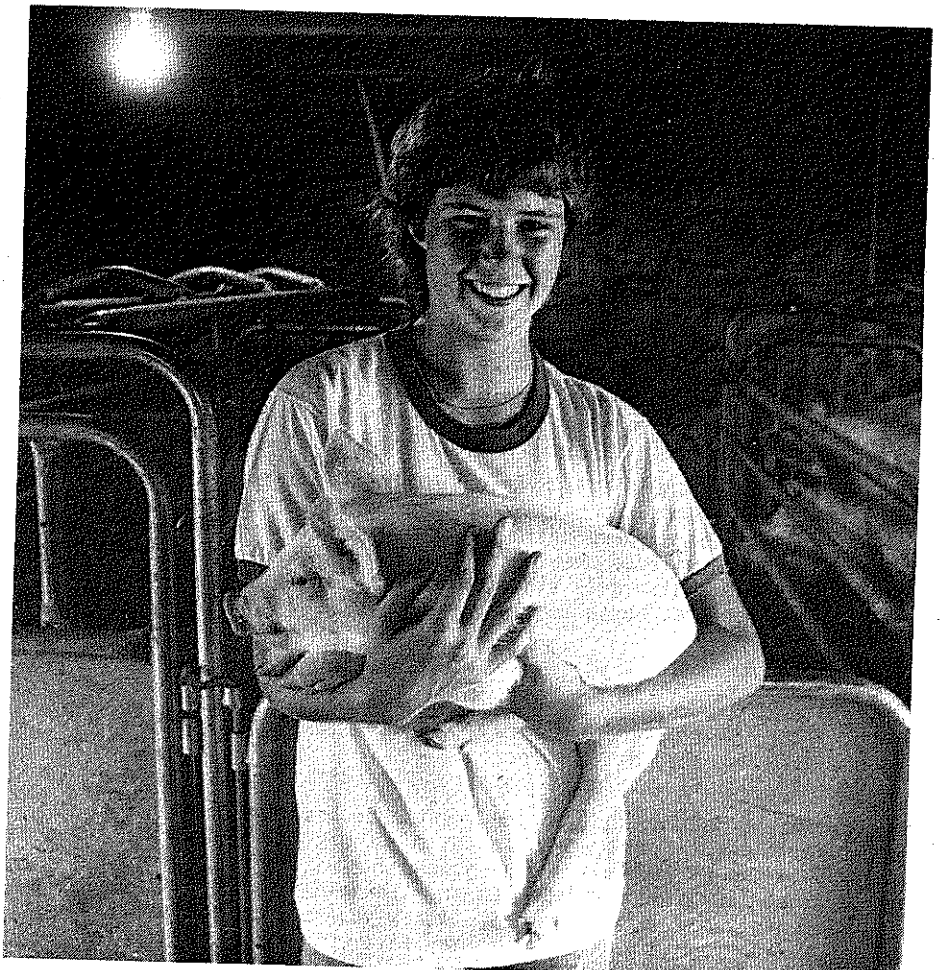
Michael O'Neil

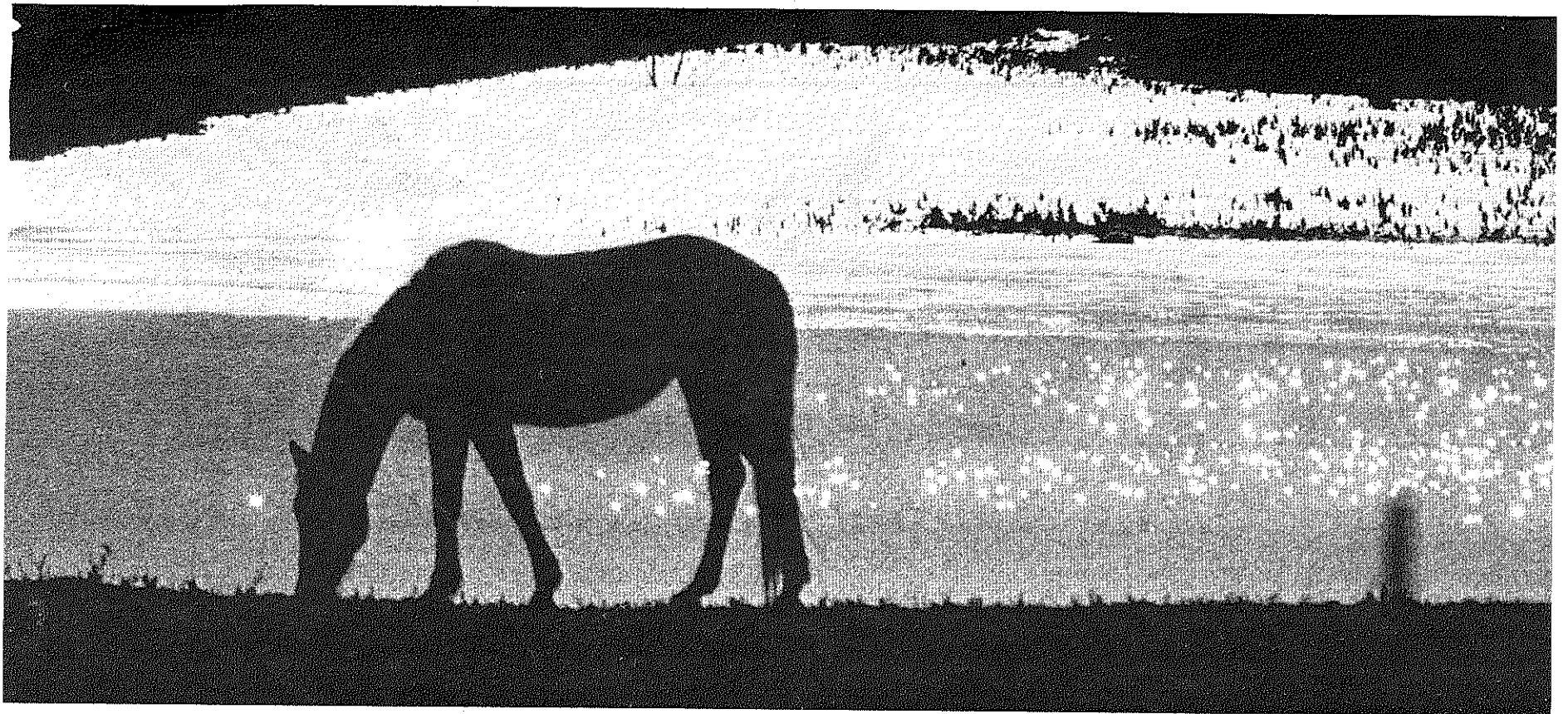
539-9239

One Time: Wednesday, 7pm, Sept 14
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 20

What's a snake's life like? Where can you find a snake? Can you keep a snake alive? Are some snakes better than others as pets? Who are nastier, people or snakes? Come meet a black, bull, garter, corn and prairie rat snake. Youngsters are especially invited. (Michael has had pet snakes for the last three years.)





Skills for the wilds

LIVING OFF THE LAND: SURVIVALISM

E-8

539-7723

Stan Wilson

One Time: Sunday, 7-10pm, Sept 25
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

Could you shoot and skin out a squirrel, catch and prepare fish, identify and collect wild edible plants? What does "survivalism" mean to you? If you are interested in self-sufficiency and would like to meet others with similar concerns, this class is for you. (Living in a rural area, Stan knows much about living off the land.)

FISHING AROUND MANHATTAN: LECTURE AND TRIP

E-5

539-6814

Dan Schnittker

Saturday, Sept 10, 7:30-9pm
 Sunday, Sept 11, 7:30am (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$1.00, pay at class

Limit: 20

White bass, channel cats, crappie, walleye and many more fish are available within a short driving distance from Manhattan. Dan will tell you where to fish, when, for what and how. The Sunday morning trip will take you to several locations where you can test your new-found skills. Even if you are proficient at fishing, Dan's disclosure of favorite fishing spots and his 10-20 page handout will be well worth your while. (Dan enjoys local fishing as often as possible. Last summer, all of his class participants caught fish.)

FALL FISHING

E-6

539-7154

Paul F. Miller

One Time: Wednesday, Oct 5, 7-8:30pm
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

When water temperature begins to drop in September and October the fish begin to store up on winter fat. This season can be a very productive time to catch large amounts of fish. Come join us and learn many methods and uses of equipment to add to your fishing skills. (Paul is the Area Supervisor for Fish and Game and a lifetime fisherman.)

TANNING HIDES

FA-1

Georgia Nonte

Organizational Meeting: Monday, 7-8pm, Oct 10
 Work Sessions: Saturdays, 9am-12n, Oct 15 & 22
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration
 Materials Fee: \$5.00, pay at class

Limit: 10

Georgia will discuss and display various methods of preserving hides. She will help class participants to tan part of a hide to keep as a sample. You will need a sharp knife and sharpening stone. All chemicals and other equipment will be provided. (Georgia has been interested in hides and American Indian arts since childhood. She has tanned many animal hides, from grey mouse to sheep.)

MAPREADING FOR HIKERS

E-41

539-4176

Paul R. Mathewson

Tuesday, 7-9pm, Sept 13 and Wednesday, 6-8pm, Sept 14 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

Limit: 20

Ever worry about getting lost in the great outdoors? This class will be concerned with reading a topographical map so that you can follow your progress on a map as you walk on the ground. We will discuss all map markings, what they mean and how they show three-dimensional objects on a map. Also discussed will be ways to locate yourself on the ground by properly reading your map. This class may save your life some day. (Paul has survival experience from the army and has backpacked for years.)

Shining stones

BASIC ASTRONOMY

E-1

776-5989

Larry Paris

Section I: Thursday, 8:30pm, Sept 8
 Section II: Thursday, 8:00pm, Oct 6 one time each section
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: 50¢, pay at class

Limit: 15 each section

Larry will first discuss the basic physical structure of the known universe. After dark, we'll look at planets, stars and constellations, including Hercules, Pices, Aquarius, Andromeda, Cetus, Pegasus, the flying horse and many others. Please bring a flashlight. (Larry is an avid stargazer.)

DIAMONDS!

E-2

Bob Beardsley

One Time: Tuesday, Sept 13, 7-9pm
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: 25¢, pay at class

Limit: 15

Bob will present a consumer's guide to diamond buying including: reading an appraisal, simulants, styles of cuts, color, looking for "flaws," and care and cleaning of jewelry. Participants will have ample opportunity for questions and may (at their own risk) bring one piece of jewelry for examination. (Bob has been grading stones all his life and has worked in several jewelry stores.)

SO YOU WANT TO VISIT MARS?

E-28

532-6724

Charles P. Walters

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

Did Mars ever have rivers? If Venus is a twin of Earth, where is its ocean? If we move to the moon, where will we find water? Can we mine the asteroids? (Dr. Walters has been applying logic to extraterrestrial situations for most of a lifetime. He is a geology professor at KSU.)

THE PATHFINDER
 OUTDOOR EQUIPMENT SPECIALISTS
 1111 Moro Aggieville

BOOK SHOP

Village Plaza
 Shopping
 Center
 537-8025

Books Magazines
 Pipes & tobacco

We welcome special orders. If you need it, we'll try to get it for you.

Exploring the wild community

TUTTLE CREEK TOUR

Paul Weidhaas

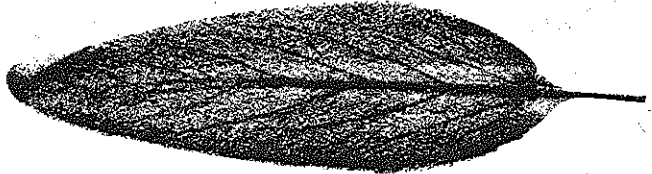
E-7

539-8511

One Time: Sunday, 9:30-11:00am, Oct 23
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Limit: 25

Here's your chance to get the real story on the most often asked questions regarding Tuttle Creek Lake. What's that big concrete thing in the water for? Where's a good camping spot? Where are the fish biting most? How can I get away from all the people? And, what about that fault in the spillway? A Corps of Engineers park ranger will serve as your guide and answer-man. (Paul has assisted visitors to Tuttle Creek for 3-1/2 years.)



KONZA PRAIRIE HIKE

Dave Sampson, Joe Gelroth

E-13

499-5311 539-1424

One Time: Saturday, 9am-12n, Sept 24
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Limit: 30

Hike up one of the unburned draws on King's Creek to an overview of Manhattan. Hike down through a freshly burned area and compare the changes that occur after fire passes through the prairie. A slide show will be given prior to the walk. (At Konza Prairie, Dave is the farmer and Joe is the manager.)

KONZA PRAIRIE FALL WILDFLOWER PAGEANTRY

Craig Freeman

E-14

776-1678 532-6619

Section I: Saturday, 9:30am-12:30pm, Sept 17 (rain date Sunday, Sept 18, both sections)
Section II: Saturday, 2:30-5:30pm, Sept 17
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Limit: 20 each section

Ever ponder the identity of a local fall wildflower? Here's your chance to observe a few of the Flint Hills' autumnal gems. We'll see asters, goldenrods and gayfeathers as we hike on Konza Prairie. Don't forget your cameras. (Craig is a graduate student in botany at Kansas State University.)

PRAIRIE WILDFLOWERS

Gene Towne

E-15

532-7233

One Time: Saturday, 10am-12n, Sept 10 (rain date Monday, Sept 12, 6pm)
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Would you know compass plant, gayfeather or goldenrod if you saw them? Learn identifying characteristics of both flowering and vegetative plants and obtain lots of tidbit information by joining in a walk through the Flint Hills. (Gene is a research assistant in Range Management and knows much about the prairie.)

PRAIRIE GRASSES

Gene Towne

E-16

539-0353

One Time: Saturday, 10am-12n, Sept 17 (rain date, Monday, Sept 19, 6pm)
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

All grasses are not alike! After this class, you too will be able to identify big bluestem, Indian grass, switch grass and other common grasses. The effects of burning and grazing will be discussed. Immerse yourself in the Flint Hills "sea of grass" with this prairie tour. Bring your walkin' shoes.

MUSHROOM IDENTIFICATION

Elizabeth Moses

E-17

537-4300

One Time: Thursday, 7:30pm, Oct 13
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

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

BIRDWATCHING FOR BEGINNERS: FROM HOUSE WRENS TO BALD EAGLES

Northern Flinthills Audubon Society

E-44

532-6927

Thursday, 7-9pm, Oct 6; Saturday, 8-10:30am, Oct 8
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Quick! Is that a bluebird or bluejay? How do you tell a mockingbird from a shrike? Golden eagle from turkey vulture? Thursday evening we'll show you how to use binoculars, the different field guides, and give you pointers on bird identification. Then on Saturday morning we'll take you out "in the field." We'll try to have one expert birdwatcher for every four beginners. Birdwatching is an enjoyable hobby, which you are certain to enjoy. Bring binoculars, camera, bird guides and tape recorders if you have them. If you think catbirds have whiskers, this class is for you. (Todd Navashofski, who took the Eagle Watching Class last year, said, "I used to think birdwatchers sat on a stump in the woods and nobody could say a word -- I was wrong.")

NATURE NURTURE FOR YOUNGSTERS

Dave VerscheIden

E-29

539-4160

One Time: Saturday, 9am-1pm, Oct 15
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Kids, I'm looking to have, and help you all have, an exciting and adventuresome morning in a country setting. We'll go to somewhere special and have a scavenger hunt, some watching of nature and some games. Bring a sack lunch, old clothes and your curiosity. (Dave believes in the goodness of outdoors for us all.)

NATURE PHOTOGRAPHY: STALKING WILDLIFE IN NATURAL LIGHT

Lowell Johnson

E-43

532-6176

Thursday, 7:30-9pm, Sept 15; Saturday, 8am-12n, Sept 17
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

A classroom session and field trip will introduce you to the basics of nature photography. Camera basics will be discussed during the Thursday session - types of lenses, shutter speeds, f-stops, depth of field and guides to picture taking with natural light. A field trip on Saturday will put classroom learning to the real test - taking photos. A 35mm camera is desirable but not essential for this class. (Lowell, a Northern Flinthills Audubon Society member, especially enjoys bird photography.)

HALLOWEEN OWL PROWL AT STOCKDALE COVE

Monty Hinten

E-45

Saturday, 8:30pm, Oct 29
Location: Will be noted on your receipt
Class Fee: \$2.00, pay with registration

Join us for a safe and natural celebration of Halloween. On this trip we will endeavor to seek out and "talk" to a group of nocturnal birds - the owls. Past excursions with Monty have provided conversations with Great Horned, Barred and Screech Owls. Coyotes will also be present. Families will find this a rare treat. Young people must be accompanied by an adult. The trip is not recommended for small children who cannot remain quiet - we must at times be silent to avoid "spooking" the owls. (Monty often prowls for owls, even when its not Halloween.)

A HIKING, BIKING, JOGGING TRAIL FOR MANHATTAN

Northern Flinthills Audubon Society

E-46

537-4385

Wednesday, 7-8pm, Sept 7; Thursday, 6:30-8pm, Oct 8
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

It's a natural: A hiking, biking, jogging trail and nature preserve. This summer, Ron Klatske, from the Regional office of the National Audubon Society, introduced a proposal to create a riverside park along the flood control levee in Manhattan. The plan includes the creation of a five-mile trail along the top of the levee that will be suitable for hiking, biking and jogging. Other areas are suggested for nature preserves. Come to the informational meeting to learn more about the proposed park and how you can become involved. Also, join us for a field trip along the dike the next evening.

ALASKA: THE WILDERNESS EXPERIENCE

Wendell Mohling

E-48

Wednesday, 7:30pm, Sept 21
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Cool off in the Alaskan wilderness with Wendell as he shares his adventures via his multi-projector slide presentation. Come see caribou, tundra wildflowers and rugged mountain peaks. Natural background sounds and music will add to your enjoyment of his narration. (Wendell was one of the leaders in the establishment of Alaska's national parks.)

FOR YOUR COMPLETE PRINTING NEEDS...

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

Hawley Printing Service, Inc.

610 N. 3rd Phone 776-6731

Plenty of free parking

Things to grow, things to gather

HERB LORE

E-18

Carol Ebert

456-2841

One Time: Monday, 7-9:30pm, Oct 17

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: \$3.00, pay at class

Limit: 12

Herbs and spices - dazzle your palate, cure your ills, tantalize your nose. Come learn some of the history and lore of the special plants called herbs. Get tips for buying or drying and preserving your own. Learn many food uses, how to make potpourri and caffeine free herbal teas. Class members will decide what areas are of the most interest, (i.e., potpourri, cooking, remedies, teas, etc.). We will have a good list of sources for areas of interest also. (Carol has been an avid herbalist for years and is known for herb mixes and fragrant items.)

"LITTLE APPLE" APPLE TOUR

E-19

Jon and Roxana Howe

539-1980

Sunday, anytime between 2 & 5pm, Sept 18 (rain date Sept 25)

Location: Will be noted on your receipt

Class Fee: \$1.00, pay with registration

Bring the whole family and visit a producing apple orchard. Spend as little or as long as you like. Don't forget your cameras! Free apple recipes and apple storage information will be provided. (Jon & Roxana have been in the orchard business for 12 years and enjoy sharing their apple orchard with others.)

THE PROPAGATION & CARE OF INDOOR PLANTS

E-20

Mary Priest

539-7313

Tuesdays, 7-9pm First Meeting: Nov 1 (4 times)(no class Nov 22)

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: \$1.00, pay at class

Limit: 15

For healthier, happier houseplants, the care and maintenance of indoor plants will be discussed. Included topics will be lighting, soil, watering and fertilizing requirements. Subsequent classes will focus on insects and disease, their identification and control. Also, specialty plants such as African violets, orchids, etc., will be covered. At least one class will be devoted to propagation or the rooting of indoor plants in which the class participants will propagate. (Mary is a graduate of Mississippi State University in Ornamental Horticulture. She is presently a graduate student in Horticulture Therapy at KSU.)

MIDWEST ORGANIC FARMS

E-21

Lyn Kottmann

776-6151

One Time: Wednesday, 7:30pm, Sept 7

Location: Will be noted on your receipt

Class Fee: \$1.00, pay with registration

Do you want to find out how to travel the Midwest and at the same time learn aspects of Homesteading, Organic Gardening and Farming? Then discover the SATIVA newsletter (Society for Agricultural Training through Integrated Voluntary Activities.) Lyn will tell her recent and past experiences and give descriptions of the farms. (Lyn has found it a great way to travel, receiving free room & board in exchange for work and meeting interesting people.)

COMPOSTING

E-22

Aaron Spilka

532-5866

One Time: Saturday, 9-11am, Sept 17

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Limit: 25

Get the most out of your soil by improving it with organic matter. Composting is an inexpensive way of building a rich loam soil. We will demonstrate how to build a compost pile and let you see the finished product. (Aaron has coordinated the Manhattan Community Gardens for 8 months and has been involved in gardening for 5 years.)

WHAT TO DO WHEN YOUR GARDENS THROUGH

E-23

Aaron Spilka

532-5866

One Time: Saturday, 9-11am, Oct 29

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Limit: 25

Have you ever wondered what to do with your garden after the harvest? We will show you ways to improve your soil over the winter, and get an earlier start in the spring. Demonstrations will include composting, sowing cover crops and other ways to improve your topsoil.

SAND-DRYING FLOWERS

E-39

Georgia Becker

537-1987

One Time: Monday, 6:30-8pm, Sept 12

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: 50¢, pay at class

Limit: 12

Don't use expensive silica gel to dry your flowers! "Sand's cheap," says Georgia, "and works as well or better." Sand-drying flowers is a fun and easy technique to dry those beautiful zinnias, marigolds, asters, garden and wildflowers. Come and learn how so you can surprise your friends with fresh-looking bouquets in January. (Georgia is a real flower addict. She dries flowers feverishly all summer so she won't suffer severe withdrawal symptoms in winter.)



PLANT EXCHANGE

E-24

Ira Harritt

532-5866

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

Location: Will be noted on your receipt

Class Fee: \$1.00, pay with registration

Do you have perennial plants, fruits, vegetables, herbs or flowers you would like to trade or share with other gardeners? Or how about house plants? If you have some to share or want to add to the plantings around your home and are willing to trade some labor, sign up for this one!! (Ira is a trader, sharer and obtainer of plants and other things.)

EDIBLE PLANT MATERIALS CO-OP

E-25

Ira Harritt

532-5866

One Time: Monday, 7-9pm, Sept 12

Location: Will be noted on your receipt

Class Fee: \$1.00, pay with registration

Would you like to buy Apple, Pear, Peach or nut trees, berry plants or other perennial plant materials? Save 50% off retail costs. Join us in a wholesale group purchase for Spring '84 planting and save. Come to the class on what plant varieties are available and which might be best for you. Or, have us send you information and an order form. This class was offered last season providing over 100 fruit and nut trees (approximately \$5-\$6 each) and many other small fruits and vegetable plants. This is the last chance to place your order.

EDIBLE LANDSCAPE: INTERNSHIPS AND VOLUNTEER PROGRAM

E-26

Edible Landscape Staff

532-5866

One Time: Tuesday, 6:30-7:30pm, Sept 13

Location: UFM Greenhouse, 1221 Thurston

Would you really like to know the inner truths of Edible Landscaping; Solar Greenhouses, fish culture and annual and perennial plant care? Here is your chance. We are looking for a few people to participate with us in learning and caring for our demonstration site. We require a commitment of time and interest. Come to our Intern and Volunteer meeting and find out what you can learn or how you can help.

EDIBLE LANDSCAPE VISITORS DAY

E-27

Edible Landscape Staff

One Time: Saturday, 1-4pm, Sept 10

Location: UFM Greenhouse, 1221 Thurston

Come visit the UFM Edible Landscape. See the landscape in full swing. Meet the staff and some of the instructors of Edible Landscape classes. Tour the perennial and annual vegetable and fruit plantings, our solar greenhouse, compost projects and resource library. Refreshments will be served. Come for a half hour or spend the afternoon.

*Charlson
and
Wilson*
Insurance Agency



Auto and Homeowners

111 N. 4th
537-2900

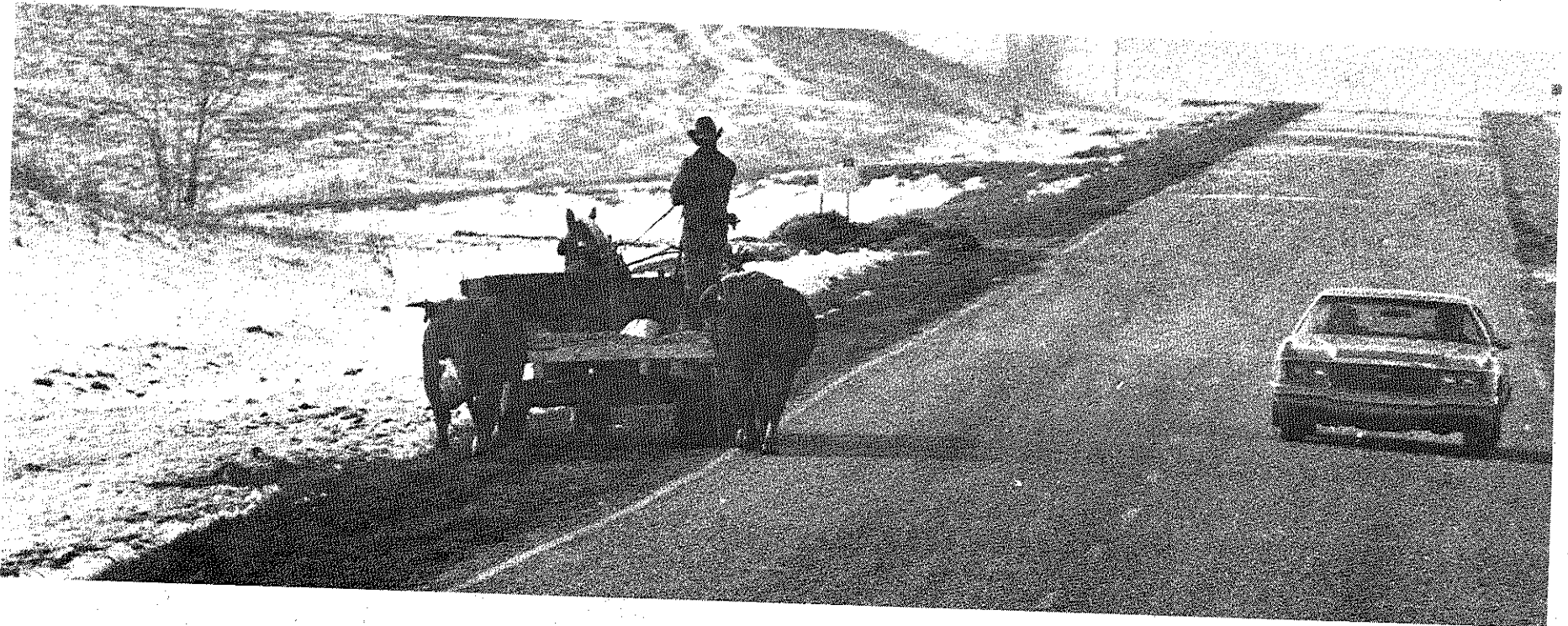
**"CINDERELLA"
DRY CLEANING**

KSU
Anderson | Blumont
No. Manhattan Ave
Cinderella

- ONE HR. SERVICE
- ALTERATIONS
- DRAPERIES & REWEAVING
- OFF STREET PARKING
- FREE STORAGE
- LEATHER & SUEDE CLEANING
- STEAMEX CARPET EQP. RENTAL

OPEN:
7:AM

539-5891
1227 BLUEMONT



Comfort now and for the future

THE A.T. EXPERIENCE - TOUR GUIDES WANTED

E-38

UFM Staff

532-5866

Register and you will be contacted

UFM Appropriate Technology Tour Guides conduct groups of up to 20 persons through the UFM Passive Solar Building Addition and Edible Landscape. Tours are scheduled by appointment, and may last one, two or three hours. Guides serve as "ambassadors" for Appropriate Technology and UFM, so commitment and enthusiasm are important qualifications. Guides receive payment according to tour length, with a minimum of \$4.00 for a one-hour tour. Guides who accept 3 tour appointments as of November 1, 1983 will receive up to \$10.00 rebate on their UFM class fees. New guides will receive 2-1/2 hours of orientation and will have written materials to help them.

ENERGY CONSERVING HOMES: EARTH SHELTERED, SUPERINSULATED AND DOUBLE-ENVELOPE BUILDINGS

E-33

Keith Christensen, Gene Ernst

537-1581 776-3622

Wednesdays, 7:30-9:30pm, Oct 19, 26 (2 times)

Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

The first part of this class will cover basic design concepts for earth sheltered, superinsulated and double-envelope 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 and a question and answer session. (Keith and Gene are professors in the KSU Dept of Architecture.)

SOLAR GREENHOUSES AND SUNSPACES

E-31

Dean Denner, Bill Dorsett

776-5589 539-1956

One Time: Tuesday, 7-9pm, Sept 20

Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

If your family can use additional living space, the capability to grow food in winter, and/or supplemental solar heat, a solar greenhouse or sunspace may fill your needs. Numerous local examples will be used to explain how to design and build such a room to best meet individual as well as energy needs. (Custom-designing and constructing solar greenhouses is a major part of Dean & Bill's work as Sunwrights of Manhattan.)

KEROSENE HEATERS: A HOT ITEM

E-36

Steve Bachoritch

537-4311

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

Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class

Limit: 10

Rising home fuel prices make kerosene heaters an attractive alternative for "spot" heating. This course is designed to promote the safe use of the modern, portable kerosene space heater. Areas to be covered will be safety precautions, regular maintenance, proper fuel to use, and how to maintain a heater's efficiency. (Steve is an authorized serviceman for kerosene heaters at a local business and has been repairing and selling them for 4 years.)

ENVIRONMENTAL ISSUES AND WHAT YOU CAN DO ABOUT THEM

E-37

Mari Peterson

1-233-6707

One Time: Wednesday, 7:30pm Sept 14
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Mari will discuss promoting sustainable natural resource policies in Kansas. She believes that "Kansas must confront the reality that water, energy and quality farmland are not limitless." Class topics include legislative lobbying and testifying, research, monitoring agencies, publishing documents, offering proposals and presenting information. (Mari is executive director of the Kansas Natural Resource Council.)

LAND INSTITUTE VISITOR'S DAY

E-30

Wes and Dana Jackson

Sunday, Oct 9 - carpool at 12noon (maps will be provided)
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

The Land Institute is a place where students receive college credit for participating in alternative projects with windmills, solar collectors, earth houses, and composting toilets in the search for sustainable alternatives in agriculture, energy, shelter and waste management.

SOLAR SPACE HEATING COLLECTORS

E-32

Dean Denner, Bill Dorsett

776-5589 539-1956

One Time: Monday, 7-9pm, Sept 19

Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Using a renewable energy resource, decreasing utility bills and a 70% tax credit are reasons for utilizing space-heating solar construction. Design and construction will be explained. Site-built and manufactured collectors will be shown.

SUPERINSULATING YOUR HOME

E-34

Bruce Snead

532-6026

One Time: Tuesday, 7-8:30pm, Oct 11

Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Can you make your existing home super-energy efficient? Yes -- by doing a super-insulated retrofit you can tighten a home up to new home standards. Come and learn the whys and hows of super insulation for existing homes. (Bruce has a solar addition and lots of slides.)

ENERGY CONSERVING WINDOW TREATMENTS

E-35

Kathy Burke

532-5780

One Time: Monday, 6:30-8pm, Nov 14

Location: Will be noted on your receipt

A typical home can lose 15 to 50% of its conditioned air through the windows. Learn about the energy conserving value of various window treatments and how they can be incorporated into different homes and family situations. Special emphasis will be given to treatments that are especially effective for cold weather. (Kathy is the State Extension Interior Design Specialist and enjoys creative energy conservation.)

TREASURE CHEST

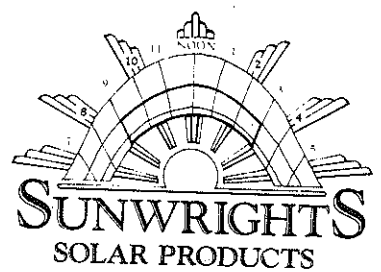
Costumes - Novelties - Gifts

1124 Moro

Manhattan, Kansas 66502

(913) 537-2344

- Used paperbacks and records
- Back issues of Comics and Men's Magazines



CUSTOM DESIGN SERVICES

Class on collectors

Mon. Sept. 19 7-9 p.m.

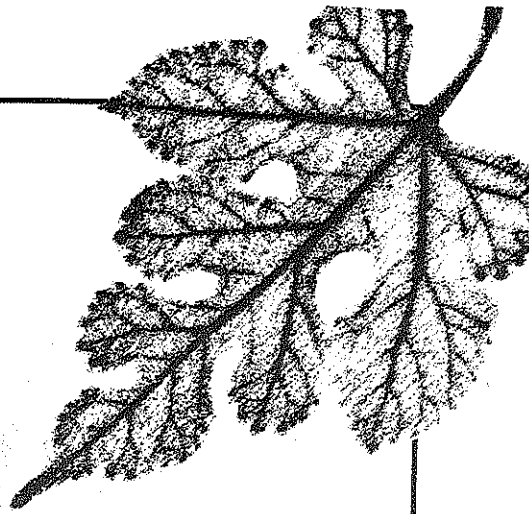
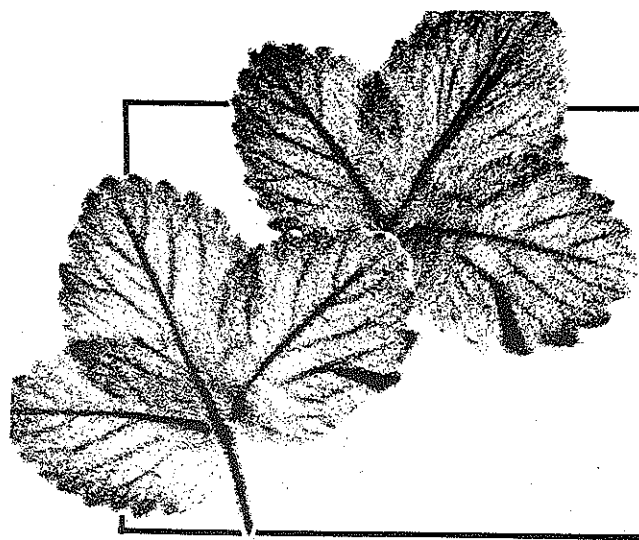
Classes on Sunspaces
Tues. Sept. 20 7-9 p.m.

708 Lee

Manhattan, Kansas 66502

Bill Dorsett
(913) 539-1956

Dean Denner
(913) 776-5589



Foods

International harvest

CREPES

F-3

Wanetta Boyle

539-7531

Saturdays, 5:30-7:30pm, Nov 5, 12 (2 times)

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: \$5.00, pay at class

Limit: 12

Crepes - thin, delicate pancakes filled with meat, vegetables or fruit. Easy to make ahead. Keep a stack in the freezer for quick desserts or elegant leftovers. We will discuss techniques, equipment, recipes and have a chance to make and sample some of these delectable creations. (Wanetta in addition to cooking for her family prepares crepes as part of her duties as a chef at a local restaurant.)

WHEAT COUNTRY HEALTH DELIGHTS

F-4

Carol Ebert

494-2841

One Time: Monday, 7-9:30pm, Oct 3

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: \$2.00, pay at class

Limit: 12

Whole wheat cooking -- from bread basics to wheat frosting. Demonstrations of dough preparation the easy way and the manual way. Tips on nutrition, preservation, and recipes. We will also mill flour and have time to sample finished products. Please be on time! (Carol has been an advocate of whole wheat cooking for years and is author of Wheat Country Health Delights wheat cookbook.)

PIZZA, PIZZA, PIZZA

F-5

Kathleen Seacat

One Time: Friday, 6:30-8:30pm, Oct 7

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: \$4.00, pay at class

Limit: 12

Deep dish pizza, spinach pizza, calzone (pizza turnovers) -- just the names make your mouth water in anticipation. We'll learn to do the sauce, crust (whole wheat of course) and about different cheeses to use. (Kathleen loves pizza and after eating it all summer in Chicago last year has been working to make her own as good as Chicago style!)

PHYLLO FUN

F-8

Kathleen Seacat

One Time: Wednesday, 6-8pm, Nov 2

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: \$4.00, pay at class

Limit: 12

Phyllo is a multilayer, tissue-paper-thin dough traditionally used in Mediterranean and Middle European dishes. We'll use locally available frozen phyllo sheets to prepare appetizers and main dishes. A tasteful, enjoyable change for parties, dinner guests and suppers at home.

CHEESE! CHEESE! CHEESE!

F-9

Jan Keller

456-7200

One Time: Thursday, 7-8pm, Oct 6

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Get your taste buds ready to explore the wonderful world of cheese. At this class you and other cheese lovers will have the opportunity to learn the origins of a wide variety of cheeses, see how cheese is made, and learn about quality control and serving ideas. Samples will be provided. (Jan is Bit-O-Gold's retail manager and loves to talk cheese.)

COOKING WITH FLOWERS

F-1

Eileen Schofield Barkley

539-8312

One Time: Saturday, 5:30-7:30pm, Sept 17

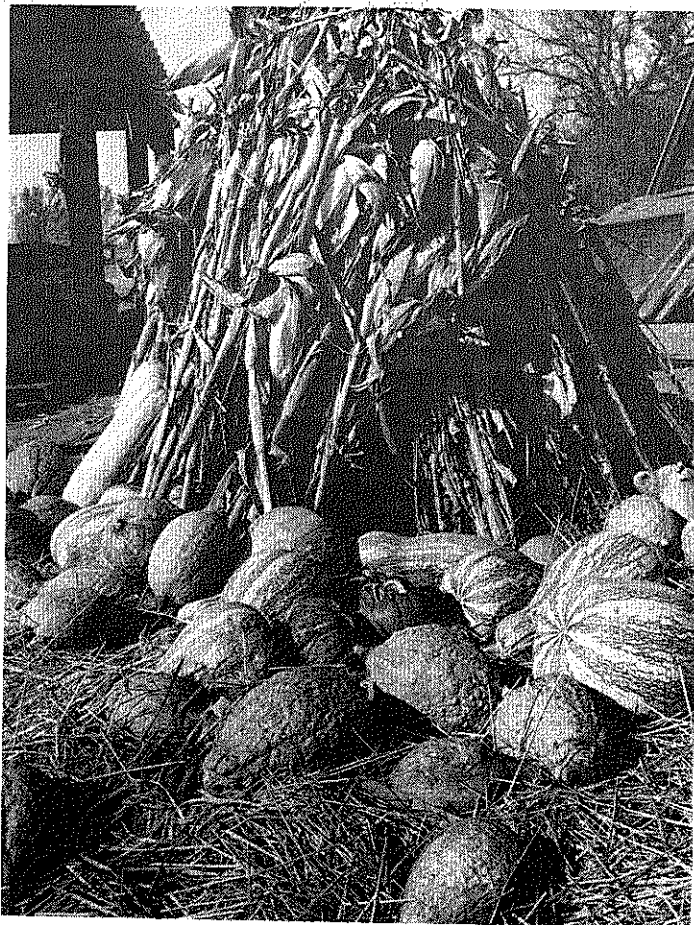
Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: \$2.00, pay at class

Limit: 8

Have you ever nibbled on a marigold or a rose? Many flowers are edible and can add color and variety to your cooking. We will prepare and taste several flower dishes and there will be more recipes to take home. (Eileen is a botanist who likes to cook, so using flowers is the perfect combination of her interests.)



SHAKER HERB BREAD

F-16

Julie Coates

532-5866

One Time: Saturday, 10am, Oct 8

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: \$2.00, pay at class

Limit: 8

The Shakers are well-known for their fine furniture and craftsmanship, but few people realize that they also developed a very unique cuisine which frequently uses unusual combinations of herbs and spices. Julie will teach the basics of bread baking and share her recipe for Shaker herb bread - a delicious accompaniment for soups and delightful for sandwiches. (Julie learned this recipe from two cooks in the Shaker community in Hancock, Massachusetts.)

BORSCHT AND ROLL KUCKEN

F-13

Jean Krahn Nickel, Rebecca Brownson

532-5866

One Time: Thursday, 6-9pm, Oct 27

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: \$3.00, pay at class

Limit: 10

Join us as we create two mouth-watering versions of the hearty soup borscht-beet and chicken. As an alternative to crackers and bread we will show you how to prepare roll kuchen, a light fried quick bread, as a soup accompaniment.

VERENIKI OR CHEESE POCKETS

F-11

Jean Krahn Nickel

532-5866

One Time: Thursday, 6-8:30pm, Oct 20

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: \$2.00, pay at class

Limit: 8

Learn a new/old German and Russian ethnic main dish prepared from cottage cheese, eggs, flour and milk and served in a delicious sauce. Come prepare and sample this delightfully simple meal and you'll add it to your list of family recipes. (Jean is a German Mennonite from Saskatchewan, Canada. Vereniki are a family traditional dish.)

Brewing up something special

WINEMAKING IN THE HOME

C.L. Norton

F-15

537-7683

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

Learn the popular art of home winemaking. Dr. Norton will provide information about equipment needed, methods and the how to's to give new winemakers a start. (Dr. Norton is a professor of animal science whose many hobbies include winemaking.)

SOFT PRETZELS AND ROOT BEER

Rebecca Brownson

F-6

532-5866

One Time: Saturday, 5:30-8:30pm, Oct 1
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$2.00, pay at class

Limit: 10

Out of your kitchen -- hot, soft pretzels to rival any big city vendor! and with homemade (non-yeast) root beer...who could ask for anything more? (Rebecca enjoyed these treats during high school in Maryland and is looking forward to sharing these recipes.)

BEERMAKING CLUB OR CO-OP

Greg Love

F-12

537-2588

One Time: Tuesday, 7-9pm, Sept 13
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Come discuss your needs, interests and thoughts on how to get our co-operative going. As a group we can share experience, equipment, costs and maybe a few brews.

BEERMAKING

Greg Love

F-10

537-2588

Saturdays, 1-4pm, Sept 10, 17, 24 (3 times)
Location: Will be noted on your receipt
Class Fee: \$7.00, pay with registration
Materials Fee: \$5.00, pay at class

Limit: 8

Is there taste beyond boughten brew? In this class you will learn what is necessary to brew beer at home. During this class you will make, bottle and sample different varieties of home brew. (Participation subject to state law.) (Greg has taught this popular class before and enjoys making and drinking home brew.)

Kitchen skills for every cook

KITCHEN FUNDAMENTALS

Rebecca Brownson

F-14

532-5866

One Time: Thursday, 7-9pm, Sept 15
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: 50¢, pay at class

Cooking for yourself for the first time? Cookbook recipes are simple enough but they assume you know the meaning of the terms dice, saute, fold and simmer. Which of the multitude of kitchen gadgets do you really need to keep yourself fed? We will discuss common cooking terms and outfitting your kitchen.

COOKING FOR 1 OR 2

Rebecca Brownson

F-17

532-5866

Wednesdays, 1:30-3 pm First meeting: October 12
Location: Will be noted on your receipt
Class fee: \$10.00, pay with your registration
Materials fee: \$3.00, pay at class

Length: 6 times

A basic cooking class for people (male or female) who have to cook for themselves. To be included in the class: (1) discussions of kitchen utensils, common cooking terms, food buying and storage. (2) demonstrations of cooking techniques using recipes designed for 1 or 2. (3) guest and holiday cooking ideas.

KIDS COOK (6-8 YEARS OLD)

Katheen Seacat

F-7

Saturdays, 9:30-11:30am, Oct 29, Nov 5
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$3.00, pay at class

(2 times)

Limit: 10

Kids, let's head to the kitchen for some fun - making your own snacks! Apple peanut butter rings, yogurt pops, granola crunchies and many more yummys. We'll do one lesson with fruits and one with grains. (Moms - feel free to sit in.)

GOURMET COOKING: CREATIVITY AT TODAY'S PRICES

Theresa Zentner

F-2

532-6510

Wednesdays, 7-8pm, First Meeting: Sept 14
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Materials Fee: \$15.00, pay at class

Length: 7 times

Limit: 10

Tired of the same old meals? Tired of high food prices? In this class you can learn ways to prepare nutritious, inexpensive, exciting meals for yourself or a crowd while enjoying the pleasures of creative gourmet cooking. Please bring some questions and ideas so we can tailor the course to your interests. (Theresa has studied gourmet, international and institutional cooking techniques for 10 years under European and American chefs.)



OVER 1200 HUGE SPECIMENS

— We go to Florida and personally select the finest plants available for this once-a-year sale. Prices are unbelievably low, so hurry out to

Westside Market

FINE FRUITS - FRESH VEGETABLES - FAST SERVICE
Just west of town on K-18 (17th st.) by Holiday

P THE PALACE
in Aggieville
704 N. Manhattan Ave.
539-7654

HOME WINEMAKERS
AND BEERMAKERS

We have a complete
line of supplies and
equipment.

Public Lunch 11-1:30 T-F
Dinner 5:30-9:30 T-S

Ric's Cafe

317 Houston
537-9864



Skills



Skills for the workplace . . .

EFFECTIVE TIME & MEETING MANAGEMENT

SK-1

Bernie Horak 776-2498

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

This session will identify common timewasters in home and work. We will discuss how to handle conflicting demands, and present proven time-saving techniques. Additionally, skills in planning and conducting effective meetings will be covered. (Bernie is a Captain, Medical Service Corps Ft. Riley with specialties in organizational behavior and management consulting.)

DEALING WITH DIFFICULT PEOPLE AND PROBLEM EMPLOYEES

SK-2

Bernie Horak 776-2498

One Time: Wednesday, 7:30-9pm, Sept 7
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 15

This session offers strategies to deal with disagreeable attitudes, lack of motivation, and different personality types and conflicts found in social and work environments.

INTERPERSONAL LISTENING

SK-5

Ben Silliman 537-7091

Mondays, 7-8:30pm, Sept 26, Oct 3, 10 (3 times)
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

Good communication at home and on the job begins with careful listening. This course demonstrates simple techniques for hearing and responding to other's feelings and concerns. (Ben is a learning skills specialist, KSU Center for Student Development.)

A STRATEGY FOR SUCCESS

SK-17

Elias Saig 539-9960

Thursdays, 7-8pm, Sept 29, Oct 6 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

If you are getting ready to go out to the world of work or starting graduate study, it would be good for you to get exposed to this strategy. It will help you attain your goals. All successful people know this strategy and have used it to get where they are. The class will explain the strategy and help you learn how to use it. (Elias is teaching this class again by popular demand.)



. . . skills for school

LISTENING SKILLS IN THE CLASSROOM

SK-6

Ben Silliman 537-7091

Mondays, 7-8pm, Sept 12, 19 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

Although learning can take place during lectures without notes, effective listening and remembering comes through organizing and anticipating topics. A few skills shared in these sessions, can make a great difference in listening comprehension.

SPEEDREADING: THE UPS, THE DOWNS

SK-7

Charles Heerman 532-6675/5550

One Time: Thursday, 7-9pm, Sept 22
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 30

Charles will present the purposes for attempting speed in reading as well as discussion of the essential techniques, including discussion of the obstacles to and shortcomings of speedreading. Participants will be tested in reading and should bring a self-addressed, stamped, legal-sized envelope for receiving test results. (Charles is director of the college reading program at KSU and has only an average reading speed.)

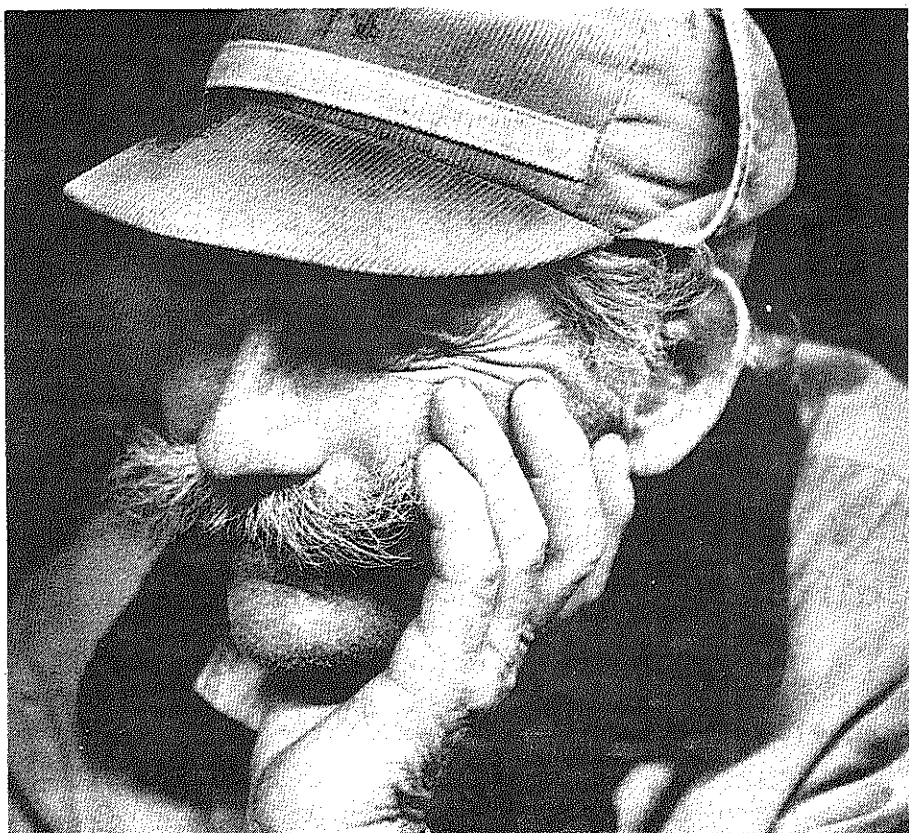
PROS & CONS OF ACCELERATED LEARNING IN PRE-SCHOOL CHILDREN

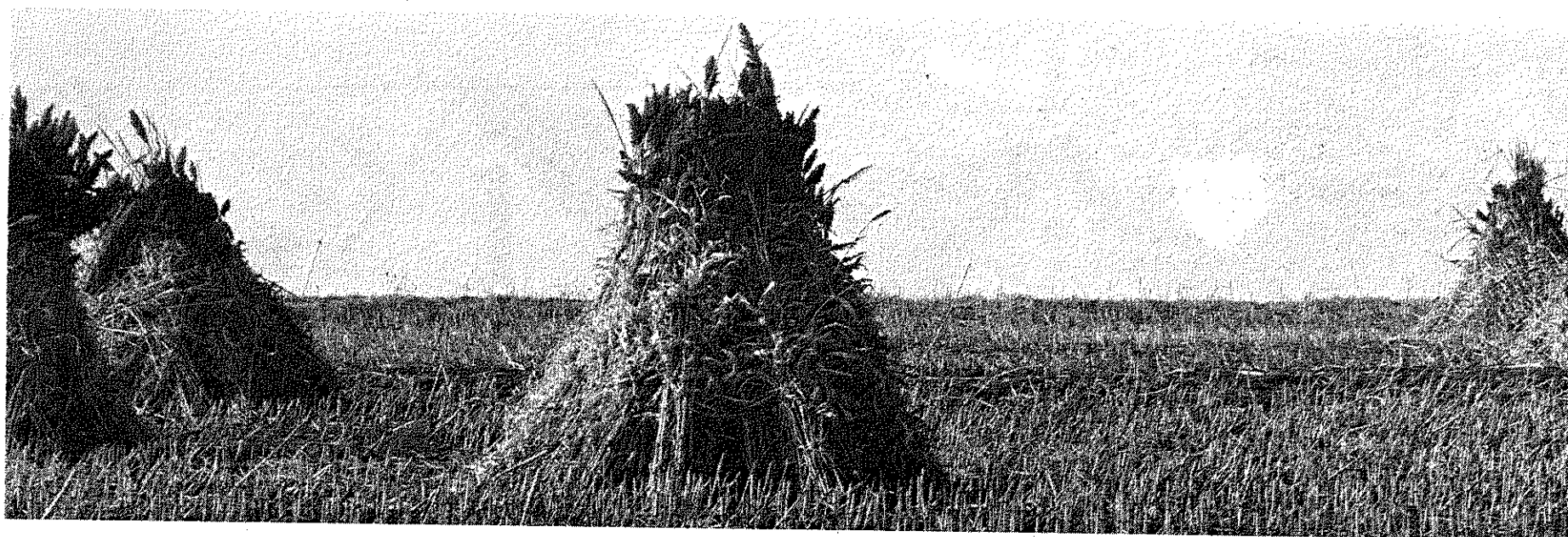
SK-13

Lou West 532-6095

One Time: Wednesday, 7-8:30pm, Oct 12
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 20

An open discussion of the pre-school learning process(es), with focus on such topics as "readiness," "motivation," "pressure," "stimulation," "academics," "capacity," etc. (Lou is an Instructor in Early Childhood Education at K-State and has been the supervisor at Stone House since its opening in 1977.)





Good to know

BIDDING & BUYING AT AN AUCTION

SK-15

Pat Hamilton

539-1319

One Time: Tuesday, 7-8:30pm, Sept 20
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Come join in the fun as we learn about the world's oldest method of merchandising - Auction! There are still a lot of fabulous buys out there and you can learn a few tips to get the odds in your favor. (Pat is a graduate of the Missouri Auction School and is a member of the National and Kansas Auctioneers Associations.)

BICYCLE MAINTENANCE

SK-9

Dave Colburn

539-5639

Section I: Monday & Tuesday, 7pm, Sept 12 & 13
Section II: Monday & Tuesday, 7pm, Sept 26 & 27 2 times each section
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class Limit: 10 each section

We will identify all the parts of a bike, explain how those parts work together, and discuss how to keep them running smoothly. (Dave has been riding, racing and fixing bikes for years and years.)

SIMPLE AUTO MECHANICS FOR WOMEN

SK-10

Patricia Pierce

539-5287

Mondays, 6-8pm First Meeting: Sept 12 Length: 4 times
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration Limit: 10

Don't allow yourself to be ignorant of the workings of your car! There are many inexpensive, simple and rewarding repairs you can do yourself. As a class you will learn to identify the various parts under the hood, their purposes and how they operate as a unit. We will go through the process of changing a tire, lubing and changing oil and filters. A discussion of personal safety precautions will be covered in the event you find yourself stranded on the road by yourself. (Patricia maintains a constant love-hate relationship with her old car.)

MAINTENANCE OF MUSICAL INSTRUMENTS

SK-21

Christopher Banner

776-6562

One Time: Saturday, 10am, Sept 24
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

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

RACE FOR LIFE - CPR

SK-22

Joyce Haverson

532-6980

Monday, Tuesday, Thursday, 7-10pm, Oct 10, 11, 13 (3 times)
Location: Will be noted on your receipt
Materials Fee: \$2.00, 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 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. (Joyce is an experienced CPR instructor.)

MULTI-MEDIA FIRST AID

SK-18

Brenda Mirrman

537-8540

Wednesday & Thursday, 6-10pm, Sept 21 & 22 (2 times)
Location: Will be noted on your receipt
Materials Fee: \$8.50, pay at class Limit: 16

This is the American Red Cross Instructional System, featuring filmed demonstrations, guided practice sessions, and programmed workbooks. The student is certified as a standard first-aiders upon successful completion of the course. There is a fee of \$8.50 which covers materials, workbooks and text. If you have the Red Cross Standard First Aid and Personal Safety Textbook (the blue book), the fee will be \$6.00. (Brenda is a volunteer for the Red Cross office.)

Apparent skills

HAIR CARE AND STYLING FOR THE 80'S

SK-24

Crimper's Salon

539-7621

You will be contacted for day, time, date and location (Please register)
Class Fee: \$3.00, pay with registration Limit: 15

We will demonstrate the art of blowdrying, use of hot rollers, and tips for shiny, healthy hair to achieve a natural yet unique hair style that's all your own. Class members will be used as models and you can take your new look home with you! (Crimper's hair stylists are well-trained and taught this class in the spring.)

HAIRBRAIDING

SK-23

Crimpers Salon

539-7621

You will be contacted for day, time, date and location (Please register)
Class Fee: \$3.00, pay with registration Limit: 15

There is practically no end to the creativity of braiding. It is a neat and stylish way to wear hair for fall. Professional hair stylists will demonstrate different types of braiding and knotting, using participants as models. Come enjoy the evening while learning the newest techniques so you can practice at home. Sign up early! (The hairstylists at Crimpers enjoy teaching this class, one of the most popular at UFM!)

MAKEUP MAGIC

SK-20

Crimpers Salon

539-7621

You will be contacted for day, time, date and location (Please register)
Class Fee: \$3.00, pay with registration Limit: 15

The artful use of makeup can change your appearance in wonderful ways. Bring your own makeup and learn the latest techniques to enhance your coloring with ways to correct little flaws that detract. Class members will act as models while the girls demonstrate makeup techniques suitable for varied skin types and facial structures.

PROFESSIONAL MANICURES

SK-19

Judy Goodson

776-5488

One Time: Monday, 7-8pm, Sept 19
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 8

Pamper yourself! Here's your chance to achieve the long, beautiful and healthy nails that you've always admired but didn't think possible for yourself. Well - it is. A professional manicurist will demonstrate and help you with actual hands-on experience. You'll discuss techniques used in giving a professional manicure, hand care problems, safety precautions and use of equipment. Treat yourself and feel great when you leave! (Judy owns Van's Hair Fashion and is both a trained manicurist and hair-stylist.)



Aggie Hair Shapers

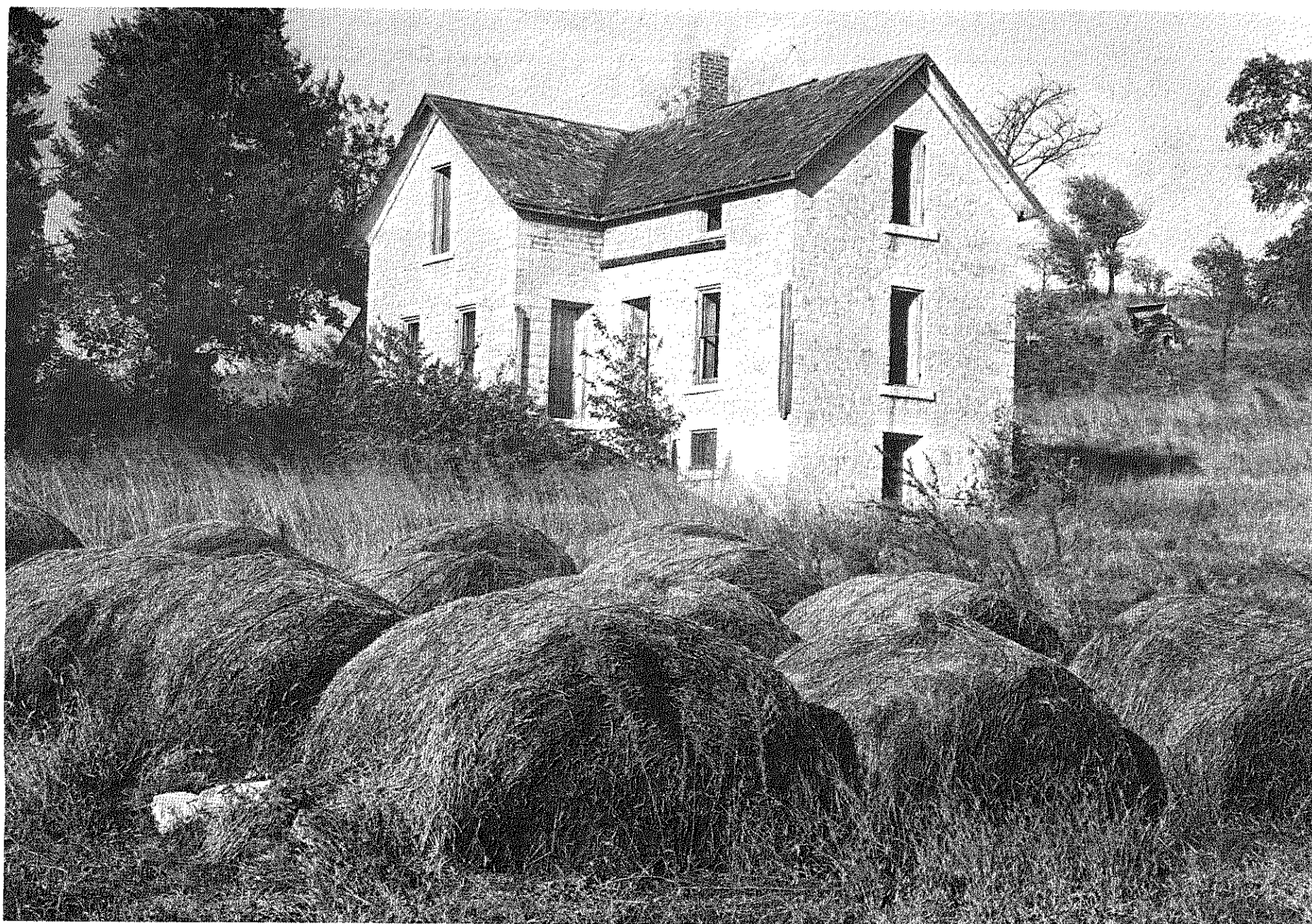
776-3600

1201 Laramie
In Aggieville

Men's & Women's
Hair Styling

REDKEN
AVA CARE

Closed
Mondays



Skills for the workplace

INTRODUCTION TO PERSONAL & BUSINESS COMPUTERS

SK-16

Dave Mitchell

776-0086

Tuesdays, 7-9pm, Sept 27, Oct 4 (2 times)

(8am to noon only)

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Limit: 30

Small personal and business computers are becoming commonplace in many homes and offices, and are playing an ever increasing role in today's society. As jobs are created in the future more will be using computers and our knowledge of them is essential. This class will cover what small computers can do, who can use them, what to look for in a system and what to expect from a dealer. (Dave is the manager of a local computer outlet in Manhattan.)

INTRODUCTION TO AUCTIONEERING

SK-11

Bob & Bill Wilson

776-9237

Wednesdays, 7-9pm First Meeting: Sept 7

Length: 3 times

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

In this class, Bill and Bob will cover the basics of auctioneering; how to book a sale, contracts, record-keeping, and the responsibilities of the auctioneer. Class members will attend and work a sale if one is available, and will learn the basics of chanting. Professional requirements, training opportunities, and the employment outlook will be discussed. (Bill and Bob own Wilson Realty and Auction in Manhattan.)

REAL ESTATE FOR INVESTORS

SK-12

Duane McKinney

539-2356

Wednesdays, 7-9pm, Sept 21, 28 (2 times)

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Limit: 15

Real estate can suit your investment needs, whether it is land for development, commercial property, or rental units. Duane will cover different types of investments, rules of thumb for profit/loss assessment, kinds of ownership, methods of financing, and ways to maximize your tax advantages. (Duane is a licensed broker at Century 21.)

WOMEN'S CAREER DEVELOPMENT GROUP

SK-3

Susan Scott Angle

532-6927

Wednesdays, 3-4:30pm First Meeting: Sept 7

Length: Ongoing

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Limit: 8

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

CAREERS IN TRAVEL

SK-4

Thea Garvin

539-0531

One Time: Tuesday, 7-9pm, Sept 27

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Limit: 15

In this class we will learn about a career as a travel agent, including skills assessment, means of acquiring training, career goals as owner or employee and what to expect in a typical day's work. (Thea and her husband own and operate a local travel agency.)

BEGINNING TYPING

SK-8

Claire Waffle

539-5126

Tuesdays, Thursdays, 7-8pm First Meeting: Sept 20

Length: 16 times

Location: Will be noted on your receipt

Class Fee: \$10.00, pay with registration

Limit: 15

A basic class on touch-typing and associated skills, concentrating on accuracy and speed. A discussion concerning the book to be purchased and materials to be used will be held at the first class meeting. (Claire has taught previous typing classes for UFM, and has 10 years experience as a secretary.)



commodore
COMPUTER

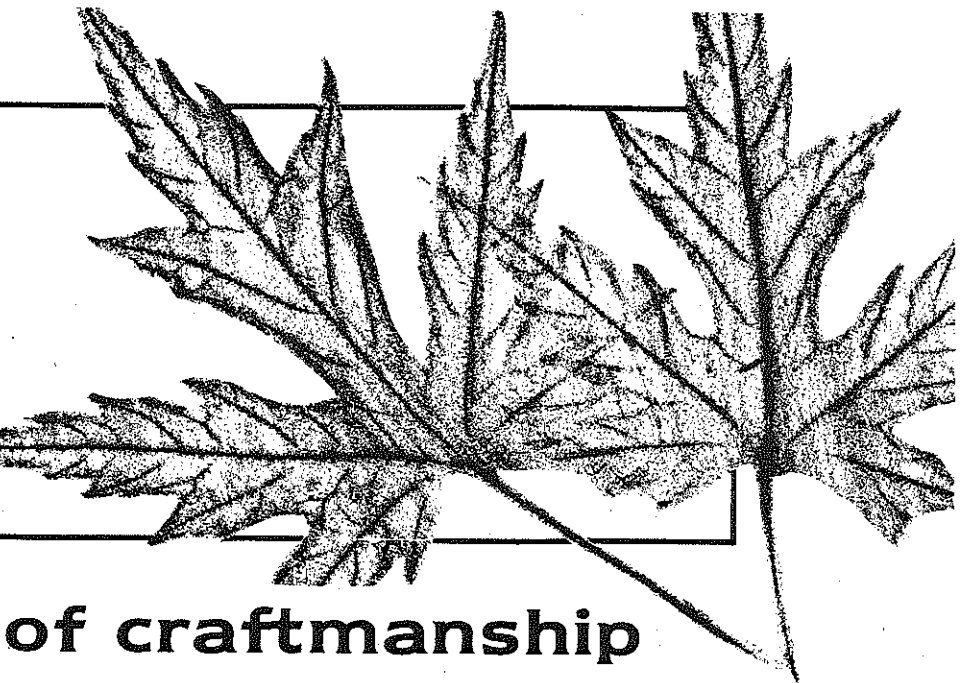
**THE MOST COMPLETE
MICROCOMPUTER LINE.**

Commodore Computers presents its full line of microcomputers for home, business, and education applications. From computers to peripherals such as disk drives, printers, modems, & our color monitor. Commodore provides you with all the hardware necessary to create or expand your personal computing needs. To complement your hardware selections a wide range of software is available including everything from games to sophisticated business operations.

PHONE
537-4460

MIDWEST COMPUTERS

Fine Arts



A renaissance of craftsmanship

UFM WINTER CRAFT FAIR

FA-2

Janet S. Holcomb

532-5866

Friday, Saturday, 11am-5:30pm, Dec 9, 10
Location: UFM House, 1221 Thurston

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

STAINED GLASS

FA-3

Tom Ryan

776-1154

One Time: Wednesday, 7-10pm, Sept 7
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: 75¢, pay at class

Limit: 20

In this class we will talk about stained glass tools, supplies, and design. Tom will demonstrate cutting, leading, and soldering; then you will have a chance to try cutting glass on your own. Bring a glass cutter if you have one. (Tom has taught this class for UFM before.)

POTPOURRI MAKING

FA-4

Dale Anderson

1-494-2540

Section I: Wednesday, 7-9pm, Oct 5
Section II: Wednesday, 7-9pm, Oct 12
Section III: Wednesday, 7-9pm, Oct 19
Section IV: Wednesday, 7-9pm, Oct 26

One Time each section

Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$10.00-\$20.00, pay at class (depending on recipe chosen)

Instruction will include a slide lecture program covering the beginning of potpourri, collecting and drying your ingredients, proper mixing method, use of fixative and oils and gift giving ideas. The class will then look at recipes some dating to 1400's, pick one of your choice and mix it up. Bring a 2-gallon size container or plastic bag to mix in. A fun evening. (Dale has operated "The Herb Patch" growing and importing herbs, spices, and potpourri ingredients for 8 years and belongs to The National Herb Society.)

ANTIQUES & COLLECTIBLES

FA-5

Sue Smies

539-2154

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

Length: 4 times

Location: Will be noted on your receipt

Class Fee: \$5.00, pay with registration

Limit: 35

We will learn how to recognize the old from the new, develop market and value awareness and discover the history behind: Redwing and other potteries; blown, cut, carnival and other glasswares; kitchen collectibles and oil lamps. (Sue is an active antique collector, dealer and UFM teacher. She recently filmed a series about antiques on Cable Channel 6 TV that will be aired in August and September.)

ARTS FOR SOCIAL CHANGE

FA-55

Ira Harritt, Tracy Collettine

532-5866

One Time: Thursday, 7:30-9pm, Sept 15
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 10

The Arts, whether two dimensional, three dimensional or performing, have impacted social and political thought and action throughout history. Living can be an art. No formal prior training is necessary. Let's get together and share ways to use our talents and skills to creatively change our lives and world. (Ira and Tracy are alive.)

BASKETMAKING WORKSHOP AND DEMONSTRATION

FA-14

Judy Love

539-8409

One Time: Friday, 7-9pm, Sept 30
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Bring a little of the Kansas great outdoors into your home in the form of a basket you made yourself. Judy will demonstrate and instruct preparation and use of native grasses, reeds, rose stems, dried iris leaves and other materials in basketmaking. Unusual, useful and decorative baskets from natural, readily available pieces of the local environment. Bring a yarn needle, scissors, a pocket knife, ball of twine (strong and flexible) in a color compatible with natural materials.

CARD WEAVING

FA-15

Zoe Climenhaga

537-8696

Wednesdays, 7-9pm, Oct 5, 12 (2 times)

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: \$5.00, pay at class

Limit: 10

The craft of weaving on a loom made of hole punched cards is an ancient one, originating in several early cultures. It is a complex weave, but is NOT difficult to learn. Belts and bands, or rugs and hangings can be constructed with this technique. Yarns and cards will be provided to get you started. (Zoe began weaving 5 years ago and is a member of Weaver's Fancy, the weaving guild in Manhattan.)

TANNING HIDES

FA-1

Georgia Nonte

Organizational Meeting: Monday, Oct 10, 7-8pm

Work Sessions: Saturdays, 9am-12n, Oct 15, 22

(3 times)

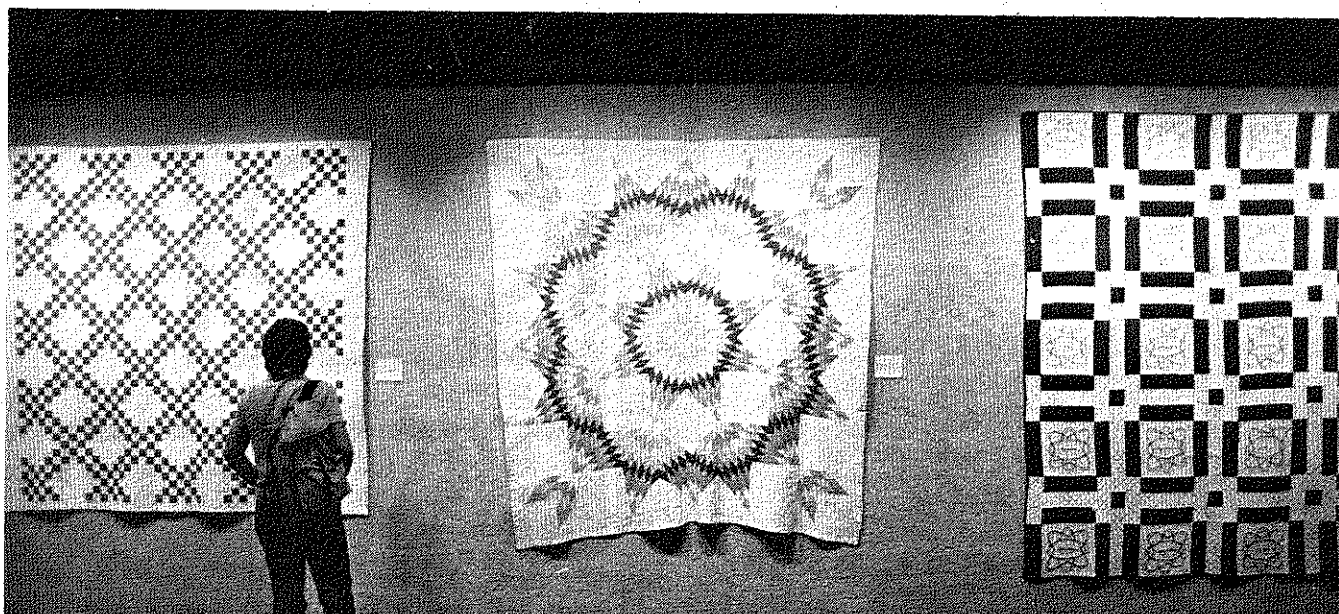
Location: Will be noted on your receipt

Class Fee: \$5.00, pay with registration

Materials Fee: \$5.00, pay at class

Limit: 10

Georgia will discuss and display various methods of preserving hides. She will help class participants to tan part of a hide to keep as a sample. You will need a sharp knife and sharpening stone. All chemicals and other equipment will be provided. (Georgia has been interested in hides and American Indian arts since childhood. She has tanned many animal hides, from grey mouse to sheep.)



For cool nights

KONZA PRAIRIE QUILTERS GUILD

FA-11

Coni Jo Bates

537-0570

Monday, 9:30-11:30am, Sept 12

Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

If you are a beginning or experienced quilter or a collector why not join us? Each month a separate workshop is given on various quilting techniques. There is a modest yearly membership fee if you wish to attend more than twice. (Coni Jo is a member of the Quilters Guild.)

CATHEDRAL WINDOW QUILTING

FA-12

Mary Oliver

539-5324

One Time: Thursday, 7-9pm, Sept 22

Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$2.00, pay at class

Limit: 12

Cathedral window quilting is a method of folding fabric squares to form a window effect. It is best learned by trying a hands-on project. We make a small sample during class and discuss various uses of this form. (Mary has taught quilting for UFM twice and for various other groups.)

PATCHWORK BASICS

FA-13

Mary Oliver

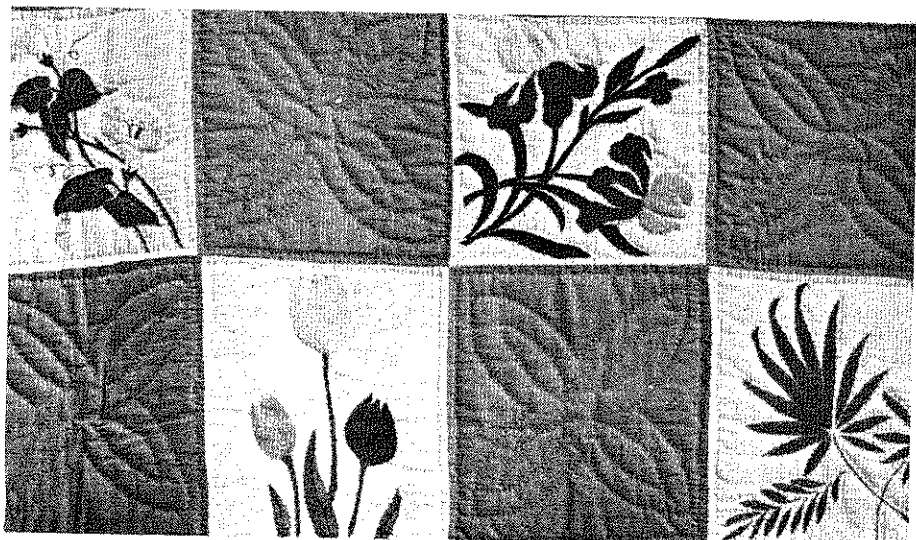
539-5324

Thursdays, 7-9pm, Sept 29, Oct 6 (2 times)

Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 12

A basic course covering the materials, assembly, and patterns of patchwork, including a discussion on quilts and other uses of patchwork will be given in these classes.



Art in two dimensions

BLIND CONTOUR DRAWINGS: GRANDMA LAYTON STYLE

FA-57

Susan Bryant

537-7008

Thursdays, 7-9pm, Sept 15, 22 (2 times)

Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 12

Contour drawing is very simple with no "right or wrong way" to do it. The only rule is you must draw while looking at your subject and not at your paper. It can be very fluid and very expressionistic. Grandma Layton is a well-known artist from Kansas who uses this technique. Bring to class a drawing pad, soft pencil and/or fine line felt-tip marker. (Susan is an admirer of Grandma Layton's work and has produced many of her own drawings with this method.)

DRAWING I

FA-58

Susan Bryant

537-7008

Tuesdays, 7-9pm, First Meeting: Sept 13

Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration

Length: 8 times

Limit: 12

Students will explore various media of charcoal, conte crayon and pencils while learning some basic techniques of drawing. The design concepts of line, texture, and shading will be explored through still life, which will be inside, and drawing out of doors. Bring to class compressed and vine charcoal, 4B, HB, 4H pencils, kneaded and pearl eraser, all purpose drawing pad 18 x 24" (optionally - conte crayon.)

PICTURE FRAMING AND MATTING BASICS

FA-6

Steve Hall

539-5228

Mondays, 7-9pm First Meeting: Sept 12

Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Materials Fee: \$8.00, pay at class

Length: 6 times

Limit: 10

In need of frames for your picture collection? Learn how easy it is to assemble frames in your own workshop. Techniques presented will include selection of moldings, matting basics, glass cutting, and assembly. Techniques will be demonstrated during the first meeting. Hands-on experience is available during subsequent meetings. Materials and supplies for additional framing will be available for purchase by participants. Materials fee includes 6' unfinished moulding, supplies needed for frame assembly during class sessions and use of tools and equipment needed to frame a picture. (Steve has taught this class numerous times for UFM.)

Needling you on

BEGINNING SEWING

FA-7

Fran Zerby

537-7660

Mondays, 7-9pm First Meeting: Sept 12

Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration

Length: 4 times

You want to treat yourself to a new outfit and love the fall fashions but just can't afford those prices - right? Learn to sew and make that wishful thinking come true! Fran will help you pick out a project to sew and give you personalized instruction - from choosing a pattern to deciphering the instructions and assisting in the construction. You'll really have a great feeling of accomplishment! (Fran sews professionally and always looks forward to teaching this class for UFM.)

SEWING FOR TODDLERS

FA-8

Sherry Rhodes

776-2145

Organizational Meeting: Monday, 7pm, Sept 26

Classes: Saturdays, 9am-12n, Oct 1, 8, 15 (3 times)

Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration

Limit: 10

You've probably found that buying children's clothes is almost as expensive as buying for adults. Learn to custom make your own child's clothes and you will save a terrific amount of money. You will learn what types of material are most suitable for children, different types of patterns available and the skill level needed for each and how to cover up your occasional mistakes. Choose to make pajamas, dresses, hats, pants or coats with help and guidance from Sherry. (Sherry has been sewing for 17 years and found the fun of sewing for children 3 years ago when her daughter was born.)

DARN IT!

FA-9

Jackie Conklin

537-9175

One Time: Thursday, 7-10pm, Sept 29

Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 10

Don't throw away that favorite pair of holey socks. They got moth-eaten over the summer? You can save them by learning how to darn. The invisible patching technique will also be included in this class allowing you to mend any holes or tears invisibly. Bring to class a holey sock, needle, thimble, darning cotton, scissors, light bulb or darning egg. For invisible patching bring a plaid or print article of clothing that needs to be patched (and if available, a matching scrap of material), and straight pins.

KNITTING MADE SIMPLE

FA-10

Jackie Conklin

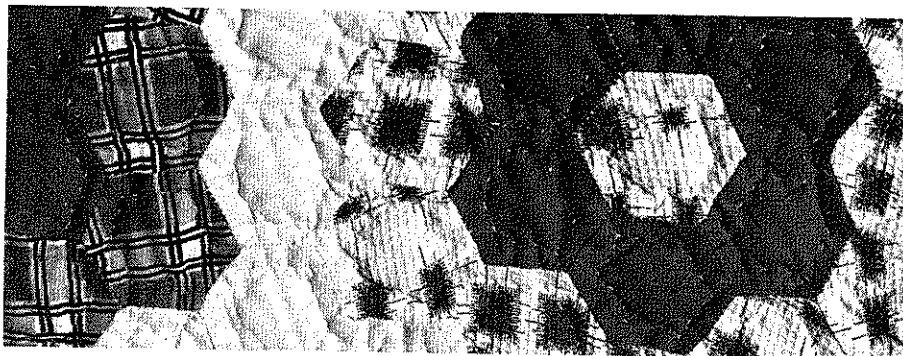
537-9175

Thursdays, 7-9pm, Oct 6, 13, 20 (3 times)

Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration
Materials Fee: 25¢, pay at class

Limit: 8

Knitting is a relaxing and enjoyable hobby that you can pick up and take anywhere with you. In this class all the basics which you need in order to make a project will be covered. Knit and purl stitch, increasing and decreasing, casting on and off. Each person will make a sampler of various stitch patterns and even begin a project. Please bring to class, pad and pencil, size 7 or 8 needles (long) and knitting worsted.



AND TOOLS • FENCE POSTS • WROUGHT IRON • LUMBER • SPINDLES
 GARDEN POWER TOOLS • LUMBER • PAINT • HAND TOOLS • ELECTRICAL
 DOORS • WINDOWS • PANELING • LUMBER • SIDING • GUTTERS • MA
 LUMBER SUPPLIES • HARDWARE • FASTNERS • LUMBER • SHELVING
 CORATOR PRODUCTS • LUMBER • CABINETS • PLYWOOD • PAINTING
 NCING • SCREENING • SHUTTERS • LUMBER • INSULATION • WEATH
 MENT • LUMBER • PRE-MIXED CONCRETE • MASONRY TOOLS • BATH
 MBER • GLASS • FIRE OR SMOKE ALARMS • ROOF VENTILATORS • CO
 ARNISH • POWER TOOLS • TOOL BOXES & CABINETS • LUMBER • LAW
 OLS • FENCE POSTS • WROUGHT IRON • LUMBER • SHI
 RDN POWER TOOLS • LUMBER • PAINT • ELECTRICAL
 MBER • WINDOW PANELING • GU
 MEASURING TOOLS • HARDW
 RIPS • SHOVELS • RE
 LU
 RIP
 CESS
 LUMBER • PAINT • FIRE
 LUMBER • VARNISH • PO
 RDN HA
 TOOLS • FEN
 OST
 S

Kansas Lumber Company

HOMESTORE

776-4811 Seth Childs Road

Developing special things

UFM PHOTOGRAPHY DARKROOM COOPERATIVE (BLACK & WHITE & COLOR) FA-23
Neil Schanker 532-5866

Organizational Meeting: Monday, 5-5:30pm, Sept 12 (or by individual appointment)
Location: Will be noted on your receipt
Located just one block east of campus in the UFM House, the UFM darkroom is available to anyone who needs access to a well-equipped facility. Equipment is capable of handling up to 11x14 prints and 6cmx6cm negatives as well as 35mm. The fee includes everything but paper. For those who need instruction in darkroom techniques, UFM is offering a course "Beginning Darkroom" where you can have your questions answered.

Black & White Only:
Fees: 8 weeks, \$10, new members \$ 8, renewals
1 semester, 18, new members 15, renewals (pay with registration)
2 semesters, 30, new members 25, renewals
3 semesters, 40, new members 35, renewals

You must provide your own chemicals if you wish to use our new color equipment.

Black & White and Color:
Fees: 8 weeks, \$14, new members \$12, renewals
1 semester, 25, new members 22, renewals (pay with registration)
2 semesters, 37, new members 32, renewals
3 semesters, 47, new members 42, renewals

The color equipment enables you to develop film or slides and to make prints from negatives or from slides (Cibachrome). 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/hr. (Neil is coordinator of the UFM darkroom.)

BASIC DARKROOM PHOTOGRAPHY FA-25
Denis Hancock 776-3246
Tuesdays, 6-10pm First Meeting: Sept 13 Length: 6 times
Location: Will be noted on your receipt
Class Fee: \$20.00, pay with registration Limit: 8

This class will introduce the magic of the darkroom. You will learn the basics of black and white film processing as well as some of the finer points- such as exposure, contrast, composition, and filtration. This fee will give you membership for 8 weeks in the UFM Darkroom Co-op, allowing you to work outside of class time. Everything is provided except paper and film. (Denis is a biologist and a photographer who has taught beginning photography to students in Sterling and Tonganoxie, Kansas.)

INTRODUCTION TO PHOTOGRAPHY - AND MORE! FA-24
Bob Spencer, Steve Mingle, Todd Goodman 539-3890

Thursdays, 7-9pm, Sept 8, 15, 22 (3 times)
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration
Materials Fee: 25¢, pay at class Limit: 15
Do people make fun of your pictures? Do your family pictures look like firing squad line-ups, or are they dull and lifeless like that plant you haven't watered in two months? If so, this class is for you. In this class you learn how your camera works, film selection, exposure and development basics, and the elusive composition. The class will end with a photo assignment and a fun critique. Come and have fun with us. (Bob, Steve and Todd are aspiring semi-professionals with photography in their blood.)

ADVANCED TECHNIQUES FOR BLACK & WHITE DARKROOM FA-26
John Holcomb 485-2685

One Time: Saturday, 1-4pm, Sept 10
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 8
If you can make a good black & white print from a negative that you developed yourself, then you are probably ready to expand your knowledge of darkroom techniques. We will focus and/or demonstrate: Dodging, burning-in, different types and hardnesses of paper, push processing, multiple images, solarization, easel distortion, tinting and various other creative techniques. Do a little reading before class and come with questions and ideas. (John is intrigued by the limitless creative possibilities of the photo darkroom and is a past coordinator of the UFM darkroom co-op.)

BEGINNING COLOR DARKROOM FA-27
Brian McBride 776-8502

Section I: Wednesday, 6-9:30pm, Oct 5 One Time each Section
Section II: Thursday, 6-9:30pm, Oct 6
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 6 each section
Why waste money having someone else process your color film, slides and prints? Your instructor will guide you through the steps required to use UFM's recently purchased color equipment. Participants must have previous experience in developing black and white photographs. (As a professional photographer Brian has developed multitudes of pictures.)

Mud becoming miraculous forms

BEGINNING TO INTERMEDIATE CERAMICS FA-19
Zoraida Rivera 776-3512

Thursdays, 7-9pm First Meeting: Sept 8 Length: 8 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Materials Fee: \$10.00, pay at class Limit: 8

Make your own original handbuilt and wheelthrown pottery. Whether you're interested in sculpting figurines, faces, slab or coil bowls and boxes or creating mugs, vases and plates on the pottery wheel, this class will cover it all; from raw clay to finished glazed ware. (Zoraida has 4 years experience with clay and enjoys throwing on the wheel. Her class is always popular and fills up quickly.)

BEGINNING POTTERY FA-17
Vera Muller 537-3142

Tuesdays, 7-9pm First Meeting: Sept 13 Length: 8 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Materials Fee: \$10.00, pay at class

Learn how to make your own wheel-thrown and handbuilt pottery - starting from raw clay to the finished glazed piece. Objects that may be produced vary from mugs and bowls to sculptural forms and lidded containers. We will cover the decorative techniques of carving, stamping, slip trailing, wax resist, mishima, sgraffito and the glazing process. Be prepared to learn a lot and enjoy yourself! (Vera is a member of the UFM Pottery Studio Co-op and the UFM Potter's Guild.)

BEGINNING POTTERY FA-18
Kim Kepler 776-0815

Wednesdays, 7-9pm First Meeting: Sept 7 Length: 8 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Materials Fee: \$10.00, pay at class Limit: 8

Kim will be teaching hand built forms including slab, coil, pinch and free form. Also included will be an introduction to throwing clay on the wheel. This is an introductory class for those with no previous experience. (Kim's interest in pottery started in high school and has continued to develop. She has taught this class for 2 years and always enjoys it.)

CLAY PLAY (6-9 years old) FA-20
Ginger Branyon 537-0697

Thursdays, 4-5pm First Meeting: Sept 15 Length: 6 times
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration
Materials Fee: \$5.00, pay at class Limit: 8

Have fun this fall making coiled clay boxes, funny animal sculptures and clay windchimes. We will experiment with rubber stamps and seashells pressed into the clay and maybe even decorate some with different colored feathers. Sign up with a friend and we'll play in the clay! (Ginger has taught kindergarten and is very involved in the UFM Pottery Studio.)

UFM POTTERY STUDIO CO-OP FA-16
Janet Holcomb 532-5866

Friday, 5:30-6:30pm, Sept 9, Mandatory organizational meeting
Location: UFM Pottery Studio
Membership in studio: \$20.00, 8 weeks
30.00, 16 weeks
40.00, 32 weeks

This is a cooperative studio-access class open to anyone with experience in pottery who feels confident working alone. There is no instruction provided. As a co-op member you will have access to the studio for four hours a week, 12½ pounds of clay plus all the recycled clay you produce, kiln space, and glazes. UFM has recently purchased a sophisticated slab roller for use in sculptural handbuilding, and electric wheel to augment its studio equipment. (Janet is the pottery studio coordinator for UFM.)

UFM POTTER'S GUILD FA-54
Norm Lally 1-468-3696

The UFM Potter's Guild is made up of professional potters in the Manhattan area. They usually hold two annual sales; one in May and one in December. If you would like more information, sign up and Norm will contact you. (Norm is a professional potter in Olsburg and is a member of the Guild.)

fast, innovative, accurate, cheap!
Leroy lettering, layout, illustrations for all purposes, fine calligraphy, custom buttons, consultation for all printing processes, notecards, calendars, T-shirt designs, free estimates, posters, logos, paste-up, charts, editing, drawings, free brochure, catalog 50¢

Open House!!!
Sun. Sept. 11, 1983
2-4 p.m.
Come see our new studio!
earthsign
1221 Thurston, South Wing 537-8235

Welcome Students for the new Semester
KREEM KUP STORE
32 YEARS OF SERVICE
Old Town Mall Shopping Center
1 Mile South of Campus
Ice Cream-Sandwiches
OPEN YEAR ROUND

The words we live in

DRAMA WORKSHOP FOR CHILDREN 6-12

FA-44

Tamara Compton

776-1772

Saturdays, 9:30-11:00am First Meeting: Oct 8 Length: 3 times
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration Limit: 12

Queens and astronauts, dragons and doctors, warriors and athletes. All sorts of heroes and heroines, villains and villainess inhabit children's imaginations. In this introduction to theatre and acting for ages 6 to 12, children will use creative exercises, including improvisational movement and games, to enhance the child's ability to develop real characters who populate a fantasy world. Class will be limited to 12 participants to allow individual attention. Participants should wear loose, durable clothing. (Among many of Tamara's experiences, she has directed productions at Manhattan Civic Theatre and worked with children's drama.)

FOREIGN LANGUAGE LUNCH BUNCH

FA-56

UFM Staff

532-5866

Day, time and date will be arranged
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

If you know the fundamentals of a foreign language (French, Spanish, German, Swedish, Czech, Russian, Chinese, Mongolian, sign language, or any others), and would like a chance to practice speaking it, we will organize lunch groups (or dinner groups) which will give you that chance. Sign up and indicate the language you speak (or aspire to speak). We will contact you and arrange a time for a first meeting. We welcome speakers of all levels of fluency (including native speakers).

FICTION WRITING WORKSHOP: CREATING A CONVINCING MILIEU

FA-48

Steve Heller

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

Using one of his own short stories ("The Summer Game" selected for Prize Stories 1979; The O. Henry Awards) as an example, the instructor will discuss how the creation of a convincing milieu helps a story achieve its intentions. The instructor will also discuss passages from selected student manuscripts to illustrate the same points. Students may submit story manuscripts of no more than 25 pages (typed, double-spaced) at least two weeks in advance of the workshop. These manuscripts will be returned, along with a written critique, after the workshop. (Steve is an Assistant Professor, Dept. of English at KSU.)

LIFESONG THEATER WORKSHOP #1

POWER PLAY: PROBLEM SOLVING WITH FAIRY TALES

FA-45

Jean Burnham, Nancy Stover

539-1546

One Time: Saturday, 10am-12n, Sept 17
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 12

We will explore the hidden wisdom of fairy tales and how they can help us achieve happy endings in our own personal life situations. (Jean and Nancy have enjoyed doing this workshop and look forward to sharing it again.)

LIFESONG THEATER WORKSHOP #2

CREATIVE DRAMA MORNING

FA-46

Cindy Klentz & Nancy Stover

776-7366 539-4366

One Time: Saturday, 10-11:30am, Sept 24
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 12

Improvisational theater - playing - for all ages, whether or not you've ever acted. All ages welcome. (Cindy and Nancy have co-founded Lifesong Theatre with the idea that in every person there is a story and a song. Together people can bring each other out in an atmosphere of trust and fun.)

THE ROMANCE OF RARE BOOKS

FA-49

John Vander Velde

532-6516

One Time: Wednesday, 7:30-9:30pm, Oct 19
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 12

A chance to participate in an extended tour of the Rare Book Room of the Special Collections Department at Farrell Library on the K-State campus. Class members will see many old, rare, and some unusual books among the different collections. Learn how to determine value of those old books in your attic, closet, or basement. Bring a couple of old volumes to class to get pointers on preservation and conservation. (John is Special Collections Librarian at Farrell Library. He has been on staff there for 15 years and has worked in several departments of the library.)

TUTORING CONVERSATIONAL ENGLISH

FA-47

Donna Davis

532-6448

Section I: Tuesday, 7-8pm, Sept 13 One time each section
Section II: Wednesday, 7-8pm, Sept 14
Location: International Student Center

This will be an orientation for individuals interested in tutoring conversational English to international students at KSU and their spouses. No experience is necessary. (Donna has tutored Conversational English for 4 years.)

CRACKPOTS, OR VISIONARY WORLDS IN WOMEN'S NOVELS

FA-50

Flossie Snyder

776-7608

Wednesdays, 7:30-9:30pm, Sept 14, 28, Oct 12 (3 times)

Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration Limit: 12

What's wrong with the world? How have women writers used alternative (mad?) worlds to analyze society? Readings include Herland (Gilman), Woman on the Edge of Time (Piercy), Memoirs of a Survivor (Lessing). Themes include madness, violence, technology, family and child-rearing. (Flossie teaches English and has a special interest in women's literature.)

HOW TO SEE IN THE DARK

FA-53

Kent Donovan

One Time: Tuesday, 8pm, Sept 13
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

The local movie critic - "the man you love to hate" - describes what his work involves and does not involve. This class will help educate you as a film viewer, let you in on the things a critic looks for, and give insight into how to critically evaluate what you see in film. (Kent has published reviews of movies in the Manhattan Mercury for ten years and teaches a KSU course, "History through Film.")

Shining things

DIAMONDS!

E-2

Bob Beardsley

One Time: Tuesday, 7-9pm, Sept 13
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: 25¢, pay at class Limit: 15

Bob will present a consumers guide to diamond buying including: reading an appraisal, simulants, styles of cuts, color, looking for "flaws," and care and cleaning of jewelry. Participants will have ample opportunity for questions and may (at their own risk) bring one piece of jewelry for examination. (Bob has been grading stones all his life and has worked in several jewelry stores.)

JEWELRY TECHNIQUES FOR BEGINNERS

FA-21

Michael Annis

537-1184

Mandatory organizational meeting: Wednesday, 7-7:30pm, Sept 7
Two class days from 6:30-9:30pm will be determined at this meeting
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration
Materials Fees: \$15.00, pay at class Limit: 5

Students will do an applique pendant (2 flat metal pieces, soldered together), cut from a sterling silver sheet, with a simple loop for hanging. This project will teach design layout, sawing, filing, soldering with hard solder, polishing, and finishes. This class is a prerequisite for advanced jewelry making. Please call evenings if you wish more information. (Michael has a BA in art education, jewelry emphasis, and taught 4 years in public and private schools. He is currently the jewelry repairman for a local jewelry store, and has taught adult education classes before.)

ADVANCED JEWELRY & CASTING PROCEDURES

FA-22

Michael Annis

537-1184

Mandatory organizational meeting: Wednesday, 7-7:30pm, Oct 5
Future class times will be determined at this meeting. Also, lab fees will be collected and we will talk about what we will be doing. Classes will meet 6 hours one week and then 3 hours after models have been cast so students can do the final polishing.
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration
Materials Fee: \$25.00, pay at class Limit: 5

For your casting project you may choose to make a ring, a pendant or earrings out of wax using simple homemade tools and alcohol lamps. You will learn the lost wax casting method, including how to refine your shape and achieve a smooth high polish of the silver or other metals used.

STEREO SALE

Every day of the week

Pioneer	Jensen	Discwasher
Audio Technica	Senheiser	Maxell
Empire	Onkyo	TDK
Mitsubishi	Basf	Blaupunkt
Ampex	Koss	Genesis
Phillips		Advent

RCA - T.V.s - VCRs

Records Tapes Instruments

Complete In-Store Service Center

We've been here over 35 years

Come see why

Conde Music

407 Poyntz 776-4704
Downtown Manhattan

Music for any mood

INTRODUCTION TO CASIO ELECTRONIC KEYBOARDS FA-31

Vicki Shult

776-9911

One Time: Tuesday, 8:30pm, Sept 13

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Limit: 5

Wouldn't it be nice to have an orchestra you could hold in your lap? How about a keyboard the size of a shoebox that can present harpsichord, piano, electric guitar and a myriad other sounds? Come and explore the fascinating new development in musical instruments: the monophonic super-mini calculator-keyboard with rhythm and memory; the mini-keyboard that will harmonize your melody so friends can play along, both with and without preset rhythms. There are possibilities for creating 1,000 different sounds with playback of your own music and built-in effects. Battery or standard power, through earphones or stereo speakers allow you to pick 'em up and take 'em where you go. (Vicki is the owner of Westron Wynde in Aggieville.)

BLUEGRASS GROWS IN WINFIELD FA-32

Terry and Dan Mulhern

539-5027

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

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Limit: 20

For those who routinely set aside the same weekend each mid-September for the Winfield Bluegrass Festival, this class is for you. We'll reminisce about the past festivals, share music and stories, and generally get psyched for the year's event (coming up soon). If you've never been there but always wanted to find out about it, here's your opportunity. If you're a Winfield veteran, you already know what the excitement is all about. Bring your tapes, pictures, instruments, and prepare to bluegrass out. (Dan and Terry have a combined 10 years Winfield experience between them and have organized several large musical potluck campfires.)

BASICALLY BLUEGRASS BANJO FA-33

Dave Verschelden

539-4160

Wednesdays, 7:30-9pm First Meeting: Oct 12

Length: 4 times

Location: Will be noted on your receipt

Class Fee: \$5.00, pay with registration

Limit: 6

Want to play the banjo? Want to rule the world? First things first. You'll need a 5-string banjo, finger picks and 1-500 hours per week free to practice. Bring a cassette tape player and blank cassettes if you have them. (Dave feels that peace and banjo playing are not contradictory states.)

AUTOHARP WORKSHOP FA-34

Linda Teener

537-0508

One Time: Saturday, 1-3pm, Oct 1

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Limit: 8

Tuning, use of fingerpicks, rhythm backup and picking melody lines are some of the topics to be covered in this class. A basic orientation to the autoharp will be given and information on diatonic tuning will be available. (Linda has played the autoharp for several years and likes to share this easy-to-play instrument.)

BEGINNING GUITAR FA-35

Barry McFarland

776-2120

Wednesdays, 7-9pm First Meeting: Sept 7

Length: 6 times

Location: Will be noted on your receipt

Class Fee: \$10.00, pay with registration

Limit: 15

Tired of looking at that dust-catching guitar, wishing it could make music? Barry will show you how to encourage beautiful sounds from those strings. You'll learn basic chords and music reading from someone proficient in classical, rock and bluegrass. Purchase and bring to class the book, Alfreds Basic Guitar Method Book I, and a few sheets of manuscript paper, available at local music stores. (Barry is strong in classical, but enjoys other guitar styles as well, and teaches professionally.)

BEGINNING CLASSICAL GUITAR FA-36

Pam Harris

776-2249

One Time: Sunday, 1-3pm, Oct 16

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: 50¢, pay at class

Limit: 8

If you know how to play the guitar, move on to learning classical guitar and reading music. Classical guitar is a very mellow kind of music to play, which is very rewarding and fun. Goals will be to learn the notes on the guitar and to start playing simple music. (Pam has been playing guitar for 8 years and taught herself to play classical guitar.)

ALL THAT JAZZ! FA-28

Jackie Conklin

537-9175

Mandatory organizational meeting: Sunday, 8:30pm, Sept 25

Location: You will be notified by the instructor

Class Fee: \$3.00, pay with registration

Limit: 10

Once you are familiar with an instrument, it is not difficult to learn some basic jazz chord progressions and even begin to develop your own musical style. There is no need to be able to read music and any instrument is acceptable. You can even apply these chord progressions to Pop and Country Western. (Jackie is a professional musician having played at J.D.'s restaurant for 8 years, taught piano theory and directed.)



WOODWIND ENSEMBLE FA-29

Jim Shanteau, Carol Harris

532-6850

Organizational Meeting: Wednesday, 7:30-9:30pm, Sept 7

Location: You will be contacted by the instructor

Class Fee: \$1.00, pay with registration

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

A NIGHT AT THE OPERA FA-30

Adam Rome

539-2215

One Time: Monday, 7:30-9:30pm, Sept 12

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Everything you've always wanted to know about opera, but been afraid to ask! The history of opera, the great singers, the lives of the composers and, above all, the music -- a brief introduction to opera for those who wish to increase their appreciation of this oft-maligned art form. (Adam is a born-again opera lover, and a member of the staff at UFM.)

KMKFIOI+

MANHATTAN'S

KF

PLAYS
YOUR
FAVORITES

Calligraphy

Calligraphy & Design studio
specializing in custom, high quality lettering

AWARDS
BIRTH ANNOUNCEMENTS
BROCHURES
BUSINESS CARDS
CERTIFICATES
CLASSES*
DISPLAY ADVERTISING
ENVELOPES
FAMILY TREES
FLYERS
GOLD LEAF ILLUMINATION
GREETING CARDS
INSTRUCTION
MENUS
MONOGRAMS
PLACECARDS
POEMS
QUOTATIONS
SCROLLS
SIGNS
TESTIMONIALS
WEDDING INVITATIONS
* CALL FOR CURRENT SCHEDULE

776-1529
JANICE HOOKS MANHATTAN

Fancy footwork from east to west

ISRAELI FOLKDANCING

FA-43

Paul Weidhaas

539-4805

One Time: Friday, Oct 21, 7:30-9:30pm
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Israeli dancing is some of the world's most beautiful, energetic, graceful and happy folkdancing. Beginning and experienced dancers are invited for an evening of horas, line dances and couple dances. Partners are not necessary.



TRADITIONAL COUNTRY-WESTERN DANCE

FA39

Nancy Fink

537-4598

Wednesdays, 7-9pm, Sept 14, 21, 28 (3 times)

Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration

Limit: 16

Next time you're out on the town, don't just watch other people enjoy the dance floor, get up and dance!! If your taste in country dancing runs to Polkas, Waltzes and other 'social' dances, then let Nancy teach them to you. You'll also learn line dances such as the Oklahoma Freeze and get enjoyable exercise to boot. There will be plenty of time to practice and gain confidence on the dance floor! Couples are not necessary. Come kick up your heels! (Nancy used to teach this dance class in Denver, Colorado.)

CLASSICAL INDIAN DANCE

FA-40

Nivedita Rangnekar

776-1172

Thursdays, 5:30-6:30pm, Sept 22, 29, Oct 6, 13 (4 times)

Location: Will be noted on your receipt

Class Fee: \$5.00, pay with registration

Limit: 15

This class offers a broad introduction to both the theory and practice of Classical Indian Dance. Nivedita will help you to understand the hand gestures and the technique of Classical Indian Dancing. (Nivedita is a professional Indian classical dancer with a B.F.A., specializing in Sharata Natyam style, from the University of Bombay, India. She is currently instructing dance at KSU.)

CONTRA DANCING

FA-42

Enid Cocke

539-6306

One Time: Friday, Oct 7, 7:30-9:30pm
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Contras are British and American folk dances done in longways formation of two facing lines. The Virginia Reel is the best known contra, but there are hundreds of contras, some dating from the 17th Century England, others from Revolutionary times, and others from the 1980's. Try an evening of this easy, varied and enjoyable dancing. You do not need to sign up with a partner.

COUNTRY WESTERN SWING DANCE

FA-37

Pat Dreese

539-9150

Mondays, 7:30-9:00pm, Sept 26, Oct 3, 10 (3 times)

Location: Will be noted on your receipt

Class Fee: \$5.00, pay with registration

Limit: 16

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

BALLROOM DANCE

FA-38

Alex Ramm

532-6750

Sundays, 7-8:30pm, Oct 2, 9, 16 (3 times)

Location: Will be noted on your receipt

Class Fee: \$5.00, pay with registration

People who know, or are familiar with how to dance the waltz, tango and foxtrot are welcome to come without (or with) a partner. Bring your favorite tapes with waltzes, tangos, polkas, and foxtrots. The class might become ongoing. (Alex has taught this class before.)

FLINT HILLS FOLKDANCERS

FA-41

Enid Cocke & Paul Weidhaas

539-6306 539-4805

One Time: Friday, 7:30-9:30pm, Sept 16
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

In its 3rd year, the Flint Hills Folkdancers is a small but active group of students and townspeople who hoof it to music from all over. If you can walk, you can dance. All are welcome, from beginners to advanced dancers. (Both Enid and Paul have been folk dancing for 9 years and agree with Snoopy that "to anyone with any real understanding, dancing is the only pure art form.")



Making wood work

WOODSHOP CO-OP

FA-51

UFM Staff

532-5866

Mandatory Organizational Meeting: Monday, 7-8pm, Sept. 12

Location: Will be noted on your receipt

Membership Fee: \$20.00, 4 mos

35.00, 8 mos

50.00, 12 mos

Pay with registration

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, lather, 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.

THE WOOD LATHE FOR BEGINNERS

FA-52

Lowell Regehr

776-3757

Tuesdays, 7-9pm, Sept 13, 20, 27 (3 times)

Location: Will be noted on your receipt

Class Fee: \$5.00, pay with registration

Materials Fee: \$10.00, pay at class

Limit: 5

This class will cover all aspects of turning for the beginning wood worker. Materials are provided so each participant can complete a small lathe project. This has been a popular class in the past so sign up early! (Lowell enjoys sharing his woodworking experience.)



SCHOOL OF THE SUSAN WARDEN DANCERS

"Manhattan's only professional dance company"

Classes in Ballet, Jazz, Modern, Tap and Exercise

For Children

Ballet
Creative Movement
Tap

Ballet

Teen I
Intermediate
Adult

Other

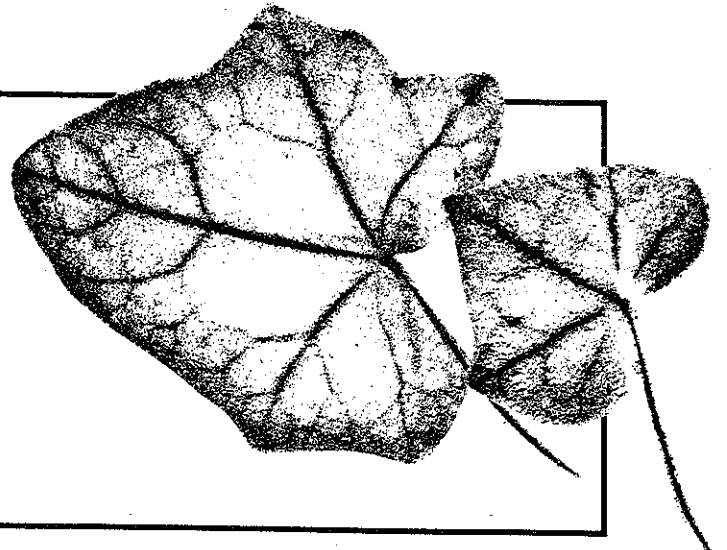
Exercise
Modern/Jazz
Teen/Adult Tap

Parent-Child
Dance Workshop
Teen Jazz

Class sessions beginning August 29 and October 24.

For more information:
210 Humboldt
Manhattan, Kansas 66502
(913) 539-6336

Inner Self



In the spirit of things

YOGA

Rob Sheridan

S-15

776-6849

Mondays, 5-6pm First Meeting: Sept 12 Length: 8 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration Limit: 8

The daily practice of Yoga will improve the quality of one's life. In this class we will practice the basic yogic postures and breathing techniques. No previous experience is required. Please wear comfortable clothing (shorts, leotards, etc.) and come with an empty stomach. (Rob has studied with Dr. Franklin since 1975.)

YOGA

Bert Franklin

S-16

539-0495

Thursdays, 5:30-6:30pm First Meeting: Sept 22 Length: 8 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Materials Fee: \$4.95, pay at class Limit: 10

This course aims to give you a lifetime resource of poise, serenity and good health through the practice of the classical postures and breathing exercises as taught in India for thousands of years. Please dress comfortably and bring a large towel or mat, pencil and notebook to class. (Bert studied continuously from 1963 to 1968 with Sri Krishnamacharya and has maintained the connection through correspondence and visits to India. He holds Krishnamacharya's diploma and command to teach.)

FILM SERIES OF MARTIN LUTHER: HIS LIFE AND THEOLOGY - 500th ANNIVERSARY

S-28

Lutheran Campus Ministry

539-4451

Monday, 7pm, Oct 31, Forum Hall

Film: "Where Luther Walked," narrated by the Luther scholar, Dr. Roland Bainton. Discussion following.

Wednesday, 7pm, Nov 2, Little Theatre

Film: "Bonhoeffer," Life and struggle of faith in Nazi Germany
Discussion following

Sunday, 7:30pm, Nov 6, Forum Hall

Dr. Joseph Sittler, Lutheran School of Theology Chicago. "Luther's Contribution for the 20th Century."

Monday, 7:30pm, Nov 7 Forum Hall

Dr. Joseph Sittler, Lutheran School of Theology Chicago. "Christianity's Mission in the 80's."

SACK LUNCH THEOLOGY: THE AQUARIAN CONSPIRACY

S-17

Dave Stewart

539-3051

Tuesdays, 11:30am-1pm First Meeting: Sept 13 Length: 7 times
Location: Will be noted on your receipt
Materials Fee: \$8.00, pay at class (book cost) Limit: 15

The Aquarian Conspiracy claims that a personal and social transformation is taking place among us. It involves a radical shift in consciousness, in the way we think, live and work together. The Aquarian Conspiracy is a "friendly conspiracy" based on a new unity and hope, following an age of turmoil and violence. We will examine these notions in light of our own personal and social experience. We will also explore some means to schedule the author for an address at K-State. (Dave is a campus minister, sack lunch theologian and friendly conspirator.)

BI/POLAR SEMINAR

S-9

Rod Saunders

539-4281

Friday, 6-9:30pm, Oct 7; Saturday, 9am-4pm, Oct 8 (2 times)
Location: Will be noted on your receipt Limit: 30

Materials Fee: Students, \$21.00; * Non-students, \$30.00*

BI/POLAR uses a psychological inventory process that leads you to a better understanding of your strengths and potentials; better understanding of others and appreciation of their differences; more self-confidence and more confidence in your relationships with others; insights into how to communicate more effectively with other people; and a practical plan of action for your own personal growth.

*PARTICIPANTS MUST CONTACT THE INSTRUCTOR NO LATER THAN SEPTEMBER 19. A set of inventories is to be filled out by the participant and five other people. The enrollment fee is to be paid when the inventories are picked up. (Rod is a certified instructor for Bi/Polar, Inc., and has been leading the personal growth seminars since 1977.)

WOMEN AND SPIRITUALITY

S-30

Betty Suther

539-7496

Mondays, 7-8pm First Meeting: Sept 19 Length: 4 times
Location: Will be noted on your receipt
Class Fee: \$3.00

What effect has the "masculinizing" of spirituality had on women -- and what is the "flip-side" of this experience? We will explore the history of Christian Spirituality through Scripture, Gnosticism and down through the present day with an emphasis on women's place in this process. Included also will be helpful ways to improve one's prayer life. (Betty is a campus minister at St. Isidore's and holds a degree in Christian Spirituality from Creighton University.)

THE SPIRITUAL CONNECTION

S-13

Jean Burnham

539-1546

Wednesdays, 7:30-9pm First Meeting: Sept 7 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

God doesn't care what you call Him/Her/It, nor what church you do or don't attend. Come join in loving communion with God and one another, through prayer and the sharing of inner experience. Bring your helpfulness and your needs. (For five years Jean has been learning/teaching/living A Course In Miracles.)

ECKANKAR: THE SPIRITUAL NOTEBOOK

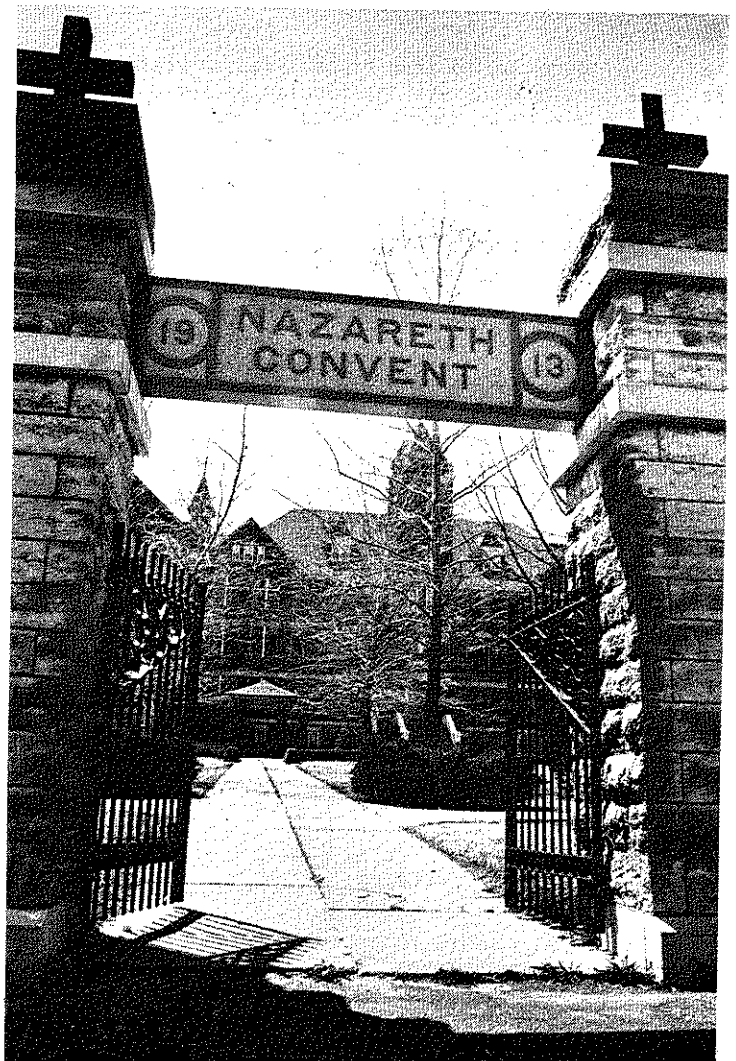
S-14

Kathy Sisson/James Dorn

776-7234 1-238-6479

Wednesdays, 7-9pm First Meeting: Sept 14 Length: 6 times
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

An in-depth study of Paul Twitchell's Spiritual Notebook will cover the basic tenets of ECKANKAR, the science of total awareness. This class is for the serious student seeking a direct path to the Sugmad (God). Book included in the class fee. (James has been with ECKANKAR for over 2 years and Kathy for 7.)



Being your body's best friend

HELP YOURSELF TO BETTER HEALTH

Carolyn Gregov

S-5

539-3334

Wednesdays, 7-9pm, Sept. 7, 14 (2 times)

Location: Will be noted on your receipt

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

Not happy with your state of health, (or the state of your pocketbook after health repair)? Join the rapidly growing number of people who are taking advantage of the wealth of resources currently available for medical self-education. An overview. (Carolyn is a student of the naturopathic medical approach to health and healing, with emphasis on nutrition, mega-vitamin therapy, relaxation, acupressure, herbal and home remedies.)

WEIGHT CONTROL

Dr. Katharine Grunewald

S-6

532-5508

One Time: Monday, 7-10pm, Sept 12

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration. Limit: 30

Have you tried every conceivable diet but just can't seem to keep it off? Well take heart, you have lots of company. Studies have shown that at least 90% of people who lose weight eventually gain it back. We will explore some of the current popular reducing diets as well as successful strategies in weight control. (Dr. Grunewald is a registered dietitian and has taught weight control at Kansas State University.)

HEALTH ENRICHMENT GROUP FOR THE CHRONICALLY OVERWEIGHT - MAN OR WOMAN

S-7

Kay Sinnett

539-8934

Tuesdays, 7-9pm, Sept 13, 20 (2 times)

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration. Limit: 12 - 50 pounds overweight

Kay, Dorothy and Kathy have been meeting for several months discussing needs and health problems of the seriously overweight. A two-session program will include information on exercise and nutrition, use of self-help materials, weight control groups, appearance and self-image. Primary emphasis will be on accepting and learning to live more healthfully with a chronic weight problem. There will also be support and encouragement for those who may wish to change through exercise and nutrition. (All 3 leaders have been living with chronic weight problems for years.)

REFLEXOLOGY

S-1

Russell Gillespie

776-8768

One Time: Monday, 7:30-9:30pm, Sept 12

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration. Limit: 21

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

MASSAGE

S-2

Bob Parr

1-762-5569

Saturdays, 1-4pm, Sept 10, 24 (2 times)

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration. Limit: 14

This class will introduce you to traditional Swedish massage. This emphasizes the whole body methods with particular attention to facial and foot techniques. The aim is to improve circulation, and promote relaxation. To get the most out of the class it is recommended that students sign up with partners. Due to the popularity and nature of this class, it is important that those who sign up attend both classes. If you cannot, please contact UFM. (Bob has worked as a masseur for two years in a health club while putting himself through school.)

HYPERTENSION: "IT'S UP TO ME"

S-8

Elise Dreher

776-4779

Tuesdays, 7-8:30pm First Meeting: Sept 13

Location: Will be noted on your receipt

Class Fee: \$1.00, pay with registration. Length: 6 times. Limit: 10

"It's Up to Me" is available to persons with hypertension, (high blood pressure). It is a group education program that assists people to lower their blood pressure. The groups provide the opportunity to learn about hypertension and offer support to make lifestyle changes for better health and blood pressure control. A nurse-facilitator conducts the six, 1-1/2-hour sessions covering these topics: 1) hypertension - general knowledge about the disease; 2) medications; 3) stress; 4) nutrition; 5) lifestyle changes; 6) decision making. (Elise, R.N., is a public health nurse for Riley County Health Dept.)

STRESS ILLS AND STRESS SKILLS

S-24

Don Fallon

539-4451

One Time: Saturday, 9:30am-4:30pm, Oct 8

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

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

INTRODUCTION TO ACUPUNCTURE

S-3

Tess Carbajal

539-6697

One Time: Tuesday, 7:30-9:30pm, Oct 18

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: \$3.00, pay at class. Limit: 20

Acupuncture is fast becoming one of the most exciting and easiest forms of natural healing in the country. Although it is relatively new in the states, it has been used for over 5000 years. In this class, we will try to explain briefly what acupuncture is and how to use it for pain control and balancing of the body's energy. Why not incorporate acupuncture into your own healing process? (Tess completed her certification program in acupuncture and is presently working for an acupuncturist/chiropractor in town.)

HYPNOSIS FOR THE SERIOUSLY CURIOUS

S-10

Greg Potter

537-0076

One Time: Tuesday, 7pm, Sept 27

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

This class will examine the nature of hypnosis in the helping process. We will discuss the theory of how hypnosis works to help people change in positive ways and how it is being used today in practical application. (Greg has a Masters degree in Psychology, PhD degree in Counseling. He trained in hypnosis at the Ethical Hypnosis Training Center, South Orange, N.J. and uses hypnosis regularly in private practice.)



VISUAL AWARENESS

S-18

JoAnn Fremerman

776-1396

Mondays, 7-8pm, Sept 12, 19, 26 (3 times)

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: 25¢, pay at class. Limit: 9

We will work with the method of visual retraining designed by Dr. Bates for healing vision problems. This approach is Holistic ... we will be discussing how nutrition, positive mental attitude and new visual habits can improve your vision on many levels. (JoAnn attended a workshop called "Eye Classes." She has been working with these techniques for over a year and knows they work.)

TREMENDOUS SELECTION OF BOOKS

Both Paper and Hardback

All popular categories including

• Cooking • Arts and Crafts • Do It Yourself (including solar and wood burning stoves) • Hobby and Collecting

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

Varney's
BOOK STORE
IN AGGIEVILLE

Helping each other learn and grow

PARENTS ANONYMOUS

S-22

Don and Irmie Fallon

539-4451 539-5582

Wednesdays, 7:00pm First Meeting: Sept 7
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

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

SINGLE PARENTING

S-20

Michael Weinberg, M.S.

537-2244

Monday & Wednesday, 7-9pm, Sept 26 & 28 (2 times)
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 10

This class will deal with the obstacles single parents have to overcome. We will discuss how to answer our children's questions. Our discussion will conclude with specific suggestions that will promote a healthy family environment for you and your children. (Michael is a counselor and adult educator in private practice in conjunction with Edelman Associates. He has taught over a dozen classes in the interpersonal area for UFM during the past several years.)

DIVORCE - HOW CAN WE GROW THROUGH THE PAIN?

S-21

Michael Weinberg, M.S.

537-2244

Monday & Wednesday, 7-9pm, Sept 12 & 14
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 10

We will discuss the numerous painful areas that surface during and after divorce. Specific ideas, based upon the concepts of Reality Therapy, will be presented that will enable the participants to gain strength during this crisis.

CREATIVE DIVORCE: PAIN AND GROWTH

S-26

Don Fallon

539-4451

Second and Fourth Tuesdays, 7:30-9:30pm First Meeting: Sept 13
Location: Will be noted on your receipt Length: semester
Class Fee: \$3.00, pay with registration Limit: 12

The purpose of the group will be to form a supportive, caring community for those facing or working through divorce. The group will work toward understanding and coming to terms with the past and with the possibility of finding new opportunity for personal growth and a fuller life. (We will attempt to recognize self-defeating behavior and to discover options in making change.)

MARRIAGE ENRICHMENT GROUP:

S-27

INTRODUCE YOUR RELATIONSHIP TO TRANSACTIONAL ANALYSIS

Don Fallon

539-4451

First and Third Tuesdays, 7:30pm First Meeting: Sept 20 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 6 couples

This is an enrichment group supporting couples in building communication skills, self-understanding of parent-adult-child ego state interactions and family life script or role expectations. Emphasis will be given to developing skills in handling conflict, developing a healthy fight style and coping with feelings of anger, sex or love. Trust, caring, confidentiality and options will be stressed.

MENS GROUP

S-19

John LaShelle

Tuesdays, 7-8pm First Meeting: Sept 13
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Length: Ongoing

This informal discussion group will look at several men's issues -- meaningful work, keeping our sensitivity and honesty, relationships with women, values clarification, and changing male roles. We will consider discussing 3 recent books about males - Men Without Masks, The New Male and The Hazards of Being Male. (John is a writer-photographer interested in consciousness-raising and natural thinking.)

THE GIVERS AND THE TAKERS

S-29

Elias Saig

539-9960

Tuesdays, 7-8pm, Oct 25, Nov 1 (2 times)
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Society appears to be divided into two kinds of persons, those who are givers and those who are takers. Do you know which type you are? Join us for a discussion of these two personality types and how they get along with others, at work and in a service-type economy. (Elias studied these types and discovered them to be true for himself and his friends.)

PARENT EFFECTIVENESS TRAINING

S-23

Don and Irmie Fallon

539-5582

Thursdays, 7:00pm First Meeting: Sept 29
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Length: 8 times

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

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

INFERTILITY SUPPORT GROUP

S-4

Annette Winter

Mondays, 7:30pm First Meeting: Oct 10
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Length: Ongoing

You are not alone. One out of every six adults has a problem with infertility. We are forming a local support group for interested individuals. (Annette is a member of RESOLVE, a national infertility organization.)

I'M OK - YOU'RE OK WORKSHOP

S-25

Don Fallon

539-4451

Saturday, 9:30am-4:30pm, Oct 22
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 15

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

DRESS FOR SUCCESS - AN INTRODUCTION TO COLOR

S-12

Bonnie Hansen

776-3438

One Time: Tuesday, 7:30pm, Sept 20
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 20

An introduction to the Beautiful World of Color - How it affects you and those around you. Learn how correct color choice enhances your own natural skin, hair, and eye colors. Learn how to Dress For Success by enhancing your own natural beauty. (Bonnie is a trained certified Professional Color Analyst with Beauty For All Seasons.)

WITH THIS COUPON
Kinko's copies

SELF SERVICE COPIES
NO COINS REQUIRED

3 1/2¢
NO MINIMUM

OFFER EXPIRES Sept. 30, 83
1126 Laramie Manhattan 537-7340



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

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

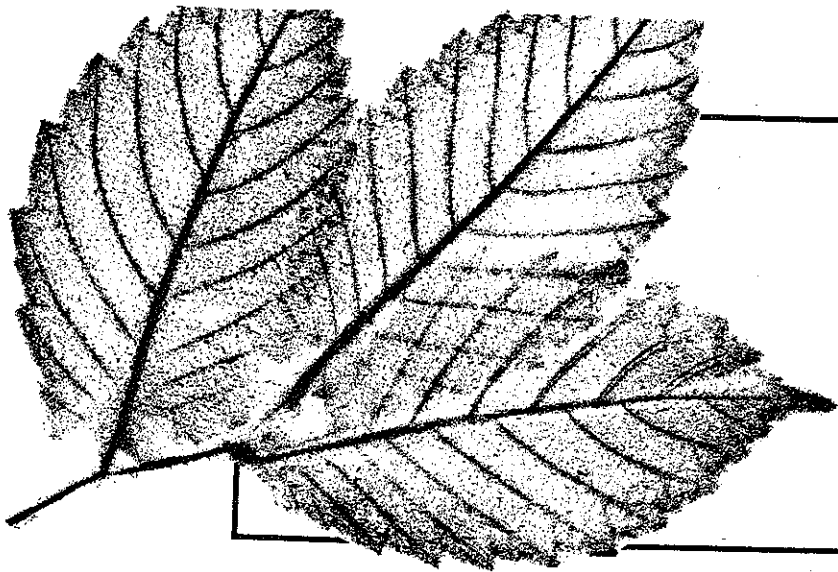
JUSTIN HALL
776-6566

AMERICAN BAPTIST
CAMPUS MINISTRY

Baptist Campus Center
1801 Anderson
539-3051

Fellowship Meal & Worship
Tuesdays, 5-7 p.m.

Campus Minister — Dave Stewart



Outer Self

Basic recreational needs

SPORTS EQUIPMENT CO-OP

Neil Schanker

P-13

532-5866

Location: A list will be mailed to you
Class Fee: \$1.00, pay with registration

Many of us have some sports equipment but can't afford to buy everything we'd like to have. Let's share! If someone has a volleyball net and someone else has water skis, they could trade for the weekend. Other items could be croquet sets, badminton sets, softball equipment, canoes, downhill skis, backpacks, tennis and racquetball racquets, fishing tackle, golf clubs, etc. At registration, indicate what equipment you have and what you're apt to want. UFM will compile a list which will be mailed to you by Sept 16. (Neil likes to have fun in the fall and all seasons.)

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

Neil Schanker

P-12

532-5866

Location: A list will be mailed to you
Class Fee: \$1.00, pay with registration

Want some new partners for sports? This is an opportunity for you to get some challenging experience and to meet new faces. At registration, indicate the game, your skill level (beginner, intermediate or advanced), days and times available, and UFM will compile a list which will be mailed to you by Sept 16. (Neil has coordinated this class for several years.)

NUTRITION FOR RUNNERS, ATHLETES AND PHYSICAL FITNESS BUFFS

Dr. Katharine Grunewald

P-11

532-5508

One Time: Monday, 7-10pm, Sept 19
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 30

Is your diet optimal for your particular sport? Have you wondered about carbohydrate-loading, salt tablets, honey, or crash diets? If you are concerned about building muscles, replacing perspired liquids or maintaining endurance, nutrition plays an important part. More and more athletes and coaches are looking seriously at current research about how and what athletes should eat. This class will be a seminar, but bring any questions or experiences you'd like to share. (Katharine teaches "Diet and Exercise" at KSU, is a body builder and runs 50-70 miles/week.)

Only occasionally wet

CANOEING

P-25

John O'Malley

776-1237

Saturdays, 1:30-4:30pm, Sept 17 & 24 (2 times)

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Limit: 20

We will carpool to Pottawatomie County State Lake #2 where Wayne Carstenson will donate use of his canoes. Instruction will be given in basic steering and paddling skills. Information will be given about canoeing equipment and local places to canoe. The following Saturday, a river trip will be planned. If you've never been in a canoe or do not consider yourself proficient in turns or steering, this class will give you lots of practice. (John is a certified American Red Cross canoeing instructor.)

KAYAKING!

P-26

T.J. Hittle

776-7772

Sundays, 9am-1pm, First Meeting: Sept 18

Length: 4 times

Location: Will be noted on your receipt

Class Fee: \$5.00, pay with registration

Materials Fee: \$25.00 (plus \$5.00 optional)

Limit: 15

Experience the challenge of kayaking!! Through video films, demonstrations, lectures, and lots of hands-on experience, we will study equipment, paddle techniques, fast water maneuvers, and practice American Red Cross safety techniques. This will be Kansas' first certified Kayaking course. The class meets once at the American Red Cross office, twice at the KSU Natatorium, and once on a nearby river. All equipment is provided. (As 1982-83 Kansas Canoe Association President, T.J. has led river trips nationwide. He has taught kayaking several years and promises an intensive, fun-filled class!)

In the swim of things

SWIMMING LESSONS

All Classes:

Location: Will be noted on your receipt

Class Fee: \$8.00, pay with registration

Teachers are Red Cross Certified Water Safety Instructors

Length: 8 times

CHILDREN'S BEGINNING SWIMMING

P-34

Kyle Dybing

539-9457

Saturdays, 12n-1pm First Meeting: Sept 10

Limit: 10

ADULT BEGINNING SWIMMING

P-35

Cindy Smith

Saturdays, 8-9am First Meeting: Sept 10

Limit: 10

ADULT BEGINNING SWIMMING

P-36

Tom Deaver

537-2962

Saturdays, 9-11am First Meeting: Sept 10

Limit: 15

ADULT ADVANCED BEGINNING SWIMMING

P-37

Tom Deaver

537-2962

Saturdays, 11am-1pm First Meeting: Sept 10

Limit: 15

ADVANCED LIFESAVING

P-29

Tom Deaver, Shonda Collins

537-2962 539-0931

Saturdays, 8-9am First Meeting: Sept 10

Length: 13 times

Location: Will be noted on your receipt

Class Fee: \$8.00, pay with registration

Materials Fee: \$2.25, pay at class

Advanced Lifesaving is required before you can work as a lifeguard or take the Water Safety Instructor (WSI) class in order to teach swimming. This is also a valuable safety class for anyone who will be around pools or lakes. Safety in and on the water and the ability to assist or rescue a person in danger of drowning are what this class is about. You must be age 15 or over. (Tom and Shonda are Red Cross certified water safety instructors.)

INTERMEDIATE KAYAKING WORKSHOPS

P-27

T.J. Hittle

539-7772

Sundays, 9am-1pm First Meeting: Nov 6

Length: 3 times

Location: Will be noted on your receipt

Materials Fee: \$2.50, each Sunday, pay at class

These workshops are for those kayakers with some experience who desire to improve their skills. Informal critiques will be provided on rolls and strokes in indoor pools. Boats are available for rent at the pool or you can bring your own. Come as many times as you want and pay \$2.50 per Sunday at the class. (Instruction will be provided by members of the Kayak chapter of the Kansas Canoe Association.)

SAILING BASICS

P-28

Jay Kim

537-8431

One Time: Saturday, 9am-12n, Sept 10 and a second date to be agreed upon

Location: Will be noted on your receipt Length: 2 times

Class Fee: \$3.00, pay with registration

The opposite of "running with the wind" is: a) coming about; b) hard-a-lee; c) tacking; d) walking with the calm. Even if you answered c) tacking, you'll learn much from this introduction to sailing including terminology, how to sail, selecting a boat and how to get started. At a second session to be agreed upon, each participant will have a chance to sail. (Jay has been sailing for two years and owns a Laser.)



Martial arts

TANG SOO DO KARATE

P-7

Joel Cederberg

537-7090

Mondays, Wednesdays, Fridays, 7-9:30pm First Meeting: Sept 7
 Location: Will be noted on your receipt Length: All semester
 Class Fee: \$10.00, pay with registration Limit: 25

This course will cover the basics and is for those who don't know anything about Karate but really want to learn. Karate is not easy and requires much hard work, practice, patience, and perseverance. If you stay with it you will test for your first belt rank at the end of the course. Come wearing loose clothing that you don't mind getting sweaty. You are encouraged to consider buying a uniform, which will be available from the instructor. (Joel is a second degree black belt with eight years experience and has been teaching for three and a half years locally.)

JUJITSU FOR BEGINNERS (I) AND ADVANCED (II)

P-8

Stan Wilson

539-7723

Section I: Tuesdays, 7-8:30pm First Meeting: Sept 13 Length:
 Section II: Tuesdays, 9-10pm First Meeting: Sept 13 Indefinite
 Location: Will be noted on your receipt
 Class Fee: \$10.00 (each section), pay with registration Limit: 30/section

Jujitsu is the parent art of Judo. Japanese in origin, Jujitsu stresses hand-to-hand combat featuring throwing, sweep kicks and wrist and arm locking. The beginners class will include the Hakko Ryu Basic Waza form. The advanced class is for people with at least one year experience in the martial arts. History, theory and principle application of various Jujitsu forms will be covered. (Stan has a black belt in Jujitsu and has taught martial arts for five years.)

BEGINNING FENCING

P-18

Richard Reihls

539-9261

Wednesdays, 6-8pm First Meeting: Sept 7 Length: All semester
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration

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

Looking and feeling fit

AEROBICS! ME, MYSELF & I

P-5

Theresa Zentner

532-3160

Section I: Sept 13 - Dec 13, 7-8pm (14 weeks) (Tuesdays)
 Section II: Sept 15 - Dec 15, 7-8pm (14 weeks) (Thursdays)
 Location: Will be noted on your receipt
 Class Fee: \$10.00, pay with registration
 Materials Fee: \$5.00, pay at class (optional, for book)

Learn the methods of self-control and awareness of your individual body! We are all different and have different needs. You will learn techniques that will benefit you while having fun. We will cover the "Total You" natural beauty, skin, body and mind. "Sound body, sound mind." Want to look like Raquel Welch? What for? I'd rather be the best of me! Men welcome. (Theresa, the mother of two, has developed new techniques to rid the body of overweightness after gaining 75 lbs. during pregnancy.)

GENERAL FITNESS EXERCISES TO MUSIC: AEROBIC EXERCISE FOR EVERYONE

P-6

Susan Greco

532-5731

Mondays, Tuesdays, Wednesdays, Thursdays, 5-6pm First Meeting: Sept 7
 Location: Will be noted on your receipt Length: All semester
 Class Fee: \$10.00, pay with registration

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

DANCERCISE

P-4

M. B. Morgan

Tuesdays & Thursdays, 6:15-6:45pm First Meeting: Sept 13
 Location: Will be noted on your receipt Length: 16 times
 Class Fee: \$10.00, pay with registration
 Materials Fee: \$2.00, pay at class Limit: 35

Get in shape while having a great time! Come to dancercise. Dancercise (much like aerobic dance and jazzercise), is a series of choreographed exercises done to the latest music. Dancercise is open to everyone and it doesn't require any previous dance training. (Ms. Morgan taught two sessions of dancercise classes at the University of Arkansas under Intramural and Recreational Services.)

PANTOMIME AND CLOWNING

P-14

Beth Clark

537-4367

Tuesdays, 7-9pm First Meeting: Sept 13 Length: 5 times
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration Limit: 10
 Materials Fee: \$4.50, pay at class

We will learn basic pantomime and clowning techniques including movement, makeup, balloon sculpture and magic. We would like to end the sessions with a small show incorporating what we've learned. (Beth has taught this class before at the University of Iowa and has given workshops on the subject.)

TAI CHI EXERCISE

P-9

Tom Graham

532-6311

Saturdays, 8:30-10:30am, Tuesdays, 7-9pm First Meeting: Sept 10
 Location: Will be noted on your receipt Length: All semester
 Class Fee: \$10.00, pay with registration

Tai Chi is a Chinese exercise system involving both exercise and self-defense. Emphasis at the beginner level is placed on coordination, balance, breathing, and smooth flow of movement. (Tom has been leading this UFM class for over a year.)

TAI CHI FOR SENIORS

P-10

Lee-Shih Wu

539-7841

Tuesdays, 1:30-3pm, October 4-November 22, (8 times)
 Location: Will be noted on your receipt
 Class fee: \$10.00, pay at registration

Tai Chi is a slow, graceful, all-body exercise form from China, where it is a lifelong activity. Emphasis at the beginner level is placed on coordination, balance, breathing and smooth flow of movement. (Lee-Shih is from Taiwan.)

The Avalon • Auntie Mae's Parlor

Two Great Ways to Get Away

1122 Moro 539-9703 AGGIEVILLE 616 N. 12th 539-9967

Beware of flying objects

BEGINNING TENNIS

Darlyne Hinkle P-30 776-7702
 Sundays, 8-9am First Meeting: Sept 11 Length: 6 times
 Location: Will be noted on your receipt Class Fee: \$5.00, 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. (Darlyne has played for over five years, both on teams and for leisure.)

RACQUETBALL FOR BEGINNERS

Bill Shafer P-33 539-7195
 Sundays, 8-10am, First Meeting: Sept 11 Length: 5 times
 Location: Will be noted on your receipt Class Fee: \$5.00, pay with registration Limit: 16
 Join one of the most popular up and coming sports. Racquetball is good for developing cardiovascular fitness, muscular endurance, controlling weight and is a lifetime activity. This class will emphasize basic rules and fundamentals of the game including scoring, backhand, forehand and serving. Bring a racquet and two balls. (Bill has been playing racquetball for years.)

BOOMERANG SAFETY IN KANSAS

Zimbabwe Cohen P-22 776-3111
 One Time: Saturday, 7:30pm, Oct 1
 Location: Will be noted on your receipt
 When was the last time you had trouble with boomerangs? Physicians on the West Coast have reported an increase in boomerang-related injuries including boomer's elbow, which can really ruin your golf game. Both returning and hunting boomerangs will be demonstrated. If you have a fear of being hit by a "throwing club," boomerang insurance is available. (Zim, a New York City hot dog vendor, has had plenty of experience selling hot dogs. His specialty involves Bernaise sauce.)

VOLLEYBALL FOR FUN (16 AND OVER)

Lois Morales P-17 539-8867
 Tuesdays, Thursdays, 6:30-8:30pm First Meeting: Sept 8
 Location: Will be noted on your receipt Length: All semester
 Class Fee: \$3.00, pay with registration Materials Fee: \$1.00, pay at class
 Volleyball can provide low-key competition, exercise and a great time for beginners to those advanced. Nets and balls will be furnished. (Lois has played UFM volleyball for years.)

Stay out of the rain (if we get some)

DUNGEONS & DRAGONS

Ronald "Modar" Knight P-15 537-1688
 Thursdays, 5:30-10pm First Meeting: Sept 8 Length: 11 times
 Location: Will be noted on your receipt Class Fee: \$3.00, pay with registration Materials Fee: \$1.00, pay at class Limit: 10
 Once again, Modar's World awaits those who wish to pit their dungeoning skills against the Unknown. Class open to all, from beginner to experienced. (MUST BE AGE 18 OR OLDER.) Bring own polyhedral dice. Questions?? Feel free to call. (Ron is beginning his fourteenth year of doing Dungeons & Dragons.)

STUDENT PILOT GROUND SCHOOL

J. Van Swaay P-16 537-0132
 One Time: Day, time and date to be announced
 Location: Will be noted on your receipt Class Fee: \$3.00, pay with registration Materials Fee: \$1.00, pay at class Limit: 17
 If you have ever thought about learning to fly then this class is for you. We will cover basic aircraft systems and aerodynamics, airport operations and communications, and basic licensing requirements. Although the class will not cover everything required for the F.A.A. written exam, it will provide a solid background for the potential student pilot. Call the instructor for more information. (J. is a commercial pilot and certified flight instructor. He also owns his own aircraft.)

STAMP COLLECTING EXTRAVAGANZA!

Tim Lindemuth P-21 532-6415
 Mondays, 7:30pm First Meeting: Sept 19 Length: 4 times
 Location: Will be noted on your receipt Class Fee: \$3.00, pay with registration
 Stamp collecting can be a valuable, educational and fun hobby. Tim will cover the basics of how to collect stamps including buying, trading and cataloging. Come to a philatelic slide show and learn the finer points of collecting. A field trip is planned. (Tim is a long-time member of the American Philatelic Society and a collector for 27 years.)

AMATEUR RADIO NOVICE CLASS

Quentin Owen P-32 537-8410
 Mondays & Wednesdays, 7-8pm First Meeting: Sept 12 Length: 12 times
 Location: Will be noted on your receipt Class Fee: \$3.00, pay with registration Materials Fee: \$9.50, pay at class Limit: 40
 This course will cover basic amateur radio theory needed to pass the novice written exam. Novice Morse code tapes will be distributed and students will be expected to learn Morse code outside of class, though there may be some in-class code instruction. Class fee will include payment for the text *Tune in The World to Ham Radio*. Bring new 60-minute cassette tape to first class session. (Quentin has been a radio amateur for over 8 years, an advanced class amateur for the last 5 years, and has previous novice class teaching experience.)

POCKET BILLIARDS FOR BEGINNERS

Jerry Riggs P-19 776-6338
 Saturdays, 10:30am, First Meeting: Sept 10 Length: 6 times
 Location: Will be noted on your receipt Class Fee: \$3.00, pay with registration Limit: 12
 This class will start with a brief history of the game. Included will be an introduction to playing equipment, basic stance, aiming, English, and control. The different games - 8-ball, 9-ball and snooker will be covered as well as the theory and mental game. Also, we will watch a video-tape trick shot demonstration and championship match. (Jerry has played in three World Pocket Billiard Championships in New York City, finishing 33rd in 1979, 16th in 1980 and 20th in 1981.)

BEGINNING BRIDGE

Pat Cashin P-20 776-3020
 Tuesdays, 7:30pm First Meeting: Oct 4 Length: 5 times
 Location: Will be noted on your receipt Class Fee: \$5.00, pay with registration Limit: 25
 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 five 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.)



The Best in Live Entertainment

Live Bands • Free TGIF Performances

Brother's Back Room available for Private Parties and Functions • Use our Big Screen TV to replay tapes of your Team or Sports Event

1120 Moro

AGGIEVILLE

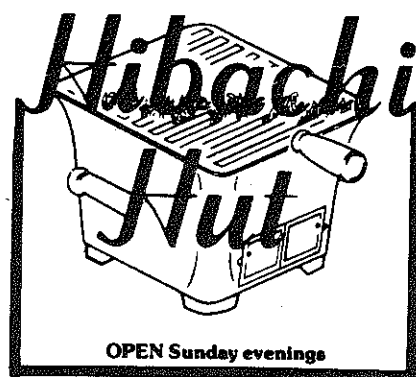
539-9064

\$100 OFF
 Any Food Purchase
 from our Menu

Steaks • Ribs
 Sandwiches

Cold Beer
 on Tap

Open for Lunch
 and Dinner



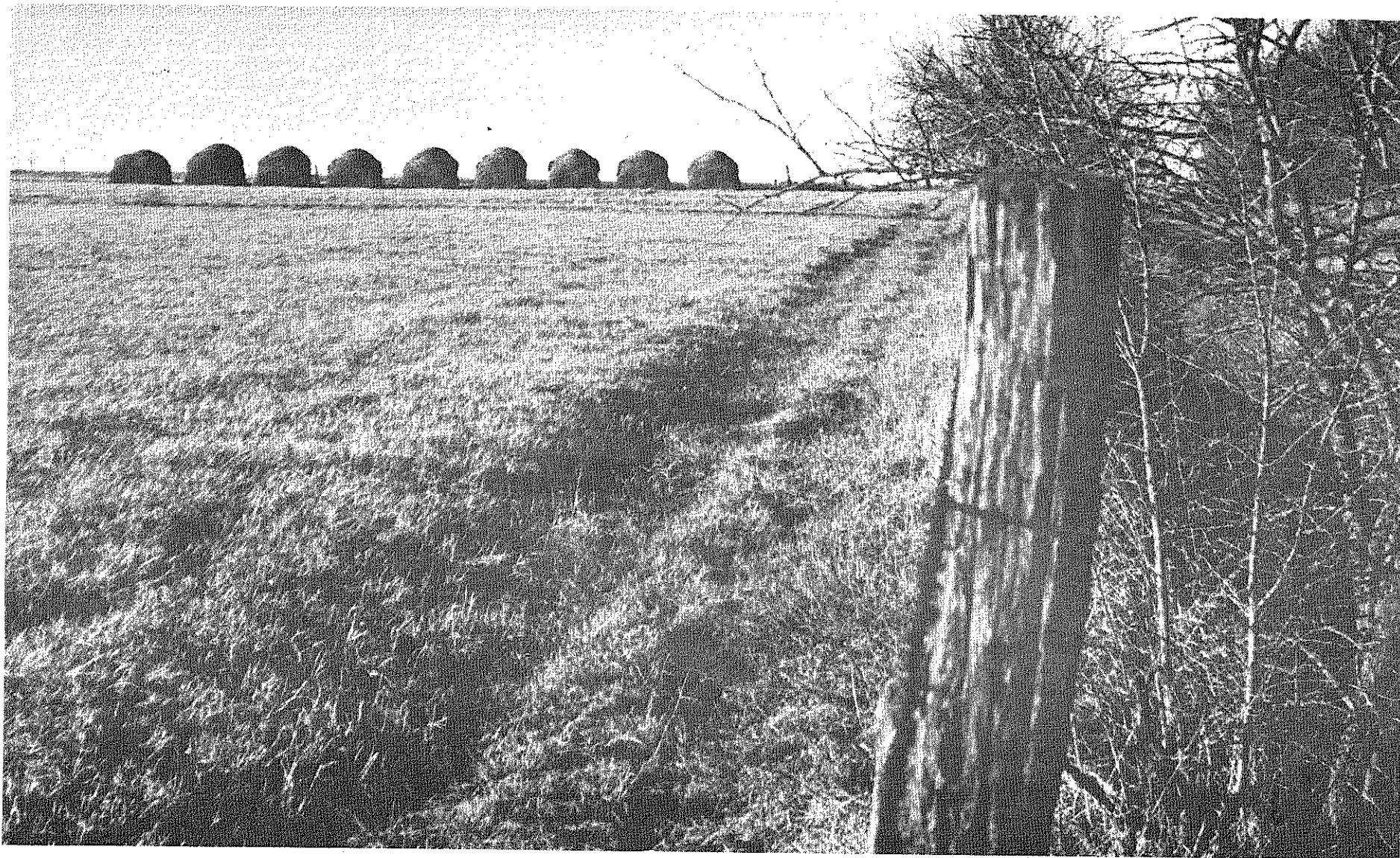
OPEN Sunday evenings

608 N. 12th

AGGIEVILLE

539-9906

Coupon not valid with other offers.



In celebration of wanderlust

OUTING CLUB

P-24

Mike Elledge

776-4043

First and Third Wednesdays, 7:30pm First Meeting: Sept 7
 Location: Will be noted on your receipt Length: All semester
 Class Fee: \$2.00, pay with registration

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. (Mike enjoys many outdoor activities.)

KANSAS STATE FAIR TRIP: THE OAK RIDGE BOYS

P-1

Judy Portuese

537-1318

Saturday, 7am-10pm, Sept 10
 Location: Will be noted on your receipt
 Class Fee: \$23.00, pay with registration Limit: 46

"Come and go to the Kansas State Fair." That's right!! We're going to the fair. Enjoy the air-conditioned comfort of a motorcoach and a day in Hutchinson viewing hundreds of exhibits by commercial enterprises and 4-H'ers from across the state. We will have tickets to the evening Grandstand show featuring The Oak Ridge Boys. We will depart at 7am and return home following the grandstand show. We will stop in Salina for breakfast at Russell's Restaurant (on you). Air-conditioned transportation, fair admission and grandstand show tickets are all yours for only \$23.00. (Judy has led tours to Topeka, Fort Riley, KC Royals and other Kansas attractions.)

SWEDISH FESTIVAL-LINDSBORG "SVENSK-HYLLNINGSFEST"

P-2

Judy Portuese

537-1318

One Time: Friday, 8am-8:30pm, Oct 14
 Location: Will be noted on your receipt
 Class Fee: \$20.00, pay with registration Limit: 46

UFM and the State Historical Society of Kansas will host a tour to Lindsborg, Kansas during their "Svensk Hyllningsfest." We will depart at 8am and return following dinner. We will spend the morning touring the McPherson County Old Mill Museum. We are on our own for lunch. In the afternoon we will visit the many exhibits of Swedish crafts, arts and cooking; watch Swedish folk games and dances and the May Pole dancers. Toward evening we'll make our way to the historic and famous Brookville Hotel and partake of a home-cooked, family-style chicken dinner. Motor coach transportation, museum fee and your Brookville dinner are included in your reservation for only \$20.00.

MAKE FRIENDS WITH THE EARTH -- CAMPOUT!

P-23

Pat Dreese

539-9150

Saturday and Sunday, Oct 8 & 9, 4:30pm
 Location: Will be noted in your receipt
 Class Fee: \$1.00, pay with registration

Come meet old and new friends as we hike the Flint Hills of Tuttle Reservoir. We'll spend the evening around the campfire discussing environmental concerns, sharing stories and keeping warm. Supper and breakfast will be cooked over the campfire. You'll be glad you took this opportunity to meet some friendly Friends Of The Earth. (Pat is president of Kansas Friends Of The Earth.)

EUROPEAN TRAVEL: NINE DAYS FOR UNDER \$1,000.

P-3

Neil Schanker

532-5866

Register and you will be contacted

The American Institute for Foreign Study (AIFS) and the American Leadership Study Groups (ALSG) offer educational tours throughout the world. All travel arrangements, guides and meals are prearranged. Cultural highlights (art, music, history, architecture, etc.) are emphasized. A nine-day England and France trip would include, for example: Westminster Abbey, St. Paul's, Buckingham Palace, Windsor Castle in London, Notre Dame Cathedral, Champs-Elysees, Arc de Triomphe in Paris and visits to Versailles, Chartres, Calais, Dover, Canterbury and other historic spots. Theater events and boat rides are included. Register for more information. (Neil is a veteran of many U.S. trips and tours.)

BACKPACKING

P-31

Paul Mathewson

539-4176

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

Limit: 20

This class will provide information about required equipment, map reading and essentials of experiencing the wilderness: How to plan a backpacking trip, places to go and when to go. Both novice hikers and intermediate backpackers are welcome. Bring your questions about equipment and backpacking needs. Some equipment will be provided for inspection and comparison. (Paul has backpacked in California, Utah and Colorado for about 10 years.)

GOETSCH-IRVINE CHRYSLER-PLYMOUTH

NEW
&
USED



Leasing
Rental
Quality Service
4th & Leavenworth
Downtown Manhattan
Ph. 776-4875

Shop at

Sears

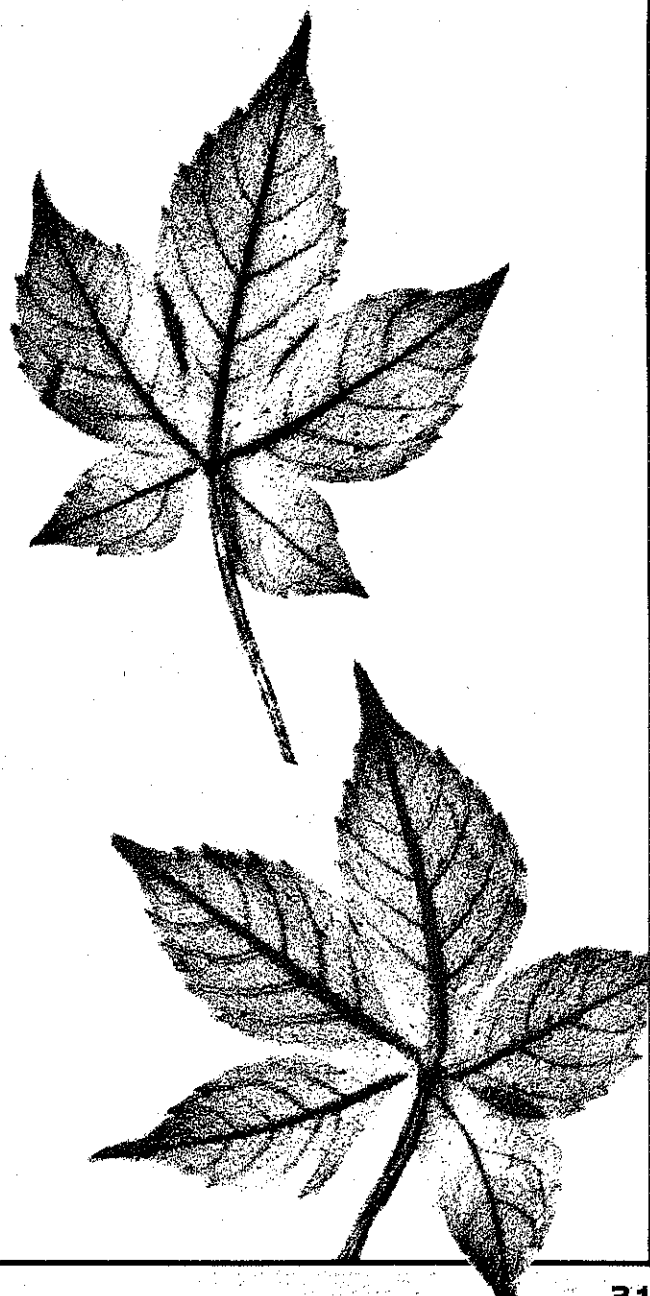
Downtown Manhattan

OPEN
9:30-6:00 MON.-SAT.
THURS. TIL 8:30
SUNDAYS 12-5
AUTOMOTIVE
OPENS 8:00 a.m.
776-8886

Index

Accelerated Learning	14	Dancercise	27	Hungry World	4
Acupuncture	24	Darkroom Photography, Basic	19	Hypertension	24
Aerobics	27	Darkroom Techniques, Advanced	19	Hypnosis for the Seriously Curious	24
Alaska: The Wilderness Experience	9	Darn It!	18		
All That Jazz!	21	Dealing with Difficult People & Problem Employees	14	I'm OK-You're OK Workshop	25
Antiques & Collectibles	17	Dial-A-Partner	26	Indoor Plants	10
Apple Tour, "Little Apple"	10	Diamonds!	8	Infertility Support Group	25
Aquarian Conspiracy	23	Divorce	25	Interpersonal Listening	14
Arabian Horses	7	Dog Obedience	7	Investing for Growth and/or Retirement	3
Arts for Social Change	17	Drama Workshop	20	Investing for Income	3
Astronomy (Basic)	8	Drawing-I	18	Investing for Income Today	3
A. T. Experience (The)	11	Dress for Success	25	Investment Basics	3
Auctioneering	16	Dungeons & Dragons	28	Israeli Folkdance	22
Autoharp Workshop	21				
Auto Mechanics for Women	15				
		ECKANKAR	23		
Backpacking	29	Edible Landscape: Intern-ship & Volunteers	10	Jewelry Casting, Advanced	20
Ballroom Dance	22	Edible Landscape Visitors Day	10	Jewelry Techniques, Beg.	20
Basketmaking	17	Edible Plant Materials Co-op	10	Jujitsu	27
Beekeeping	7	Energy Conserving Homes	11		
Beermaking	13	Energy Conserving Window Treatments	11	Kansas Snakes as Pets	7
Beermaking Co-op	13	Environmental Issues	11	Kansas State Fair Trip	29
Bicycle Maintenance	15	Estate Planning	3	Kayaking!	26
Bidding & Buying at Auction	15	European Getaways	5	Kayaking, Intermediate Workshops	26
Big Brothers/Big Sisters	6	European Travel	29	Kerosene Heaters	11
Bi/Polar Seminar	23			Kids Cook	13
Birdwatching for Beginners	9	Fall Fishing	8	Kitchen Fundamentals	13
Blind Contour Drawing	18	Fencing, Beginning	27	Knitting Made Simple	18
Bluegrass Banjo	21	Fiction Writing Workshop	20	Konza Prairie Fall Wild-flowers Pageantry	9
Bluegrass Grows in Win-field	21	Fishing Around Manhattan	8	Konza Prairie Hike	9
Boomerang Safety	28	Flint Hills Breadbasket	4	Konza Prairie Quilters Guild	18
Borscht and Roll Kitchen	12	Focus on El Salvador	4	KSU Nuclear Reactor, Tour	5
Bridge, Beginning	28	Folkdancers, Flint Hills	22		
		Foreign Language Lunch	20	Land Institute Visitors Day	11
Campout, Make Friends with the Earth	29	Garden's Through	10	Lifesaving, Advanced	26
Canoeing	26	General Fitness Exercises	27	Listening Skills in Classroom	14
Cardweaving	17	Givers and the Takers	25	Living Off the Land	8
Careers in Travel	16	Gourmet Cooking	13	Loan, How to Apply for a	3
Casio Electronic Keyboards	21	Guitar, Beginning	21	Lovebirds	7
Cathedral Window Quilting	18			Luncheon Financial Series	3
Cheese! Cheese! Cheese!	13	Hairbraiding	15		
Classical Guitar, Beg.	21	Hair Care and Styling	15	Maintenance & Repair of Musical Instruments	15
Classical Indian Dance	22	Halloween Owl Prowl	9	Makeup Magic	15
Clay Play	19	Harbors	6	Manicures	15
Color Darkroom, Beginning	19	Health Enrichment Group	24	Mapreading For Hikers	8
Composting	10	Help Yourself to Better Health	24	Marriage Enrichment Group	25
Confrontation Training	6	Herb Lore	10	Mars	8
Contra Dance	22	Hiking, Biking, Jogging Trail	9	Martin Luther Film Series	23
Cooking for 1 or 2	13	Historic Peace Church	4	Massage	24
Cooking with Flowers	13	Horseback Riding Trail	7		
Country-Western Swing Dance	22	Horses, All About	7		
Country-Western Traditional Dance	22	How to See in the Dark	20		
CPR	15	Human Anatomy	7		
Creative Drama Morning	20				
Creative Divorce	25				
Crepes	12				

McCall Pattern Company, Tour	5	Sewing, Beginning	18
Mennonite-Friends Peace Committee	4	Sewing for Toddlers	18
Men's Group	25	Shaker Herb Bread	12
Midwest Organic Farms	10	Single Parenting	25
Multi-media First Aid	15	Soft Pretzels and Root Beer	13
Mushroom Identification	9	Solar Greenhouses & Sunspaces	11
		Solar Space Heating Collectors	11
		Speedreading	14
National Freeze Walk-a-Thon	4	Spiritual Connection (The)	23
Nature Nurture	9	Sports Equipment Co-op	26
Nature Photography	9	Stained Glass	17
Night at the Opera	21	Stamp Collecting	28
Nuclear Arms Race, History	4	Stockmarket Basics	3
Nuclear War Defense Planning	4	Strategy for Success	14
Nutrition For Runners	26	Stress Ills & Stress Skills	24
		Student Pilot Groundschool	28
Outing Club	29	Successful Home Buying	3
		Successful Money Management	3
		Superinsulating Your Home	11
		Swedish Festival-Lindsborg	29
		Swimming Lessons	26
		Tai Chi Exercise	27
Pantomime and Clowning	27	Tai Chi for Seniors	27
Parent Effectiveness Training	25	Tang Soo Do Karate	27
Parents Anonymous	25	Tanning Hides	17
Parent to Parent	6	Tennis, Beginners	28
Patchwork Basics	18	Time & Meeting Management	14
Personal & Business Computers	16	Tutoring Conversational English	20
Photography Darkroom Co-op	19	Tuttle Creek Tour	9
Photography	19	Typing	16
Phyllo Fun	12		
Picture Framing/Matting	18	UFM Potters Guild	19
Pizza, Pizza, Pizza	12	UFM Winter Craft Fair	17
Plant Exchange	10		
Pocket Billiards	28		
Politics of Rape	6	Vereniki	12
Polish the Little Apple	4	Visual Awareness	24
Potpourri Making	17	Volleyball For Fun	28
Pottery, Beginning and Intermediate	19		
Pottery Studio Co-op	9		
Prairie Grasses	9	Weight Control	24
Prairie Wildflowers	9	Wheat Country Health Delights	12
Problem Solving in Fairy Tales	20	Why Investors Fail	3
Puppy Training	7	Winemaking in the Home	13
		Women Against Rape	6
Racquetball for Beginners	28	Women and Spirituality	23
Radio, Amateur Novice Class	28	Women's Career Development	16
Real Estate for Investors	16	Women's Novels	20
Reflexology	24	Women's Support Groups	6
Romance of Rare Books	20	Wood Lathe	22
Royal Lichtenstein Circus	5	Woodshop Co-op	22
		Woodwind Ensemble	21
Sailing Basics	26	World Friendship	6
Sand-drying Flowers	10		
Self-Defense for Women	6	Yoga	23



Registration

Mail-In Registration Form

ONE PERSON PER FORM • Mail-in registration due Aug 15 - Sept 2
(LATE REGISTRATIONS ACCEPTED ON SPACE-AVAILABLE BASIS)

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

PLEASE PRINT

Name _____
Street _____ Apt. # _____
City _____ Zip _____
Home Phone _____ Work Phone _____

SURVEY—Please check all that apply.

I am a:

KSU Student (_____ credit hours this semester)
 Student Spouse Fort Riley Personnel
 KSU Faculty/Staff Townsperson (non-KSU)
 Faculty/Staff Spouse Rural Riley County
 Public School Age Handicapped
 Senior Citizen Other _____

Check here if you require class to meet in handicapped-accessible space.

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

I am interested in teaching for UFM.

I would like to see offered next term: _____

UFM—532-5866

CLASS #	* SEC. #	TITLE	CLASS FEE
1.			
2.			
3.			
4.			
5.			
6.			

Total class fee (see costs) _____
 Plus registration fee (see costs)
 Individual—\$2.00 _____
 If KSU student, list ID# here _____
Total Due _____

Please indicate where you obtained catalog _____

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

Mail-in registration due Aug 15 - Sept 2

Walk-in:

Wednesday, August 17
Thursday, August 18

Public Library
UFM House
KSU Union
KSU Union
KSU Union
Wal-Mart
KSU Union
Public Library

5- 7pm
7- 8am
9am- 4pm
9am- 2pm
9am- 2pm
10am-12n
9am- 2pm
11am- 2pm
5- 7pm

Monday, August 22
Tuesday, August 23
Saturday, August 27
Wednesday, August 31
Thursday, September 1

Late Registration: Accepted on a space-available basis.

TO REGISTER BY MAIL:

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

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

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

Receipts and locations will be mailed to you immediately. If the class is full see refund policy. (A stamped, self-addressed envelope would be appreciated.)

COSTS:

Registration fee is \$2.00 per person. If you are under 13 and your parent(s) are taking a UFM class, do not pay 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.)

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

SPECIAL CHILDREN'S DISCOUNT FOR FAMILY PARTICIPATION:

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

UFM REFUND POLICY:

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

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

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

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

DISCOUNTS FOR VOLUNTEERS:

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

UFM TEACHER CREDIT:

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

RECEIPTS:

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

CLASS LOCATIONS:

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

UFM TEACHER POTLUCK GATHERING:

Sunday, Sept 4, 5:30pm at Long's Park, 17th & Yuma

PLEASE PRINT

Name _____
Street _____ Apt. # _____
City _____ Zip _____
Home Phone _____ Work Phone _____

SURVEY—Please check all that apply.

I am a:

KSU Student (_____ credit hours this semester)
 Student Spouse Fort Riley Personnel
 KSU Faculty/Staff Townsperson (non-KSU)
 Faculty/Staff Spouse Rural Riley County
 Public School Age Handicapped
 Senior Citizen Other _____

Check here if you require class to meet in handicapped-accessible space.

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

I am interested in teaching for UFM.

I would like to see offered next term: _____


UFM—532-5866

CLASS #	* SEC. #	TITLE	CLASS FEE
1.			
2.			
3.			
4.			
5.			
6.			

Total class fee (see costs) _____
 Plus registration fee (see costs)
 Individual—\$2.00 _____
 If KSU student, list ID# here _____
Total Due _____

Please indicate where you obtained catalog _____

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



UNIVERSITY FOR MAN Annual Fund

Yes! I want to support UFM!

\$25 (UFM Friend) \$50 (UFM Learner) \$100 (UFM Educator)

\$250 (UFM Benefactor) \$500 (Life- Long Learner) \$ _____

Name _____
Address _____

Clip and return to: **University for Man**
1221 Thurston
Manhattan, KS 66502

University For Man:

Lifelong Learning Center



Mid-Fall Special 1983

Winter Fun, Winter Fitness

TAKE THE PLUNGE: SPRINGBOARD DIVING FOR ALL AGES

Brett Balkenhol MF-5
776-6495
Sundays, 10am-12noon First Meeting: Nov 6 Length: 4-5 times
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration Limit: 6

Do you find yourself feeling jealous of those who perform graceful dives, back flips and twists at the ol' swimming pool? Wish you could show off at the diving board but afraid of belly flopping? Brett will teach you basic diving skills including forward, reverse, flips and twists. He promises nothing serious or dangerous. Please bring a short-sleeve sweat shirt. (Brett was involved in high school diving competition and has been an avid diver at KSU.)

INTERMEDIATE KAYAKING WORKSHOPS

T.J. Hittle MF-6
539-7772
Sundays, 9am-1pm First Meeting: Nov 6 Length: 3 times
Location: Will be noted on your receipt
Materials Fee: \$2.50, each Sunday, pay at class

These workshops are for those kayakers with some experience who desire to improve their skills. Informal critiques will be provided on rolls and strokes in indoor pools. Boats are available for rent at the pool or you can bring your own. Come as many times as you want and pay \$2.50 per Sunday at the class. (Instruction will be provided by members of the Kayak chapter of the Kansas Canoe Association.)

TAI CHI EXERCISE

Tom Graham MF-7
776-0780
Saturdays, 8:30-10:30am, Tuesdays, 7-9pm First Meeting: Nov 5
Location: Will be noted on your receipt Length: All semester
Class Fee: \$10.00, pay with registration

Tai Chi is a Chinese exercise system involving both exercise and self-defense. Emphasis at the beginner level is placed on coordination, balance, breathing, and smooth flow of movement. (Tom has been leading this UFM class for over 3 years.)

WHAT IS KUNG FU?

Yi Fei Tao MF-8
776-0780
One Time: Tuesday, 7pm, Nov 22
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

The Mei Hua style of Kung Fu has traditionally been kept within the family. It stresses internal energy and health as well as self-defense. Internal and external techniques will be demonstrated. (Mr. Tao was the champion of Kung Fu in Peking, China in 1965. One of his goals in life is to share his knowledge of Kung Fu.)

BEGINNING FENCING

Richard Reihls MF-10
539-9261
Wednesdays, 6-8pm First Meeting: Nov 2 Length: All semester
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration

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

VOLLEYBALL FOR FUN (16 AND OVER)

Lois Morales MF-11
539-8867
Tuesdays, Thursdays, 6:30-8:30pm First Meeting: Nov 3
Location: Will be noted on your receipt Length: All semester
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class

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

JAZZERCISE

Courtney Waide MF-1
539-1414
Tuesdays & Thursdays, 6-6:45pm First Meeting: Nov 3 Length: 12 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration Limit: 16

If you hate to sweat but want to tone up - if the thought of situps makes you sick but music starts your feet tapping, then come join us. Do something nice for yourself and have fun. (Courtney has a jazz dance background. She combined her enjoyment of dance with physical fitness while she was the recreation director at the Topeka Girl's Club.)

AEROBICS! ME, MYSELF AND I

Theresa Zentner MF-2
532-6510
Tuesdays & Thursdays, 7-8pm, Nov 3-Dec 15 Length: 12 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Materials Fee: \$5.00, pay at class (optional, for book)

Learn the methods of self-control and awareness of your individual body! We are all different and have different needs. You will learn techniques that will benefit you while having fun. We will cover the "Total You" natural beauty, skin, body and mind. "Sound body, sound mind." Want to look like Raquel Welch? What for? I'd rather be the best of me! Men welcome. (Theresa, the mother of two, has developed new techniques to rid the body of overweightness after gaining 75 lbs. during pregnancy.)

GENERAL FITNESS EXERCISES TO MUSIC: AEROBIC EXERCISE FOR EVERYONE

Susan Grecu MF-3
532-5731
Mondays, Tuesdays, Wednesdays, Thursdays, Fridays, 5-6pm (First Mtg.)
Location: Will be noted on your receipt Nov 2
Class Fee: \$10.00, pay with registration Length: All semester

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

NUTRITION FOR RUNNERS, ATHLETES AND PHYSICAL FITNESS BUFFS

Dr. Katharine Grunewald MF-9
532-5508
One Time: Monday, 7-9pm, Nov 28
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 30

Is your diet optimal for your particular sport? Have you wondered about carbohydrate-loading, salt tablets, honey, or crash diets? If you are concerned about building muscles, replacing perspired liquids or maintaining endurance, nutrition plays an important part. More and more athletes and coaches are looking seriously at current research about now and what athletes should eat. This class will be a seminar, but bring any questions or experiences you'd like to share. (Katharine is an assistant professor in nutrition at KSU who enjoys body building and distance running.)

BASIC CARDIAC LIFE SUPPORT-CPR

Sue Hindsley, R.N. MF-65
1-762-2330
Tuesday, Wednesday, Thursday, 7-10pm, Nov 15, 16, 17 (3 times)
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration
Materials Fee: \$2.00, pay at class Limit: 15

Basic Cardiac Life Support (CPR) is an emergency first aid procedure consisting of recognition of respiratory and cardiac arrest and the proper application of cardio pulmonary resuscitation. This course, taught according to the American Heart Association guidelines, will provide instruction in Basic Rescuer techniques for adults and infants, and techniques for managing the choking victim. Upon successful completion of this course, the participant will receive certification from the American Heart Association. (Sue is a R.N. at St. Mary Hospital, E.R. Dept. She is a Basic Cardiac Life Support Instructor and an Advanced Cardiac Life Support Instructor.)

KID STUFF

GRAHAM CRACKER CANDY HOUSES (5 YEARS AND OLDER)

Rebecca Brownson

MF-97

532-5866

One Time: Saturday, 2-4pm, Dec 17
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$4.00, pay at class

Limit: 6 parent/child pairs

Just as much fun to make as gingerbread houses but so much quicker!
 Basic construction details are similar. You have more time to spend decorating to make the house your own creation. Parent-child combinations sign up together.

PLAY GROUP

Barb Stork, Kay Ring

MF-81

539-1379 539-2468

Wednesdays, 10am First Meeting: Nov 9
 Location: Will be noted on your receipt
 Class Fee: \$1.00, pay with registration

Length: Ongoing

This is a chance for children to play with other kids while their moms make new friends and get a chance to visit with other mothers. Play group has been in Manhattan about 8 years. (Barb and Kay have been involved in play group for several years.)

CHRISTMAS COOKIE DECORATING

Rebecca

MF-91

532-5866

Section I: Saturday, 9-11am, Dec 3, Parent and 3-5 year-old
 Section II: Sunday, 1-3pm, Dec 4, Parent and 6 years or older
 Section III: Saturday, 9-11am, Dec 17, Parent and 6 years or older
 Section IV: Sunday, 1-3pm, Dec 18, Parent and 3-5 year-old
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$3.00, pay at class

Limit: 6, parent and child groups

Baking holiday cookies is a terrific way for you and your child to welcome in the holiday season. We provide sugar cookie dough, cookie cutters, pans and decorating materials. Come enjoy the fun without the mess! Please bring a container in which to carry home your cookies. (Rebecca looks for ways to borrow children at cookie baking time.)

CHILDREN CELEBRATE WITH CRAFTS

Norleen Gregory

MF-46

776-7350

Section I: Thursday, Nov 3, 6-7:30pm (One time each section)
 Section II: Thursday, Nov 10, 7-8:30pm
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

Early Americans made handicrafts to anticipate the coming shorter days and cold weather. To honor these pioneers, the Living Learning School will teach hand dipped candle making and making pinecone bird feeders for 4-9 year olds. These will make superb Christmas presents, too. Parents welcome. (Norleen is the new head teacher of the Living Learning School, an alternative elementary school in Manhattan.)

PLAY WITH CLAY (6-8 years old)

Ginger Branyon

MF-92

537-0697

Thursdays, 4-5pm First Meeting: Nov 17
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration
 Materials Fee: \$5.00, pay at class

Length: 6 times

Limit: 6

Have fun making coiled clay boxes, funny animal sculptures and clay wind-chimes. We will experiment with rubber stamps and sea shells pressed into the clay and maybe even decorate some with different colored feathers. Sign up with a friend and we'll play in the clay! (Ginger has taught kindergarten and is very involved with the UFM Pottery Studio.)

TINY TOT SWIMMING (18 MONTHS TO 3 YEARS OLD)

Barb Stork

MF-4

539-1379

Section I: Saturdays, 11am-12noon, Nov 5, 12
 Section II: Saturdays, 11am-12noon, Dec 3, 10
 Location: Will be noted on your receipt
 Class Fee: \$3.00 per parent-child pair/section

Limit: 12

This class will deal with methods of teaching the very young child the basics of swimming and personal water safety, for example, backfloating and survival floating. Emphasis will be placed on parent and child relaxing and enjoying the water. Activities will include blowing bubbles, going under, dipping, torpedoes, jumping, floating and others. Important tips and do's and don't's will be covered. A parent must accompany each child in the water. (Barb is a Red Cross certified Water Safety Instructor (WSI). She has spent lots of pool time with her 5-1/2-year old son, Bryan and 2-1/2-year old daughter, Kathy.)

HUMAN ANATOMY FOR YOUNGSTERS

Lynn Schanker

MF-28

539-9150

One Time: Saturday, 1-3pm, Oct 29
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

Limit: 10

Does your child have questions about how their breathing, digestion, blood or eyesight works? Lynn will explain where the major organs are located in the body and why they are essential. Participants will have an opportunity to see the heart, lungs, kidneys, brains, eyes and bones. Parents are welcome too. (Lynn, a human body herself, is a biology instructor.)

Looking Your Best

PROFESSIONAL MANICURES

MF-69

776-5488

Judy Goodson

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

Limit: 8

Pamper yourself! Here's your chance to achieve the long, beautiful and healthy nails that you've always admired but didn't think possible for yourself. Well - it is. A professional manicurist will demonstrate and help you with actual hands-on experience. You'll discuss techniques used in giving a professional manicure, hand care problems, safety precautions and use of equipment. Treat yourself and feel great when you leave! (Judy owns Van's Hair Fashion and is both a trained manicurist and hair-stylist.)

HAIR AND MAKE-UP FOR THE '80'S

MF-70

537-9825

Alicia and Company

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

Limit: 20

Not sure what hairstyle or makeup technique is right for you? Let us help you make the most of your good looks and have fun at the same time! We'll do five "before and after" demonstrations and each participant will have time to ask questions concerning her own personal hairstyle and makeup. (Alicia and her staff are experienced professional cosmetologists who have enjoyed teaching this class before.)

A PRETTIER YOU!

MF-71

776-5257

Nancy Bowen

Section I: Saturday, 10am-12noon, Nov 5
 Section II: Saturday, 2-4pm, Nov 5 (one time each section)
 Location: Will be noted on your receipt
 Class Fee: \$3.00, (each section) pay with registration

Limit: 8 per section

Do you want to learn how to apply makeup to make you look naturally glamorous? Learn makeup techniques and color coordination to look your prettiest this winter. (Nancy is a graduate home economist with 18 years experience in skin care, makeup, and color coordination with Lady Finelle cosmetics as a car-winning manager.)

WOMEN'S DRESS FOR SUCCESS

MF-72

776-3438

Bonnie Hansen

One Time: Thursday, 7:30pm, Nov 3
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$1.00, pay at class

Limit: 20

An introduction to the beautiful world of color - how it affects you and those around you. Learn how correct color choice enhances your own natural skin, hair, and eye colors. Learn how to dress for success by using correct wardrobe and color combinations to send the proper messages to those you come in contact with in business as well as in your social life. (Bonnie is a trained certified Professional Color Analyst with Beauty for All Seasons.)

MEN'S DRESS FOR SUCCESS: YOUR WINNING IMAGE

MF-73

776-3438

Bonnie Hansen

One Time: Thursday, 7:30pm, Nov 10
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$1.00, pay at class

Limit: 20

People glance at us and in an instant, even without knowing it, make judgments about our dependability, friendliness, profession, mood, competence, intelligence, age, and health. Research has proven that our colors, our suits, ties, and accessories, communicate strong persuasive messages about us. Learn how to send the proper messages by wearing your best colors, your most authoritative suits and ties, and your best casual wear. Improve your image with color.

THE POWER OF COLOR

MF-68

776-4455

Lin Brocco

One Time: Monday, 7-10pm, Dec 5
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$5.00, pay at class

Limit: 20

It's incredible how the colors you wear can influence your mood and affect your appearance. Wouldn't it be wonderful if you always knew which colors or combinations of colors to wear to maximize your natural coloring and best features? You will learn all this with "The Power of Color." Each participant will discover her best colors and will receive fabric samples and brochures on makeup and hair color preferences. (Come to this class without makeup so that your "true" color can be determined. (Lin and the staff of the Hair Experts, who are trained beauty consultants, will team teach this class.)

WEIGHT CONTROL

MF-64

532-5508

Kathy Grunewald

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

Limit: 30

There are so many weight-loss programs these days -- which one is best? Many people have trouble staying on a program, or keeping lost weight off. In this seminar some of the current popular reducing diets will be evaluated as well as successful strategies in weight control. (Dr. Grunewald is a registered dietitian and has taught weight control at Kansas State University.)

Delicious Dining and Decorations Page 3

GINGERBREAD HOUSES

MF-86

532-5866

Rebecca Brownson

One Time: Friday, 7-9pm, Nov 18
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class

Limit: 15

Building a gingerbread house is not a difficult project once you've seen one constructed. This will be your chance to do just that and to get some tips, recipes and patterns. Make this the year you add a gingerbread house to your holiday decorations. (Rebecca enjoys creating and demolishing this sort of house.)

TRADITIONAL MENNONITE HOLIDAY TREATS

MF-99

537-7950 532-5866

Myrna Bartel, Jean Krahn Nickel

One Time: Thursday, 7:30pm, Dec 6
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class

Limit: 10

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. (Jean & Myrna have prepared these treats for their families.)

A CHEESE EVENT

MF-87

1-456-7200

Jan Keller

One Time: Thursday, Nov 17 7pm
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Do thoughts of cheese dance through your head as the holiday season approaches? Join us and discover the wonderful world of cheese. The origins of a wide variety of cheeses will be discussed. We will see how cheese is made and get some samples and ideas on serving. (Jan is Bit-O-Gold's retail manager in Wamego.)

OMELETS

MF-88

Kathleen Seacat

One Time: Monday, 6-8pm, Dec 5
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$3.00, pay at class

Limit: 12

Omelets are simple and fast. Many people don't realize what a wonderful wrapper an omelet is for all those holiday leftovers. Serve them for brunch or supper. You'll get to make an omelet and sample many. (We've heard that Kathleen knows over 100 fillings for omelets.)

BREAD SCULPTURE

MF-89

532-5731

Elise Rose

One Time: Sunday, 12:30-4:30pm, Nov 13
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$3.00, pay at class

Limit: 8

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

CANDYMAKING EXTRAVAGANZA!

MF-90

532-5866

Julie and Meriam

One Time: Tuesday, 7-9:30pm, Nov 29
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$3.00, pay at class

Limit: 8

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

CHRISTMAS COOKIE EXCHANGE

MF-95

532-5866

Rebecca

One Time: Monday, 7-9pm, Dec 12
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration
Materials Fee: 50¢, pay at class

Limit: 10

Bring 6 dozen cookies and a copy of your recipe. Take home 5 dozen assorted cookies. The extra dozen? We'll taste them while our recipes are being photocopied. What an easy way to have assorted cookie plates for the holidays without spending days in the kitchen!

NAPKIN FOLDING

MF-96

532-5866

Rebecca Brownson

One Time: Thursday, 7-8:30pm, Nov 3
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class

Limit: 12

Add a special touch to your holiday dinners. Posh restaurants use them - so can you. Napkin folds to be included are fan, candle, bishops cap, buffet. You will receive an instruction sheet so you can duplicate the results at home.

ABC'S OF COOKING EZ CLASS

MF-85

776-9606

Chlorene Reiling

One Time: Saturday, 9am-12noon, Dec 10
Location: Will be noted on your receipt

Limit: 40

Everyday tasks become difficult if you have arthritis. Learn how to cook with the least amount of stress on those achy arthritic joints by saving steps and energy in the kitchen. Presentors include: Kayann Heinly, Riley County Extension Home Economist; Mary Higgins, Dietician at St. Mary's Hospital; Betty Love, Occupational Therapist. Transportation available. This class is sponsored by the Riley County Arthritis Committee.

Healthy Holidays

RCCAIDE: Riley County Council on Alcoholism and Drug Education MF-82

October 24, 1983 will be "An Evening for Parents, Students, and Interested Others." The Riley County Council on Alcoholism and Drug Education, Inc. (RCCAIDE) is sponsoring an evening with speakers from various groups on drunk driving. Included in the speakers will be Kim Dugger from Mothers Against Drunk Drivers; Kathi Krull from Students Against Drunk Drivers; Bridget Hayes from Remove Intoxicated Drivers; Darrell Marr from Impaired Driver Alert; and Pat Caffey, attorney with Littrell & Caffey legal services.

The meeting will be held on October 24, 1983 at 7:30pm at the Manhattan High School Little Theatre, Westwood & Sunset. For more information, contact Linda Daugherty, RCCAIDE office, 404 Humboldt, Suite C, Manhattan, Kansas 66502; Phone (913) 539-7004 weekday mornings.

CALL-A-RIDE MF-83

MF-83

When the party is over, don't drink and drive, CALL-A-RIDE at 537-2080. By calling this number and asking for CALL-A-RIDE, you can ride home safely - and FREE! - anywhere in the Manhattan city limits between 5pm and 7am on New Year's Eve and New Year's Day.

This service is provided by the Riley County Council on Alcoholism and Drug Education, Inc. (RCCAIDE)* and is co-sponsored by Bell Taxi Transportation, Inc.

*RCCAIDE is funded by the City of Manhattan Special Alcohol Program Funds.

HOLIDAY CHEER: HOLD THE BOOZE: A PARTY PLANNING EXPERIENCE MF-84

MF-84

Elaine Spencer Carver

532-6432

One Time: Friday, 7:30-9:30pm, Dec 2
Location: Will be noted on your receipt
Materials Fee: \$2.00, pay at class

Limit: 30

Come join the fun as we sample and experiment with non-alcoholic beverages made from fruit, pop and ice cream. In addition, this year we will discuss ways to plan a party that will help your guests enjoy themselves and still feel good the next morning! Party Planner and Non-Alcoholic beverage recipe book provided. (Elaine is the Director, Alcohol and Other Drug Education Services at Kansas State University.)

Groups and Gatherings

EPILEPSY SUPPORT GROUP MF-80

MF-80

Cindy Culver Burke, Gretchen Holden

532-6544 532-6441

Thursdays First Meeting: Nov 10 Length: Ongoing (You will be contacted for time)

An informal group for individuals who are epileptic or anyone concerned about someone with epilepsy. Group contact is ongoing.

G.L.R.C. PRE-THANKSGIVING POTLUCK PARTY MF-100

MF-100

One Time: Saturday, 6:30pm, Nov 19

Come get acquainted at an informal potluck! G.L.R.C. is a group of men and women from both campus and community working together to facilitate communication and support among members of the gay community. G.L.R.C. meets Mondays at 7:00. Leave message at 537-8235 or write P.O. Box 282.

HARBORS: A WOMYN'S COFFEEHOUSE MF-94

MF-94

Sue Rieger

532-6444

One Time: Saturday, 8pm-12m, Dec 3
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

This event is for women to share music, poetry and art. It is also a chance for women to meet each other, socialize and learn what's happening in the women's community in Manhattan. (Sue is assistant director of the Women's Resource Center.)

LIVING LEARNING SCHOOL MF-75

MF-75

Living Learning School a private non-profit elementary school, will be having an open house December 4, 2-4pm, 1011 Osage. Individualized curriculum ages 4½ up. Contact Norleen Gregory, 776-7350.

CHRISTMAS CAROLING MF-93

MF-93

UFM Staff

532-5866

One Time: Monday, 7-8:30pm, Dec 19
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Join us as we and our families carol the neighborhood. After an hour of harmonizing in the (?) snow, we'll return to UFM for some warming refreshments.

WEAVERS' GUILD

MF-42

Susan Lala 537-9610

First Tuesday of each month, 7:30pm First Meeting: Nov 1 Length: ongoing
 Location: Members homes (call Susan)
 Class Fee: \$1.00, pay with registration

The Weaving Guild is a local organization of active weavers, spinners, and dyers. They gather each month on the first Tuesday to learn new techniques and share projects. (Weavers Fancy Guild was formed 10 years ago by a UFM group and it's been alive and growing ever since.)

OFF LOOM WEAVING

MF-40

Susan Lala 537-9610

One Time: Wednesday 7-9pm, Nov 2
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$9.00, pay at class Limit: 10

We will combine yarn, beads, feathers, and fur on bamboo rings. This form of off loom weaving is quick and fun. Learn now and have plenty of time to make more for Christmas gifts. (Susan has enjoyed weaving for many years and likes to help others learn.)

RUGMAKING: BRAIDING, WEAVING, CROCHETING, TOOTH BRUSH HANDLE

MF-37

Fran Walter 539-2961

Fridays, 7-9pm, Nov 4 & 11 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 12

In the first class we will learn to make different kinds of rugs from a variety of worn and discarded material. Bring examples and any instructions you might like to share. In the second class, bring materials needed to work on the kind of rug you wish to learn. (An early interest in rugmaking has led Fran to learn many ways to create rugs from rags.)

TATTED SNOWFLAKE ORNAMENTS: THE BASICS OF LACE MAKING

MF-38

Coni Jo Bates 537-0570

Section I: Tuesdays, 1:30-3:30pm, Nov 29, Dec 6 Length: 2 times
 Section II: Tuesdays, 7-9pm, Nov 29, Dec 6 each section
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration (each section)
 Materials Fee: \$2.00, pay at class Limit: 6 each section

This ancient art of lace making was called Frivolite in France but when English women took it up their husbands rebelled in their engaging in Frivolite all day so it was renamed tatting. Today tatters often start on small projects such as medallions and snowflakes which make beautiful gifts and tree decorations. Come learn the magic you can do with a piece of string. (Coni Jo learned this art from 92-yr-old Effie Edwards who taught the first UFM tatting class. She has been tatting for 6 years.)

BEGINNING CROCHET

MF-39

Cindy Bieler 776-4741

Tuesdays and Thursdays 7-8pm Nov 8, 10, 15, 17 (4 times)
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 10

Stumped for ideas for Christmas gifts? Why not crochet them? This craft is not difficult to learn and many beautiful items can be made. Cindy will cover the basic stitches and try to clarify pattern instructions. Please bring a size G crochet hook and knitting worsted weight yarn to the first class. (Cindy is a K-State graduate in art education, and has crocheted a wide variety of things.)

STAINED GLASS

MF-36

Tom Ryan 776-1154

One Time: Wednesday, 7-10pm, Nov 2
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$1.00, pay at class Limit: 15

Tom will demonstrate the construction of a leaded stained glass panel from design to leading and soldering. We'll go over the tools and supplies needed and where you can get them. After the demonstration you'll have a chance to practice cutting glass, so bring a glass cutter if you have one. (Tom has taught this popular course several times and with winter coming says its a great inside activity.)

HOLIDAY CANDLEMAKING

MF-44

Neil Schanker 532-5866

Thursday, 7:30-9:30pm, Dec 1
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$1.50, pay at class Limit: 15

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

ORIGAMI: JAPANESE PAPER FOLDING

MF-74

Georgia Nonte 532-6583

One Time: You will be notified for day, time and date
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: 50¢, pay at class Limit: 8

Origami is the Japanese art of folding colored paper into animals and other objects. It is a very old craft passed down traditionally to younger children to increase their creativity and imagination. Come and learn this beautiful oriental skill for yourself. (Georgia has taught this class before and has been interested in all arts since she was very young.)

WEAVING

MF-41

Susan Lala 537-9010

Day, time and dates will be arranged during daytime hours Length: 8 times
 Location: Will be noted on your receipt
 Class Fee: \$10.00, pay with registration
 Materials Fee: \$5.00, pay at class (additional expenses collected per project)

This is your chance to learn weaving from a pro with individualized instruction -- just you and the teacher. We will start with the basics of weaving and end with a weaving project of your own, such as clothing, a rug, pillow, or a wall hanging. Supplies for each project will range from \$5.00 to \$50.00, depending on what you choose to do. (Susan has woven for many years. She loves to weave, talk about weaving, feel weaving, and look at weaving.)

BASKET MAKING

MF-43

Judy Love 539-8409

One Time: Friday, 7-9pm, Nov 4
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$3.00, pay at class

Bring a little of the Kansas great outdoors into your home in the form of a basket you made yourself. Judy will demonstrate and instruct preparation and use of native grasses, reeds, rose stems, dried iris leaves and other materials in basketmaking. Unusual, useful and decorative baskets from natural, readily available pieces of the local environment. Bring a yarn needle, scissors, a pocket knife, ball of twine (strong and flexible) in a color compatible with natural materials. (Judy is an assistant professor of art at K-State.)

SOFT SCULPTURE

MF-49

Jan Zelch 537-8841

One Time: Monday, 1:30-3:30pm, Nov 7
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$1.50, pay at class Limit: 10

This is a fun class where we will make cute little faces and pigs from your old nylons. Different characters and personalities emerge from inexpensive materials. Soft sculpture is a popular class with young and old alike. (Jan is one of the owners of Sunflower Sampler and has been teaching this class there, also.)

QUILTED HOOP

MF-47

Nancy Dupler 539-5400

Section I: Tuesday, Nov 29, 1:30-3:30pm
 Section II: Thursday, Nov 10, 7-9pm (One time each section)
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$4.50, pay at class Limit: 8 per section

Quilting is fun, relaxing, and produces beautiful objects or wall decorations. It is a perfect activity for a cold wintry day. In this class, we will learn the basic steps needed to quilt and will complete a design to fit a 9" hoop with lace around it. Patterns will be provided, such as the traditional feathered circle. (Nancy is one of the owners of the Sunflower Sampler craft shop. She has quilted for 4 years, been president of local quilt guild, and has completed many quilt projects.)

TIN PUNCHING

MF-48

Nancy Dupler 539-5400

Section I: Wednesday, Nov 16, 1:30-3:30pm
 Section II: Monday, Nov 21, 7-9pm (One time each section)
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$3.00, pay at class Limit: 8 per section

Learn the very old art of tin punching, which is often seen on pie safes, Mexican ornaments, or lanterns but has many other uses as well. Tin-punching is not difficult and also makes an unusual holiday decoration or gift idea. We will each finish a small project on copper or aluminum. (All materials will be provided.)

DOUGH ORNAMENTS

MF-50

Susan Kaylor 539-5400

Tuesdays, 9:30-11:30am, Nov 8 & 15 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$2.00, pay at class Limit: 8

Be creative and make your own ornaments for your Christmas tree. You will be shown how to prepare the dough and shape the ornaments in the first class, and you will paint the baked piece in the second class. Bring your own paint brushes to class, a #0 fine detail brush, and a #4 small flat brush for painting with acrylics. (Susan is one of the owners of Sunflower Sampler and has taught this class many times. She's been making dough ornaments for 8 years.)

UFM WINTER CRAFT FAIR

MF-45

UFM Staff 532-5866

Friday, Saturday, 11am-5:30pm, Dec 9, 10
 Location: UFM House, 1221 Thurston

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

STENCILING

MF-52

Susan Kaylor 539-5400
 One Time: Monday, 1-3:30pm, Nov 21
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$4.00, pay at class Limit: 8

The traditional decorative art of stenciling is both fun and easy to do! Discover how to use stenciling on wrapping paper, pillows, clothing, and wall borders. And learn how everyday items such as flowerpots, tile trivets, and watering cans become distinctive objects or inexpensive gifts when stenciled. (We'll be using the new oil paint sticks which have been so popular.)

WHEAT WEAVING

MF-51

Jan Zelch 537-8841
 One Time: Thursday, 1:30-3:30pm, Nov 17
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$2.00, pay at class Limit: 10

Wheat weaving is a popular Kansas craft. We will make small Christmas ornaments to hang on your tree. Items such as round plaits, Christmas candle and small house blessing will be included. (Jan has been wheat weaving for 4-1/2 years.)

GROUP PIANO

MF-57

Jeri Reichel 537-1234
 You will be contacted for day, time and dates
 Location: Will be noted on your receipt Length: All semester
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$4.00, pay at class Limit: 4

Students will learn beginning piano techniques and theory, with an emphasis on sight reading and accuracy. No previous musical experience is necessary, but students need access to a practice piano. Suggested minimum age: 14. (Jeri has taught music privately for 2 years.)

Pot-pourri

UFM POTTER STUDIO CO-OP

MF-55

Vera Muller 537-3142
 Monday, 7-8pm, Nov 7, Mandatory organizational meeting.
 Location: UFM Pottery Studio
 Membership in studio: \$20.00, 8 weeks
 30.00, 16 weeks
 40.00, 24 weeks

This is a cooperative studio-access class open to anyone with experience in pottery who feels confident working alone. There is no instruction provided. As a co-op member you will have access to the studio for four hours a week, 12½ pounds of clay plus all the recycled clay you produce, kiln space, and glazes. UFM has recently purchased a sophisticated slab roller for use in sculptural handbuilding, and electric wheel to augment its studio equipment. (Vera is the pottery studio coordinator for UFM.)

CLASSY CLAY ORNAMENTS

MF-56

Amy Jo Gatschet 776-3135
 Thursdays, 7-9pm, Nov 3, 10, 17 (3 times)
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration
 Materials Fee: \$2.00, pay at class Limit: 8

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

Sawdust and Shavings

WOODSHOP CO-OP

MF-62

Alan Edgar 532-5866
 Mandatory Organizational Meeting: Monday, 7-8pm, Nov 7
 Location: Will be noted on your receipt
 Membership Fee: \$20.00, 4 mos
 35.00, 8 mos Pay with registration
 50.00, 12 mos

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, lather, band saw, and most common woodworking tools. The membership fee is for equipment and facility use only. No materials are included. The mandatory organizational meeting will include instruction in safe equipment use and basic first aid. (Alan is the UFM woodshop coordinator.)

WOODCARVING WORKSHOP

MF-61

Glen Lojka, Wilbur Coffee 539-3731 776-4156
 Thursdays, 7-9pm, Nov 3, 10, 17 (3 times)
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration Limit: 15

The workshop is designed for the novice/beginner level woodcarver. Bring any knives or carving tools you might have. (Some knives will be available from the instructors). Bring any knot-free wood, 1" or 2" thick, such as white pine, sugar pine, Linden/Basswood, walnut or cedar. (Some wood will be available.) Both flat and three-dimensional carving will be illustrated and discussed. Some time will also be spent on making and caring of carving tools. (Glen and Wilbur are local wood carvers who have many years experience in carving. They have presented woodworking shows in this area as well as nationally.)

UKRAINIAN EGG DECORATING

MF-54

Elaine Cole Dillingham 539-2148
 One Time: Saturday, 1-4:30pm, Nov 19
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: 50¢, pay at class Limit: 25

Make beautiful Christmas gifts and tree ornaments! Ukrainian eggs are a traditional, centuries-old folk art in which intricate, colorful designs are created on chicken eggs using a wax-resistant process. First a slide show about the tradition and symbolism, then you'll make your own Ukrainian egg. You'll also learn the easiest way to blow eggs and the most secure way to attach thread for hanging. Bring a candle, candleholder, pencil, two eggs at room temperature, and 50¢ per person materials fee. (Elaine learned how to make Ukrainian eggs in Minnesota in 1975 and has enjoyed teaching this class for the past 5 years at UFM.)

CALLIGRAPHY: THE BASICS

MF-53

Janice Hooks 776-1529
 Tuesdays, 7-9pm First Meeting: Nov 8 Length: 4 times
 Location: Will be noted on your receipt
 Class Fee: \$10.00, pay with registration
 Materials Fee: \$12.50, pay at class Limit: 15

In this class students will be introduced to the basics of calligraphy and its uses for the holiday season. We will learn the Chancery "italic" alphabet using a broad-edged, dip pen and personalized stationery will be made. Materials fee includes all necessary supplies (nibs, holder, graph paper, ink and guide sheets). (Janice is a free-lance calligrapher.)

Images

SAY IT WITH PICTURES: INTRODUCTION TO PHOTOGRAPHY

MF-58

Denis Hancock 776-3246
 One Time: Wednesday, 7-10pm, Nov 30
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 15

Are your holiday photos of family and friends fuzzy? Do they turn out with half of dearantie's head missing? Do you have a super camera but can't quite turn out super photos? Surprise yourself and others this year with your camera know-how by taking this basic class in photography. You'll learn how your camera works, how to handle it, how to use existing light, and how to compose interesting pictures. (Denis is a biologist and a photographer who has taught beginning photography to students in Sterling and Tonganoxie, Kansas.)

UFM PHOTOGRAPHY DARKROOM COOPERATIVE (BLACK & WHITE & COLOR)

MF-59

Neil Schanker 532-5866
 Organizational Meeting: Monday, 5-5:30pm, Nov 7 (or by individual
 Location: Will be noted on your receipt appointment)

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

Black & White Only:

Fees: 8 weeks, \$10, new members	\$ 8, renewals
1 semester, 18, new members	15, renewals (pay with
2 semesters, 30, new members	25, renewals registration)
3 semesters, 40, new members	35, renewals

You must provide your own chemicals if you wish to use our new color equipment.

Black & White and Color:

Fees: 8 weeks, \$14, new members	\$12, renewals
1 semester, 25, new members	22, renewals (pay with
2 semesters, 37, new members	32, renewals registration)
3 semesters, 47, new members	42, renewals

The color equipment enables you to develop film or slides and to make prints from negatives or from slides (Cibachrome). 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/hr. (Neil is coordinator of the UFM darkroom.)

THE SECOND ANNUAL UFM BLACK & WHITE PHOTO CONTEST - IMAGES OF KANSAS: HIDDEN PLACES CLOSE TO HOME

MF-60

The twelve winning black and white entries will be published in the summer 1984 UFM catalog. Prizes will be awarded. All entries will be exhibited at the Manhattan Public Library April 23-May 4. Judges are Sally Wampler, KSU Journalism Department; Dan Ray, Manhattan Camera Shop; Holly Miller, Manhattan Mercury; and Adam Rome, UFM.

RULES:

1. There is no entry fee.
2. Minimum size is 5x7 inches, maximum size 11x14 inches.
3. Entries should be mounted on matt board.
4. The contest theme is Images of Kansas: Hidden Places Close to Home. Categories are scenery, people, architecture and animals.
5. Judges will select first, second and third-place winners in each of the four categories. Selection of honorable mention entries will be at the discretion of the judges.
6. On back of matt board write name, phone number, category and optional photo title.
7. Submit entries to UFM, 1221 Thurston. Deadline is 4:30pm, Friday, April 13.
8. Non-winning entries may be picked up at UFM after May 7.

Page 6 **To Whom It May Concern:**

THE BIG THIRST!: KANSAS' WATER DILEMMA

MF-29

Leland E. Rolfs

539-5494

One Time: Tuesday, 7:30pm, Nov 1
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Limit: 20

What's all this about proposed water pipelines from Milford and Tuttle Creek reservoirs to Wichita and SE Kansas? What's all this about western Kansas becoming another dustbowl? Come and find out about water law and current water issues in Kansas. Leland will discuss what is expected in the upcoming Kansas legislative session. (Leland is legal counsel - Division of Water Resources for the Kansas Board of Agriculture.)

ENERGY CONSERVING WINDOW TREATMENTS

MF-31

Kathy Burke

532-5780

One Time: Monday, 6:30-8pm, Nov 14
Location: Will be noted on your receipt

A typical home can lose 15 to 50% of its conditioned air through the windows. Learn about the energy conserving value of various window treatments and how they can be incorporated into different homes and family situations. Special emphasis will be given to treatments that are especially effective for cold weather. (Kathy is the State Extension Interior Design Specialist and enjoys creative energy conservation.)

WOODSTOVES, HOOK-UPS, CHIMNEYS, CHIMNEY CLEANING AND FIREWOOD

MF-30

Larry McBee

776-5118

One Time: Wednesday, 7pm, Nov 9
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Thinking about burning wood this winter? Come and learn about wood stoves, hook-ups, chimneys, chimney cleaning and firewood. We'll discuss safety and what to look for in purchasing a wood stove including the all important sizing. The new catalytic combustion add-on unit which reduces creosote by 90% will be examined. (Larry is the owner-operator of the Energy Center and has had extensive experience in the installation of wood burning stoves.)

S.A.C. (STRATEGIC AIR COMMAND)

MF-79

David Verscheiden, Mary Ash, Helen Buzenberg

539-4160

One Time: Monday, 7-9pm, Nov 21
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

At this moment, staff at S.A.C. in Omaha is planning strategy for a winnable nuclear war - a war the U.S. seeks to terminate on terms favorable to the U.S. and in which you and I are acceptable losses. Discuss this issue and help us plan our part in a Midwest campaign to redirect our resources and energy.

Making Life Easier

INTRODUCTION TO COMPUTERS

MF-76

Mark A. Gorman, John Radenberg

537-1075

One Time: Saturday, 2-4pm, Nov 12
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Computers are becoming a part of our daily lives. Let us help you better understand the magic and potential of computers. A class planned with those who have little knowledge of computers in mind. (Mark owns Compu-type. John is a freelance software developer.)

SUCCESSFUL MONEY MANAGEMENT

MF-77

Fred Freeby

537-4505

Section I: Monday, 7-9:30pm, Nov 14
Section II: Monday, 7-9:30pm, Nov 21 (One time each section)
Location: K-State Union

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

STRESS MANAGEMENT

MF-66

Michael Weinberg, PhD

537-2244

Monday and Wednesday, 7-8:30pm, Nov 14 and 16 (2 times)
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 10

This class is for adults who are interested in learning effective methods of gaining control over work or educational stress related problems. The class will learn a psychological strength building technique based upon the concepts of Reality Therapy and Both Win Management. (Michael is an Adult Educator and Certified Reality Therapist. He has co-lead two seminars dealing with stress related to secretaries.)

DISCIPLINE WITH LOVE: SETTING LIMITS

MF-67

Michael Weinberg, PhD

537-2244

Monday and Wednesday, 7-8:30pm, Nov 7 and 9 (2 times)
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 10

This class is primarily for parents of children who are pre-school - 6th grade. We will discuss the emotional factors involved in parenting a child of this age, and learn a practical method of setting limits while continually reinforcing your love and support for your child. Single parents are also welcome to attend.

OLDER HOME RENOVATION

MF-63

T. Russell Reitz

539-4173

One Time: Monday, 7pm, Nov 7
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Thinking of renovating your older home but are overwhelmed by it all? Learn where to begin, what you can realistically do yourself, and the problems and solutions involved in home renovation. The class opens with questions from each person about their specific home needs in repair and restoration and class time will be spent discussing each need. (Russell has renovated about 30 older homes or apartments, which he bought, fixed up, and then sold or rented.)

ENDING HUNGER BRIEFING

MF-33

Ending Hunger Briefing, Saturday, November 19, International Student Center, KSU, 2:30-8:30pm. A 5-hour briefing on the facts, myths and options available for ending hunger. Supper included. Contact Lynn Ellen Doxon, 537-0938, 776-3624.

Indoors and Outings

COLD WEATHER CAMPING & BACKPACKING

MF-12

Gregg Scircle

776-7693

Mondays, 7:30-9pm, Nov 21, Dec 5 Length: 2 times, plus outing on Dec 10 or 17
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Concerned about staying warm in the great outdoors this winter? This class will provide information and instruction on basic techniques for winter backpacking and camping. Clothing, equipment and planning will be considered. Various types of equipment and clothing will be provided for comparison. The class will plan and participate in a weekend cold weather outing on either Dec 10 or 17. This class will provide basic knowledge needed to attend a more advanced Winter Ski Camping and Backpacking class to be offered later. (Gregg has led numerous groups and trips in skiing, backpacking, climbing, cycle touring and camping since the early 70's all over the Eastern U.S.)

OUTING CLUB

MF-13

Mike Ellged

776-4043

First and Third Wednesday, 7:30pm First Meeting: Nov 2
Location: Will be noted on your receipt Length: All semester
Class Fee: \$2.00, pay with registration

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. (Mike enjoys many outdoor activities.)

FARM TOOL AND MACHINERY EXHIBITION AT THE GOODNOW HOUSE MUSEUM

MF-78

Owen R. Jones

539-7976

One Time: Saturday, 10:30am-12noon, Oct 29
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

You have an opportunity for a personalized tour of this exhibit of antique farm tools and machinery presented by local owners. There will be time to visit the home of Isaac Goodnow, a prominent figure in the history of Manhattan. Kansas State Historical Society is providing space for this exhibition. The exhibit will be open for public viewing 1-5pm.

KANSAS CITY TOUR AND HOLIDAY EXCURSION

MF-14

Judy Portuese

537-1318

Wednesday, 6:30am-8:30pm, Nov 30
Location: Will be noted on your receipt
Class Fee: \$13.50, pay with registration

Limit: 46

UFM is sponsoring a holiday tour to Kansas City. First stop will be the Kansas City Board of Trade to see the futures market in operation and learn its functions. We'll then go to Westport Square which has a variety of boutiques and restaurants where we'll lunch on our own and have time for shopping. In the afternoon we're scheduled to tour the Miniature Museum - collection of miniatures, dolls houses and cherished toys of the past. This is all in the gracious setting of a 1911 Mediterranean Mansion. There will be time to browse in their gift shop. Towards evening we'll make our way to the Country Club Plaza and Seville Square where we'll be on our own to shop, dine and then see the Christmas lights. Limited seats available. Museum admission along with Abbott motorcoach transportation are included in your reservation. Since we're departing early, Judy will bring the breakfast rolls and you are welcome to bring your thermos. (Judy has led several UFM bus trips.)

K-STATE ORCHID COLLECTION TOUR

MF-23

Richard Mattson

532-6170

One Time: Tuesday, 7-8:30pm, Nov 8
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Come and visit some orchids, that amazing family of plants that include the state flower of Minnesota and those luscious, exotic Central American beauties. The plants can be terrestrial or tree-climbing and are often ugly, but the FLOWERS... Ah ... Learn the basics of orchid care and meet Dendrobium, Phalaenopsis and Cattleya, the florist orchid and others. The colors and fragrances must be experienced to be believed. (Dick is a professor of horticulture at KSU.)

TOUR OF THE MCCALL PATTERN COMPANY

MF-98

One Time: Thursday, 10-11am, Nov 10
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

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

ATTRACTING WILD BIRDS TO YOUR BACKYARD

MF-20

Ed Pembleton 537-4385

One Time: Saturday, 10am, Nov 5
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Now's the time to attract those cardinals, chickadees, nuthatches and woodpeckers to your backyard. To accomplish this, you must be wise in what foods to offer and how to present them. Ed will discuss pros and cons of different bird foods, how to purchase quality seeds and how different feeders attract different kinds of birds. We'll also talk about the importance of water, cover and what to do about unwanted visitors (squirrels, etc.). Samples of food and feeders will be on hand. Ed will also show you how to make some inexpensive feeders. (Ed is employed by the National Audubon Society and has been feeding birds for years.)

WATERFOWL HUNTING BASICS

MF-15

Paul Miller, Spencer Tomb, Bill Pursley 539-7154 537-8265 537-1297

Tuesday & Thursday, 7:30pm, Nov 15 & 17 (2 times)

Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 25

If your previous duck and goose hunting experience is limited or if you have wondered why some waterfowl hunters are usually successful and others are not, this class is for you. Waterfowl identification, migration patterns and equipment (decoys, calls, guns, etc.) will be discussed. Paul, Spencer and Bill have hunted in the Manhattan area long enough to know what works and what doesn't. Although they won't give away their favorite places, they will thoroughly cover the basics. Don't miss this class by three experts! (Paul is a serious goose hunter. Spencer and Bill have been hunting ducks a long time.)

HEALTH, CARE, AND TRAINING YOUR HUNTING DOGS

MF-17

Dr. Marvin Samuelson, D.V.M., "Swannie" Swanson

One Time: Sunday, 6pm, Nov 6
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

There is an old saying that most folks ruin their first bird dog, because they don't know how to train it. Swannie will cover training and conditioning of bird dogs and will pass out a free booklet on the subject. Swannie says, "I don't believe there is a man in the country who appreciates a good bird dog any more than I do, or who can't stand a potlicker less." Marvin will discuss feeding, care, health and medical aspects of hunting dogs. He will answer questions on general dog care. (Marvin is an associate professor in surgery and medicine at K-State's veterinary college. Swannie has hunted with bird dogs for over 40 years.)

BASIC DOG AND CAT CARE AND GROOMING

MF-18

Geralyn Carstenson 776-9686

One Time: Saturday, 1-3pm, Dec 17
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Learn brushing, nail care, bathing and flea control for your pet. General problems will be discussed along with questions and answers. At registration, list the breed of dog or cat you have so Geralyn can prepare demonstrations and illustrations. This is a great class for children and parents to attend together. (Geralyn has worked at Somsens for eight years. She is a lifetime national dog groomers association member and will soon be a master groomer.)



Vegetable . . .

EDIBLE PLANT MATERIALS BUYING CLUB

MF-25

Mark Healy 539-5193

Register and you will be contacted for Day, Time, Date and Location
Class Fee: \$1.00, pay with registration

Would you like to buy Apple, Pear, Peach or nut trees, berry plants or other perennial plant materials? Save 50% off retail costs. Join us in a wholesale group purchase for Spring '84 planting and save. Come to the class on what plant varieties are available and which might be best for you. This class was offered last season providing over 100 fruit and vegetable plants. This is the last chance to place your order. (Mark plans to plant fruit trees and strawberries around his house.)

THE PROPAGATION & CARE OF INDOOR PLANTS

MF-22

Mary Priest 539-7313

Tuesdays, 7-9pm First Meeting: Nov 1 (4 times) (no class Nov 22)
Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: \$1.00, pay at class Limit: 15

For healthier, happier houseplants, the care and maintenance of indoor plants will be discussed. Included topics will be lighting, soil, watering and fertilizing requirements. Subsequent classes will focus on insects and disease, their identification and control. Also, specialty plants such as African violets, orchids, etc., will be covered. At least one class will be devoted to propagation or the rooting of indoor plants in which the class participants will propagate. (Mary is a graduate of Mississippi State University in Ornamental Horticulture. She is presently a graduate student in Horticulture Therapy at KSU.)

HALLOWEEN OWL PROWL AT STOCKDALE COVE

MF-19

Monty Hinten

Saturday, 8:30pm, Oct 29
Location: Will be noted on your receipt
Class Fee: \$2.00, pay with registration

Join us for a safe and natural celebration of Halloween. On this trip we will endeavor to seek out and "talk" to a group of nocturnal birds - the owls. Past excursions with Monty have provided conversations with Great Horned, Barred and Screech Owls. Coyotes will also be present. Families will find this a rare treat. Young people must be accompanied by an adult. The trip is not recommended for small children who cannot remain quiet - we must at times be silent to avoid "spooking" the owls. (Monty often prowls for owls, even when its not Halloween.)

TAXIDERMY: FROM FIELD TO TAXIDERMIST

MF-16

Terry Callender 456-7924

One Time: Thursday, 7:30-9:30pm, Nov 10
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Terry will cover field care of birds, fish, small mammals, big game, and will explain how to best prepare animals for the taxidermist. He'll give a slide presentation on all phases of taxidermy (birds, fish, small mammals, and big game) and will cover care of your trophy at home. Bring your questions about taxidermy to this class. (Terry has been a professional taxidermist for 14 years and is presently on the Board of Directors for the Kansas Association of Taxidermists.)

CHRISTMAS BIRD COUNT:

MF-32

IDENTIFYING OUR FEATHERED FRIENDS IN MANHATTAN (I) JUNCTION CITY (II)

John Zimmerman (I), Bob LaShelle (II) 532-6659 238-2887

You will be contacted for Day, Time, Date and Location after registration

Join the National Audubon Society in counting birds this December. Join other birdwatchers in identifying and counting woodpeckers, ducks, hawks and songbirds. About 90 bird species are usually seen in the Manhattan area and there's always the chance of seeing a rare peregrine falcon or bald eagle. Beginners are welcome. (John has led the Manhattan bird count for years. Bob has organized the Junction City bird count for years, also.)

Mineral

FOSSIL FINDING FUN: 500 MILLION YEARS AT OUR FEET

MF-26

Kay Mooreman

Wednesday, 7:30-9pm, Nov 16 - meeting
Saturday, 9am-1pm, Nov 19 - field trip
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Come visit the shores of ancient seas! That's right, Kansas was once covered with shallow, prehistoric seas abounding in pre-dinosaur life. At the meeting, Kay will show fossil specimens, discuss fossil formation and divulge local fossil locations. The field trip will take us to those very places, rich in fossilized crinoids, shellfish (brachiopods), sea urchins and shark teeth (if we're lucky). This is the monthly meeting of the Northern Flint Hills Audubon Chapter. (For several years, Kay has been taking her high school Earth Science students on fossil finding trips.)

SO YOU WANT TO VISIT MARS?

MF-27

Charles P. Walters 532-6724

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

Did Mars ever have rivers? If Venus is a twin of Earth, where is its ocean? If we move to the moon, where will we find water? Can we mine the asteroids? (Dr. Walters has been applying logic to extraterrestrial situations for most of a lifetime. He is a geology professor at KSU.)

WHAT TO DO WHEN YOUR GARDENS THROUGH

MF-21

Aaron Spilka 532-5866

One Time: Saturday, 9-11am, Oct 29
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 25

Have you ever wondered what to do with your garden after the harvest? We will show you ways to improve your soil over the winter, and get an earlier start in the spring. Demonstrations will include composting, sowing cover crops and other ways to improve your topsoil. (Aaron has coordinated the Manhattan Community Gardens this past season. He has five years gardening experience.)

HERBS AND HERBALISM

MF-24

Michael T. Gallagher, Katherine Cox-Gallagher 537-3627

Wednesdays, 7-9pm First Meeting: Nov 9 Length: 5 times
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$7.00, pay at class Limit: 20

Does golden-seal help digestion? Is rosemary a good hair conditioner? Can gentian root help discourage the tobacco habit? Learn how to prepare herbal baths, potpourri, infusions and household cleansers. Find out about herbal decorations and gifts for the holiday season. Hear the ancient history of mistletoe: mystic herb of the Druids. Michael and Katherine will present an overview of what you can do with herbs. The Herb Book by John Lust and many herb samples will be yours to take home. (Michael is a self-taught herbalist and is finishing a book dealing with the varied uses of herbs. Katherine grew up on a farm and used herbs as a part of daily life. Both are part owners of Oswago Herb Co. in downtown Manhattan.)

Registration

Mail-In Registration Form

ONE PERSON PER FORM • Priority Mail-In Registration Period, Oct 17-29
(LATE REGISTRATIONS ACCEPTED ON SPACE-AVAILABLE BASIS)

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

PLEASE PRINT

Name _____
Street _____ Apt. # _____
City _____ Zip _____
Home Phone _____ Work Phone _____

SURVEY—Please check all that apply.
I am a:
 KSU Student (_____ credit hours this semester)
 Student Spouse Fort Riley Personnel
 KSU Faculty/Staff Townsperson (non-KSU)
 Faculty/Staff Spouse Rural Riley County
 Public School Age Handicapped
 Senior Citizen Other _____

Check here if you require class to meet in handicapped-accessible space.

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

I am interested in teaching for UFM.

I would like to see offered next term: _____

UFM—532-5866

CLASS #	* SEC. #	★ TITLE	CLASS FEE
1.			
2.			
3.			
4.			
5.			
6.			

Total class fee (see costs) _____
Plus registration fee (see costs) Individual—\$2.00 _____
If KSU student, list ID# here _____
Total Due _____

Please indicate where you obtained catalog _____

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

Priority Mail-In Registration Period, Oct 17-29

Walk-in:

Monday, October 17	UFM House	5-7pm
Tuesday, October 18	Public Library	11am-2pm, 5-7pm
Thursday, October 20	KSU Union	9am-2pm
Tuesday, October 25	KSU Union	9am-2pm
Wednesday, October 26	KSU Union	9am-2pm
Thursday, October 27	Public Library	11am-2pm, 5-7pm
Saturday, October 29	Wal-Mart	10am-12n

Late Registration: Accepted on a space-available basis.

TO REGISTER BY MAIL:

Fill out the form at left. One form per person.
Total up the class fees as listed in the catalogue. Material fee, if listed, is paid at class. Add the registration fee as it applies (see costs).
Mail your form(s) with your check to: University for Man
1221 Thurston
Manhattan, KS 66506

Receipts and locations will be mailed to you immediately. If the class is full see refund policy. (A stamped, self-addressed envelope would be appreciated.)

COSTS:

Registration fee is \$2.00 per person. If you are under 13 and your parent(s) are taking a UFM class, do not pay 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.)

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

SPECIAL CHILDREN'S DISCOUNT FOR FAMILY PARTICIPATION:

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

UFM REFUND POLICY:

Please check your calendar before you register for a class. UFM will only give a refund in these instances:
 1. the limited class you paid for has been filled
 2. the class you paid for has been cancelled
 3. you are unable to attend a class and you notify UFM and the teacher before the first meeting.

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

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

DISCOUNTS FOR VOLUNTEERS:

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

UFM TEACHER CREDIT:

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

RECEIPTS:

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

CLASS LOCATIONS:

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

PLEASE PRINT

Name _____
Street _____ Apt. # _____
City _____ Zip _____
Home Phone _____ Work Phone _____

SURVEY—Please check all that apply.
I am a:
 KSU Student (_____ credit hours this semester)
 Student Spouse Fort Riley Personnel
 KSU Faculty/Staff Townsperson (non-KSU)
 Faculty/Staff Spouse Rural Riley County
 Public School Age Handicapped
 Senior Citizen Other _____

Check here if you require class to meet in handicapped-accessible space.

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

I am interested in teaching for UFM.

I would like to see offered next term: _____

UFM—532-5866

CLASS #	* SEC. #	★ TITLE	CLASS FEE
1.			
2.			
3.			
4.			
5.			
6.			

Total class fee (see costs) _____
Plus registration fee (see costs) Individual—\$2.00 _____
If KSU student, list ID# here _____
Total Due _____

Please indicate where you obtained catalog _____

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

PLEASE PRINT

Name _____
Street _____ Apt. # _____
City _____ Zip _____
Home Phone _____ Work Phone _____

SURVEY—Please check all that apply.
I am a:
 KSU Student (_____ credit hours this semester)
 Student Spouse Fort Riley Personnel
 KSU Faculty/Staff Townsperson (non-KSU)
 Faculty/Staff Spouse Rural Riley County
 Public School Age Handicapped
 Senior Citizen Other _____

Check here if you require class to meet in handicapped-accessible space.

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

I am interested in teaching for UFM.

I would like to see offered next term: _____

UFM—532-5866

CLASS #	* SEC. #	★ TITLE	CLASS FEE
1.			
2.			
3.			
4.			
5.			
6.			

Total class fee (see costs) _____
Plus registration fee (see costs) Individual—\$2.00 _____
If KSU student, list ID# here _____
Total Due _____

Please indicate where you obtained catalog _____

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