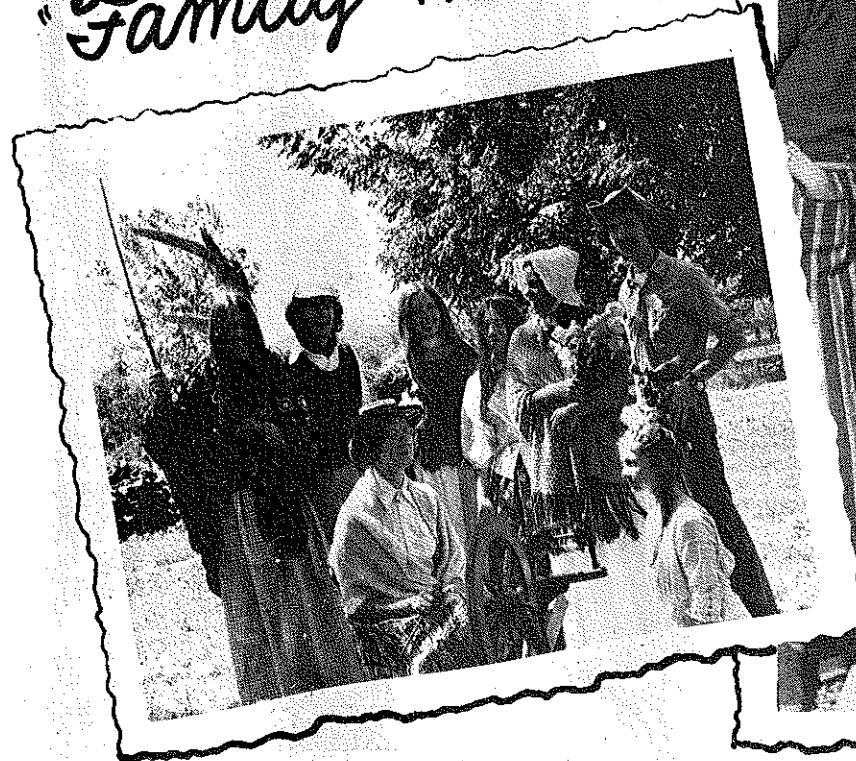


University For Man

A community
learning center

Spring 1983

"Family photos"



University for Man
1221 Thurston
Manhattan, KS 66506

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THE FAMILY: CORNERSTONE OF AMERICAN SOCIETY

Family (fām'ī lī) - Those persons living together in one house or closely related individuals; a group of kindred; one's children, collectively; those united by a common trait.

Much has been said about the American family. There are some who say it is dying, some who insist that it no longer exists. We, however, believe that the American family is as strong as ever. Perhaps the swirling currents of contemporary life have placed new demands upon the family unit, but the resilience of family has proved equal to the challenge. Emerging in new forms, alongside the traditional family structure, the family thrives and continues as the cornerstone of American life.

UFM dedicates this issue of our catalog to the American Family - the traditional family and the non-traditional family, the family of those kindred by virtue of like ideas and shared belief . . . the family of people.



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

LET US KNOW

If you have a problem with a class, with registration, or with any aspect of your UFM experience, call us at 532-5866 or drop us a note at 1221 Thurston. We want to know how we can serve you better.

HOW DO I REGISTER FOR CLASSES?

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

WHY DO CLASSES COST?

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

WHO CAN TAKE FREE U CLASSES?

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

KEEP YOUR RECEIPT!!!

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

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.

STAFF

Rebecca Brownson Class Coordinator
Julie Coates Director, Local Programs
Janet Holcomb Class Coordinator
Sandy Sandersware Class Coordinator
Neil Schanker Assistant Director, Local Programs
Julie Govert Walter Class Coordinator

FUNDING SOURCES FOR LOCAL PROGRAMS

UFM local programs are supported by: KSU Division of Continuing Education, KSU Student Governing Association, Kansas Farmer's Union Green Thumb and The City of Manhattan.

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

PHOTO CREDITS: THE MANHATTAN MERCURY AND FRIENDS OF UFM

ABOUT THE CATALOG ARTIST

Natalya Hall is a freelance artist who owns Earthsign Graphics in Manhattan. You can reach her at 537-8235.

August 26, 1979

Dear UFM:

Last night over dinner my family had a remarkable conversation. It reflects and almost underlines the diversity of educational sharing which UFM facilitates, and I wanted to share it with you. It began when we asked my father (John Cappon) (82 yrs.) about the creative writing class he will be co-leading this fall through UFM. After he had told about his plans I told my parents about the 3 sessions I plan to lead. After that Ben (my son, 8 yrs.) told about the birdwatching class he will lead. It's quite an organization that can serve as an umbrella for 3 generations' very different educational interests (writing, childrearing, birding)! The span of ages just in one family is 74 years. All of us had participated in UFM offerings before; none of us had led any until now. It's quite a coincidence.

Esther



Community

"We two form a multitude."

- Ovid

Money Talk

SUCCESSFUL HOME BUYING

Bill Frakes

C-1

776-1100

One Time: Tuesday, 7-9pm, March 1
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

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

DO-IT-YOURSELF TAX PREPARATION: THE BASICS

LeJuan Shrimplin

C-2

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

Don't wait any longer for the April 15th frenzies to strike! This course will cover the basics you need to know to organize your financial information so that you can easily do your tax return. Included will be how to deal with income averaging, dealing with the 1099's and W-2's and other important tricks of the trade. Bring last year's tax return to class with you or a copy of this year's tax form. (PLEASE NOTE: This will not be an opportunity to complete your tax return.) (LeJuan instructs accounting courses at KSU and is a professional tax consultant.)



WAR TAX RE-DIRECTION

Dean Denner

C-3

776-5589

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

This year over 55% of your federal income tax will fund the U.S. military's preparations of genocide and planetary suicide. There are peaceful uses for your tax dollars. We'll discuss peaceful ways to re-direct tax dollars. (Dean sends the military portion of his taxes to the World Peace Tax Fund and has interacted with the IRS on this issue.)

TAX EXEMPT INVESTMENT INCOME

Albert Winkler

C-4

776-1313

One Time: Thursday, Feb 3, 7:30-9:30pm
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

This course will focus on tax-free investments for those who are retired or approaching retirement. Municipal bond funds, Kansas municipal bonds, utility stocks and U.S. government securities can provide investors with high yields as well as maximum security. Questions regarding portfolio management will also be discussed. (Albert is a stockbroker and an economist with experience in a broad range of financial markets.)

IT'S YOUR MONEY: A FINANCIAL SERIES

Steve Harrison, Sherl Prawl

C-5

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

Investment Basics

C5A

Thursday, 7:30-9:30pm, Feb 10

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

Why Investors Fail

C5B

Tuesday, 7:30-9:30pm, Feb 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

C5C

Thursday, 7:30-9:30pm, Feb 17

"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

C5D

Thursday, 7:30-9:30pm, Feb 24

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.)

CREATE YOUR FUTURE EVERYDAY: YOUR HEALTH AND WEALTH

The following two-session seminars are offered in combination so that you can maximize your physical and financial well-being. The courses are taught by Catherine L. Fung, an instructor of the KSU course "Adventures in Attitudes" and a financial planner with a local financial consulting firm and Ron VanValkenberg, an owner of a local financial consulting firm. Please indicate which session or sessions you wish to attend when you register. You may register for the sessions individually or as a two-part seminar.

One Session Only Fee: \$3.00 (please indicate which section and day you wish to attend)

Two-Session Seminar Fee: \$5.00, (please indicate day you wish to attend)

THE ART OF FINANCIAL PLANNING

C-9

Catherine L. Fung, Ron VanValkenberg

Section I: One Time: Saturday, 1-2:30pm, Apr 16
Section II: One Time: Saturday, 1-2:30pm, Apr 23

This session will focus on how you can maximize the financial resources available to you. Insurance, including whole-life vs term life policies, annuity savings, retirement planning and investments in coin and stamp collections will be discussed. Find out how your money can go to work for you in this informative session.

THE ART OF WELL-BEING

C9A

Catherine L. Fung

Section I: One Time: Saturday, 10am-12noon, Apr 16
Section II: One Time: Saturday, 10am-12noon, Apr 23
Location: Will be noted on your receipt
Class Fee: See above, pay with registration

Your most important personal asset is your health. In this session we'll cover invigorating and relaxing techniques which will help you enjoy your life and your financial rewards. Included will be breathing exercises and strategies for commanding your thoughts so that you can become the person you want to be.

More about money

SUCCESSFUL MONEY MANAGEMENT

C-7

Fred Freeby

537-4505

Section I: Monday, Feb 14, 7-9:30pm
Section II: Saturday, Feb 19, 10am-12:30pm
Section III: Monday, Feb 21, 7-9:30pm
Location: Will be noted on your receipt

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

DISCOUNT BROKERAGE

C-8

William A. Edison

537-1234

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HOW TO APPLY FOR A LOAN

C-8A

Paul Nickel

537-4400

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

Limit: 25

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CAN YOU AFFORD YOUR OWN HOME NOW?

C48

Marilyn Socolofsky

539-8807 537-1738

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It is probably easier to buy your own home than you think. Perhaps you find yourself confused by the jargon of the real estate world -- "closing costs," "FHA," "escrow," "bond," "down payment" and other frightening sounding words? This course will explain these and other real estate terms in a way you'll understand. We'll cover how to know if it is the right time to buy a home and how to determine if your budget can take on house payments. Exact costs and procedures will be outlined. Sign up for this course and find out what it takes to own your own home. (Marilyn is a Manhattan licensed realtor.)

LANDLORD-TENANT RIGHTS: WHAT YOU SHOULD KNOW

C13

Paul Conrad

239-3675

One Time: Monday, 7:30-9pm, Feb 7
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class (for a handbook)

Learn what you should know to avoid hassles with your landlord. This class will cover what you should know before you rent, how to negotiate with your landlord and what is involved in breaking a lease or getting back your security deposit. Also covered will be how to get along with your landlord and remedies -- legal and otherwise -- for problems which arise in landlord-tenant relationships. (Paul is an attorney at Ft. Riley.)

CONSUMER PROTECTION: WHAT'S IT ALL ABOUT

C12

Wayne E. Hundley

296-3751

One Time: Thursday, 7:30-9pm, March 10
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

You've heard a lot about consumer's rights. Maybe you have even been a victim of consumer fraud or deceptive advertising. This session will provide you with a look at the Division of Consumer Protection, an important part of the Office of Kansas' Attorney General. You'll learn what your rights are as a consumer and find out the latest information straight from the Attorney General's office. Bring your questions and concerns. (Wayne is Deputy Attorney General and Chief of Consumer Protection and Anti-Trust with the Division of Consumer Protection from Topeka.)

EVERYTHING YOU NEED TO KNOW ABOUT INDIVIDUAL RETIREMENT ACCOUNTS

C-6

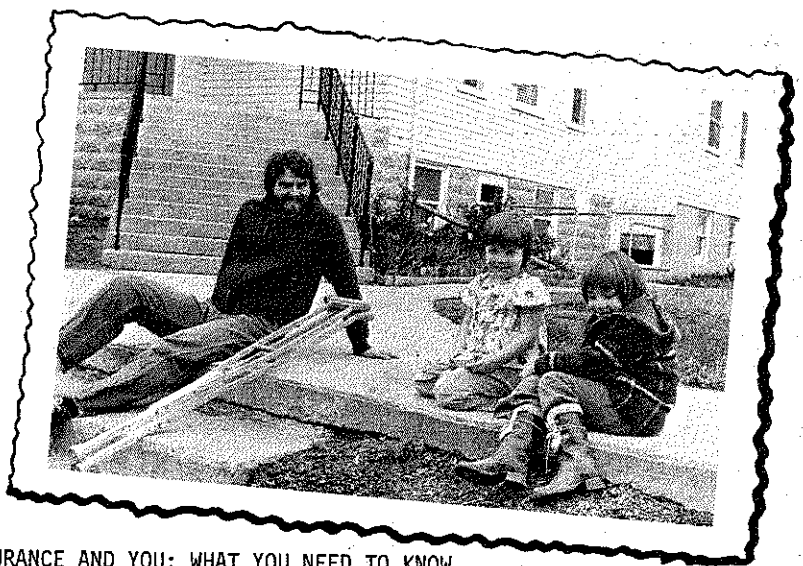
Pat McDermott

537-8123

Wednesdays, 7-9pm First Meeting: Feb 2 Length: 4 times
Location: Will be noted on your receipt
Class Fee: \$8.00, pay with registration
Materials Fee: \$1.00, pay at class

The Individual Retirement Account (IRA) is every wage earner's tax shelter. This in-depth course will provide you with everything you need to know about this new financial tool including discussion of the various IRA plans available, how to open your IRA and the in's and out's of IRA management. Find out how to switch it, withdraw it, and use your IRA to get the best and safest yields. (Pat is a family economist and counselor on family and personal finance who holds an M.S. in Family Economics and a PhD in Adult Education.)

Page 4 • Community



INSURANCE AND YOU: WHAT YOU NEED TO KNOW

The University for Man is proud to sponsor this one-day seminar focusing on insurance. The two-part seminar will cover the basics and the not-so-basics of the wide world of insurance. Leaders for this program will be Bob Smith and Sheryl Jacobs, representatives of Consumer Assistance with the Office of Insurance Commissioner, Fletcher Bell. Free information and resources courtesy of the Kansas Insurance Department will be provided to participants.

Register for one session for \$3.00 or both sessions for \$5.00. (Lunch is not included in the fee.)

Auto and Homeowner Insurance

C-10A

One Time: Saturday, 10-11:30am, Mar 26
Location: Will be noted on your receipt
Class Fee: \$3.00 (single session) \$5.00 for both, pay with registration

In this portion of the seminar we'll talk about homeowner insurance -- What is homeowner insurance? What is usually covered and how do policies differ? Which perils are commonly excluded and what steps should you take to file a claim? And, we'll talk about auto insurance -- What should you know before you buy, what insurance do you need by law? What about those premium rates and when can companies cancel or fail to renew your coverage? What should you do if you are involved in an accident? These topics and your own questions will be discussed.

Life and Health Insurance

C10B

One Time: Saturday, 1:30-3:00pm, Mar 26
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration \$5.00 both sessions

This session will focus on Life Insurance including what factors to consider in deciding to buy life insurance, what to look for in an insurance company and in an insurance agent and the controversy surrounding whole life vs term policies. Also considered will be the value of insurance for women and children. Health Insurance will also be covered. We'll discuss the types of health policies available, the benefits of group vs individual policies, and the right of the insurance company to cancel or not renew a health policy. Also discussed will be important policy provisions to be aware of, problems concerning pre-existing health conditions and health insurance for those over 65.

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

C-11

Vicki Stone

776-3300

One Time: Wednesday, 7:30-9:30pm, Mar 2
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

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

UNIVERSAL Insurance Services

AUTO • HOME
COMMERCIAL • BONDS

TELEPHONE 776-4825

108 NORTH 4TH ST.
MANHATTAN, KS.



Still more money

SOCIAL SECURITY: WHICH WAY NOW?

C-14

John Ridenour

539-4681

One Time: Wednesday, 7-9pm, March 23
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

There's a lot of talk about the future of our government's Social Security System these days. Find out what changes are in store for those receiving the benefits of Social Security now and for those who hope to receive it in the future. General background and information about Social Security will be provided. Bring your questions. (John is a field representative for the Manhattan Social Security Office.)

REAGANOMICS: THE GOOD, THE BAD AND THE UNKNOWN

C-15

Roger Trenary

532-6702

One Time: Tuesday, 7-9pm, April 5
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

What does the Reagan Administration mean by "Staying the Course?" This session will provide participants with a simple presentation of the supply-side theory and "Reaganomics." The criticisms of current economic policy by non-supply-siders will also be presented and explained. You don't need to have any prior knowledge of economics to enjoy this class. (Roger is the Executive Director of the Kansas Council on Economic Education and is an instructor with KSU's Department of Economics.)

INDIVIDUAL INCOME TAX INFORMATION

C49

Elias Saig

539-9960

Section I: Monday, 7:30-9pm, Feb 28
Section II, Monday, 7:30-9pm, Mar 14
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

This class will provide information to enable you to accurately prepare your individual Federal (Forms 1040A, 1040EZ and 1040) and State Income Tax Returns for 1982. It will point out what is new in the law this year, and answer your questions. (Elias is certified by IRS to assist taxpayers.)

CREDIT - YOU'RE IN CHARGE SERIES

The following series of classes is offered in observance of National Consumer Credit Week. This special week is sponsored annually by the International Consumer Credit Association, an educational professional trade association serving the needs of consumer credit executives in cooperation with Manhattan Credit Women International, a local organization designed to further education in credit and collection. For more information about Manhattan Credit Women International contact Patricia Streeter at 537-2244.

Class Fee: Single Session, \$ 3.00, pay with registration
All Sessions, 10.00, pay with registration

Student Loan Financing

C-16A

Diane Durst

537-1234

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

Do you have the ability and desire to further your education but need a financial boost to do it? Through Guaranteed Student Loans and PLUS student plans, you can attend colleges and universities and meet your educational goals. This class will tell you everything you need to know about these loans -- what they are, how to apply for one and your responsibilities when it comes to repayment. (Diane has worked in the banking industry in all areas of finance and recently started a student loan department at a local bank. She is first Vice President of Credit Women International.)

Everything You Need To Know About Financing A Home

C-16B

Sharon O'Neal

776-4733

One Time: Tuesday, 7-8:30pm, April 26
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

This class will cover almost everything you need to know about home finance - what to look for, different types of mortgages available, how to deal with a lender and what to consider when deciding whether to rent or to buy. (Sharon, a past president of Credit Women International, is a loan officer at a local savings and loan and has taught this popular class many times before.)

Establishing a Credit Rating

C-16C

B. Dale Thierolf

776-9434

One Time: Wednesday, 7-8pm, April 27
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Establishing a good credit rating means more than carrying around fancy plastic cards in your wallet. This session will cover all the essentials you need to know in order to build your credit file. You will be provided with the explanations and suggestions on how to build and maintain your credit rating no matter what your age or income. (Dale owns and operates a local credit bureau.)

Your Budget

C-16D

Patricia Streeter

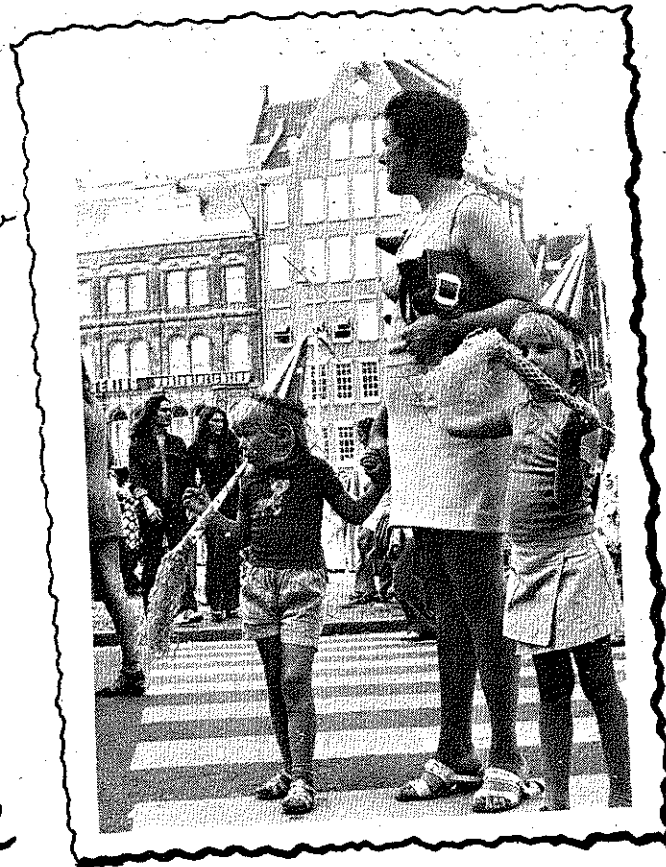
537-2244

One Time: Thursday, 7-8pm, April 28
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Does your money run out before the month? To get the most from your money, it's important to understand the basics of budgeting. Find out how to make your budget your friend in this informative class. (Patricia, who was named Kansas' Credit Woman of the Year for 1982, is a small business owner and a credit and money management specialist.)

"Well, now
where did
he go?"

Here
and
there



THE HISTORY OF PUERTO RICO

C-29

Luz Sánchez

776-3719

One Time: Saturday, 1-3pm, Feb 12
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

This 2-hour course will focus on the history of beautiful and fascinating Puerto Rico from the discovery of the island to today's struggles. Topics of discussion will include Spanish colonization, slavery on the island, treaties involving Puerto Rico as a U.S. commonwealth and other historic developments. (Luz is a senior in Animal Science from Puerto Rico whose hobby is reading and studying about Puerto Rico's history.)

SCENIC TOUR OF A CARRIBEAN ISLAND

C-30

Maritza Segarra

776-3719

One Time: Saturday, 1-3pm, Feb 19
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Don't let the winter blahs get you! Join us as we tour colorful Puerto Rico through slides. Transport yourself to El Yunque, Puerto Rico's national Caribbean rain forest. Visit historic Fort San Felipe del Morro and enjoy the sights of old San Juan. It's the next best thing to being there - join us! (Maritza is a KSU senior in pre-law from Puerto Rico who has worked in El Yunque Rain Forest.)

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

C-31

David Garvin

539-0531

One Time: Thursday, 7:30-9:30pm, March 3
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.)

FOR ADULTS ONLY: WHAT YOU'VE ALWAYS WANTED TO KNOW ABOUT THE TELEPHONE COMPANY

C-32

Sherry Leitner

762-5550

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

Limit: 15

This class will provide you with a first-hand look at the operations of United Telephone's operations including a tour of United's Central Office Facility and Tollcenter. Also included will be discussion on new legislation which will de-regulate the telephone communications and how your telephone bill will be affected. (Sherry is a consumer specialist with United Telephone.)

JUST FOR KIDS: TOUR A TELEPHONE COMPANY

C-33

Sherry Leitner

762-5550

One Time: Monday, 4:30-5:30pm, Feb 7
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 10

What would you like to know about the telephone? Where does the dial tone come from? How do calls get from one house to another? How are telephone lines checked to make sure they are working? These and your other questions will be answered on this special tour where you will see the central office of a telephone company and see telephone operators at work.

TOUR OF McCALL PATTERN COMPANY

C-34

Norman E. Winter

776-4041

Section I: Friday, 9-10am, Feb 18
Section II: Tuesday, 1-2pm, March 8
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.

More about money

SUCCESSFUL MONEY MANAGEMENT

C-7

Fred Freeby

537-4505

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William A. Edison

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C48

Marilyn Socolofsky

539-8807 537-1738

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C13

Paul Conrad

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

You've heard a lot about consumer's rights. Maybe you have even been a victim of consumer fraud or deceptive advertising. This session will provide you with a look at the Division of Consumer Protection, an important part of the Office of Kansas' Attorney General. You'll learn what your rights are as a consumer and find out the latest information straight from the Attorney General's office. Bring your questions and concerns. (Wayne is Deputy Attorney General and Chief of Consumer Protection and Anti-Trust with the Division of Consumer Protection from Topeka.)

EVERYTHING YOU NEED TO KNOW ABOUT INDIVIDUAL RETIREMENT ACCOUNTS

C-6

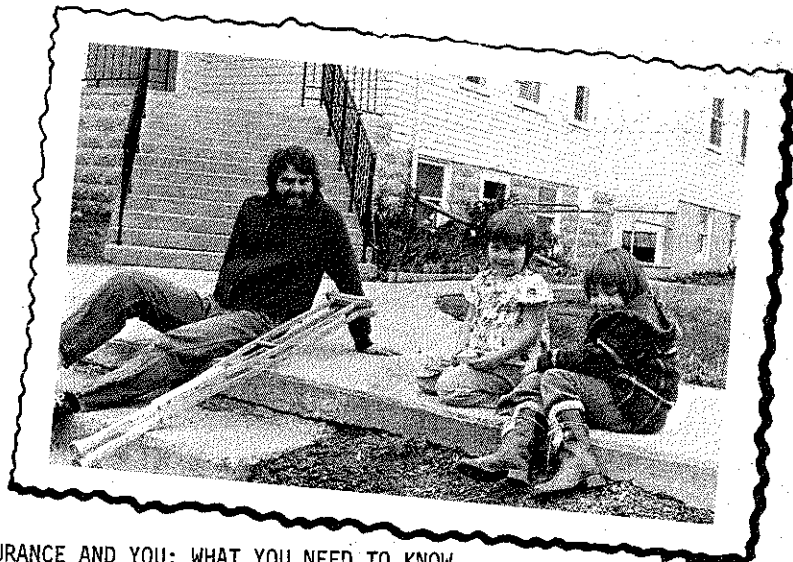
Pat McDermott

537-8123

Wednesdays, 7-9pm First Meeting: Feb 2 Length: 4 times
Location: Will be noted on your receipt
Class Fee: \$8.00, pay with registration
Materials Fee: \$1.00, pay at class

The Individual Retirement Account (IRA) is every wage earner's tax shelter. This in-depth course will provide you with everything you need to know about this new financial tool including discussion of the various IRA plans available, how to open your IRA and the in's and out's of IRA management. Find out how to switch it, withdraw it, and use your IRA to get the best and safest yields. (Pat is a family economist and counselor on family and personal finance who holds an M.S. in Family Economics and a PhD in Adult Education.)

Page 4 Community



INSURANCE AND YOU: WHAT YOU NEED TO KNOW

The University for Man is proud to sponsor this one-day seminar focusing on insurance. The two-part seminar will cover the basics and the not-so-basics of the wide world of insurance. Leaders for this program will be Bob Smith and Sheryl Jacobs, representatives of Consumer Assistance with the Office of Insurance Commissioner, Fletcher Bell. Free information and resources courtesy of the Kansas Insurance Department will be provided to participants.

Register for one session for \$3.00 or both sessions for \$5.00. (Lunch is not included in the fee.)

Auto and Homeowner Insurance

C-10A

One Time: Saturday, 10-11:30am, Mar 26
Location: Will be noted on your receipt
Class Fee: \$3.00 (single session) \$5.00 for both, pay with registration

In this portion of the seminar we'll talk about homeowner insurance -- What is homeowner insurance? What is usually covered and how do policies differ? Which perils are commonly excluded and what steps should you take to file a claim? And, we'll talk about auto insurance -- What should you know before you buy, what insurance do you need by law? What about those premium rates and when can companies cancel or fail to renew your coverage? What should you do if you are involved in an accident? These topics and your own questions will be discussed.

Life and Health Insurance

C10B

One Time: Saturday, 1:30-3:00pm, Mar 26
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration \$5.00 both sessions

This session will focus on Life Insurance including what factors to consider in deciding to buy life insurance, what to look for in an insurance company and in an insurance agent and the controversy surrounding whole life vs term policies. Also considered will be the value of insurance for women and children. Health Insurance will also be covered. We'll discuss the types of health policies available, the benefits of group vs individual policies, and the right of the insurance company to cancel or not renew a health policy. Also discussed will be important policy provisions to be aware of, problems concerning pre-existing health conditions and health insurance for those over 65.

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

C-11

Vicki Stone

776-3300

One Time: Wednesday, 7:30-9:30pm, Mar 2
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

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

UNIVERSAL Insurance Services

AUTO • HOME
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TELEPHONE 776-4825

108 NORTH 4TH ST.
MANHATTAN, KS.



Still more money

SOCIAL SECURITY: WHICH WAY NOW?

C-14

John Ridenour

539-4681

One Time: Wednesday, 7-9pm, March 23
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

There's a lot of talk about the future of our government's Social Security System these days. Find out what changes are in store for those receiving the benefits of Social Security now and for those who hope to receive it in the future. General background and information about Social Security will be provided. Bring your questions. (John is a field representative for the Manhattan Social Security Office.)

REAGANOMICS: THE GOOD, THE BAD AND THE UNKNOWN

C-15

Roger Trenary

532-6702

One Time: Tuesday, 7-9pm, April 5
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

What does the Reagan Administration mean by "Staying the Course?" This session will provide participants with a simple presentation of the supply-side theory and "Reaganomics." The criticisms of current economic policy by non-supply-siders will also be presented and explained. You don't need to have any prior knowledge of economics to enjoy this class. (Roger is the Executive Director of the Kansas Council on Economic Education and is an instructor with KSU's Department of Economics.)

INDIVIDUAL INCOME TAX INFORMATION

C49

Elias Saig

539-9960

Section I: Monday, 7:30-9pm, Feb 28
Section II: Monday, 7:30-9pm, Mar 14
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

This class will provide information to enable you to accurately prepare your individual Federal (Forms 1040A, 1040EZ and 1040) and State Income Tax Returns for 1982. It will point out what is new in the law this year, and answer your questions. (Elias is certified by IRS to assist taxpayers.)

CREDIT - YOU'RE IN CHARGE SERIES

The following series of classes is offered in observance of National Consumer Credit Week. This special week is sponsored annually by the International Consumer Credit Association, an educational professional trade association serving the needs of consumer credit executives in cooperation with Manhattan Credit Women International, a local organization designed to further education in credit and collection. For more information about Manhattan Credit Women International contact Patricia Streeter at 537-2244.

Class Fee: Single Session, \$ 3.00, pay with registration
All Sessions, 10.00, pay with registration

Student Loan Financing

C-16A

Diane Durst

537-1234

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

Do you have the ability and desire to further your education but need a financial boost to do it? Through Guaranteed Student Loans and PLUS student plans, you can attend colleges and universities and meet your educational goals. This class will tell you everything you need to know about these loans -- what they are, how to apply for one and your responsibilities when it comes to repayment. (Diane has worked in the banking industry in all areas of finance and recently started a student loan department at a local bank. She is first Vice President of Credit Women International.)

Everything You Need To Know About Financing A Home

C-16B

Sharon O'Neal

776-4733

One Time: Tuesday, 7-8:30pm, April 26
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

This class will cover almost everything you need to know about home finance - what to look for, different types of mortgages available, how to deal with a lender and what to consider when deciding whether to rent or to buy. (Sharon, a past president of Credit Women International, is a loan officer at a local savings and loan and has taught this popular class many times before.)

Establishing a Credit Rating

C-16C

B. Dale Thierolf

776-9434

One Time: Wednesday, 7-8pm, April 27
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Establishing a good credit rating means more than carrying around fancy plastic cards in your wallet. This session will cover all the essentials you need to know in order to build your credit file. You will be provided with the explanations and suggestions on how to build and maintain your credit rating no matter what your age or income. (Dale owns and operates a local credit bureau.)

Your Budget

C-16D

Patricia Streeter

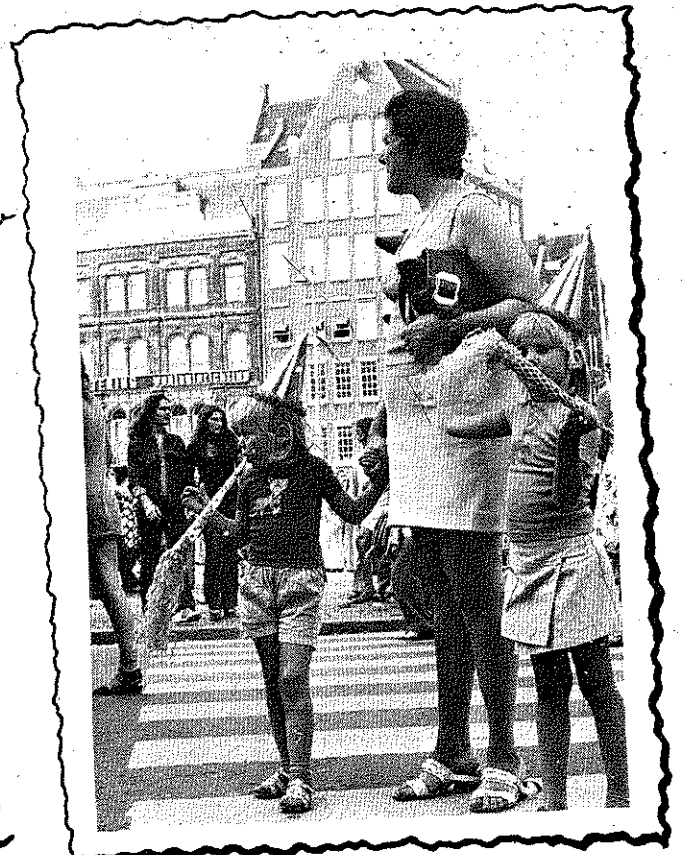
537-2244

One Time: Thursday, 7-8pm, April 28
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Does your money run out before the month? To get the most from your money, it's important to understand the basics of budgeting. Find out how to make your budget your friend in this informative class. (Patricia, who was named Kansas' Credit Woman of the Year for 1982, is a small business owner and a credit and money management specialist.)

"Well, now
where did
he go?"

Here
and
there



THE HISTORY OF PUERTO RICO

C-29

Luz Sánchez

776-3719

One Time: Saturday, 1-3pm, Feb 12
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

This 2-hour course will focus on the history of beautiful and fascinating Puerto Rico from the discovery of the island to today's struggles. Topics of discussion will include Spanish colonization, slavery on the island, treaties involving Puerto Rico as a U.S. commonwealth and other historic developments. (Luz is a senior in Animal Science from Puerto Rico whose hobby is reading and studying about Puerto Rico's history.)

SCENIC TOUR OF A CARRIBEAN ISLAND

C-30

Maritza Segarra

776-3719

One Time: Saturday, 1-3pm, Feb 19
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Don't let the winter blahs get you! Join us as we tour colorful Puerto Rico through slides. Transport yourself to El Yunque, Puerto Rico's national Caribbean rain forest. Visit historic Fort San Felipe del Morro and enjoy the sights of old San Juan. It's the next best thing to being there - join us! (Maritza is a KSU senior in pre-law from Puerto Rico who has worked in El Yunque Rain Forest.)

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

C-31

David Garvin

539-0531

One Time: Thursday, 7:30-9:30pm, March 3
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.)

FOR ADULTS ONLY: WHAT YOU'VE ALWAYS WANTED TO KNOW ABOUT THE TELEPHONE COMPANY

C-32

Sherry Leitner

762-5550

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

Limit: 15

This class will provide you with a first-hand look at the operations of United Telephone's operations including a tour of United's Central Office Facility and Tollcenter. Also included will be discussion on new legislation which will de-regulate the telephone communications and how your telephone bill will be affected. (Sherry is a consumer specialist with United Telephone.)

JUST FOR KIDS: TOUR A TELEPHONE COMPANY

C-33

Sherry Leitner

762-5550

One Time: Monday, 4:30-5:30pm, Feb 7
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 10

What would you like to know about the telephone? Where does the dial tone come from? How do calls get from one house to another? How are telephone lines checked to make sure they are working? These and your other questions will be answered on this special tour where you will see the central office of a telephone company and see telephone operators at work.

TOUR OF McCALL PATTERN COMPANY

C-34

Norman E. Winter

776-4041

Section I: Friday, 9-10am, Feb 18
Section II: Tuesday, 1-2pm, March 8
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.

Women...

HEALTH ISSUES FOR WOMEN

C50

Anne Wigglesworth, M.D.

456-9202

One Time: Wednesday, 7-8:30pm, Feb 23
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

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

SELF-DEFENSE FOR WOMEN

C-36

Christie Simpson

776-7573

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

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. (Christie has taught "Self-Defense for Women" for the past two years.)

CONFRONTATION TRAINING

C-37

Christie Simpson

776-7573

One Time: Tuesday, 7-9pm, March 8
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. (Christie is a member of the Women Against Rape collective.)

BOOKS BY AND ABOUT WOMEN

C-38

Lorrie Cross

776-7178

Tuesdays, 7:30-9pm First Meeting: Feb 8 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Women writers say special things. Women readers often hear them. This class provides time for women to talk with each other about novels, non-fictional works, humor and satire. Dimensions of self-image shaped by literary models are examined as we discuss books selected by group members. Recent meetings have focused on the books: *My Antonia*, by Willa Cather, *The Heart is a Lonely Hunter* by Carson McCullers, *I Know Why the Caged Bird Sings* by Maya Angelou.

WOMEN OF THE HEARTLANDS

C-39

Christie Simpson

776-7573

Wednesdays, you will be contacted for dates and times) Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Women of the Heartlands is a feminist chorus. Our primary goal is the establishment of a sense of community through music. Exclusively a women's chorus, we sing music by, for and about women.

MOTHER'S SUPPORT GROUP

C-40

Amy Fauquet, Terry Loyd

539-4789 776-7368

Tuesdays, (2nd & 4th each month) 1:30-3:30pm First Meeting: Feb 8
Location: Will be noted on your receipt Length: Ongoing
Class Fee: \$1.00, pay with registration

Combat Isolation! This group is designed for mothers at home with pre-school children. Join us for our twice-monthly meetings and enlarge the world for you and your children. Kids are welcome. (Amy and Terry are new mothers who would like to share experiences with other moms.)

LOOK FOR THE LEAGUE THIS SPRING

C-25A

If you have been wondering how to become more informed about local, state and national legislative issues, look for these activities sponsored by the League of Women Voters. You are invited to join members of the League as they examine and discuss these important issues affecting our lives:

- Thursday, Jan 13 "Introduction to the League" -- the basics about the League of Women Voters
- Monday, Jan 24 "Downtown Redevelopment" -- a discussion with local leaders on the progress and future of Manhattan's downtown.
- Thursday, Feb 10 "Health in the Manhattan Area" -- a discussion of health services in our community.
- Saturday, Feb 26 "Lunch With Your Legislators" -- an annual event sponsored by the League. Join us and our state legislators as we meet to discuss the issues of the current legislative session.

For details about any of these programs, contact Emily Bode at 537-5407.

Page 6 • Community

Children...

IS ALTERNATIVE EDUCATION RIGHT FOR YOUR CHILD?

C-41

Mary Williams

539-3310 776-7350

One Time: Register and you will be contacted for time and date
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Living-Learning School offers potential students a trial day at the school with no attendance charge. Your child will be fully incorporated into the day's learning programs. Living-Learning School is a non-profit school which provides children ages 5-12 individualized accelerated learning in a cooperative environment. (Mary is a Kansas certified elementary teacher who is working on her Masters Degree in Education at KSU. She has been teaching at the Living-Learning School for two years.)

LIVING-LEARNING SCHOOL OPEN HOUSE

C-42

Mary Williams

539-3310 776-7350

Section I: One Time, Sunday, 2-4pm, Feb 6
Section II: One Time, Sunday, 2-4pm, May 1
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

What educational alternatives are available in Manhattan for your child? Living-Learning School offers a unique learning environment for children ages 5 through 14. Our approach emphasizes a child-centered, individualized, accelerated program. Join us and see for yourself! Students, parents and teachers will be on hand to answer your questions and show you around.

LIVING-LEARNING SCHOOL -- AN ALTERNATIVE

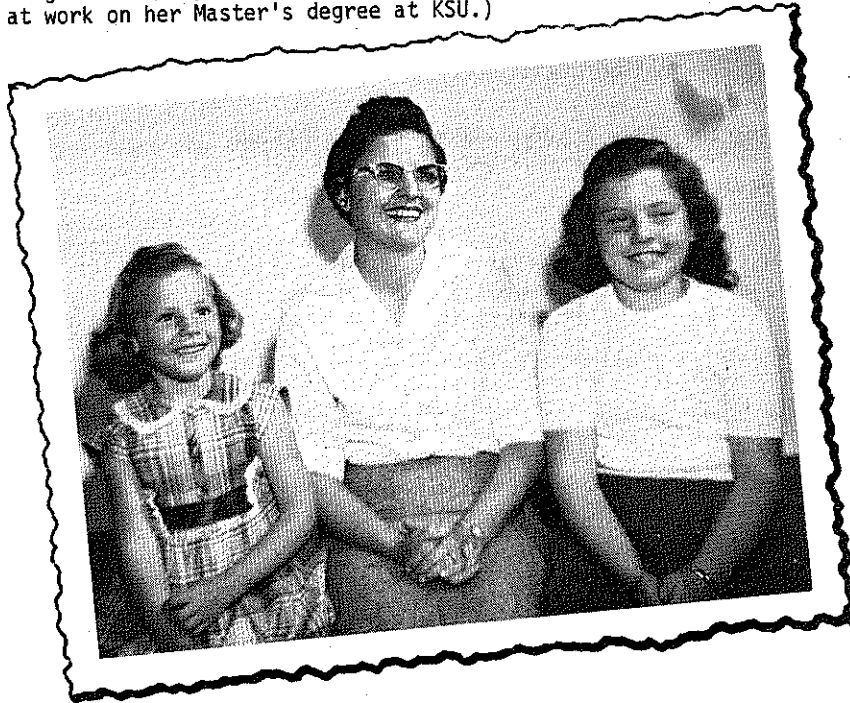
C-43

Mary Williams, Rosalind Stark

776-753 539-3310

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

What is Living-Learning School? What makes this learning environment unique in Manhattan? Why send your child to such a school? These questions and others will be addressed in this informative session about Manhattan's non-profit, alternative, teacher-parent-child cooperative elementary school dedicated to child-centered, individualized, accelerated learning. Join us and discover more about this fascinating educational alternative. (Mary is a Kansas certified elementary teacher and the mother of three elementary school age children. Rosalind, a native of Edinburgh, Scotland, taught in an experimental public school in Scotland for four years and is at work on her Master's degree at KSU.)



Neighbors

WORLD FRIENDSHIP

C-35

Sharon Reagan

539-6377

Tuesdays, 9:30-11am First Meeting: Jan 18 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration
Materials Fee: \$3.00, pay at class (dues)

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 and make friends with an International woman. (Sharon has been a member of World Friendship for 5 years.)

TUTORING CONVERSATIONAL ENGLISH

C-44

Donna Davis

532-6448

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

This class is for people who would like to help international students or their spouses improve their English skills. After a one-time orientation meeting, tutoring assignments will be arranged at each participant's convenience. No previous training is necessary, only that you speak English and are sensitive to people from other cultures. (Donna works at the International Student Center at KSU and has been tutoring English for the past 3½ years.)

Working world

MENTORS AND PROTEGES IN YOUR CAREER

C-17

Elias Saig

539-9960

Wednesdays, 7-8pm, March 23 and 30 (2 times)

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

Whether you are an ambitious achiever who is stuck in a bottleneck, a senior who is about to graduate or a homemaker ready to resume a career outside the home, the right mentors can help you. This course will discuss the way mentoring works and will help show you how to find the right mentors and proteges. (Elias has experienced being a protege as a student and apprentice and later, as a college teacher and consultant, became a mentor.)

DEALING WITH DIFFICULT PEOPLE AND PROBLEM EMPLOYEES

C-18

Bernie Horak

776-2498

Section I: Wednesday, 7:30-9pm, Feb 2

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

Limit: 15

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

TIME AND MEETING MANAGEMENT

C-19

Bernie Horak

776-2498

One Time: Thursday, 7:30-9pm, Feb 3
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.

Old friends

COMMUNITY SERVICE ADVOCATES

C-45

Patti Root, Elaine Johannes

776-9294

One Time: Tuesday, 1:30-3pm, Feb 8

Location: Area Agency on Aging Office, 217 S. Seth Childs Rd

Community Service Advocates (CSA's) are trained volunteers who know what services and programs are available in every county. Volunteers are urgently needed now in Riley and Pottawatomie counties. This class will provide an introduction to the role of Community Service Advocates and tell you how you can become trained in public benefit law applicable to the needs of senior citizens. (Patti Root, Director of the Consumer Assistance and Information program and Elaine Johannes, assistant director of that program, are planning an intensive Community Service Advocate Training program on February 17 where volunteers will be trained in public benefit law and communication techniques.)

SENIOR DAY ON CAMPUS

C-46

Coleen Osborne

532-5945

One Time: Thursday, 9am-3pm, April 14

Location: Kansas State University

The third annual Senior Day on Campus will increase your awareness of educational opportunities at KSU. Participants over 60 years of age will meet with faculty, staff and students, attend class sessions and tour labs and other campus sites. Lunch will be provided and transportation is available. (This event is co-sponsored by the KSU Center for Aging and the Retired Senior Volunteer Program.) For more information contact Coleen at 532-5945.

ELDERHOSTEL

C-47

Coleen Osborne

532-5945

One Week: Sunday, June 12 thru Saturday, June 18
Location: Kansas State University

Elderhostel is a one-week on-campus educational experience for anyone over 60 years of age. Three stimulating courses will be taught by KSU faculty members. (There will be no grades and no homework!) "The Flint Hills -- The Ancient Seas of Kansas," "So You've Always Wanted to Play the Piano," and "Living Latin." The tuition, \$180 for on-campus participants and \$80 for commuters, includes all expenses, room, meals, courses, materials and extra-curricular activities. (Coleen is secretary at the KSU Center for Aging and has invested much time and energy in organizing this year's Elderhostel. Call her for details.)

SENIOR CITIZEN SCENIC COLORADO TRIP: MESA VERDE, NARROW GAUGE RAILROAD AND MORE!

P-42

Neil Schanker

532-5866

Monday, Tuesday, Wednesday, Thursday, Friday, June 6-10

Leave UFM House, 1221 Thurston, 6am, June 6, return 10pm, June 10
Fee: \$255.00, includes lodging, transportation, attraction tickets, chuckwagon lunch at Mesa Verde (other meals not included)

Spend a scenic day riding the famous Narrow Gauge Silverton Railroad. Visit ancient Mesa Verde and enjoy an authentic chuckwagon lunch. And, sightsee at Royal Gorge and Garden of the Gods. All this plus comfortable Best Western Motels, good food, convenience and easy walking make for an unbeatable trip. Come with us in the comfortable tour coach as we cross mountain passes, deserts and pine and spruce forests. You'll be glad you joined other senior citizens on this fun trip. (Neil was the tour guide on a senior citizen trip to Grand Lake, Colorado several years ago.)

At
Grandma's



Lou Douglas

THE 1983 LOU DOUGLAS LECTURE SERIES

ECONOMIC SURVIVAL IN A CHANGING WORLD

Where is our economy leading us? What is in store for us as a nation and as individuals forced to live in a resource-scarce world where many live well and more live lives of hunger and poverty? What are some of the consequences of our nation's current economic policies and how should our international and domestic economic problems be addressed?

These will be among the questions asked by the 1983 Lou Douglas Lecture Series, an annual event sponsored by the University for Man's Friends of Lou Douglas in cooperation with Kansas State University, Ecumenical Christian Ministries, local churches and religious organizations, local community and civic organizations. The Lou Douglas Lecture Series is UFM's tribute to the late Louis H. Douglas, whose life was devoted to serving others. Lou Douglas' wit, wisdom and kindness touched the lives of thousands of students in his distinguished career with KSU's Department of Political Science. And Lou Douglas' contributions to the political and legislative processes in our state and community are still remembered today by those of all political persuasions.

Lou Douglas was a founding member of the University for Man's Board of Directors, a position which he held until his death in 1979. Lou spent much time during his retirement with UFM and provided valued counsel and support critical to UFM's development.

The economic issues which will be explored through this year's Lou Douglas Lecture Series will reflect Lou Douglas' own search for truth and uncompromising passion for justice. We hope you will plan now to join us and the nationally-known speakers participating in this year's Lou Douglas Lecture Series.

Tuesday, Feb 8 Senator Paul Tsongas, a U.S. Senator from Massachusetts who serves on the Committee on Small Business and the Senate Relations Committee and who has provided leadership on many major economic issues.

Tuesday, Feb 22 Fredrick Taylor, executive editor of *The Wall Street Journal*, a publication providing Americans and the international business community with authoritative economic information.

Tuesday, Mar 8 Paul Sweezy, one of America's foremost economists and edits *The Monthly Review*.

Tuesday, Mar 22 Hazel Henderson, futurist and author whose work *Creating Alternative Futures* has won national acclaim.

Monday, Apr 11 John Schnitker, a native Kansan and former under-secretary for the U.S. Department of Agriculture who currently consults on national and international agricultural policy.

Would You Like To Help Make This Year's Lou Douglas Lecture Series A Success?

Would you, your group or organization like to be part of the 1983 Lou Douglas Lecture Series? Volunteers are now needed to help with the public receptions which follow each of the programs of the Series and to help with publicizing the Series. If you would like to help, please call Julie Govert Walter, Series Coordinator at 532-5866 or 537-8634.

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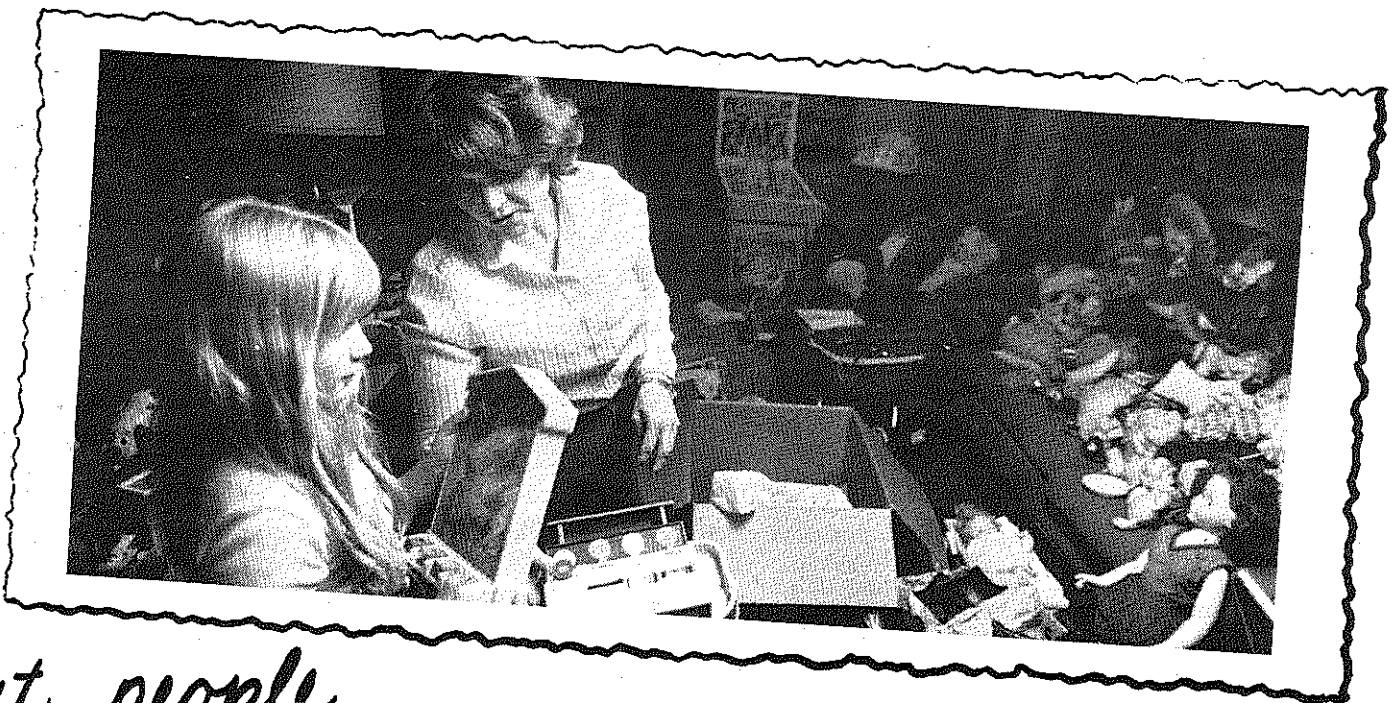
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*Hectic? You bet!
And what a mess!
But every smile
makes it all
worth it.*



Caring about people

UFM VOLUNTEER CORPS

C-20

Karra Porter

532-5866

One Time: Wednesday, 7:30-9:30pm, Feb 2

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

MEET THE UFM STAFF

C-21

The UFM Staff

532-5866

One Time: Thursday, 7:30-8:30pm, Feb 24
Location: UFM Fireplace Room

Here's your chance to meet all the UFM staff who put together this catalog and others throughout the year. Find out what is new at UFM and tell us your ideas, your class complaints and share some of your good experiences with us. Join us for a cup of coffee or tea and a relaxing evening.

EARLY TRAILS AROUND MANHATTAN

C-22

Owen R. Jones

537-7976

One Time: Saturday, 1:30-4:30pm, March 26
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Trails which led early settlers to the West between 1852 through the 1870's are part of Manhattan's heritage. The 1858 Government Survey Record identifies many of these trails. You've probably heard about these trails -- join this class and explore them for yourself. We'll meet the Fort Leavenworth-Fort Riley Military Route which passed south and west through what is now West Manhattan and discover other fascinating bits of history along our way. (Owen is a member of the Riley County and Marshall County Historical Societies and has been exploring trails in Riley, Pottawatomie and Marshall counties lately. He is especially interested in identifying historic points of interest in Manhattan's city parks.)

THE THINGS THAT MAKE FOR PEACE: PART I

C-23

Peace. We all want it in our lives, in our community, in our world, yet it remains elusive. This series of programs sponsored by the American Baptist Campus Center, The Other Manhattan Project and Kansans for Peace and Justice, focuses on ways we can think about peace and bring more peace into our lives and into the world. For more information about any of the programs in this series contact Dave Stewart at 539-3051.

Monday, 11:30am-1pm, Feb 7, Union Rm 209

A Basis for Peace -- A discussion of the foundations which human society can establish a means of peace. What are the principles on which we build peace? How can these principles be realized in our lives? These and other questions will be wrestled with in this discussion.

Monday, 11:30am-1pm, Feb 14, Union Rm 209

Communication: How do You Say "Peace"-- How do we go about expressing our concerns in a peaceful way - in ways which will not tear our relationships apart? How do we say what we need to say without creating hostility and alienation?

Monday, 11:30am-1pm, Feb 21, Union Rm 209

The Pocketbook of Peace -- What would be the cost of peace? Is peace more expensive than preparing for war? These fundamental economic questions will be examined and discussed.

Monday, 11:30am-1pm, Feb 28, Union Rm 209

Peace and Society - or Is There More Than One to Build the World? -- This session will ask how our lives and our society can be constructed to maximize the presence of Peace. What are the things which permit the absence of peace and how can we build social relationships that allow personal and social fulfillment without exploiting others?

MEET THE OTHER MANHATTAN PROJECT

C-24

Kiva Ryan

776-1154

One Time: 7:30-9pm, Feb 7

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

"What," have you asked, "is the Other Manhattan Project?" Here's your chance to find out about Manhattan's citizen group which was organized last year to "slow, stop and reverse" the nuclear arms race. Find out what is happening here in Manhattan with the Nuclear Freeze proposal and what plans are being made for Ground Zero Week. Satisfy your curiosity -- join us for the evening. (Kiva is on the steering committee of the OMP.)

THE FLINT HILLS BREADBASKET

C-24 A

Tom Mulhern, Carol Pylar

776-9264

One Time: Monday, 7-8pm, Feb 28

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. (Tom and Carol have been involved with the Flint Hills Breadbasket since it began nearly a year ago.)

MANHATTAN ENDING HUNGER BRIEFING

C-25

Karen Herman, Michael Cody

539-8657

One Time: Sunday, 1-6pm, Feb 20

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

Upset by upside down? This briefing will center on the realities of an upside-down world -- the realities of starvation, overpopulation, overproduction and global economic inequities. We'll focus on the facts of hunger in our world. We'll discuss some of the myths. And most importantly, we'll discuss what you can do to effect needed change. Plan to attend this provoking and personally empowering briefing. (Karen is a Hunger Project volunteer from Kansas City who took a 6-weeks training course for empowering others to deal with hunger issues; Michael is a member of the Manhattan Hunger Task Force.)

AMNESTY INTERNATIONAL

C-26

Jan Flora, Bob Mohr

532-5984 539-3082

Tuesdays, 7-9pm, Feb 1 and Mar 1 (2 times)

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

Amnesty International (AI) seeks to improve human rights all over the world. The Manhattan AI group has adopted a Solidarity member in Poland as it's first Prisoner of Conscience. With your help we can assist a second Prisoner from a capitalist country. (Jan and Bob are active members in Manhattan's Amnesty International.)

ROSES IN DECEMBER: THE CRISIS IN EL SALVADOR

C-27

Betty Suther, C.S.J.

539-7492

One Time: Thursday, 7pm, Jan 20

Location: St. Isidore's University Center, 711 Denison

Roses in December is a documentary about the life and death of Jean Donovan, one of four U.S. women killed in El Salvador on December 4, 1980. This award-winning presentation, first aired on PBS' Crisis To Crisis, provides insight into the conflict which continues in El Salvador and other Central American nations today. Come and find out why the deaths of the four U.S. women stirred the concern of many for the critical situation in Central America.

DRAFT REGISTRATION

C-28

Dean Denner

776-5589

One Time: Wednesday, 7-9pm, Feb 16

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

Registration for compulsory military conscription of U.S. males ages 18 through 26 continues. This course will provide you with information on draft law and prosecution of non-registrants. Bring your questions and concerns. (Dean is informed and involved with draft issues.)

Earth

"The land is a mother that never dies."

- Maori

Animal friends

INTERMEDIATE DOG OBEDIENCE

Karen Hudman

E-1

539-0277

Sundays, 1-3pm, First Meeting: Mar 6 Length: 8 Times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration Limit: 15

Is your dog an embarrassment in public or a poor family member? Karen will teach your dog obedience in forging ahead, heeling, sit-stay, down-stay and recall. She hopes to get all dogs trained for off-leash control. The class will cover any behavioral problems requested by participants (e.g., running away, chewing, excessive barking, jumping on people, etc.). Materials needed: choke collar, leash (at least 5-1/2' long), longe line (it is a piece of equine tack. Purchase at Co-op at least 15' long. Nylon webbing is best.) Don't bring your dog to the first class. (Karen is a lifetime dog lover and has trained dogs since age 14.)

BASIC DOG OBEDIENCE

Rosalie Held

E-2

539-0216

Saturdays, 9-10am First Meeting, March 26 Length: 8 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Materials Fee: \$1.00, pay at class Limit: 10

The class will present several ways to teach your dog basic obedience commands of heel, sit, stay, down and come. The class goal is to teach your dog to be a well-behaved pet at the level of precision you desire. Dogs should be at least 6 months old, current on shots and have a slip collar and leash. (Rosalie has trained several of her dogs in the past and is presently training stock dogs.)

KANSAS WILDLIFE REHABILITATION

Mike Eubanks

E-8

539-9116

Tuesday, 7:30-9:30pm, Feb 22; Sunday, 12-3pm, Feb 27 (2 times)
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Misguided gunfire of hunters and attempted pet-making of wildlife often result in injured and abused animals. As a wildlife rehabilitator, Mike nurses injured wild animals back to health so they can return to the wild. He will discuss how he provides proper diet and adequate exercise to wildlife and will present a slide show of animals he's worked with. On Sunday, join us as we visit the rehabilitation farm and observe a bobcat, coyote and screech owl. (Mike has been rehabilitating wildlife for eight years and has worked with most animals native to Kansas.)

1.



"Never get too close until you know if they've had obedience training..."

2. "... then you grab'em"



Birds

PRAIRIE CHICKEN BOOM AT KONZA

Monty Hinten

E-4

537-8871

One Time: Sunday, 4:30-7am, May 1
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 10

The world of nature has literally hundreds of different courtships, and that of the prairie chicken is one of the most fascinating. We will observe the fascinating mating ritual of these native birds and see how the females determine which of the males are best suited for mating. Bring cameras, binoculars and jug of hot coffee, and be prepared for a surprising morning.

AUDUBON SOCIETY SPECIAL BIRDWATCHING TRIPS

Brian Taylor

E-5

776-8100

Section I: Saturday and Sunday, March 12 & 13 (all weekend)
Section II: Saturday and Sunday, May 14 & 15 (all weekend)
Location: Will be noted on your receipt
Class Fee: \$1.00 per section, pay with registration

Join with the Northern Flint Hills Audubon Society's two big spring trips: I. Kearney State Recreation Area near Kearney, Nebraska. This is a major resting area for Sandhill Cranes on their northward flight. II. Cheyenne Bottoms near Great Bend, Kansas. This spot attracts shore birds, water fowl, songbirds and a variety of hawks, falcons and owls. (Brian organizes these and other field trips for the local Audubon Society.)

MEET A BALD EAGLE - RENDEZVOUS AT EAGLE ISLAND

Monty Hinten

E-3

537-8871

One Time: Saturday, 8am-12noon, Feb 5
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 15

The bald eagle is more than just the symbol of the United States. It is a fascinating bird that, unfortunately, many people never have a chance to see in its natural habitat. The eagle island, a roosting site in the Kansas River south of Manhattan and Tuttle Creek reservoir affords residents of Manhattan and surrounding areas an opportunity to observe the second largest raptor in North America. (Eagle watching is one of Monty's activities and he's been at it for about 5 years.)

BACKYARD POULTRY KEEPING

A. W. Adams

E-6

532-5654

One Time: Thursday, 7-9pm, March 24
Location: Will be noted on your receipt Limit: 20

The class will cover the selection of proper types of poultry, sources of stocks, feeding, diseases, basic equipment, and management practices. The marketing of eggs and poultry meat will be discussed and the class content will be directed toward the small, urban flock. (Al is an Extension Specialist in Poultry Science with 30 years experience in the poultry industry.)

LOVEBIRDS, COCKATIELS, PARAKEETS, AND OTHER SMALL PARROTS

Dan Land

E-7

776-3367

One Time: Saturday, 7-9pm, Feb 26
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.)

All around us

MILFORD LAKE TOUR

E-11

Greg Wurst

Saturday, 1-3pm, May 14

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

Limit: 5

Tuttle Creek is not the only reservoir around. The largest body of water in the state, Milford Lake, is only 25 miles from Manhattan. It has countless outdoor recreation opportunities. Carpool to the Lake and Greg will chauffeur you to all the sights. (Greg lives in Manhattan, but has been a ranger at Milford Lake for five years.)

THE GREAT PHYSICS SHOW: NEWTON, FARADAY, MAXWELL TO EINSTEIN

E-15

Larry Weaver

532-6790

One Time: Thursday, 7-9pm, Feb 10

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

Come to a variety of interesting and/or amusing physics demonstrations. Larry will add commentary on the history of physical thought and on seeing the laws of nature at work in our lives. This is a great class for the whole family. Larry will explain the concepts of physics in everyday terms so that everyone can understand. (Larry is a physics professor at KSU.)



METAL DETECTOR OPERATION AND USES

E-16

Howard Roberts

539-2423

One Time: Friday, 7-9pm, March 11

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

Limit: 15

Howard will cover how to select a detector for your use. He will describe the BFO, TR and VLF machines. Included will be the procedure to follow in adjusting the detector and pinpointing the find. Tools to use and ways of extracting objects after pinpointing with the detector will be discussed. (Howard has done a great deal of metal detecting for coins and small relics in and around the Manhattan area.)

HUMAN ANATOMY FOR YOUNGSTERS

E-17

Lynn Schanker

539-9150

One Time: Saturday, 1-3pm, April 23

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

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.)

TANNING ANIMAL SKINS

E-18

Ron Pauli

539-6569

One Time: Monday, 7:30-9pm, Feb 7

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

This will be a very basic course. Almost any kind of skin can be made into leather or tanned fur skin. There are lots of tanning methods. Ron will show you what he knows and give you a few solution formulas so you can try it yourself. (Tanning is just one of Ron's hobbies.)

Page 10 Earth

EXPLORING KINGS CREEK ON KONZA PRAIRIE

E-10

Marty Gurtz

539-8062 532-6629

One Time: Sunday, 3-6pm, May 1

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

Limit: 15

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

EXPLORING UNDER ROCKS (FOR CHILDREN AND ADULTS)

E-12

Stephen Hoffman

776-8072

Saturday, 2-4pm, April 30 (rain date May 7)

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

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

NATURE PHOTOGRAPHY

E-13

David Rintoul

532-5832

Saturdays, 10am-12n, April 23; 8-11am, April 30 Length: 2 times

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

Limit: 10

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

WINTER CONSTELLATIONS AND ASTRONOMY BASICS

E-14

Jeff Wainwright

539-4685

Thursdays, 7-8pm, Feb 3 & 10 (2 times) plus extra field time

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

Limit: 20

Virgo, Leo, Cancer, Gemini, Taurus, Aries, Orion and other constellations can be seen in the winter sky. Learn about the crab nebula, meteors, planets and black holes. The class will cover how to use a telescope for those with little experience, plus lessons in the use of star charts and maps, lunar maps, etc. Field time will be variable, depending on weather. (Jeff has long held astronomy as a hobby.)

KANSAS FRIENDS OF THE EARTH

E-19

Neil Schanker

532-5866

Saturdays, 1pm; Wednesdays, 7:30pm First Meeting: Jan 29

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

Length: Ongoing

...the greatest beauty is organic wholeness, the wholeness of life and things, the divine beauty of the universe. Love that, not man apart from that...Robinson Jeffers. Friends of The Earth, a national environmental organization promotes clean energy, clean air, wildlands and wildlife. The Kansas Chapter of FOE will hold three meetings in Manhattan to work toward a better midwest environment. Plans to celebrate Earth Day '83 in April will be discussed. (Neil has been active in Kansas FOE since it began two years ago.)

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Herbs and flowers

KONZA PRAIRIE WILDFLOWERS: EMPHASIS ON WOODLAND FLOWERS

E-9

Craig Freeman

776-1678

Section I: Saturday, 9am-12noon, April 16 (rain date April 17)
 Section II: Saturday, 1:00pm-4:00pm, April 16 (rain date April 17)
 Location: Will be noted on your receipt
 Class Fee: \$1.00, pay with registration

Limit: 20 each section

Dogtooth Violet, Cutleaf Toothwort, and Dutchman's Breeches are woodland wildflowers that most people don't see in Kansas. These beauties flower early in the spring before the forest canopy leaves in. Take a walk on the Konza Prairie and learn something of the identity, classification and natural history of some of these vernal gems. (Craig is a graduate student in plant taxonomy at K-State.)

RAISING SPRING FLOWERING BULBS

E-35

Tim Lindemuth

532-6415

One Time: Saturday, 1-3pm, April 16
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

Limit: 30

Look over more than 1,000 flowering tulips, daffodils and hyacinths at the peak of the blooming season. Learn how to plant and care for spring bulbs in your yard. Numerous bulb varieties will be discussed. (Tim has done home gardening for a number of years and has received Manhattan's Yard-of-the-Week award twice.)

GROWING PERENNIALS IN KANSAS

E-30

Steve Moore

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

Come and learn about Oriental poppies, mums, potentillas, columbines, and other beautiful flowers. Perennials can provide months of beauty and food without having to plant every year. Steve will cover varieties, care, propagation and soils. (Steve sells perennials from a small nursery in Clay Center and has grown them for a number of years.)

HERB LORE

E-20

Carol Ebert

456-2841

Mondays, 7:30-9pm, Jan 31, Feb 7 (2 times)
 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.)

Planning ahead

EDIBLE PLANT MATERIALS CO-OP

E-21

Ira Harritt

532-5866

One Time: Thursday, 7:30-9:30pm, Feb 3
 Location: Will be noted on your receipt
 Class Fee: \$1.00, pay with registration

Would you like to buy Apple, Pear, Peach or nut trees, berry plants or other perennial plant materials? Save 50% off retail costs. Join us in a wholesale group purchase for Spring planting and save. Come to the class on what plant varieties are available and which might be best for you. Or, have us send you information and an order form. Orders will be due by February 7. Call for more information. (Ira held this class in the fall.)

PLANNING YOUR SPRING GARDEN

E-24

Ira Harritt

532-5866

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

Where should you plant the potatoes? How much kale will you need? How can you get two crops from the same space? What's succession planting? Companion planting? How about flowers? By planning and mapping your garden you can have a more productive, healthy and beautiful garden. We will discuss the decision-making process and questions about basic gardening. (Ira attempts to combine function and beauty to create gardens that feed the body and soul.)

PLANNING YOUR WARM WEATHER GARDEN

E-33

Ira Harritt

532-5866

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

Are you one of those fair-weather gardeners whose season starts with planting tomatoes and peppers? Where, what, how much, and when should you plant? What are warm weather crops? Interplanting? Getting the most out of your space. Making your garden beautiful. These and other topics will be discussed as well as methods for planning and mapping your garden.

HOW TO MAKE SOME MONEY FROM YOUR GARDEN

E-22

Kelly Kindscher

1-842-0219

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

Get rich from a 49¢ package of cabbage seeds? Come and discuss the planning, planting, tending, harvesting and marketing of produce from your garden to sell locally. Kelly will speak of his experiences of having a produce stand, selling to the Community Mercantile Food Co-op, and at the Farmer's Market in Lawrence, Kansas. (Kelly has completed a study of the Kansas Food System for the Kansas Rural Center that was published by Rodale Press.)



CHILDREN'S GARDENING CLASS

E-38

Aaron Spilka

532-5866

Classes will be held in the evenings from early spring through fall. Register and you will be contacted for dates, time and place.
 Materials Fee: \$5.00, pay at class

Limit: 25

Children of ages 5-12 will be assigned individual and group gardens. They will learn planting, soil preparation, weeding, harvesting and other cultural practices throughout the gardening season. (Aaron is the Manhattan Community Garden Coordinator and a Senior Horticultural Therapy internship student.)

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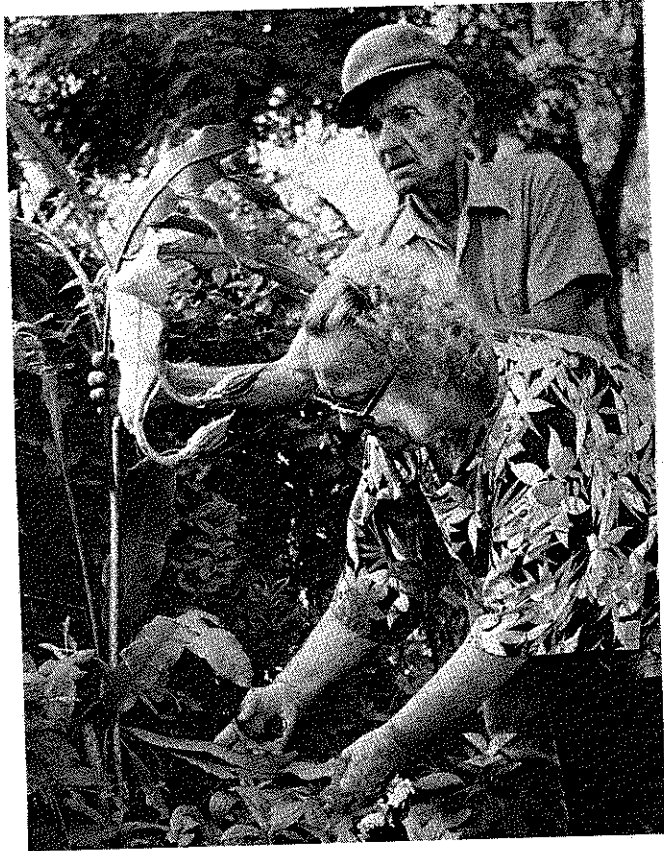
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Alternatives everywhere

ALTERNATIVES IN AGRICULTURE: A LUNCH AND DISCUSSION SERIES E-23

Helen Buzenberg 776-7615

Tuesdays, 12n-1pm, Feb 8, March 8, April 12 (3 times)

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

Buy your lunch in the Union or bring your own and spend the second Tuesday each month discussing alternatives in agriculture. Topics to be covered include biological pest control, energy use on the farm, organic vs non-organic farming, bioregionalism, the Kansas food system and other subjects. Experts will be present to lead the discussion series, which is sponsored by Kansas Friends of The Earth. (Helen has been interested in agriculture for many years and is a member of Kansas Friends of The Earth.)

GREENHOUSE IN FULL PRODUCTION E-28

Ira Harritt 532-5866

One Time: Monday, 7:30-8:30pm, Feb 21
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

The UFM Solar Greenhouse should be bursting at the seams with produce in mid-February. See our cucumbers, tomatoes, beans, lettuce, Chinese vegetables, greens and garden seedlings. Tour the greenhouse and investigate organic greenhouse techniques in action!

COLD FRAMES: GETTING A HEAD START E-26

Helen Buzenberg, Ira Harritt 776-7615 532-5866

One Time: Saturday, 10:30am-12:30pm, Feb 19
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Cold frames, clouches, grow frames and other season extenders can be used to get an extra one, two or more months of fresh produce. Fresh lettuce, radishes and greens in March! Tomatoes, cukes and peppers weeks earlier than normal! And continued yields well beyond the first killing frost! We will discuss construction and operation of various cold frame designs.

NO TILL GARDENING E-32

Neil Schanker and Ira Harritt 532-5866

One Time: Saturday, 1-3pm, March 26
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Tired of having to do heavy rototilling and spading every spring? Do spring rains delay your planting for weeks until the soil dries? Learn about no till gardening. Letting nature keep your garden soil loose with lots of compost and mulch allows you to plant early, saves work and keeps your soil fertile. (Neil believes in doing as little work as possible and is an admirer of Ruth Stout's mulch method. Ira is an accomplished gardener.)

ORGANIC AND FRENCH INTENSIVE GARDENING E-29

Nabiuddin Nelson 468-3631

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

Organic gardening and the French Intensive method both emphasize healthy soil as the basis for healthy and healthful plants. We will discuss planning, planting, cultivating, controlling undesirable insects and weeds, and harvesting for maximum vegetable production in a small area. (Nabiuddin raises most of the vegetables for his 5-member family without chemicals.)

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Yummy yards

EDIBLE LANDSCAPE: INTERNSHIPS AND VOLUNTEER PROGRAM E-25

Edible Landscape Staff 532-5866

One Time: Thursday, 7pm, Feb 17
Location: Will be noted on your receipt

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.

PRUNING OF FRUIT TREES, BUSH FRUITS AND GRAPES E-27

Bob Ealy

One Time: Saturday, 1pm, Feb 19
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

We will discuss the basics of pruning techniques, tools, theory and practice for fruit trees, bush fruits and grapes. Bob will demonstrate by pruning plants in UFM's Edible Landscape including "Espalier," a functional and ornamental technique for growing fruit trees in limited space. (Bob is former head of the KSU Landscape Architecture and Horticulture Department and an expert on native edible plants.)

EDIBLE LANDSCAPING: WHY AND HOW E-31

Barbara Bonanni and Ira Harritt 532-5866

One Time: Thursday, 7:30-9:30pm, March 24
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Dwarf fruit trees, Nanking cherry hedges, strawberry ground covers, grape trellises, herbs and vegetables are only some of the plant materials you can use to create an Edible Landscape. Find out how to use these in and around your landscape and your community for food production, energy conservation and beauty. (Barbara is a trained landscape architect. Ira is the UFM Edible Landscape horticulturalist.)

EDIBLE LANDSCAPE VISITORS DAY E-34

Gary Coates, Ira Harritt and other garden experts 532-5866

One Time: Sunday, 1-4pm, April 10
Location: UFM Greenhouse

Come visit the UFM Edible Landscape. Meet the staff and some of the instructors of Edible Landscape classes. Tour the perennial and annual vegetable and fruit plantings, our solar greenhouse, cold frames, compost projects and resource library. Refreshments will be served. Come for a half hour or spend the afternoon. (Gary is director of the UFM Edible Landscape Project.)

GARDEN TOUR E-36

Edible Landscape Staff 532-5866

One Time: Saturday, 1-4pm, July 9 (rain date July 16)
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

We will tour outstanding productive and beautiful gardens and landscapes, talk with the gardeners and see how the new and old-time pros do it! We will organize carpools and maps to get to the gardens.

BEST EDIBLE LANDSCAPE CONTEST E-37

Edible Landscape Staff 532-5866

Register and you will be contacted for information on this contest
Class Fee: \$1.00, pay with registration

Do you use edible and ornamental plants to make where you live a Paradise? We will be offering prizes for the most productive and beautiful landscape, using annuals and perennials. Judging will take place in early summer. More details to come in the March UFM catalog. Register your landscape now.

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- Richard Le Gallienne

Cooking...

REAL PEOPLE DO EAT QUICHE

F-1

Rebecca Brownson

537-9098

One Time: Saturday, 5:30-7:30pm, Feb 26
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$3.00, pay at class

Limit: 5

Toothsome, savory cheese custard pies are flexible enough to be served for hearty home suppers or classy cocktail parties. Included in the class will be a cheddar-mushroom quiche, a vegetable quiche and Quiche Lorraine. (Rebecca thoroughly enjoys quiche.)

WOK AROUND THE CLOCK TONIGHT

F-2

Daniel Fung

One Time: Wednesday, 6-10pm, Mar 23
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$4.00, pay at class

Limit: 16

In this class we will present various uses of the Wok. We will use authentic ingredients in the Southern Chinese tradition with a dash of Chinese culture and philosophy thrown in. We will prepare, cook and eat. Please bring your own wok if possible. (Dan ate his way through Southern China and 25 countries and has been the Manhattan Mercury cook of the week - a whiz with the wok.)

TOFU MAKING

F-3

Craig Morris

One Time: Saturday, 2-5pm, Feb 19
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Learn the art of making toful! Tofu is a high protein oriental staple made from soybeans. A demonstration of the technique of making tofu, from processing the fresh soybean and boiling, to solidifying and pressing for refrigeration. Craig will also give you serving suggestions. (Craig has been dabbling in alchemy all his life.)

WHEAT COUNTRY HEALTH DELIGHTS

F-4

Carol Ebert

456-2841

Tuesday, 7:30-9pm, Feb 15; Thursday, 7:30-9pm, Feb 17 (2 times)

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. Demonstration 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. (Carol is an advocate of whole wheat cooking for years and author of Wheat Country Health Delights wheat cookbook. Regularly demonstrates whole wheat cooking.)

PRIZE WINNING PIE CRUST

F-8

Susie Shaw

One Time: Saturday, 9:30-10:30am, March 5
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Do your pie crusts always come out of the oven either fossilized or falling apart? Susie will teach you the skill of making a pie crust any quiche or dessert would be proud to fill. Bring with you to class wax paper, rolling pin, 2 cups of flour, salt, vegetable shortening, a fork, a mixing bowl and one or two pie pans. Filling of your choice is optional. (Susie learned the art of making prize-winning pie crust from her grandmother.)

SOFT PRETZELS AND ROOT BEER

F-9

Sandra Andrick

776-5448

One Time: Thursday, 7:30-9:30pm, Feb 10
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class

Limit: 4

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

BREADS FOR NUTS

F-6

Lynn Curley & Linda Doescher

539-4665

One Time: Tuesday, 7-9:30pm, Feb 8
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$4.00, pay at class

Limit: 6

We will demonstrate the ease and quickness with which piping hot nut breads can be made. Recipes will be provided and taste testing is a must! Participants are encouraged to bring with them their favorite quick bread recipes for an exchange. (Lynn and Linda are graduate students in the Grain Science Department.)

CHEESE! CHEESE! CHEESE!

F-7

Jan Keller

456-7200

One Time: Wednesday, 7-8pm, April 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.)

AFGHANISTAN BREAD

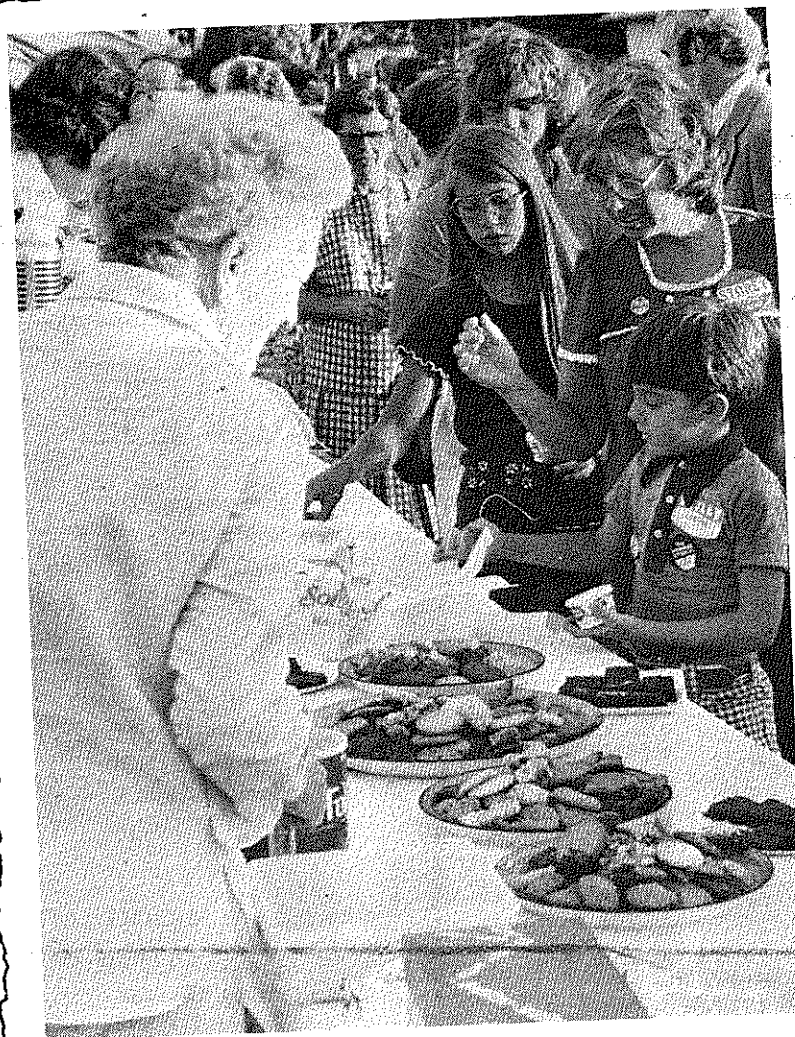
F-16

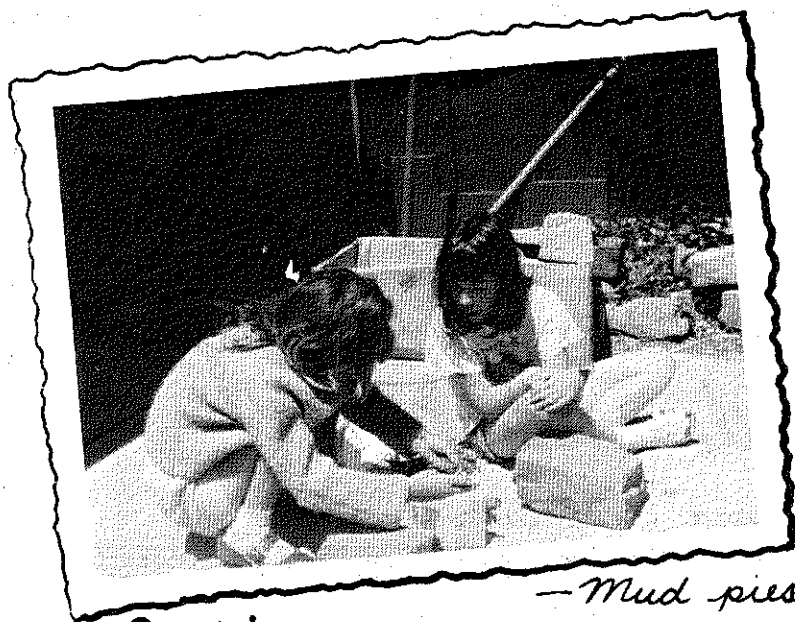
Sima Karim

776-6328

One Time: Monday, 6:30-7:30pm, Feb 7
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Traditionally, recipes from Afghanistan are not written down but passed on verbally from family to family. Sima will extend this tradition to you and demonstrate the technique for making Afghan bread, a staple in the diet of the Afghan people. (Sima has been in the United States for 1½ years and has received many compliments about her bread-baking skills.)





—Mud pies!—

... Eating ...

VEGETARIANISM

F-5

Tom Schultes

Mondays, 7-9:30pm, March 7 & 14
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Tired of feeling like an American Werewolf in London? There are alternatives to meat protein. Do your cholesterol ridden metabolism a favor -- eat something green, yellow, orange, red or even purple!! We'll take a look at the health (not to mention economic) advantages of a vegetarian diet. (Tom enjoys vegetarian dishes and has eight years' experience in grocery business. He also thinks this is a diet that should be seriously considered and would like to inform the students on nutritional needs and alternatives.)

INTRODUCTION TO PEOPLE'S GROCERY

F-14

Mary K. Brinker

539-6143

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

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

BASIC MEAL PLANNING

F-15

Kay Ann Heinly

776-4781

One Time: Thursday, 7-8:30pm, Feb 10
Location: Will be noted on your receipt

Do you find yourself running back and forth to the grocery store every day to pick up ingredients for meals? This practice consumes time, energy and money. Kay Ann will talk to you about how to plan and purchase for your family meals and give you some brief nutritional tips to boot. (Kay Ann has been a County Extension Home Economist for 25 years.)

RESTAURANT SKILLS

F-13

Moki Palasio

539-5850

Tuesdays, 7-9pm, Feb 8 and 15 (2 times)
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Attention restaurant managers, waitresses, waiters, homemakers . . . here's your chance to learn professional formal table service. Moki will demonstrate the proper way to set a table and serve wine to your customers and guests. There will be demonstrations of many techniques of good service. (Moki is a 22-year veteran in the restaurant business and brings his skills to Manhattan via Hawaii.)

... and drinking

TEAS FOR HEALTH AND PLEASURE

F-10

Dale Anderson

494-2540

One Time: Wednesday, 7-9pm, Feb 2
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class

Limit: 12

You're invited to a tea party!! Learn about the history of tea . . . America's role in the tea trade and medicinal uses of tea. You'll have the opportunity to taste a variety of teas including black, herbal and scented teas. (Dale is totally into teas, not to be mistaken with a tea totaler and is the owner of the Herb Patch.)

BEER MAKING

F-11

Greg Love and John Holcomb

537-2588

Tuesdays, 7-9pm, Feb 22, March 1 & 8 (3 times)
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration
Materials Fee: \$3.00, pay at class

Limit: 8

Is there taste beyond Coors? In this class you will be making beer. You will learn what is necessary to brew at home. Bring 12, 12-oz bottles. You will make, bottle, and sample different varieties of home brew. (Participation subject to state law.) (While patiently waiting for wine to finish, Greg and John have been making and drinking home brew.)

INTRODUCTION TO WINE

F-12

L. W. Davenport

539-1823

Organizational Meeting: Friday, 7pm, Feb 4
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Class Fee: \$20.00, pay at class

Length: Ongoing thru March 25
alternate Fridays
Limit: 12

A study of wine from vine to glass. This class will include history, geography, chemistry and viticulture accompanied by tasting of wines from Europe and the United States. The class will meet on alternate Fridays starting Feb 11 and continuing through March 25. Feb 4 will be a short organizational meeting to discuss the structure of the class and collect materials fees. (Mr. Davenport tends a small vineyard, is a winemaker and member of the Society of Wine Educators.)

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Skills

"To be conscious that you are ignorant is a great step to knowledge."

-Benjamin Disraeli

Job skills

BEGINNING TYPING

Claire Waffle

SK-1

539-5126

Tuesdays and Thursdays, 7-8:30pm First Meeting: Feb 8 Length: 11 weeks
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration Limit: 25 22 classes

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 a previous typing class for UFM, and has 10 years experience as a secretary.)

SPEEDWRITING (FORKNER SHORTHAND)

Marilyn Lewis

SK-2

537-9110

Thursdays, 7-8:30pm First Meeting: Feb 3 Length: 10-12 classes
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration

Forkner shorthand is a combination of symbols and letters. It is easy and you can start using what you learn as you learn. Bring your pencils and steno pads and be prepared to learn fast. (Marilyn has been a secretary for 14 years. She recently learned the Forkner shorthand method and enjoyed it so much that she wants to share the technique with others.)

HOW TO GET YOUR REAL ESTATE LICENSE

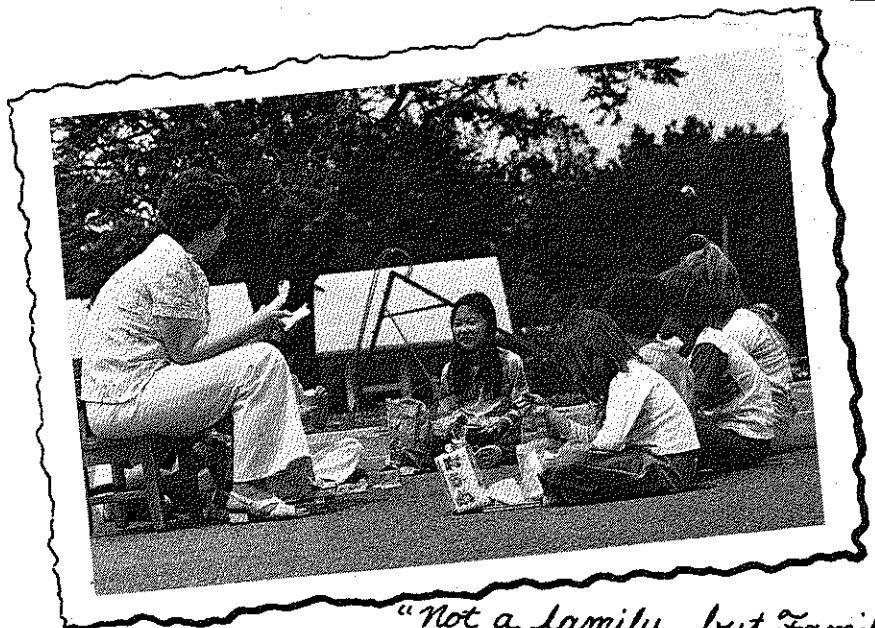
Marilyn Socolofsky

SK-3

539-8907

One Time: Tuesday, 7-9pm, Feb 15
Location: Will be noted on your receipt
Class Fee: \$2.00, pay with registration

This class will show you what it takes to get your Kansas Real Estate License. We will also cover the how to's of using the license once you have it. Lists of books, courses, requirements as well as help will be provided at the class. (Marilyn is a licensed Realtor at Kansas Realty in Manhattan.)



"Not a family, but Family."

Choosing a career

CAREER EXPLORATION

Susan Scott Angle

SK-4

532-6927

One Time: Saturday 9am-3pm, April 9
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 15 nonstudents
Materials Fee: \$4.00, pay at class (nonstudents)

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

JOB SEARCH

Susan Scott Angle

SK-5

532-6927

One Time: Saturday 9am-3pm, April 23
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 15 nonstudents
Materials Fee: \$2.00, pay at class (nonstudents)

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

LIFE PLANNING WORKSHOP

Susan Scott Angle

SK-6

532-6927

One Time: Saturday, 9am-3pm, March 26
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 15 nonstudents
Materials Fee: \$2.00, pay at class (nonstudents)

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

WOMEN'S CAREER DEVELOPMENT GROUP

Susan Scott Angle, Joyce Hopfner Woodford

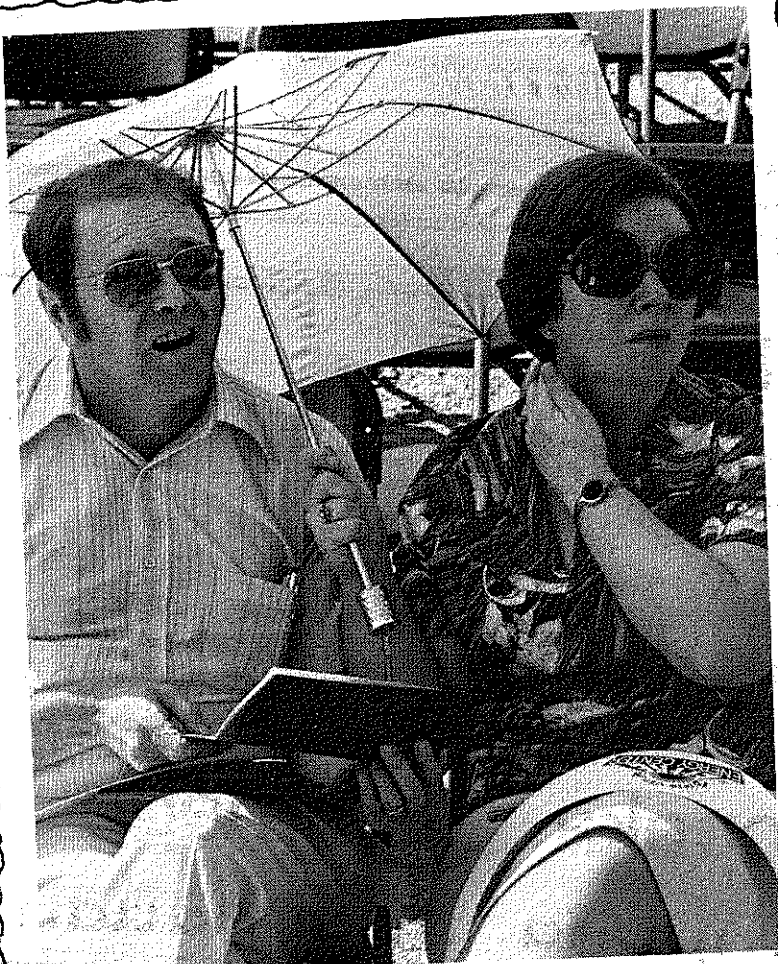
SK-7

532-6927

Wednesdays, 11:30-1pm First Meeting: Feb 9 Length: 12 times
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 and Joyce are counselors at the KSU Counseling Center who have an interest in the special career development needs of women.)

Skills • Page 15



Skills for everyone

MOTORCYCLE MAINTENANCE

SK-11

Mark Chatelain

537-9439

Monday and Tuesday, 6:30-8pm, April 18 and 19 (2 times)
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 10

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

BEGINNING BICYCLE MAINTENANCE

SK-13

Dave Colburn

539-5639

Section I: Tuesday & Wednesday, 7-9:30pm, Feb 1 & 2
Section II: Tuesday & Wednesday, 7-9:30pm, Feb 15 & 16
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 10 each section
Materials Fee: \$1.00, pay at class

In this class 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.)

MULTI-MEDIA FIRST AID

SK-14

Enell Foerster

537-0977

One Time: Saturday, 8am-5pm, March 12
Location: Will be noted on your receipt
Materials Fee: \$8.50, pay at class

This is the American Red Cross Instructional System, featuring filmed demonstrations, guided practice sections, and programmed workbooks. The student is certified as a standard first-aider upon successful completion of the course. There is a fee of \$8.50 which covers materials, workbooks and texts. If you have the Red Cross Standard First Aid and Personal Safety Textbook (the blue book), the fee will be \$6.00. (Enell has taught this class many times.)

ANTIQUES AND COLLECTIBLES

SK-8

Sue Smies

539-2154

Mondays, 7:30-9:30pm First Meeting: April 11 Length: 4 times
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 30

Discover the excitement of antique collecting. We will re-examine: depression, cut, carnival and other glasswares. New topics include: pottery, antique jewelry, oriental collectibles, more kitchen gadgets. Price ranges will be given for all. We will have a refresher course in auction and garage sale attending plus one or two field trips. (Sue is a rabid collector, antique shop owner and dealer.)

BIDDING AND BUYING AT AN AUCTION

SK-9

Pat Hamilton

539-1319

One Time: Thursday, 7-8:30pm, March 24
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Come join 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.)

DECORATING: DOING A LOT WITH A LITTLE

SK-10

Edee Dalke

539-1005

One Time: Sunday, 8-10pm, Feb 13
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class Limit: 15

Living in a dorm or apartment? Want to make the most of your space but have limited materials and money? This class is for you. We will discuss organization as a method of maximizing space and unique ways of using ordinary items. (Edee has a special interest in organizing and decorating. She has done research and writing on this topic.)

PROFESSIONAL MANICURES

SK-12

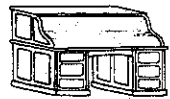
Judy Goodson

776-5488

One Time: Monday, 7-8pm, April 11
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.)

NICKELODEON



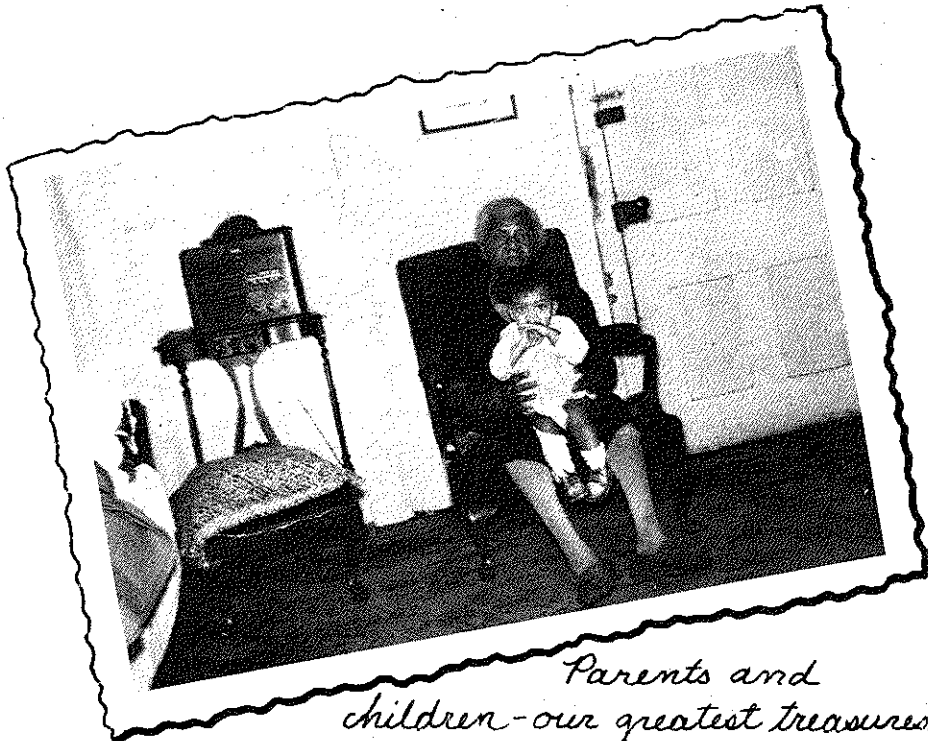
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WOODSHOP CO-OP

W-1

Alan Edgar

532-5866

Organizational Meeting: Wednesday, 7-9pm, Feb 9
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, lathe, band saw, and most common woodworking tools. The membership fee is for equipment and facility use only. No materials are included. The mandatory organizational meeting will include instruction in safe equipment use and basic first aid. (Alan is the UFM woodshop co-ordinator.)

FURNITURE REFINISHING WORKSHOP

W-2

Marge and Warne Somsen

776-6634

Organizational Meeting: Thursday, 7-9:30pm, April 7
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Get professional results the easy way! Dissolve old varnish, lacquer or shellac but leave the original stain and patina. Scratches will disappear without sanding and leave you ready to apply tung oil or other finishes. The first class will be a demonstration, further work sessions will be arranged. (Marge and Warne have been using and demonstrating Victorian House for more than a year.)

TURNING WOOD ON ... A LATHE

FA-41

Lowell Regehr

776-3757

Thursdays, 7-9pm First Meeting: Feb 3 Length: 6 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Materials Fee: \$1.00, pay at class Limit: 5

Learn the art of machining wood on a lathe. This class will cover the basic techniques for shaping and detailing wood, while emphasizing the basic safety rules of this specialized tool, as well as the woodshop safety procedures. From candlesticks to chair legs, and bed spindles to bowls, learn this fascinating and rewarding skill. (Lowell enjoys turning a lathe and teaching others the skill.)



Winter warmth

SOLAR HOMES TOUR

Bill Dorsett, Dean Denner

AT-1

539-1956 776-5589

One Time: Saturday, 1-5pm, Feb 19
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

Increasing numbers of solar buildings in the Manhattan area are available for us to visit. This tour will feature solar homes, greenhouses, sunspaces and collectors with the owners and designer/builders available for discussion. (Bill and Dean have been designing and building solar collector systems in Manhattan for the past 3 years.)

SOLAR COLLECTORS

Bill Dorsett, Dean Denner

AT-2

539-1956 776-5589

One Time: Saturday, 7-9pm, Feb 12
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

This may be the last winter to use Kansas tax credits for solar collectors. This class will explain the design and operation of hot air, space-heating solar collectors. Examples of both custom-designed, site-built and manufactured collectors will be shown.

UNDERGROUND HOMES

Keith Christensen

AT-4

537-1581

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

Limit: 30

The first part of this class will cover basic design concepts for earth sheltered homes including site planning, building design, natural ventilation and utilization of passive solar energy. The second part will include discussion of design and construction details of wall and roof sections, and a question and answer session. (Keith has taught in the KSU Dept. of Architecture for 15 years, and has lectured on earth sheltered home design throughout the state through the KSU Extension Energy Office.)

SAFE WOOD HEATING

Jeff Logan

AT-6

537-9623

One Time: Thursday, 7-9pm, Feb 17
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

Limit: 25

There is more to heating with wood than just cutting and burning it. Learn to use wood safely to heat your home. Discussion includes selection of wood, techniques of burning and chimney sweeping. Course will be based on Wood Heat Safety, Garden Way Publishing. (Jeff runs a local chimney sweeping business and has been heating with wood for 3 years.)

SOLAR GREENHOUSES AND SUNSPACES

Bill Dorsett, Dean Denner

AT-3

539-1956 776-5589

One Time: Sunday, 7-9pm, Feb 13
 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 the 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.

KEROSENE HEATER SAFETY

Steve Bachoritch

AT-5

537-4311

One Time: Wednesday, 7:30-9:30pm, Feb 2
 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, 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.)

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what you might have been."

-George Eliot

Variety — the spice of life

FIFTH ANNUAL KANSAS FOLKLIFE FESTIVAL

FA-1

532-5575

Jan Hurley

Saturday & Sunday, 10am-10pm, April 23 and 24
Location: Will be noted on your receipt

The 1983 Kansas Folklife Festival which celebrates the traditional arts of Kansas, will take place on April 23 and 24 at Cico Park, in Manhattan, Kansas. Many volunteers are needed to help put together this state-wide event. If you would like to work around traditional craftspeople and musicians and can help with publicity, sales, food, sound, grounds, hospitality, or other needed areas, please sign up and you will be contacted. Working on the festival is a unique and rewarding experience. (Jan is the Volunteer Chairperson for the Kansas Folklife Festival.)

BARGAIN HUNTER'S GUIDE TO COLLECTING ART

FA-2

539-2139

Julie Strecker and Kate Cashman

One Time: Wednesday, 7:30pm, Feb 16
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

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

CREATIVE CLOCKMAKING

FA-3

539-5228

Steve Hall

Section I: Tuesdays, 7-9pm, Mar 1, 15
Section II: Tuesdays, 7-9pm, Apr 5, 19
Section III: Tuesdays, 7-9pm, May 3, 17
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 10

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

PICTURE FRAMING AND MATTING BASICS

FA-4

539-5228

Steve Hall

Section I: Mondays, Feb 14, 21, 28, Mar 7, 14, 21 (6 times), 7-9pm
Section II: Mondays, Apr 11, 18, 25, May 2, 9, 16 (6 times), 7-9pm
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Materials Fee: \$8.00, pay at class

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 mounding, supplies needed for frame assembly during class sessions and use of tools and equipment needed to frame a picture.

UKRAINIAN EGG DECORATING

FA-11

539-2148

Elaine Cole

One Time: Saturday, 1-4:30pm, March 5
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration
Materials Fee: 50¢, pay at class

Limit: 25

Easter is approaching! Ukrainian eggs are a traditional, centuries-old folk art in which intricate, colorful designs are created on chicken eggs using a wax-resistant process. We'll start with a slide show about the tradition and symbolism and then you'll make your own Ukrainian egg. Beginning and advanced students welcome. Bring a candle, candleholder, pencil, two eggs at room temperature, and 50¢ per person for materials fee. (Elaine learned how to make Ukrainian eggs in Minnesota in 1975 and continues to find them a fascinating, satisfying art form.)

ORIGAMI - JAPANESE PAPER FOLDING

FA-12

539-4113

Sharley Chang

One Time: Saturday, 1-3pm, Feb 26
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 8

Origami is the Japanese art of folding colored paper into animals and other objects. It is a very old craft passed down traditionally to younger children to increase their creativity and imagination. Come and learn this beautiful oriental skill for yourself. Please bring your own origami paper to the class. You can cut any piece of paper - wrapping paper, newspaper, memo pad, etc., to approximately 6"x6". We'll use 10-15 sheets in the class. (Sharley learned this art as a child growing up in Japan.)

JEWELRY TECHNIQUES FOR BEGINNERS

FA-13

537-1184

Michael Annis

Mandatory organizational meeting Wednesday, 6:30-9:30pm, Feb 2 for all sections

Section I: Feb 22, 23 Each section 6:30-9:30pm

Section II: Mar 1, 2

Section III: Mar 8, 9

Section IV: Mar 15, 16

Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration
Materials Fee: \$15.00, pay at class

Limit: 5 each section

Students will do an applique pendant, 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 will be a prerequisite for advanced jewelry making. (Michael has a BA in art education with a jewelry emphasis, and taught 4 years in public and private schools. He is currently the repairman for a local jewelry store, and has taught adult education classes before.)

CALLIGRAPHY: THE BASICS

FA-40

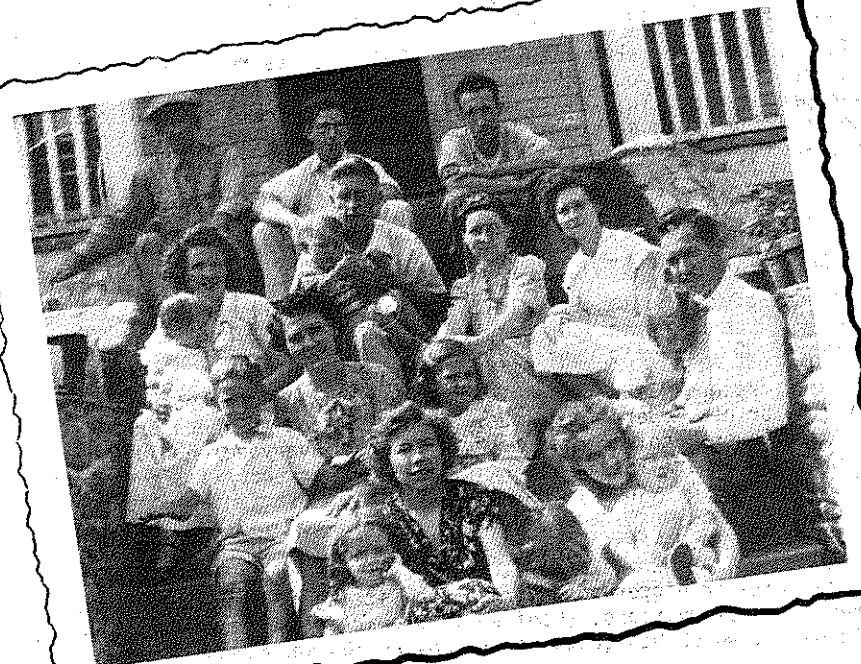
776-1529

Janice Hooks

Wednesdays, 7-9pm First Meeting: Feb 16 Length: 4 times
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration
Materials Fee: \$9.70, pay at class

Limit: 15

In this class students will be introduced to the basics of calligraphy. We will learn the Chancery "italic" alphabet using a broad-edged, dip pen. Materials fee includes all necessary supplies (9 nibs, holder, graph paper, ink, and guide sheets) (Janice is a free-lance calligrapher.)



Fabrications

CATHEDRAL WINDOW QUILTING

FA-5

Mary Oliver

539-5324

One Time: Thursday, 7-9pm, Feb 17

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: \$2.00, pay at class

Limit: 12

This will be a hands-on lesson in the art of the cathedral window quilting method of making a small project. We will also discuss the adapting of the cathedral window in various projects. (Mary has been quilting for 7 years and has taught quilting for 2 years. She has completed over 20 quilts.)

PATCHWORK QUILTING

FA-6

Mary Oliver

539-5324

Thursdays, 7-9pm, Feb 24, March 3 (2 times)

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Limit: 12

Patchwork is distinctly American, one of the more simple of quilting techniques and very popular. We will cover the construction of patchwork projects and the use of patchwork other than in quilting.

INTERMEDIATE SPINNING

FA-7

Mimi Benedick

457-3645

This class will be starting in early February, meeting 7-9pm and will continue 3 times. The instructor will contact you for the day and starting date

Location: Will be noted on your receipt

Class Fee: \$5.00, pay with registration

Materials Fee: \$7.00, pay at class

Limit: 8

Mimi will demonstrate how to spin a room full of straw into gold and other useful skills such as plying yarns, bouclé, slubs and how to blend wool. The class will learn how to do rainbow dyeing with hands-on experience. The materials fee will cover cost of dyes and fleece for each person. (Mimi has been spinning and weaving her own yarns for six years.)

BEGINNING WEAVING FOR KIDS (AGES 5-9)

FA-8

Julie Stunke

776-3624

Wednesdays, 7-8:30pm, Mar 30, Apr 6, 13, 20, 27 (5 times)

Location: Will be noted on your receipt

Class Fee: \$5.00, pay with registration

Materials Fee: \$2.00, pay at class

Limit: 4

Kids! Want to make something special this year for Mother's or Father's Day? Julie can teach you how to weave a wallhanging or other simple item nice enough for a gift. (Julie is 9 years old and has made many weavings and wants to share her skill with other children.)

TATTING - THE ART OF MAKING LACE

FA-9

Jessie Foveaux

Thursdays, 7-9pm, Feb 10, 17, 24 (3 times)

Location: Will be noted on your receipt

Class Fee: \$5.00, pay with registration

Limit: 6

Tatting, or "Frvolite" as the French call it, is a very old art. This process of making lace by looping and knotting a single strand of thread on a small shuttle seems to have originated in Europe. Years ago tatters used very fine thread and many long "picots," to create a lacy effect. Modern tatting has shorter and fewer picots, uses heavier thread, and will outwear the cloth it is on. Please bring a plastic tatting shuttle, spool of tatting thread, crochet hook or needle and a basic tatting instruction booklet. (Jessie was 11 years old when she learned this art from her grandmother and has continued tatting to the present day.)

SON OF 4-F (FABRIC FRAME YOUR FAVORITE FOTO.)

FA-10

Kate Maxham

776-1033

One Time: Saturday, 1-3pm, Feb 12

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: \$2.50, pay at class

Limit: 8

The infamous Frame-Your-Favorite-Foto-in-Fabric class returns with a seasonal twist. Place your valentine in a muslin and lace frame with a heart-shaped opening. This class will fabric-ate a frame and all you need do is bring along a foto of your favorite valentine. (Kate has made fabric frames and boxes for a couple of years.)

KONZA PRAIRIE QUILTERS' GUILD

FA-46

Coni Jo Bates

537-0570

Second Monday of the month, 9:30-11:30am First Meeting: Feb 14

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Each meeting features a workshop, teaching the basics of hand piecing and quilting or new modern techniques, with featured speakers or programs. Quilt lovers, collectors, beginners . . . everyone who loves these traditional warm fuzzies is welcome! Each workshop will provide a small kit project for minimal cost that can be almost finished during the meeting time, taking you through the beginning, middle and ending so that you don't have another unfinished project to add to the pile in your closet, and instead have something cherished that can lead you to more of the same or bigger adventures. Babysitting is provided IF you call ahead for reservations. (Coni Jo is a charter member of the four-year-old guild, which has grown to as many as 100 members.)



Appearances

HAIRBRAIDING

FA-42

Lin Broccolo

776-0364

Section I: Wednesday, 8-9pm, Feb 2

Section II: Monday, 8-9pm, Feb 7

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Limit: 10

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

DISCOVER YOUR SEASON - A PRETTIER YOU

FA-43

Karen Elliott

537-1382

Section I: Tuesday, 7pm, March 22

Section II: Saturday, 9:30am, March 26

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Limit: 10

Do you want to learn how to apply make-up to make you look naturally glamorous? Learn about proper makeup application and color coordination to make the most of you with your spring wardrobe. (Karen received her Doctorate in Home Economics at KSU and currently works with Lady Finelle cosmetics.)

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.

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

Light...

UFM PHOTOGRAPHY DARKROOM COOPERATIVE (BLACK & WHITE & COLOR) FA-18

Neil Schanker 532-5866

Organizational Meeting: Monday, 5-5:30pm, Jan 31
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:	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:	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.)

BEGINNING BLACK AND WHITE DARKROOM FA-19

Bill Russell 539-2678

Instructor will contact you as to time and date
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Discover the fun and excitement of developing and printing your own black and white film. This class includes an introduction to darkroom processes, an actual demonstration in the UFM darkroom and all necessary texts. You will have the option to sign up for the Darkroom Cooperative at the end of this class. (Bill was a professional photographer while stationed in Germany.)

BEGINNING COLOR DARKROOM FA-20

John Holcomb 532-5866

Section I: Thursday, 6:30-9:30pm, Feb 24 (beginners only)
Section II: Tuesday, 6:30-9:30pm, March 1
Section III: Thursday, 6:30-9:30pm, March 10 } already know darkroom techniques
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration Limit: 8 each section

Why waste money to have someone else process your color film, slides and prints? New developments in home darkroom processing have simplified the procedures so that a beginner can make beautiful color prints and slides with little practice. UFM has recently purchased color equipment and John will show you the easy steps to impressive color results. Save money and experience the pleasure and pride of making your own color photography. (John's good in a dark room.)

THE FIRST ANNUAL UFM BLACK & WHITE PHOTO CONTEST: FA-45 THE KANSAS CHARACTER

The twelve winning black and white entries will be published in the summer 1983 UFM catalog. They will also be put on exhibit in the Manhattan Public Library April 25-May 6. Prizes will be awarded.

Judges are Sally Wampler, KSU Journalism Department; Dan Ray, Manhattan Camera Shop; Holly Miller, Manhattan Mercury; and John Holcomb, UFM.

RULES

1. There is no entry fee.
2. Minimum size is 5 x 7 inches, maximum size 11 x 14 inches.
3. Entries should be mounted on matt board.
4. The contest theme is The Kansas Character. 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 15.
8. Entries may be picked up at UFM after May 10.



...and form

UFM POTTERY STUDIO COOPERATIVE FA-14

Janet Holcomb 532-5866

Mandatory organizational meeting: Thursday, 6:30pm, Feb 3
Location: Will be noted on your receipt Limit: 8
Membership in studio: \$20.00, 8 weeks
30.00, 16 weeks No classes March 13-20 for spring break
50.00, 24 weeks

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

BEGINNING POTTERY I FA-15

Pablo Monserrate and Zoraida Rivera 537-8866 776-3512

Tuesdays, 7-9pm, Feb 8, 15, 22, Mar 1, 8, 22, 29, Apr 5 (8 times)
Location: Will be noted on your receipt Limit: 8
Class Fee: \$10.00, pay with registration
Materials Fee: \$10.00, pay at class

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 potter's wheel, this class will cover it all: from raw clay to finished glazed ware. (Pablo creates handbuilt sculptural pieces, Zoraida enjoys throwing on the wheel.)

BEGINNING POTTERY II FA-16

Kim Kepler 776-0815

Wednesdays, 7-9pm, Feb 2, 9, 16, 23, Mar 2, 9, 23, 30 (8 times)
Location: Will be noted on your receipt Limit: 8
Class Fee: \$10.00, pay with registration
Materials Fee: \$10.00, pay at class

Haven't you admired other people's pottery at craft fairs? Why not make your own mugs, plates, bowls and vases? You'll have the satisfaction and fun of throwing and handbuilding your own pottery and the results will be attractive and functional or decorative artwork - and it will be so much nicer because you made it! (Kim enjoys teaching and making pottery at UFM.)

BEGINNING POTTERY III FA-17

Amy Jo Gatschet 539-1442

Thursdays, 7-9pm, Feb 3, 10, 17, 24, Mar 3, 10, 24, 31 (8 times)
Location: Will be noted on your receipt Limit: 8
Class Fee: \$10.00, pay with registration
Materials Fee: \$10.00, pay at class

Enjoy the fun of making your own mugs, bowls and boxes from start to finish. You will learn the basic handbuilding techniques of coil, slab and pinch pottery and the methods of throwing on the potter's wheel. Amy Jo will help you on all your projects. Join us and have some fun! (Amy Jo has worked with clay for a number of years.)

Dancing, dancing

FLINT HILLS FOLK DANCERS

FA-21

Paul Weidhaas and Enid Cocke 539-4805 539-6306

First and Third Friday every month, 7:30-9:30pm First Meeting: Feb 4
 Location: Will be noted on your receipt Length: Ongoing
 Class Fee: \$1.00, pay with registration (Not during spring break, Mar. 13-20)

In its third year, the Flint Hills Folk dancers 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 nine years and agree with Snoopy that "to anyone with any real understanding, dancing is the only pure art form.")

BALLROOM DANCE

FA-22

Alex Ramm 539-0959

Sundays, 7-8:30pm, Feb 6, 13, 20 (3 times)

Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration Limit: 20

If you are already familiar with the techniques of foxtrots, waltzes and tangos and want to dance together, then join us for three pleasurable evenings of ballroom dancing. Women and men without partners are welcome, also. Please bring your favorite tape cassettes to class. (Professor Ramm is anxious to dance and share this expertise with an interested group.)

BELLY-DANCE FOR BEGINNERS AND BEYOND

FA-44

Rasha 776-1644

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

Location: Will be noted on your receipt
 Class Fee: \$10.00, pay with registration Limit: 10

Be prepared to sweat and use muscles still a bit sore from the time before, but become a better dancer. Train those newly discovered muscles to do that impossible step combination and make it look sensuous. (Rasha is an experienced belly dancer.)

DANCING FOOLS

FA-25

Kevin and Ginny Patterson 293-5804

Organizational Meeting: Thursday, 7-8pm, Feb 17 Length: Ongoing

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

Have you been swing dancing for a year or more? Would you like to take your dancing seriously but can't find a serious partner or partners? Help form a new group, Dancing Fools, interested in getting together often and practicing. **THIS IS NOT A CLASS**, just for people interested in being better dancers. (Kevin and Ginny are a hot country & western couple.)

COUNTRY WESTERN SWING DANCE I

FA-23

Pat Dreese 539-9150

Tuesdays, 7:30-9pm, Feb 15, 22, March 1 (3 times)

Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration Limit: 20

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

COUNTRY WESTERN SWING DANCE II

FA-24

Kevin Stevie 539-9449

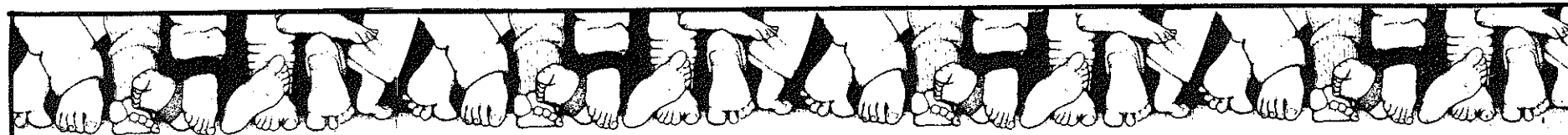
Thursdays, 7-9pm, Feb 3, 10, 17, 24 (4 times)

Location: Will be noted on your receipt
 Class Fee: \$7.00, pay with registration Limit: 24 persons

Hey y'all out there, rustle up a partner and learn the sharp moves, spins, dips, turns and slides done in Country Western Swing Dance. A fun evening out dancing will give us a chance to romp and stomp to some lively music. The first 3 meetings will cover some basic moves to use. Then, it's out to the dance floors to practice what you've learned for the last class. Please register with a partner. (Kevin likes to teach others to dance.)



... Some of us
 are still
 wallflowers!



Dance Classes



**SUSAN
 WARDEN
 DANCERS**

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

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

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

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

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

• EXERCISE

(Combining Jazz and Modern techniques with exercise routines)

Teens & Adults:
 Monday & Wednesday
 6:30-7:30 p.m.
 Tuesday & Thursday
 6:30-7:30 p.m.
 Friday
 9:00-10:00 a.m.

Shape up, stay fit, and have fun at the same time! Buy a card that is

good for 16 exercise classes for \$40 or one that is good for 24 classes for \$60. Then attend any of our five weekly classes that fits your schedule the best. Look forward to warming up and doing exercises for strengthening flexibility with routines to music.

• MODERN

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

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

• JAZZ

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

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

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

• BALLET

Ballet for Adults:
 II Monday & Wednesday
 7:30-8:30 p.m.
 8 weeks, \$60

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

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

Ballet for Teens:

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

Intermediate Ballet

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

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

Children's Ballet I

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

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

Children's Ballet II

For ages 10-13 Saturday
 9:00-10:00 a.m. 8 weeks, \$30

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

• CREATIVE MOVEMENT/PRE-BALLET

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

Pre-School: Please contact studio to set up a time.

Let the young person in your family experience the joys of spontaneous movement and learn the basics of ballet. Provides fundamentals for future dance classes as well as basic coordination and grace.

• TAP

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

Do you have a case of happy feet? Join our beginning tap class and Jean will show you how to put your feet to music.

• MUSICAL THEATRE DANCE

Teen & Adult: Friday, 5:30-6:30 p.m.
 8 weeks, \$30

Learn choreography from some of your favorite musicals ranging from Oklahoma to Chorus Line.

• REGISTRATION INFORMATION

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

Registration by mail begins January 10. Make checks payable to "Susan Warden Dancers" and mail to:

**Susan Warden Dancers
 719 Osage Street
 Manhattan, KS 66502**

Studio registration will take place Thursday, January 13 and Friday, January 14, from 3 to 7 p.m. and Saturday, January 15, from 10:00 a.m.-2:00 p.m. The studio is located above Humboldt Square Shopping Center (3rd and Humboldt). Please use the outside entrance on the east side of the building.

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

ALL CLASSES START THE WEEK OF JANUARY 17 AND WILL TAKE PLACE AT OUR STUDIO AT 210-A HUMBOLDT. Bring a friend and register today!

• CLASS SCHEDULE

8 week session:
 January 17-March 12

• registration form

Name _____

Street _____

City _____

State _____

Zip _____

Work Phone _____

Home Phone _____

Class _____

Age Group _____

Amount _____

Tax Deductible _____

Contribution _____

Total _____

Remittance _____

Volunteer Interests: _____

Looking east

INTRODUCTION TO ZEN MEDITATION PRACTICE

S-1

Al Potter

532-5634

Wednesdays, Mar 2 & 9 (2 times) 8-10pm
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

The aim of this course is to have two meetings within which some preliminary discussion of Buddhist tradition will be held as well as instruction in the Soto way of Zen practice. It is recommended that the participants wear loose fitting clothing and please bring a cushion or medium sized pillow to sit on. Those who have a general interest or questions are welcome to participate. (Al has been studying with Zen master Kafagiri of the Minneapolis Zen Center for a number of years.)

A TALK ON THE ANCIENT THEORY OF YOGA

S-2

Bert Franklin

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

Bert will summarize the views and teachings of the Samkhya Sutras and the Yoga Sutras, called by Heinrich Zimmer "among the most astounding works of philosophical prose in the literature of the world." Discussion as time permits. (Originally a philologist, French and Spanish professor, and diplomat, Bert is giving much of his retired life to the study of yoga.)

YOGA

S-3

Bert Franklin

539-0495

Section I: Tuesdays, 5:30-6:30pm First Meeting: Mar 15 Length: 8 times
Section II: Thursdays, 5:30-6:30pm First Meeting: Mar 17 Length: 8 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Materials Fee: \$4.95, pay at class (cost of book)

Regular yogic practice can bring greater self-knowledge and enjoyment of the body and mind. It can help foster a feeling of vitality, and physical and mental well-being. In this class we will learn the basic asanas and pranayamas. Please bring your own mat and dress comfortably. (Having studied for 6 years in India with Krishnamacharya and Desitacher, Dr. Franklin has just attended a seminar with Desikachar and a group of his former students.)

YOGA

S-4

Rob Sheridan

776-6849

Mondays, 5-6pm First Meeting: Feb 7 Length: 6 times
Location: Will be noted on your receipt Limit: 12
Class Fee: \$10.00, pay with registration

We will study the basic yogic postures and breathing techniques rather than yogic philosophy. The actual practice of yoga, however, will deepen one's understanding of yogic philosophy. Please bring your own mat, comfortable clothing (shorts, leotards, etc.) and an empty stomach. (Rob is a student of Dr. Bert Franklin.)

INTEGRAL YOGA

S-5

Bradley Arnall

776-3749

Mondays, 7-9pm First Meeting: Feb 7 Length: 4 times
Location: Will be noted on your receipt
Class Fee: \$7.00, pay with registration

A systematic approach to stretching, breath control, movement, centering, and meditation drawing on diverse fields: dance, yoga, exercise science, martial arts, and east/west psychologies. Emphasis will be on developing a long-term practice. (Bradley has studied a variety of martial art forms, yogas, health and fitness approaches for over 10 years.)

INTRODUCTION TO MEDITATION

S-7

Dada SuKhamaya

612 - 874-9041

One Time: Wednesday, 7-9pm, March 23
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

There is a desire in every living being for limitlessness. Meditation is a deep inner quest for this ultimate goal of life. We will meet and explore the ways in which we might begin this quest.

Bodies, too

HYPERTENSION

S-8

Jacqueline Mershon

539-5225

One Time: Monday, 7-8:30pm-Feb 7
Location: Will be noted on your receipt
Class Fee: \$2.00, pay with registration

Limit: 15

With current emphasis on health wellness, be a participant in your own health care by contributing to your understanding of hypertension. Learn about risk factors and predisposing hereditary factors that affect those who have hypertension. There will be a film and blood pressure check for all participants. (Jacqueline is a registered nurse employed at a local hospital.)

MASSAGE

S-9

Bob Parr

1-762-5569

Saturdays, 1-4pm, Feb 5 & 19
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$2.00, pay at class

Limit: 10

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

HELP YOURSELF TO BETTER HEALTH

S-11

Carolyn Gregov

539-3334

Wednesdays, 7-8pm First Meeting: Feb 2
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Length: 4 times

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.)

REFLEXOLOGY

S-10

Russell Gillespie

776-8768

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

Limit: 21

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



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Between people

"PARENTS AND ADOLESCENTS - HOW CAN WE BOTH SURVIVE" S-19

Michael Weinberg, M.S. 537-2244
 Monday, 7:15-8:45pm, Mar 14; Wednesday, 7:15-8:45pm, Mar 16 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 10

This is an in-depth discussion concerning the options parents have in increasing the communication between themselves and their teens. We will discuss the specifics concerning what parents can do to facilitate good mental health in their family. (Michael is a certified Reality Therapist in private practice. After receiving his Master's degree in family and children, he spent 8 years working with severely disturbed adolescents.)

SINGLE PARENTING S-20

Michael Weinberg, M.S. 537-2244
 Mondays, 7:15-8:45pm, Feb 28 & Mar 7 (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.

DIVORCE - HOW CAN WE GROW THROUGH THE PAIN? S-21

Michael Weinberg, M.S. 537-2244
 Mondays, 7:15-8:45pm, Feb 7 and 14 (2 times)
 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.

PRE-MARRIAGE T.A. WORKSHOP S-22

Don Fallon 539-4451
 One Time: Saturday, 9:30am-4pm, Feb 19 Limit: 6 couples
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

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

PARENTS ANONYMOUS S-23

Don and Irmie Fallon 539-4451
 Wednesdays, 7pm First Meeting: Feb 2
 Location: Will be noted on your receipt

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.)

PARENT EFFECTIVENESS TRAINING

S-24

Don and Irmie Fallon 539-4451
 Tuesdays, 7pm First Meeting: Feb 8 Length: 8 times
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$30.00, pay at class (National registration fee & books)

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

WHEN HEARING ABOUT IT IS HARD

S-25

Kate Bromley 1-457-2185
 One Time: Saturday, 1pm, Feb 5
 Location: Will be noted on your receipt
 Class Fee: \$1.00, pay with registration Limit: 10

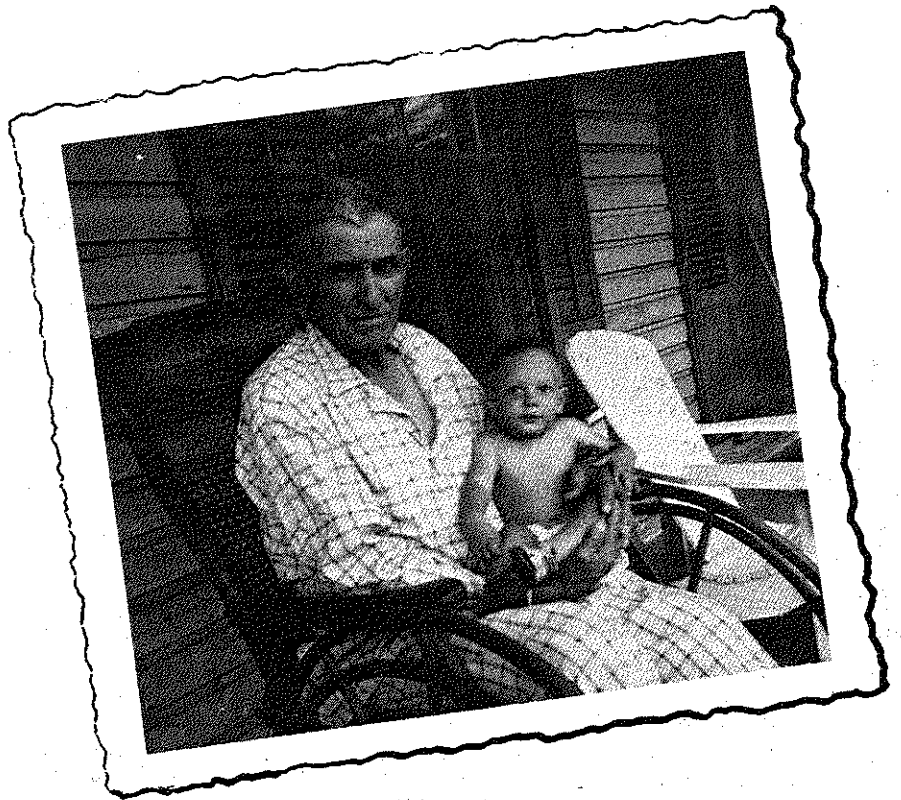
If you have a hearing loss or have a friend or family member who does, this class may be of interest. Kate is herself hard of hearing and has worked with deaf and hearing impaired individuals for over 6 years. We'll discuss ways to cope in various situations, do's and don'ts for making life easier, and we'll learn some technical assists available on the market. The class will be geared to the interests of those who attend. (Kate has a hearing impairment and likes to help others learn to cope as she has.)

MEET THE MILITARY WIVES GROUP

S-26

Virginia Reitz 539-1710
 One Time: Wednesday, 1:30-3:30pm, April 27
 Location: Will be noted on your receipt

New in town? In the military? This class is designed to acquaint military families with the Ft. Riley and Manhattan communities. Military wives offers the military wife group support, trips, discussions, speakers and involvement in many exciting and interesting programs. For free nursery and transportation please call Virginia at 539-1710. (Virginia is a member of the military wives group and is an active and interested resident of the Manhattan and Ft. Riley community.)



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Outer Self

"Know the true value of time; seize and enjoy every minute of it."

-Lord Chesterfield

Winter fun

SKI KANSAS! CROSS COUNTRY SKIING

P-1

784-2363

Pete Dascoulias

Thursday, 7-9pm, Feb 3; Saturday, 1-4pm, Feb 5 (2 times)

Location: Will be noted on your receipt

Class Fee: \$5.00, pay with registration Limit: 20

In the first meeting you will learn about equipment including skis, boots, bindings and poles for beginning, touring and racing. Also covered will be waxes, clothing, training and technique. Then in the second meeting its off to a snow-covered location to practice single-striding and double-poling. Pete will critique your style and then lead a short tour that will challenge you to use all that you have learned. (Pete is a former member of the Eastern ski team, US Biathlon Team (x-c w/shooting) and U.S. Olympic team. He has competed in international competition in many European countries including Norway, Sweden, France, Italy, and USSR. Winner 1976 national 20k Biathlon championship.)

BASIC FIGURE SKATING & SPEED SKATING

P-2

539-9150

Joan Shoemaker, Tina VanDyke, Connie Meech

Organizational Meeting: Tuesday, 7-8pm, Feb 8 Length: Depends on weather

Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 30

Weak ankles are no reason to miss out on the joys of ice skating. You won't even notice them after you learn how to "stroke" properly, forwards and backwards, glide like a swan, do a simple turn, and skate faster than a speeding bullet -- well, skate fast. Attend the organizational class. (Day and location for skating will depend on the weather and will be announced.) Bring your skates if you're wondering about sharpening, and think "beautiful ice." (Tina is both a figure skater and a roller skater; Joan still remembers her skating lessons, and Connie has been a competitive speed skater. All three can skate backwards.)

WINTER RUNNING

P-3

532-6765

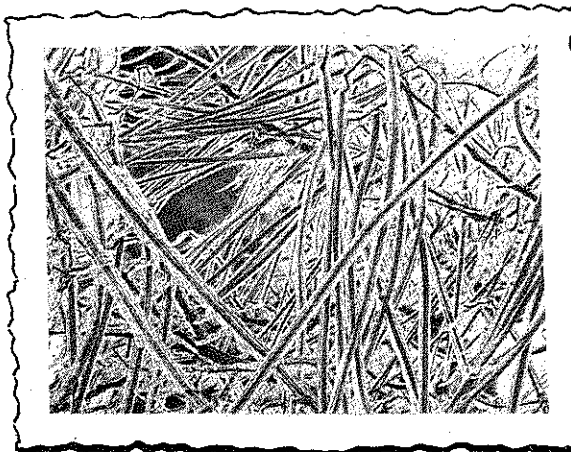
Tony Wilcox

One Time: Monday, 7:30-9pm, Feb 7

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Do you want to get an early start in spring physical fitness or were you sorry you hibernated and didn't jog this winter? Tony will discuss proper preparation for cold-weather running including clothing, warming-up, diet and safety. Despite popular misconceptions, winter running can be comfortable and in fact, most runners are stronger in cold air than hot. If you're afraid of frostbite, hypothermia or freezing lungs, let Tony dispel your fears and get you off on the right foot toward safe winter running. (Tony teaches exercise physiology at KSU, trains in all seasons and has been running competitively for many years.)



Fitness for all

NUTRITION FOR RUNNERS, ATHLETES AND PHYSICAL FITNESS BUFFS

P-4

532-5508

Dr. Katharine K. Grunewald

One Time: Thursday, 7-8:30pm, March 3

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 "Nutrition and Physical Activity" at KSU. She is also a body builder and has been involved in competitive running events.)

RHYTHMIC AEROBICS

P-5

776-7450

Barbara Geiger

Mondays & Tuesdays, 7:30-8:30pm First Meeting: Feb 22 Length: 18 times

Location: Will be noted on your receipt (no class Mar 14, 15, Apr 18, 19)

Class Fee: \$15.00, pay with registration
Materials Fee: \$1.00, pay at class Limit: 40

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

GENERAL FITNESS EXERCISES TO MUSIC

P-6

532-5731

Susan Greco

Mondays, Tuesdays, Thursdays, Fridays, 5-6pm First Meeting: Feb 3

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.)

WEIGHT TRAINING FOR WOMEN: BODYBUILDING IS BODY SCULPTURE!

P-7

537-9237

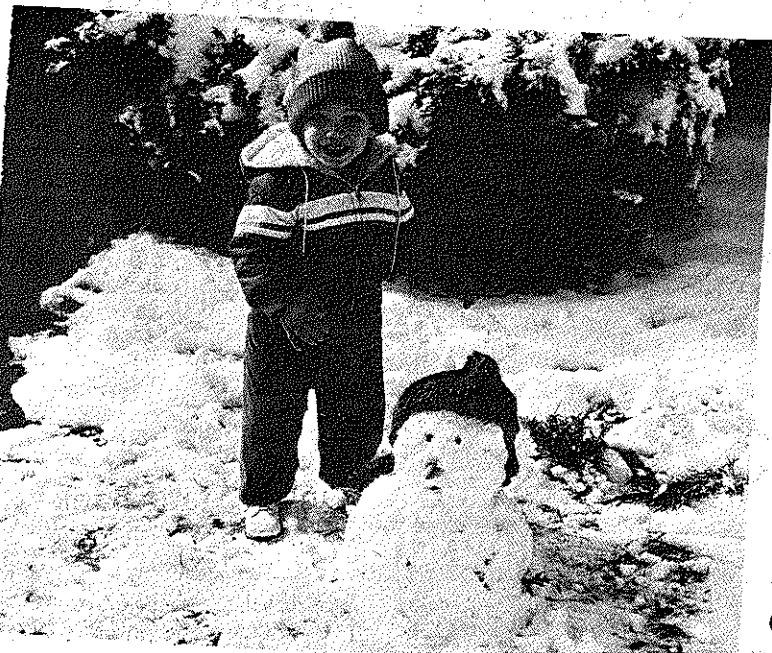
Karri McAdams

One Time: Tuesday, 7:30-9pm, Feb 15

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

"Most women are bodybuilding illiterates" according to Karri who will discuss weight lifting programs, aerobic activity, nutrition, free weights and universal machines. Goals that women want and can achieve include losing fatty tissues, acquiring good muscle tone and shedding body weight. The proper ways to use weight training equipment will be covered. Instead of loss of femininity, as the popular myth would have it, Karri will explain how bodybuilding can actually enhance your femininity. If you've been curious about women's weight training, here's your chance to hear it from an expert. (Karri is a competitive body-builder who wants to let other women in on a good thing.)



Fast action

INTRODUCTION TO RUGBY

P-8

Bill Sexton

532-5666

One Time: Sunday, 2-3:30pm, Feb 6
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Rugby is an exciting, fast-paced game incorporating the best parts of football and soccer. It's popularity is growing quickly, especially in mid-America. This class will be geared towards understanding the basic laws and philosophy of rugby. Anyone interested in learning about rugby, whether as a spectator or prospective player, is encouraged to attend. (Bill has played rugby for over 5 years and is president of the K-State Rugby Club.)

BEGINNING TENNIS

P-9

Russell Rollins

776-5703

Sundays, 8-10am First Meeting: March 27 Length: 6 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration Limit: 20

Tennis lessons for the beginner will teach forehand, backhand, serves, court tactics, equipment selection and game rules. Bring a can of marked balls and a racquet. (Russell enjoys tennis for the game and for the exercise.)

RACQUETBALL FOR BEGINNERS

P-10

Mike Campbell, Debbie Bush

539-3045 776-5000

Sundays, 8-10am First Meeting: March 27 Length: 5 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration Limit: 16

Join one of the most popular up and coming sports. Racquetball is good for developing cardiovascular fitness, muscular endurance, controlling weight and is a lifetime activity. This class will emphasize basic rules and fundamentals of the game including scoring, backhand, forehand and serving. Bring a racquet and two balls. (Mike has been playing for over 10 years and Debbie for over 2 years.)

VOLLEYBALL FOR FUN

P-32

Lois Morales

539-8867

Tuesdays, Thursdays, 6:30-8:30pm First Meeting: Feb 1 Length: All semester
Location: Will be noted on your receipt
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. Hand carry your volleyball shoes if its muddy. (Lois has played UFM volleyball for years.)

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

P-11

Neil Schanker

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, days and times available, and UFM will compile a list which will be mailed to you by mid-February. (Neil has coordinated this class for several years.)



Making a splash

SWIMMING

All classes:
Location: Will be noted on your receipt
Class Fee: \$8.00, pay with registration
Teachers are Red Cross certified Water Safety Instructors
No classes held Easter weekend April 2,3

Beginning Swimming for 6-10 year olds P-12

Frances Brennan 537-4798

Saturdays, 12n-1pm First Meeting: Feb 5 Length: 8 times Limit: 10

Adult Beginning Swimming P-13

Tom Deaver 537-2962

Saturdays, 10am-12n First Meeting: Feb 5 Length: 9 times Limit: 15

Adult Beginning Swimming P-14

Donna Fager-Schneiter 776-0935

Sundays, 12n-1pm First Meeting: Feb 6 Length: 8 times Limit: 10

Swimming for Adults Past Beginner Stage P-15

Tom Deaver 537-2962

Saturdays, 8-10am First Meeting: Feb 5 Length: 9 times Limit: 15

Messing about in boats

KAYAKING!

P-16

Rex Replogle, T.J. Hittle

539-9537 539-7772

Section I: Sundays, 10am-1pm, Feb 20, 27, Mar 6 Length: 3 times plus
Section II: Sundays, 10am-1pm, Apr 10, 16(Sat), 17 an optional trip
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration
Materials Fee: \$25.00, pay at class Limit: 15 each section

Kayak (ki-ak)n: the Eskimo seal-skin canoe, long, narrow and covered over. Learn how to handle and enjoy the new lightweight plastic kayaks that are fast becoming so popular. Three sessions in an indoor swimming pool will prepare you for an optional kayak trip to some wild water. Kayaks and equipment are provided. Catch some wave action! (Rex and T.J. have many years experience boating white water and have taught this class for the past year.)

CANOE/KAYAK POOL SLALOM RACE

P-16A

Rex Replogle, T.J. Hittle

539-9537 539-7772

One Time: Sunday, 9am-12n, Feb 13
Location: Will be noted on your receipt
Materials Fee: \$4.00, pay at class

The pool slalom race offers both novice and advanced paddlers an opportunity to test their skills. All interested canoeists and kayakers are invited to compete. Events include races for ages 12 years and over. Awards will be given by the Kansas Canoe Association. Come and join the fun!

INTERMEDIATE KAYAKING WORKSHOPS

P-17

Rex Replogle, T.J. Hittle

539-9537 539-7772

Sundays, 9am-12n, Feb 6, 13 (2 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.)

CANOEING KANSAS WATERS

P-18

Bob Poresky

539-2967

Organizational Meeting: Thursday, 7:30-9pm, March 3
Sundays, 1-5pm - dates to be announced at organizational meeting
Location: Will be noted on your receipt Length: 4-6 times
Class Fee: \$3.00, pay with registration Limit: 20

Basic canoeing techniques will be incorporated into trips to nearby lakes, streams and rivers. We will have a chance to learn/relearn canoeing techniques as we explore this spring. Participants will be responsible for providing canoes, paddles, life jackets, etc. The spring schedule will be set at the March meeting at which time partners and rental locations will be found. This class welcomes both individuals and families. (Bob is a certified Red Cross canoeing instructor.)

SAILING BASICS

P-19

Maurice Stark

532-6184

Saturday, 10am-12n, Apr 16 and one other session to be announced
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 20

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. Several types of boats will be shown at the second session. (Maurice is a past commodore of the Blue Valley Yacht Club but is new enough to the sport to relate to the problems of beginners.)

Coming to Aggieville
* in March *

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Movement

SELF-DEFENSE (WITH JUJITSU EMPHASIS) FOR BEGINNERS (I) AND ADVANCED (II)

P-26

Doug Carra

Section I: Tuesdays, 7-9pm, Feb 1 Length: 6 times
Section II: Tuesdays, 7-9pm, Mar 22 Length: 6 times
Location: Will be noted on your receipt
Class Fee: \$7.00 per section, pay with registration
Limit: 20 each section

For centuries, the Japanese used Jujitsu, "the easy and effective self-defense," when weapons were not available. In this class, Doug will use basic Jujitsu to teach you simple methods using leverage, balance and everyday items carried in pockets. Mental aspects of self-defense will also be covered. The advanced section will be a continuation of the first, but with more emphasis on physical techniques and working with and against weapons. A wide range of martial arts styles will be used. (Doug has participated in a wide range of martial arts for over three years.)

TAI CHI EXERCISE

P-27

Tom Graham

532-6311 776-0780

Saturdays, 8:30-10:30am, Wednesdays, 7-9pm First Meeting: Feb 2
Location: Will be noted on your receipt Length: All semester
Class Fee: \$7.00, pay with registration

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

MARTIAL ART: MOVEMENT AND CONSCIOUSNESS

P-28

Bradley Arnall

776-3749

One Time: Thursday, 7-9pm, April 7
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Limit: 20

A historical/philosophical overview of the diverse schools of martial thought. Approaches, goals, and techniques differ greatly - from sport fighting to life-long meditative artforms. A possible offshoot of this course could be an ongoing colloquium. (Bradley has studied a variety of martial artforms, yogas, health and fitness approaches for over 10 years.)

Adventures

FRIENDS OF THE EARTH WINTER AND SPRING CAMPOUTS

P-24

Phil Fay, Pat Dreese

539-6656 539-9150

Section I: Saturday and Sunday, 3pm, Feb 5 & 6
Section II: Saturday and Sunday, 4pm, Apr 9 & 10
Location: Will be noted on your receipt
Class Fee: \$1.00 per section, pay with registration
Materials Fee: \$1.00, pay at class (for meals)

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. (Phil and Pat are members of Kansas Friends Of The Earth and love to go camping in all sorts of weather.)

HIKING TRAILS IN KANSAS

P-21

Jim Nighswonger

532-5752

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

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

FAMILY CAMPING

P-22

Emily Kling

532-5800

One Time: Tuesday, 7-8:15pm, Feb 22
Location: Will be noted on your receipt
Limit: 30

An introduction to family "car camping" for people who have had little or no experience. We'll discuss trip and meal planning, equipment, clothing, camp site etiquette, and possible camping destinations. (Emily is an Outdoor Education Specialist who has had much backpacking and car camping experience.)

BASIC ROCK CLIMBING

P-20

Steve Belief

539-4843

Sundays, 1-4pm, Apr 10, 17, 24 (3 times)
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration
Materials Fee: \$15.00, pay at class
Limit: 10

Ever dream of climbing walls and cliffs? Participants will learn rappelling, belaying, tying knots and climbing techniques. Classes will be held in the local area, with a trip to Fall River, Kansas (weather permitting). On-Belay! (Steve has been climbing for about five years in Oregon, Washington and Colorado.)

Page 28: Outer Self

TANG SOO DO KARATE

P-25

Joel Cederberg

537-7090

Mondays and Wednesdays, 7-9:30pm First Meeting: Feb 2
Location: Will be noted on your receipt Length: All semester
Class Fee: \$10.00, pay with registration Limit: 20

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. An advanced course will be taught next semester. Come wearing loose clothing that you don't mind getting sweaty. You will, I promise. (Joel is a first degree black belt with seven years experience, and has been teaching for three years locally.)

FIMHA MARTIAL ART WEEKEND WORKSHOP

P-29

Bradley Arnall

776-3749

Saturday, 8-11am; 1-4pm, April 16; Sunday, 8-11am, April 17
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration
Materials Fee: \$1.00, pay at class
Limit: 20

Intensive Seminar on basic martial training, self-defense principles, and diverse paths of martial study. FIMHA (Flinthills Integral Martial Health Art) is a wholistic system primarily aimed at lifetime psycho-physiological well being. Potential exists for ongoing study.

BEGINNING FENCING

P-31

Richard Reihls

539-9261

Wednesdays, 7-9pm, First Meeting: Feb 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 three years.)

OUTING CLUB

P-23

Mary Roth

776-1644

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



SENIOR CITIZEN SCENIC COLORADO TRIP: MESA VERDE, NARROW GAUGE RAILROAD AND MORE!

P-42

Neil Schanker

532-5866

Monday, Tuesday, Wednesday, Thursday, Friday, June 6-10
Leave UFM House, 1221 Thurston, 6am; June 6, return 10pm, June 10
Fee: \$255.00, includes lodging, transportation, attraction tickets,
chuckwagon lunch at Mesa Verde (other meals not included)

Spend a scenic day riding the famous Narrow Gauge Silverton Railroad. Visit ancient Mesa Verde and enjoy an authentic chuckwagon lunch. And, sightsee at Royal Gorge and Garden of the Gods. All this plus comfortable Best Western Motels, good food, convenience and easy walking make for an unbeatable trip. Come with us in the comfortable tour coach as we cross mountain passes, deserts and pine and spruce forests. You'll be glad you joined other senior citizens on this fun trip. (Neil was the tour guide on a senior citizen trip to Grand Lake, Colorado several years ago.)

Family fun and games

JUGGLING

P-33

539-3063

Dana Johnson

Sundays, 2-3pm, Apr 10, 17 (2 times)
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Come experience the lively art of juggling. It's unbelievably easy to learn. During the two classes, we will share our knowledge and energy in a format which guarantees a good time for all. If interest warrants, the class will be continued. Bring three tennis balls. (Dana, a self-taught juggler, improved his skill with Steve Parrot, a previous UFM teacher.)

HORSEBACK RIDING FOR MENTALLY RETARDED YOUNG PEOPLE

P-34

KSU Horsemen's Association

Saturday, 9am-12n; Sunday, 1-4pm, March 5 & 6 (2 times)
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Basic horseback riding will be taught and will include listening and coordination exercises. Grooming and horse diet will also be covered. At registration, please designate your age. Participants of past sessions have really enjoyed and benefitted from this class and some have gone on to advanced horseback riding and rodeo. (The KSU Horsemen's Association has held this class for the past two years.)



BEGINNING BRIDGE

P-35

776-3020

Pat Cashin

Tuesdays, 7:30-9:30pm, Feb 8, 15, 22, Mar 1, 8 (5 times)
Location: Will be noted on your receipt
Class Fee: \$7.00, pay with registration

Don't trump your partner's ace! Learn basic bidding and play from an expert. A brief introduction to defense will be included. This is the place to make mistakes, so that in 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.)

POCKET BILLIARDS FOR BEGINNERS

P-36

776-6338

Jerry Riggs

Saturdays, 10:30am, First Meeting: Feb 19 Length: 6 times
Location: Will be noted on your receipt
Class Fee: \$5.00, 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.)

DUNGEONS AND DRAGONS

P-37

539-3291

Ann and Paul Simony

Thursdays, 7-9:30pm, Feb 3, 10 (2 times)
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Limit: 10

Dungeons and Dragons is a game in which each player develops a character and attempts to find adventure and stay alive in the world of the ref. The game is usually 5 or 8 player/characters vs. the ref (who controls all the monsters!). The only thing you really need is an active imagination and willing suspension of disbelief. Come prepared to play. (Paul and Ann are both experienced gamers who have been dungeon mastering for several years.)

HANG GLIDING INTRODUCTION

P-30

776-4886

Don Ingalls

Saturdays, 6:30-8:30pm, Feb 26 (2 times)
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Here's your chance to come face-to-face with a fully assembled hang glider! Don will cover equipment, learning how to fly, a short slide show and a film strip on powered hang gliders. The second class will meet out in the Flint Hills to observe hang gliding in action at a future date. (Don, a hang glider for six years, is hopelessly hooked on flying.)

CHESS: FROM OPENINGS TO CHECKMATE

P-38

539-4870

James Blood

Fridays, 8-10pm, First Meeting: Feb 4 Length: ongoing
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration Limit: 20

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

STAMP COLLECTING EXTRAVAGANZA!

P-39

532-6415

Tim Lindemuth

Mondays, 7:30pm First Meeting: Feb 14 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 to the LINPEX '83 stamp show is planned. (Tim is a long-time member of the American Philatelic Society and a collector for 27 years.)

FIREBREAKS: THE ULTIMATE WAR/PEACE GAME

P-40

532-5866

Neil Schanker

Time and location will be noted on your receipt Length: 4 times
Class Fee: \$1.00, pay with registration

In April of 1983, Ground Zero will sponsor an educational event in the form of a War/Peace Game. Participants will follow the development of a simulated international crisis situation and "play along" with a panel of experts in giving advice to the decision-makers in the crisis. FIREBREAKS: A War/Peace Game will allow citizens the rare opportunity, through role-playing, of experiencing firsthand the divergent perspectives of the nations involved in an international crisis. It will give them a window on the decisions that real world leaders would face in an escalating crisis that might lead to nuclear war. More importantly, the game will illuminate possible mechanisms for peaceful resolution of the crisis. (Neil is in contact with "game control," the Ground Zero national office.)

LEARN TO BOWL BETTER

P-41

532-6591

Jack Connaughton

Saturdays, 8:30-10am, Feb 5, 12, 19 (3 times)
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: 85¢/game, rental shoes are free Limit: 25

This class is designed for any bowler that desires to increase their overall knowledge of the game of bowling. A bowler should have the basic 4 or 5 step approach, but does not have to possess a high average. (Jack is a former member of the Professional Bowlers Association; 11 sanctioned 300 games and a high series of 824.)

AND TOOLS • FENCE POSTS • WROUGHT IRON • LUMBER • SPINDLES
 GARDEN POWER TOOLS • LUMBER • PAINT • HAND TOOLS • ELECTRICAL
 DOORS • WINDOWS • PANELING • LUMBER • SIDING • GUTTERS • M
 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
 RNISH • POWER TOOLS • TOOL BOXES & CABINETS • LUMBER • LAW
 OLS • FENCE POSTS • WROUGHT IRON • LUMBER • SHI
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Kansas Lumber Company

HOMESTORE

776-4811 Seth Childs Road

Know-How Network

"We must beware of trying to build a society in which nobody counts for anything except a politician or an official."

-Sir Winston Churchill

JOB CLUB

Monday thru Friday, 9-11am, March 7 thru 18 Length: 10 times
Location: UFM Conference Rm Limit: 10

Wanted: Frustrated job seekers who want to learn how to find a job. This 2-week course includes valuable information and exercises to equip the class member with job seeking skills. Because of the limit on the job club course, those who register must be committed to the full two-week course.

Introduction to the job club, Monday, March 7

Anita Bjorling

This class will acquaint each member with the purpose and goals of the job club. (Anita is an experienced job club leader formally with the Manhattan WIN program.)

Skills Assessment, Tuesday, March 8

Marcia Schuley

This class will allow each member to recognize skills and interests and begin to think about realistic job possibilities. (Marcia is counselor with Pawnee Mental Health in Manhattan.)

Employer Expectations, Wednesday, March 9

Mary Butler

The purpose of this class is to learn what is expected of "the right person for the job" and how you can meet those employer expectations. (Mary is Personnel Manager for McCall Pattern Company.)

First Impressions, Thursday, March 10

Marsha Habluetzel

This class will teach each member how to gain favorable employer reaction through dress and appearance. (Marsha is franchise owner and instructor for Image Improvement, Inc.)

Job Interview Questions, Friday, March 11 (Legal and Illegal)

Murt Hanks

This class will give each member information on what is a legal and illegal job interview question and how to respond if such questions are asked. (Murt is an Equal Employment Officer at Ft. Riley.)

Resume Development, Monday, March 14

Mary Albrecht

We will outline and discuss skills, work-related and personal experience in preparation for developing a resume. (Mary is with Displaced Home-makers.)

Resume Writing, Tuesday, March 15

Mary Albrecht

This class will give each member the opportunity to learn the format and skill to write a resume which reflects a positive view of their experiences.

Where To Look For A Job, Wednesday, March 16

Laurie Domsch

There are more places to find job possibilities than in the nightly want ads. This class will give the class member other ideas and resources. (Laurie is with Manhattan CETA.)

Making The First Contacts, Thursday, March 17

Anita Bjorling

The purpose of this class is to acquaint class members on how and in what form the first contact with a potential employer should be made.

Interviewing, Friday, March 18

Barbara Scofield

This class will acquaint the members with basic interviewing skills. The last half hour will include a brief evaluation of the two-week course. (Barbara is with Job Services in Manhattan.)

IN CELEBRATION OF BLACK HISTORY & CULTURE

February is National Black Awareness Month. In celebration and recognition of black heritage and culture the following events have been planned.

Saturday, February 5, 7:30pm

Location: Main Ballroom, Kansas State University Union

Miss B.S.U. and Miss Talented Teen Talent Pageant. Theme for this event is "Still I Rise". (Sponsored by Black Student Union, KSU Office of Minority Affairs, MuETA Omega Chapter of Alpha Kappa Alpha Sorority, Inc.)

Tuesday, February 8, 7:30 pm

Location: KSU Little Theater, Kansas State University Union

Gwendolyn Brooks, a native Kansas poet and Pulitzer Prize winner will read selections of her poetry in this special presentation.

(Sponsored by Black Student Union, KSU Office of Minority Affairs)

Sunday, February 13, 5:30pm

Location: Douglass Community Center, 901 Yuma

Frederick Douglass Commemoration and Soul Food Dinner. Cost per person - \$5.00. Tickets for the dinner available at UFM, 1221 Thurston or at Douglass Center, 901 Yuma and will be sold January 10-February 4.

(Sponsored by Douglass Community Center & Know-How Network, Coordinated by: Pearlle Starnes)

Monday, February 14, 10:00 am-5:30pm

Location: Douglass Community Center, 901 Yuma

Everyone is welcome to walk-in and browse around the mini-museum which will include pictures and news articles about black history in Manhattan.

(Sponsored by Know-How Network, UFM)

Wednesday, February 16, 7-8:30pm

Location: Douglass Community Center, 901 Yuma

Sickle Cell Information and Testing

This is a class which will offer information about the sickle cell trait and anemia, free sickle cell testing will be available.

(Sponsored by Geary County Health Department and Know-How Network, UFM)

February 17, 18, 19, 7:30pm

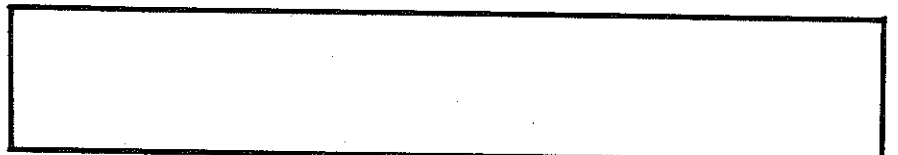
Location: Purple Mask Theatre, Kansas State University

The Ebony Theater will present "Zooman & The Sign", a play about a black family's reaction to the death of a child. A matinee will be presented, Saturday, February 19 at 3:00. Tickets will be available at the door: \$2.00 general public \$1.50 students.

Saturday, February 19, 7:30pm

Location: Douglass Community Center, 901 Yuma

Black Awareness Dance which will culminate the weeks activities. (Sponsored by the Cultural Activity Committee and Douglass Community Center)



Registration

Mail-In Registration Form

ONE FORM PER PERSON • MAIL-IN REGISTRATION DUE JANUARY 10-28

All UFM classes are offered by volunteers.

All fee income will be used to help meet UFM operating costs.

PLEASE PRINT

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

SURVEY—Please check all that apply.
 I am a:
 KSU Student (_____ credit hours)
 Student Spouse Fort Riley Personnel
 KSU Faculty/Staff Townsperson (non-KSU)
 Faculty/Staff Spouse Rural Riley County
 School Age Handicapped
 Senior Citizen

Where did you pick up your catalogue? _____

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

I am interested in teaching for UFM.

I would like to see offered next term: _____

UFM — 532-5866

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

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

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

REGISTRATION DATES: Mail-in registration due January 10-28

Walk-in:		
Tuesday, January 11	UFM House	7-9 a.m.
	Public Library	5-7 p.m.
Wednesday, January 12	KSU Union	9 a.m.-2 p.m.
Thursday, January 13	UFM House	7-8 a.m.
Monday, January 17	KSU Union	9 a.m.-2 p.m.
Tuesday, January 18	KSU Union	12 noon-5 p.m.
Saturday, January 22	Wal-Mart	10 a.m.-1 p.m.
Wednesday, January 26	KSU Union	9 a.m.-2 p.m.
Thursday, January 27	Public Library	12 noon-7 p.m.

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.) If you are registering only for "Know How Network" classes, you are exempt from the registration fee. In the brochure when a fee is listed, this is the "class fee" and is paid at registration. When a materials fee is also listed, pay it to the instructor at the first class session.

SPECIAL CHILDREN'S DISCOUNT FOR FAMILY PARTICIPATION:

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

UFM REFUND POLICY:

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

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

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

If you are not satisfied with a UFM teacher or class, please contact 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, January 30, 5:30 p.m. at the UFM Banquet Room.

PLEASE PRINT

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

SURVEY—Please check all that apply.
 I am a:
 KSU Student (_____ credit hours)
 Student Spouse Fort Riley Personnel
 KSU Faculty/Staff Townsperson (non-KSU)
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UNIVERSITY FOR MAN

A COMMUNITY LEARNING CENTER

MID-SPRING SPECIAL

GOOD GROWING

BEST EDIBLE LANDSCAPE CONTEST

Edible Landscape Staff 532-5866

Register and you will be contacted with information on this contest.
Class Fee: \$1.00, pay with registration

Do you combine flowers and vegetables around your home to create both a beautiful and productive landscape? Your use of scarlet runner beans, eggplants, asparagus, apple hedges and many other annual and/or perennial vegetables and fruits in combination with ornamental plantings could win first place in UFM's Edible Landscape Contest. Prizes will include gift certificates from Westside Market, Moore's Spring Creek Nursery and Raintree Gardens.

Judging Criteria include:

1. Aesthetic and creative use of materials
2. Productivity
3. Efficient use of plants, land labor and resources
4. Varied and appropriate use of plant materials

Judges include:

Jim Lindquist, Riley County Cooperative Extension
Dr. Ray Keen, Professor Emeritus-Ornamental Horticulture

Judging will occur in early July. Winners will be announced July 9, at the UFM Garden Tour. Look for more information in our Summer brochure and on posters displayed in the community.

EDIBLE LANDSCAPE VISITORS DAY 37

Gary Coates, Ira Harritt and other garden experts 532-5866

One Time: Sunday, 1-4pm, April 10
Location: UFM Greenhouse

Come visit the UFM Edible Landscape. Meet the staff and some of the instructors of Edible Landscape classes. Tour the perennial and annual vegetable and fruit plantings, our solar greenhouse, cold frames, compost projects and resource library. Refreshments will be served. Come for a half hour or spend the afternoon. (Gary is director of the UFM Edible Landscape Project.)

PLANNING YOUR WARM WEATHER GARDEN 36

Ira Harritt 532-5866

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

Are you one of those fair-weather gardeners whose season starts with planting tomatoes and peppers? Where, what, how much, and when should you plant? What are warm weather crops? Interplanting? Getting the most out of your space. Making your garden beautiful. These and other topics will be discussed as well as methods for planning and mapping your garden. (Ira has two green thumbs.)

RAISING SPRING FLOWERING BULBS 38

Tim Lindemuth 532-6415

One Time: Saturday, 1-3pm, April 16
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 30

Look over more than 1,000 flowering tulips, daffodils and hyacinths at the peak of the blooming season. Learn how to plant and care for spring bulbs in your yard. Numerous bulb varieties will be discussed. (Tim has done home gardening for a number of years and has received Manhattan's Yard-of-the-Week award twice.)

GARDEN TOUR 39

Edible Landscape Staff 532-5866

One Time: Saturday, 1-4pm, July 9 (rain date July 16)
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

We will tour outstanding productive and beautiful gardens and landscapes, talk with the gardeners and see how the new and old-time pros do it! We will organize carpools and maps to get to the gardens.

CHILDREN'S GARDENING CLASS 41

Aaron Spilka 532-5866

Classes will be held in the evenings from spring through fall
Register and you will be contacted for dates, time and place
Materials Fee: \$5.00, pay at class Limit: 25

Children of ages 5-12 will be assigned individual and group gardens. They will learn planting, soil preparation, weeding, harvesting and other cultural practices throughout the gardening season. (Aaron is the Manhattan Community Garden Coordinator and a Senior Horticultural Therapy internship student.)

HOW TO MAKE A DAISY SAY CHEESE: WILDFLOWER PHOTOGRAPHY AND SLIDE SHOW 31

Kate Bromley, Boda Klenke

Saturday, 1pm, April 16 (One time)
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

If you're into wildflowers or nature photography, this class is for you. Take a walk with us through the woodland and ravine areas of the Mississippi River valley area. Discover shooting stars, Dutchman's breeches, trillium and others. Then travel to the Smoky Mountains in early spring to see mountain laurel, azalea, Indian cucumber and wood sorrel. A discussion of photographic techniques will be included. (Kate is interested in flower identification and uses; Boda is the primary photographer.)

KONZA PRAIRIE WILDFLOWERS: EMPHASIS ON WOODLAND FLOWERS 32

Craig Freeman 776-1678

Section I: Saturday, 9am-12noon, April 16 (rain date April 17)
Section II: Saturday, 1:00pm-4:00pm, April 16 (rain date April 17)
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration Limit: 10 each section

Dogtooth Violet, Cutleaf Toothwort, and Dutchman's Breeches are woodland wildflowers that most people don't see in Kansas. These beauties flower early in the spring before the forest canopy leaves in. Take a walk on the Konza Prairie and learn something of the identity, classification and natural history of some of these vernal gems. (Craig is a graduate student in plant taxonomy at K-State.)

EDIBLE WILD PLANTS 90

Max Miller, Sue Maes 539-3488

One Time: Tuesday, 6pm, May 3
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Before you pull or spray that weed why not find out whether it can be enjoyed in a cuisinaire style. Hundreds of unwanted or overlooked plants have excellent food value. Twenty to fifty local plants will be reviewed and displayed for the class. Next thing you know, you'll be serving stinging nettle quiche to your next dinner guest and munching on day lily buds. (Max and Sue are a team with years of professional and amateur experience.)

GARDEN TOOLS: SHARPENING AND CARE 49

Jim Taylor 539-2120

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

Gardening will be easier and more fun if your tools are in good working order. In this class you will be shown how to sharpen your garden tools and maintain them to lengthen their working life. (Jim owns a small engine repair and sharpening service.)

LAWN MOWER MAINTENANCE 50

Jim Taylor 539-2120

One Time: Thursday, 7-9pm, April 14
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 12

Aimed at the do-it-yourselfer, this class will cover blade sharpening and balancing, changing oil and other simple maintenance tasks involved in the care of your home rotary lawnmower.

SOLAR FOOD DRYER CONSTRUCTION 51

Dean Denner 776-5589

One Time: Saturday, 1:30-2:30pm, April 16
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

Do you like dried apricots, apples, green peppers? Drying food using the sun's energy is essentially free except for construction cost and electrical resistance back-up heat. This class will look at several solar dryer designs and construct a simple dryer using a 30-gallon drum, wood and fiberglass. This class is part of Earth Day events. (Dean works with Sunwrights, a local Manhattan solar firm.)

EXPLORING HERE AND THERE

OUTING CLUB

Mary Roth 22 776-1644
 First and Third Wednesdays, 7:30pm First Meeting: April 6
 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. (Mary enjoys many outdoor activities.)

WELCOME IN MAY CAMPING WEEKEND

Chris Hanna 27 776-1766
 Organizational Meeting: Monday, April 25, 7pm
 Campout: Friday-Sunday, April 29-May 1 Leave 5pm Friday, Return 1pm Sunday
 Location: Will be noted on your receipt
 Class Fee: \$1.00, pay with registration
 Materials Fee: \$4.00, pay at class

The weekend at Lake Perry will focus on having an enjoyable time in a beautiful outdoor setting. Organized programs can include canoeing, swimming, fishing, archery, new games, campfires, and nature walks. Families, singles, and groups all welcomed.

CHEYENNE BOTTOMS: BEST BIRDWATCHING IN KANSAS!

Brian Taylor 3 776-8100
 Saturday, Sunday (all weekend) May 14 and 15
 Location: Will be noted on your receipt
 Class Fee: \$1.00, pay with registration

Ever seen a pelican in Kansas? Join the Northern Flint Hills Audubon Society in observing the great spring migration of waterfowl and other birds. Its possible to see over 100 species including night herons, king rails, yellow-headed blackbirds and other uncommon birds. Cheyenne Bottoms, near Great Bend, is a natural marshy lowland that really attracts shore birds, waterfowl, song birds and hawks. Don't duck this opportunity. (Brian has been an avid birdwatcher for years.)

COUNCIL GROVE HISTORICAL TOUR: VACATION FOR A DAY IN KANSAS

Judy Portuese 46 537-1318
 Wednesday, 9:30am-5:30pm, June 8
 Location: Will be noted on your receipt
 Class Fee: \$6.00, pay with registration Limit: 46

The Kansas State Historical Society and UFM will have a bus tour to Council Grove, birthplace of the Santa Fe Trail. At 9:30am there will be a guided tour of the Goodnow House by Glen Lojka, Historic Property Curator. You can then visit the new exhibit "Ye Olde Museum" at the Riley County Historical Museum. The Hartford House will also be open for viewing at that time. The chartered bus will depart at 10:30am to travel to Council Grove. We'll have lunch at the historic Hays House. Our tour of historic Council Grove, given by the State Historical Society of Kansas, will start after lunch at the Hays House and take in all the sights. Included in the tour is the Kaw Mission Museum (1849), Last Chance Store (1857), Custer Elm (1867), Seth Hays Home (1867), Post Office Oak (1825-1847), and more. We'll travel home over the Council Grove Dam, arriving home about 5:30pm. The cost is only \$6.00 per person which includes admission to all things, but does not include the meal. If this is the only UFM class you are taking, it is exempt from the \$2.00 additional registration fee. Feel free to ask a friend or neighbor to join us. And, remember the fellows are always welcome.

THIS AND THAT

FIREBREAKS: THE ULTIMATE WAR/PEACE GAME

Dan Curtis 35 532-6750 539-9208
 Time and location will be noted on your receipt Length: 4 times
 Class Fee: \$1.00, pay with registration

In April of 1983, Ground Zero will sponsor an educational event in the form of a War/Peace Game. Participants will follow the development of a simulated international crisis situation and "play along" with a panel of experts in giving advice to the decision-makers in the crisis. FIREBREAKS: A War/Peace Game will allow citizens the rare opportunity, through role-playing, of experiencing firsthand the divergent perspectives of the nations involved in an international crisis. It will give them a window on the decisions that real world leaders would face in an escalating crisis that might lead to nuclear war. More importantly, the game will illuminate possible mechanisms for peaceful resolution of the crisis. (Dan is in contact with "game control," the Ground Zero national office.)

MOTORCYCLE MAINTENANCE

Mark Chatelain 98 537-9439
 Monday and Tuesday, 6:30-8pm, April 18 and 19 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 3

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

ATARI USERS GROUP

Dennis Boyce 71 537-4745
 Third Wednesday of the Month First Meeting: April 20 Length: Ongoing
 Location: Will be noted on your receipt
 Class Fee: \$1.00, pay with registration

Join other Atari owners each month to discuss problems and exchange ideas about your Atari home computer. Information about membership requirements and regulations of the group's tape library will be given to you at your first attendance of this already ongoing group. (Dennis is an electronic technician and current president of this group.)

EARTH DAY '83

Helen Buzenberg 23 776-7615
 One Time: Saturday, 12noon-5pm, April 16
 Location: Will be noted on your receipt
 Class Fee: \$1.00, pay with registration

You are invited to celebrate the earth, mother nature and environmental concerns during Earth Day '83. A 12:00 potluck picnic lunch will be followed by local musicians, games and information displays. A well-known band will play later on as we enjoy and appreciate the earth we live on. (Helen, a member of Kansas Friends Of The Earth, is the main organizer of Earth Day '83.)

THE LAND INSTITUTE'S PRAIRIE FESTIVAL: FOOD AND PEACE

Wes and Dana Jackson 24
 Saturday and Sunday (all weekend) May 28 and 29
 Location: A map will be sent with your receipt
 Class Fee: \$1.00, pay with registration

Combining discussion, music and new ideas, the Land Institute in Salina will sponsor a celebration of the prairie for the fifth consecutive year. This year's theme, "Food And Peace," will include Frances Moore Lappe, author of *Diet For A Small Planet*; David Ehrenfeld, author of *The Arrogance Of Humanism*; Joan Ehrenfeld, plant ecologist; and The Road Less Travelled, a folk rock trio. (The Land Institute is devoted to the search for sustainable alternatives in agriculture, energy, shelter and waste management.)

TOPEKA BUS TOUR

Judy Portuese 29 537-1318
 One Time: Thursday, 8am-5:30pm, May 19
 Location: Will be noted on your receipt
 Fee: \$9.00, pay with registration Limit: 46

UFM is sponsoring a bus trip to Topeka on Thursday, May 19. First stop will be a tour of the Capper Foundation -- school for crippled children. We'll then go down the street to EFA Reinisch Rose and Test Garden which is over 50 years old and one of the top ten gardens in America. This is the start of the blooming season, so it should be beautiful! We'll go to White Lakes Shopping Center for lunch. First stop in the afternoon will be a tour of the new Kansas Judicial Center. Next we'll go to WIBW-TV-FM Radio station. The chartered bus will depart at 8am and arrive home at 5:30pm. The cost is only \$9.00 per person but does not include your lunch. Feel free to ask your friend or neighbor to spend the day with us, and don't forget, the fellows are always welcome. If this is the only UFM class you are taking, it is exempt from the \$2.00 additional registration fee. (Judy has lived in Manhattan all her life. She likes to go see interesting things in other cities and has organized many bus trips.)

MAKE FRIENDS WITH THE EARTH -- CAMPOUT!

Pat Dreese 26 539-9150
 Saturday and Sunday, April 9 and 10, 4pm
 Location: Will be noted on your receipt
 Class Fee: \$1.00, pay with registration
 Materials Fee: \$1.00, pay at class

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.)

THE ISAAC GOODNOW HOUSE: A HISTORICAL PRESENTATION

Dr. Glen Lojka 45 539-3731
 One Time: Thursday, 7:30pm, April 7
 Location: Will be noted on your receipt
 Class Fee: \$1.00, pay with registration

Tour the historically furnished Goodnow House and learn about Isaac Goodnow, the man who helped establish the town of Manhattan, created the first school and built the first church. The roots of Manhattan and Kansas State University will be examined as we learn about this amazing pioneer and his vision of higher education. (Glen is curator of the Goodnow House Museum and Historic Site.)

SENIOR CITIZEN SCENIC COLORADO TRIP. MESA VERDE, NARROW GAUGE RAILROAD AND MORE!

Meriam Kierstead 30 532-5866 776-9506
 Monday, Tuesday, Wednesday, Thursday, Friday, June 6-10
 Leave UFM House, 1221 Thurston, 6am, June 6, return 10pm, June 10
 Fee: \$255.00, includes lodging, transportation, attraction tickets, chuckwagon lunch at Mesa Verde (other meals not included)

Spend a scenic day riding the famous Narrow Gauge Silverton Railroad. Visit ancient Mesa Verde and enjoy an authentic chuckwagon lunch. And, sightsee at Royal Gorge and Garden of the Gods. All this plus comfortable Best Western Motels, good food, convenience and easy walking make for an unbeatable trip. Come with us in the comfortable tour coach as we cross mountain passes, deserts and pine and spruce forests. You'll be glad you joined other senior citizens on this fun trip. (Meriam was the tour guide on a senior citizen trip to Grand Lake, Colorado several years ago.)

MISSOURI WHITE-WATER CANOE TRIP

Chris Hanna 28 532-5800
 Tuesday to Saturday, Leave 3:00pm, return 4:00pm, May 17-21
 Location: Will be noted on your receipt
 Class Fee: \$10.00, pay with registration
 Materials Fee: \$90.00, pay at class Limit: 18

This white-water canoe trip will float the north fork of the White River, Missouri. The north fork will offer both the beginning and experienced canoeists an opportunity to float and camp down one of Missouri's most beautiful rivers. Emphasis on natural history and fun. The price includes food, equipment rental, instruction, transportation, and lots of enjoyment. The trip is being sponsored and subsidized by the Lake Perry 4-H center. (Chris has led trips in Colorado, Wyoming, Michigan, Wisconsin, Kentucky and New Mexico and is Director of Lake Perry 4-H Center and is a National Outdoor Leadership School graduate.)

ART, ART, AND...

UFM PHOTOGRAPHY DARKROOM COOPERATIVE (BLACK & WHITE & COLOR)

73

Neil Schanker

532-5866

Organizational Meeting: Monday, 5-5:30pm, April 4
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
	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.)

BEGINNING PHOTOGRAPHY

74

Ernie Peck

537-9883

Section I: April 19, 20, 21, 25, 7-10pm; April 23, 9am (all day)
Section II: April 26, 27, 28, May 3, 7-10pm; April 30, 9am (all day)
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Materials Fee: \$25.00, pay at class Limit: 10

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

BEGINNING BLACK AND WHITE DARKROOM

75

Bill Russell

539-2678

Register and the instructor will contact you as to time and date
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Discover the fun and excitement of developing and printing your own black and white film. This class includes an introduction to darkroom processes, an actual demonstration in the UFM Darkroom and all necessary texts. You will have the option of signing up for the Darkroom Cooperative at the end of this class. (Bill was a professional photographer while stationed in Germany.)

COLOR DARKROOM

76

John Holcomb

532-5866

One Time: Tuesday, 5:30-8:30pm, April 5
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration Limit: 8

Why waste money to have someone else process your color film, slides and prints? New developments in home darkroom processing have simplified the procedures so that a beginner can make beautiful color prints and slides with little practice. UFM has recently purchased color equipment and John will show you the easy steps to impressive color results. Save money and experience the pleasure and pride of making your own color photography. Students should already know darkroom techniques. (John is good in a dark room.)

THE FIRST ANNUAL UFM BLACK & WHITE PHOTO CONTEST:

77

THE KANSAS CHARACTER

The twelve winning black and white entries will be published in the summer 1983 UFM catalog. They will also be put on exhibit in the Manhattan Public Library April 25-May 6. Prizes will be awarded.

Judges are Sally Wampler, KSU Journalism Department; Dan Ray, Manhattan Camera Shop; Holly Miller, Manhattan Mercury; and John Holcomb, UFM.

RULES

1. There is no entry fee
2. Minimum size is 5 x 7 inches, maximum size 11 x 14
3. Entries should be mounted on matt board
4. The contest theme is The Kansas Character. 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 15
8. Entries may be picked up at UFM after May 10

BARGAIN HUNTER'S GUIDE TO COLLECTING ART

57

Julie Strecker, Kate Cashman

539-2139

One Time: Wednesday, 7:30-9:00pm, April 13
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 10

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

POTTERY STUDIO CO-OP

78

Janet Holcomb

532-5866

Mandatory Organizational Meeting: Tuesday, 5:30pm, April 5
Location: Will be noted on your receipt Limit: 8

Membership in studio: \$20.00, 8 weeks
30.00, 16 weeks pay with registration
50.00, 24 weeks

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

BEGINNING TO INTERMEDIATE POTTERY

79

Pablo Monserrate, Zoraida Rivera

537-8866

Tuesdays, 7-9pm First Meeting: April 12 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 potters wheel, this class will cover it all: from raw clay to finished glazed ware. (Pablo has many years of sculpturing experience. Zoraida has 4 years experience with clay and enjoys throwing on the wheel.)

WOODSHOP CO-OP

95

Alan Edgar

532-5866

Organizational Meeting: Wednesday, 7-9pm, April 6
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.)

SILK FLOWERS

52

Colleen Edwards

776-8602

Monday, Wednesday, Monday, 7-8pm, April 18, 20, 25 Length: 3 times
Location: Will be noted on your receipt
Class Fee: \$7.00, pay with registration Limit: 15
Materials Fee: To be purchased by students, list available at UFM

Do you enjoy cut flowers but hate to buy them because they fade so quickly? Silk flowers add a touch of elegance to your home decor or special event. This class will cover the basics of flower making and will include roses, daisies, and carnations. (Colleen has been making flowers for 3 years including the flowers for her own wedding.)

CREATIVE CLOCKMAKING

96

Steve Hall

539-5228

Tuesdays, 7-9pm, May 3, 17
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration Limit: 10

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

YOU CAN DESIGN YOUR OWN HOME -- A DESIGN WORKSHOP

54

Belinda Zink

537-3632

Thursdays, 7-9:30pm, First Meeting: April 7 Length: 4 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration Limit: 6
Materials Fee: under \$5.00, pay at class (instructor will contact)

Have you decided to build your own home? Planning an addition to your house? Have you thought of adding a solar component to your existing home? Use the resources of a professional architect who will advise you and help to refine your ideas as you develop your own home design. (Belinda is an architect with 10 years experience and has had her own firm for 3 years.)

COUNTED CROSS-STITCH

MS81

Kim Schumm

539-3641

Section I: (for adults) Mondays, 8:30pm, April 11, 18, 25
Section II: (12-16 years) time and date to be arranged
Section III: (8-11 years) time and date to be arranged
Section IV: (4-7 years) Saturdays, 1-2:30pm, April 9, 16, 23, 30

Counted cross-stitch is a type of needlework using even weave fabric. Patterns and designs are created by doing a basic cross-stitch within the weave of the fabric. All the basic stitches will be covered, including an introduction to creating your own patterns.

Participants registering for Section IV should be accompanied by an adult or high school age youth. Children will practice a basic cross stitch on fabric. The first meeting is for the adult only. Please bring a pencil to the first meeting. Indicate child's age on the registration form.

...MORE ART

BEGINNING JEWELRY MAKING

85

Michael Annis

537-1184

Mandatory organizational meeting Wednesday, 6pm, April 6
 Dates of classes (2) to be determined at this meeting (classes 6:30-9:30)
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration Limit: 5 each class
 Materials Fee: \$14.00 + 15¢/saw blade, pay at organizational meeting

Students will do an applique pendant, 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 will be a prerequisite for advanced jewelry making. (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.)

MAY BASKETS

88

Marge Davidson

One Time: Thursday, 7-9pm, April 21
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$1.00, pay at class Limit: 10

Remember the tradition when you were young to hang a May basket on a special friend's door, ring the bell and run? Marge has fun each spring making baskets for her neighbors. Learn how to make "air castles" of tissue paper and a basket of woven construction paper and surprise a friend on May Day! Bring a sharp pair of scissors. (Marge learned to make these baskets from her mother and is now real popular with the neighborhood kids!)

MAKE IT OR BREAK IT! ADVENTURES IN STAINED GLASS

58

Tom Ryan

776-1154

Wednesdays, 7-9pm
 Section I: April 13
 Section II: April 20
 Section III: April 27

Limit: 10 each section

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

For your mid-spring adventure in the art of stained glass creation, Tom will first design and cut a window to demonstrate different glass-cutting techniques. Then he'll pass around the cutters and the glass and you too can "make it or break it!" (Tom got his start in the field of stained glass as a student at UFM 10 years ago.)

ADVANCED JEWELRY/STONE SETTING

86

Michael Annis

537-1184

Tuesday & Wednesday, 6:30-9:30pm, May 3 & 4
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration Limit: 4
 Materials Fee: \$15.00, pay at class

Beginning jewelry class a pre-requisite. Student will receive choice of cabochon stone and enough flat silver sheet, bezel wire and round wire to make a finished ring. Student may set stone on pendant made in beginning jewelry if they desire, for extra charge.

INTRODUCTION TO COLLECTING AND APPRECIATION OF COMIC ART

87

Bill Russell

539-2678

Wednesday, 7pm - date to be announced later but will be in April
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

Join us in this introduction to the misunderstood and fascinating world of Comic Art. It's more than just comic books. Comic books and art associated with comics will be discussed with emphasis on artists, investing and enjoyment. You are invited to bring along your own comics or comic art to share and discuss. (Bill has been collecting comics for 8 years.)

COMPUTER WEAVING

80

Kari Arnold

539-3812

One Time: Wednesday, 7-9pm, April 13
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

Limit: 10

The use of the computer as a tool for handweaving will be explored. We will use programs that I have developed for designing pattern drafts and for determining weaving calculations on the Vic-20. Participants should have a basic knowledge of weaving. (Kari has an MS in Textile Science and has worked in the textile industry.)

CANDLEMAKING FOR SPRING

84

Neil Schanker

532-5866

One Time: Wednesday, 7:30-9:30pm, April 20
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration
 Materials Fee: \$1.50, pay at class

Limit: 15

Tired of spending lots of money for ho-hum candles? Learn how to make your own! 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 saw the light when he began making candles.)

ECONOMY NEAR AND FAR

CREDIT - YOU'RE IN CHARGE SERIES

The following series of classes is offered in observance of National Consumer Credit Week. This special week is sponsored annually by the International Consumer Credit Association, an educational professional trade association serving the needs of consumer credit executives in cooperation with Manhattan Credit Women International, a local organization designed to further education in credit and collection. For more information about Manhattan Credit Women International contact Patricia Streeter at 537-2244.

Class Fee: Single Session, \$ 3.00, pay with registration
 All Sessions, 10.00, pay with registration

Student Loan Financing

64

Diane Durst

537-1234

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

Do you have the ability and desire to further your education but need a financial boost to do it? Through Guaranteed Student Loans and PLUS student plans, you can attend colleges and universities and meet your educational goals. This class will tell you everything you need to know about these loans -- what they are, how to apply for one and your responsibilities when it comes to repayment. (Diane has worked in the banking industry in all areas of finance and recently started a student loan department at a local bank. She is first Vice President of Credit Women International.)

Everything You Need To Know About Financing A Home

65

Sharon O'Neal

776-4733

One Time: Tuesday, 7-8:30pm, April 26
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

This class will cover almost everything you need to know about home finance -- what to look for, different types of mortgages available, how to deal with a lender and what to consider when deciding whether to rent or to buy. (Sharon, a past president of Credit Women International, is a loan officer at a local savings and loan and has taught this popular class many times before.)

Establishing a Credit Rating

66

B. Dale Thierolf

776-9434

One Time: Wednesday, 7-8pm, April 27
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

Establishing a good credit rating means more than carrying around fancy plastic cards in your wallet. This session will cover all the essentials you need to know in order to build your credit file. You will be provided with the explanations and suggestions on how to build and maintain your credit rating no matter what your age or income. (Dale owns and operates a local credit bureau.)

Your Budget

67

Patricia Streeter

537-2244

One Time: Thursday, 7-8pm, April 28
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

Does your money run out before the month? To get the most from your money, it's important to understand the basics of budgeting. Find out how to make your budget your friend in this informative class. (Patricia, who was named Kansas' Credit Woman of the Year for 1982, is a small business owner and a credit and money management specialist.)

ESTATE PLANNING

94

Don Weiner

776-4206

One Time: Wednesday, 6:45-8:15pm, May 18
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

A discussion of estate planning with emphasis on current IRS regulations, writing your will, the ins and outs of trusts and other legal aspects of successful financial planning. (Don is an attorney with offices in Manhattan.)

REAGANOMICS: THE GOOD, THE BAD AND THE UNKNOWN

68

Roger Trenary

532-6702

One Time: Tuesday, 7-9pm, April 5
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

What does the Reagan Administration mean by "Staying the Course?" This session will provide participants with a simple presentation of the supply-side theory and "Reaganomics." The criticisms of current economic policy by non-supply-siders will also be presented and explained. You don't need to have any prior knowledge of economics to enjoy this class. (Roger is the Executive Director of the Kansas Council on Economic Education and is an instructor with KSU's Department of Economics.)

IN OTHER WORDS

SPANISH FOR TRAVELERS, ARMCHAIR AND OTHERWISE

59

John Paul Spicer

532-3697

Thursdays, 7-8:30pm, First Meeting: April 7 Length: 5 times
 Location: Will be noted on your receipt
 Class Fee: \$10.00, pay with registration

Limit: 10

John Paul will stress basic Spanish grammar and sentence construction in this introductory class designed to both stimulate your interest in Latin America, and provide you with a working vocabulary of helpful phrases. John Paul has traveled extensively in South America and will also share his experiences and travel know-how with us.

ALL KINDS OF CRITTERS

CRAPPIE FISHING: THE HOW-TO'S

1

Paul Miller

539-7154

One Time: Wednesday, 7-9pm, Apr 13
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

One nice thing about crappie is if you catch one, there's usually more around. This is especially true during the crappie spawn or "run" which occurs in early May. Although it may be true that "the harder you fish, the luckier you get," a few hints from Paul will considerably improve your chances to bring home those good-tasting panfish. In addition, Paul will briefly cover processing and cooking of rough fish so that you can eat those occasional carp or drum that you always thought were inedible. (Paul is a dedicated crappie fisherman who will share some important facts about the sport with you.)

HOW TO CATCH THAT BIG FISH WITH THE SHARP TEETH: WALLEYE!

2

Paul Miller

539-7154

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

Did you know that the Kansas record walleye (13 lbs 1 oz) was caught at Rocky Ford fishing area in Manhattan? Although walleye can be caught year-round, April is a good time to go after "Big Bugeye." A native fish, walleye have been stocked in most Kansas reservoirs and promise a good fight and fine meal. According to experts, Milford Lake is "chock full of walleye" and Tuttle has lots of two to 3.5 pounders. Paul will share his knowledge of where and when to walleye fish and what baits are effective. Besides his presentation on walleye, Paul will give a short demonstration on basic casting. Come and hear it from someone who knows!

SMALL PET CARE

4

Julie Peterson & Anna Marie Brown

532-3759

One Time: Saturday, 9-11:30am, April 9
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.50, pay at class

This is an overview of the selection, care, and breeding of guinea pigs, hamsters, gerbils, rabbits, rats, mice, and parakeets. If you're interested in keeping pets in apartments or residence halls, this class will supply you with lots of pointers. Don't pass up this opportunity to hear it from experts! (Julie and Anna Marie presently have 11 pets in their dorm room.)

BASIC DOG OBEDIENCE

6

Rosalie Held

539-0216

Saturdays, 10-11am First Meeting: April 2 Length: 8 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Materials Fee: \$1.00, pay at class Limit: 10

The class will present several ways to teach your dog basic obedience commands of heel, sit, stay, down and come. The class goal is to teach your dog to be a well-behaved pet at the level of precision you desire. Dogs should be at least 6 months old, current on shots and have a slip collar and leash. (Rosalie has trained several of her dogs in the past and is presently training stock dogs.)

HORSE SENSE

43

Cindy Quinlan

776-5163

Thursdays, 7:30pm First Meeting: April 14 Length: 4 or 5 times
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$2.00, pay at class

Cindy will discuss horse history, breeds, confirmation, stable management, feeding, diseases and first aid. Films will be shown and a stable visit arranged. Horse lovers, novice or experienced, are encouraged to attend. (Cindy has trained and shown English and Western horses for many years.)

EXPLORING UNDER ROCKS (FOR CHILDREN AND ADULTS)

33

Stephen Hoffman

776-8072

Saturday, 2-4pm, April 30 (rain date May 7)
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

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

HUMAN ANATOMY FOR YOUNGSTERS

34

Lynn Schanker

539-9150

One Time: Saturday, 1-3pm, April 23
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

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.)

DAIRY GOATS

5

Ron Pauli

539-6569

One Time: Wednesday, 7-9pm, April 13
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

What do you know about goats? Unfortunately goats have suffered an image problem for years. Maybe you would enjoy learning what these useful animals are really like. You can even sample some of their dairy products including milk and cottage cheese. (Ron has been raising goats for the past eight years.)

FOOD FOR THOUGHT

TEA FOR PLEASURE AND FUN

91

Dale Anderson

(evenings) 1-494-2540

One Time: Wednesday, 7-9pm, April 6
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$1.00, pay at class Limit: 12

Come enjoy a relaxing evening sipping teas and nibbling goodies. Throughout the evening we will cover such things as the difference between herbal teas, black teas, flavored teas, green, red and white teas and how these compare to wines. The History of Tea from 2000BC to 1983 and how the American got involved. At least 10 teas will be sampled. (Dale has been operating the Herb Patch importing spices and teas for 8 years.)

CHEESE! CHEESE! CHEESE!

92

Jan Keller

456-7200

One Time: Wednesday, 7-8pm, April 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.)

BREAD SCULPTURE

93

Elise Rose

532-5731

One Time: Saturday, 1-5pm, April 23
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.)

QUICHE

89

Rebecca Brownson

537-9098

One Time: Saturday, 5:30-7:30pm, April 30
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$3.00, pay at class Limit: 10

Toothsome, savory cheese custard pies are flexible enough to be served for hearty home suppers or classy cocktail parties. Included in the class will be a cheddar-mushroom quiche, a vegetable quiche and Quiche Lorraine. (Rebecca thoroughly enjoys quiche.)

PIZZA

97

Rebecca and JoAnn

537-9098

One Time: Saturday, 5:30-7:30pm, May 7
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration
Materials Fee: \$3.00, pay at class Limit: 10

Do you have pizza cravings but are going broke ordering it in? Why not make it yourself? Come join us for a pizza party where we will prepare and sample deep pan, thick and chewy and thin crust pizzas. (Rebecca and JoAnn think pizza is as much fun to make as it is to eat.)

CAKE DECORATING

47

Julie Labens

776-4035

Tuesdays, 7:30-9:30pm, First Meeting, April 12 Length: 6 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration Limit: 15
Materials Fee: Contact teacher to learn needed materials

This course will introduce you to a creative way to decorate cakes. Starting with tips on baking, icing, borders, and handwriting, advancing into flowers, figure piping and shaped cakes. You will be able to make any occasion special with a beautiful cake you've decorated. (Julie has been a professional decorator for 5 years and is available to do cakes in her home.)

FOOD STYLING (THE ART OF GARNISHING)

48

Richard Reihs

539-9267

Section I: Mondays, 7-8:30pm First Meeting: April 11 Length: 4 times
Section II: Thursdays, 7-8:30pm First Meeting: April 7 each section
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Materials Fee: \$5.00, pay at class Limit: 15

Give any meal that gourmet touch! No cooking experience is required, just you and your imagination. In this class you will learn some of the secrets of Japanese Mukinomo and French Food styling, watermelon boats, tomato roses, apple feathers and much more. (Richard has been in the restaurant business for over 15 years.)

FOR WOMEN OF ALL AGES

SPRING FEVER WOMEN'S COFFEEHOUSE

56

Natalya Hall and Liz Gowdy 537-8235 776-3813

One Time: Friday, 8pm, April 1 (April Fool's Day)
 Location: Will be noted on your receipt
 Class Fee: \$1.00, pay with registration

Come be fooled! Gather together for an evening of socializing with old friends and making new ones, occasionally interrupted by some light-hearted singing by Women Of The Heartlands, Manhattan's Feminist chorus. Share a favorite silly poem! Tell a joke! Do a skit! Wear an outrageous costume! But most of all, take a break from daily drudgery to relax and giggle hysterically! Absolutely NO seriousness will be allowed! (Natalya is an artist, writer, and member of Women Of The Heartlands. By the time she finishes pasting up this catalog she will NEED an evening of laughter and friendship! Liz has organized previous women's coffee-houses.)

SELF-DEFENSE FOR WOMEN

16

Mary Holm, Paula Johnson 776-4476

One Time: Thursday, 7-9pm, May 5
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 20

This course will help prepare women in how to respond if they are victims of sexual assault. We will discuss strategies for preventing such situations and techniques to use if they should occur. This class will introduce simple but effective self-defense skills taught by women, for women. Be sure to wear loose, comfortable clothing. (Paula and Mary are members of Women Against Rape.)

FIRST IMPRESSIONS - A PROFESSIONAL MODEL'S VIEW

53

Pat Alford 776-6826

One Time: Thursday, 7-9pm, April 14
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration

Basic modeling skills can improve other people's perceptions of you and be important to you in the job marketplace. Proper posture, fitness, diet and good grooming will be stressed in this evening of practice and practical hints. If class members are interested, the world of fashion modeling will be discussed. (Pat is a graduate of Libby Stone Modeling School in Charlotte, N.C., and began modeling at age 16. She is currently a KSU student and part-time model.)

MAKEUP MAGIC

60

Linda Zuther, Jacquie Roberts, Julie Beroth 539-7621

One Time: Monday, 7-9pm, May 3
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 15

Bring your own makeup and Linda, Jacquie and Julie of Crimpers in Aggieville will show you how to achieve that muted natural look that is the fashion hallmark for spring 1983. Class members will act as models while the girls demonstrate makeup techniques suitable for varied skin-types and facial structures. An easy way to a new you! (Linda, Jacquie and Julie work at Crimpers in Aggieville.)

CREATIVE HAIR BRAIDING

61

Kathy Biswell, Erin Shelley, Theresa Moranz 539-7621

One Time: Wednesday, 7-9pm, April 13
 Location: Will be noted on your receipt
 Class Fee: \$3.00, pay with registration Limit: 12

Try the braided look for your new spring hairstyle. We will demonstrate different methods of braiding and knotting using you, the class members, as models. Learn the newest techniques to practice at home! (Kathy, Erin and Theresa work at Crimpers in Aggieville.)

GIRL'S NIGHT OUT: A SPRINGTIME CAMP-OUT

25

Colleen Burnett, Mary Hemphill 532-5866

Mandatory Organizational Meeting: Monday, 7:30pm, April 25
 Campout: Saturday and Sunday, April 30 and May 1
 Location: Will be noted on your receipt
 Class Fee: \$1.00, pay with registration Limit: 20
 Materials Fee: food and gas (less than \$5.00)

This overnight camp-out is for girls aged 8-14. We will stay overnight in a cabin, cook our meals over a fire, hike in the woods, sing around the campfire, etc. Camp Tanmangile on Tuttle Creek Lake is the location for all the fun. Specific activities will be planned at the mandatory organizational meeting. This is especially for girls who have never had the chance to go camping. All you need to bring is a bedroll or blankets. (Mary has camped out with Girl Scouts for nine years and as a child, Colleen used to check out the woods every summer near Minneapolis, MN.)

MEET THE MILITARY WIVES GROUP

72

Virginia Reitz 539-1710

One Time: Wednesday, 1:30-3:30pm, April 20
 Location: Will be noted on your receipt

New in town? In the military? This class is designed to acquaint military families with the Ft. Riley and Manhattan communities. Military wives offers the military wife group support, trips, discussions, speakers and involvement in many exciting and interesting programs. For free nursery and transportation please call Virginia at 539-1710. (Virginia is a member of the military wives group and is an active and interested resident of the Manhattan and Ft. Riley community.)

TAKE NOTE

Do you have any old games (Monopoly, tiddly winks, Parchesi, or others) that you do not use any longer? If so, the Handicapped in Action group could use them. These games provide useful, therapeutic activities for many disabled persons. If you have games you would like to donate, please bring them to the UFM house, 1221 Thurston, or call 532-5866 and someone will pick them up. Thank you for helping make our community a little better.

YOUNG BLACK WOMEN UNITE - AGES 13-18

69

Colleen Burnett 532-5866

Fridays - Register and you will be contacted for date and location
 This will be an ongoing class

Get involved! Are you sitting around with nothing to do? Bored? Together we can make things happen -- take trips, plan social events, learn more about ourselves. This group is sponsoring an Ebony Dance, Friday nite movies and plans to do many more exciting projects and programs.

LITTLE WOMEN - AGES 6-13

70

Colleen Burnett 532-5866

Thursdays, 7:30pm Sign up and you will be contacted for date and location
 Length: Ongoing

Little Women is a club now forming for girls aged 6-13. Have fun learning to cook, going on trips, and making friends. (Colleen works at UFM, is a mother of two girls and hopes this club will give young girls the chance to explore and learn more about the world.)

HAIR CARE AND STYLING FOR THE 80'S

62

Maxine Barkman, Myra Adams, Lea Roberts 539-7621

One Time: Monday, 7-9pm, April 11
 Location: Will be noted on your receipt
 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! (Maxine, Myra and Lea work at Crimpers in Aggieville.)

ACTIVE ARTS

DANCE SAMPLER

102

Linda Johnson 776-2108

Thursdays, 7--8pm, starting April 14
 Location: Will be noted on your receipt
 Class Fee: \$10.00, pay with registration
 Limit: 30

Come and learn different forms of dance all in one class. You will get a sample of ballet, tap, jazz and modern. We will be flexible and concentrate on the interests of the students. Wear loose comfortable clothing. (Linda is with Susan Warden Dancers and is pursuing a degree in dance.)

OLD TIME FIDDLER'S WORKSHOP

99

Jim Hurlburt 485-2552

Tuesdays, 7-9pm First Meeting: April 12
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration
 Length: 3 times

The "Mad Fiddler of K-State" is going to be here in person to pass on his knowledge of Appalachian, Missouri and Irish fiddling. Welcome are concert violinists, fellow fiddlers and those who have never held a bow, but would like to try. Jim also invites those who want to learn old time fiddle tunes for their guitar, banjo, bass viol or comb. Y'all come!

CLASSICAL INDIAN DANCE

100

Nivedita P. Rangnekar 776-1172

Thursdays, 5:30-6:30pm First Meeting: April 7
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration
 Length: 4 times

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 Indian Classical Dancing. (Nivedita is a professional Indian classical dancer with a B.F.A., specializing in Bharata Natyam style, from the University of Bombay, India. Nivedita is currently instructing dance at KSU.)

FOLK INSTRUMENT WORKSHOP

63

Dan Mulhern 539-5027

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

Bring your washtub bass, spoons, and mouthbaws -- in fact, any instrument out of the ordinary, and enjoy an evening with Dan. Class members will trade information, techniques, and maybe try a tune or two. (Dan is a biologist at KSU and a jewsharp buff.)

AMATEUR THEATRE WORKSHOP

101

Cindy Klentz 776-7366

Organizational meeting April 11, 7:30 pm
 Location will be noted on your receipt

Life/Song Theatre will provide a series of Black History/Drama Workshops. These workshops will be the foundation for a production that will be performed in the early summer. Everyone welcome! (Cindy works for Life/Song Theatre Company and has been working with youth and adults in Drama for several years.)

SUFI DANCING

55

Shankar Harritt, Nabiuddin Nelsen 532-5866

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

Dances of Universal Peace, Sufi Dancing, are practices of co-ordinated sound, breath and movement that utilize songs and chants from all the world's major religions. They create an atmosphere of unity and sacred devotion. (Nabiuddin and Shankar have studied, taught or rejoiced in Sufi wisdom for over 5 years.)

Registration

Mail-In Registration Form

ONE FORM PER PERSON • MAIL-IN REGISTRATION DUE Mar. 21 - Apr. 1

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

PLEASE PRINT

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

SURVEY—Please check all that apply.
I am a:
 KSU Student (_____ credit hours)
 Student Spouse Fort Riley Personnel
 KSU Faculty/Staff Townsperson (non-KSU)
 Faculty/Staff Spouse Rural Riley County
 School Age Handicapped
 Senior Citizen

Where did you pick up your catalogue? _____

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

I am interested in teaching for UFM.

I would like to see offered next term: _____

UFM—532-5866

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

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

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

REGISTRATION DATES: Mail-in registration due March 21-April 1
Walk-in:

Monday, March 21	UFM House	5-7pm
Tuesday, March 22	UFM House	7-8am
	Public Library	5-7pm
Thursday, March 24	UFM House	7-8am
Saturday, March 26	Wal-Mart	10am-12pm
Monday, March 28	KSU Union	9am-2pm
Tuesday, March 29	KSU Union	9am-2pm
Wednesday, March 30	KSU Union	9am-4pm
Thursday, March 31	Public Library	12n-7pm

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.) If you are registering only for "Know How Network" classes, you are exempt from the registration fee. In the brochure when a fee is listed, this is the "class fee" and is paid at registration. When a materials fee is also listed, pay it to the instructor at the first class session.

SPECIAL CHILDREN'S DISCOUNT FOR FAMILY PARTICIPATION:

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

UFM REFUND POLICY:

Please check your calendar before you register for a class. UFM will only give a refund in these instances:
1. the limited class you paid for has been filled
2. the class you paid for has been cancelled
3. you are unable to attend a class and you notify UFM and the teacher before the first meeting.

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

If you are not satisfied with a UFM teacher or class, please contact 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)
 Student Spouse Fort Riley Personnel
 KSU Faculty/Staff Townsperson (non-KSU)
 Faculty/Staff Spouse Rural Riley County
 School Age Handicapped
 Senior Citizen

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1.			
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If KSU student, list ID# here _____
Total Due _____

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*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