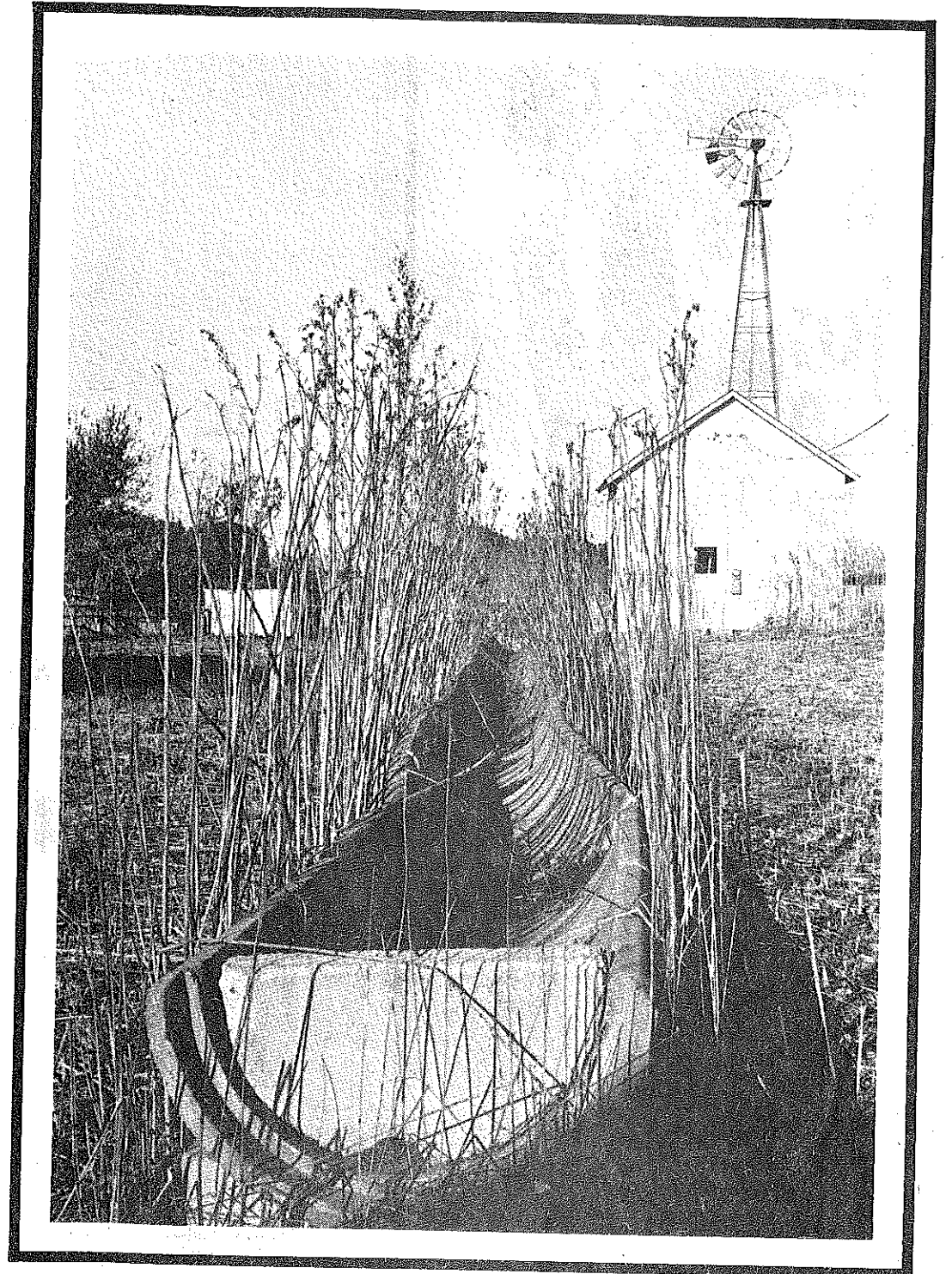


# THE KANSAS CHARACTER



UNIVERSITY FOR MAN  
SUMMER 1983

University for Man  
1221 Thurston  
Manhattan, KS 66506



## THE KANSAS CHARACTER

### COVER PHOTO:

Glen Kowal 1st place, Architecture untitled

### THE KANSAS CHARACTER

#### Images:

Big Bluestem, Sunflowers, Prairie Chickens, Limestone Fenceposts, Big Thunderstorms, Santa Fe Trail, "Bleeding Kansas," Cattle Drives, Suffragettes, "Little House On The Prairie," Gordon Parks' Photography, Jim Ryan's Mile, Wheat, Cattle, Dust Bowl Days, Hybrid Corn, Brookville Hotel, International Pancake Race, World's Largest Hand-Dug Well, Fort Larned, Cessna Aircraft, McCall Pattern Co., Railroads, Tony's Pizza, Hallmark Cards, John Brown, Carry Nation, Dwight Eisenhower, Amelia Earhart . . . What is the Kansas character? Each must decide for themselves. UFM is pleased to present, through photographs and quotations, some ideas on what it means to live in Kansas.

**PHOTO CREDITS:** Winners of the First Annual UFM Black & White Photo Contest:

**ANIMALS:** 1st, Barbara Rutherford, 2nd, Don Jones;  
3rd, Barbara Rutherford

**ARCHITECTURE:** 1st, Glen Kowal; 2nd, Glenn L. Hoover  
3rd, Glenn L. Hoover

**PEOPLE:** 1st, Carol Gulker; 2nd, Glenn L. Hoover;  
3rd, Margaret Buie

**SCENERY:** 1st, Carol Gulker; 2nd, Glenn L. Hoover  
3rd, Rick Ambrose

Thanks to the judges: Sally Wampler, KSU Journalism Department;  
Dan Ray, Manhattan Camera Shop;  
Holly Miller, Manhattan Mercury; and  
John Holcomb, University for Man

### HANDICAPPED ACCESS GARDENING

Edible Landscape Staff

532-5866

Would you like to grow a garden but are unable to because you cannot bend or kneel to work the soil at ground level? We invite you to work with UFM's Edible Landscape Project in our Wheelchair and Handicapped Access Raised Garden Beds!

Grow fresh vegetables and flowers and enjoy a little exercise. Contact us for details and information regarding transportation..

### ANYONE CAN TEACH . . . ANYONE CAN LEARN

We at UFM believe that everyone has something worth passing on. It may be a hobby, a job skill, a talent, a tradition, an experience, etc., etc., etc.

With a little knowledge of teaching skills, we believe that anyone can successfully teach and by doing so, help to enrich their community.

We at UFM are available to help prospective UFM teachers organize their material. If you would like to teach a UFM class this fall, we need to know about it by July 22. Just call us at 532-5866 or drop by 1221 Thurston between 8am and 5pm on weekdays.

Are you trying to reduce your food bills? Improve your family's diet? When was the last time you had a fresh tomato or greens from the garden? If you lack access to suitable land and still would like to have a garden this year, the Manhattan Community Gardens has many plots available for anyone who needs land for gardening. You can pick up applications at UFM House, Douglass Community Center, Manhattan Public Library, Manhattan Riley County Health Department and Social Rehabilitation Services.

For more information contact Aaron Spilka 532-5866..

### 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.

Thanks to the Riley County Historical Museum and Manhattan Public Library for help with the quotations used in this catalog.



## MONEY BUSINESS

### LANDLORD-TENANT RIGHTS: WHAT YOU SHOULD KNOW

C-10

Paul Conrad 239-3675

One Time: Thursday, 7:30-9pm, July 14  
 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.)

### STUDENT LOAN FINANCING

C-11

Diane Durst 537-1234

One Time: Monday, 7:30-9pm, July 11  
 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.)

### SUCCESSFUL MONEY MANAGEMENT

C-12

Fred Freeby 537-4505

Section I: Monday, 7-9pm, June 27  
 Section II: Monday, 7-9pm, July 11  
 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.)

### YOUR BUDGET

C-13

Patricia Streeter 537-2244

One Time: Thursday, 7-8pm, July 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.)

### TAX EXEMPT INVESTMENT INCOME

C-6

Albert Winkler 800-432-0278 776-4329

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

### INVESTMENT BASICS

C-7

Steve Harrison, Sherl Prawl 537-0594

Tuesdays, 7:30-9:30pm, June 28, July 5 (2 times)  
 Location: Will be noted on your receipt  
 Class Fee: \$3.00, pay with registration

Back by popular demand, this is your opportunity to begin forming the foundation of investment fundamentals necessary for effective financial planning. Topics discussed will include money market funds, stocks, bonds, mutual funds and other investment opportunities. (Steve and Sherl are registered representatives of a New York Stock Exchange member firm with offices in Manhattan.)

### ESTABLISHING A CREDIT RATING

C-8

B. Dale Thieroff 776-9434

One Time: Wednesday, 7-8pm, July 13  
 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.)

### EVERYTHING YOU NEED TO KNOW ABOUT FINANCING A HOME

C-9

Sharon O'Neal 776-4733

One Time: Tuesday, 7-8:30pm, July 12  
 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.)

---

A visitor to Manhattan was saying that he was looking for a nice area of the country to live. A Kansas woman in her fifties overhead and unashamedly piped up, "Well, you found it!"

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Carol Gulker 1st, People untitled

# AROUND TOWN

## TOUR OF THE KSU NUCLEAR REACTOR

C-1

Jack Higginbotham

532-6657

One Time: Wednesday, 3-4pm, June 22

Location: Will be noted on your receipt

Class Fee: \$1.00, pay with registration

Tour the KSU reactor facility while Jack discusses the research and training uses of the reactor. (Jack is the new Reactor Supervisor at KSU.)

## MANHATTAN MERCURY TOUR

C-2

David Hacker

776-1616

One Time: Monday, 4-5pm, July 18

Location: Will be noted on your receipt

Class Fee: \$1.00, pay with registration

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

## TOUR OF THE GODFATHER'S PIZZA

C-3

Steve Milner

539-5303

One Time: Tuesday, 2-3:30pm, July 19

Location: Will be noted on your receipt

Class Fee: \$1.00, pay with registration

You will be making your own pizza on this tour of a popular Manhattan pizza parlour; you will also tour the kitchen, learn how dough is made, and receive a certificate as a genuine certified pizza expert. Andiamo!

## TOUR OF THE McCALL PATTERN COMPANY

C-4

Norman E. Winter

776-4041

Section I: Thursday, 9-10am, July 7

Section II: Thursday, 1-2pm, July 14

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.

## TOUR OF KMAN-KMKF

C-5

Tom Reese, Roger Hamilton

776-4851

One Time: Saturday, 10-11am, June 25

Location: Will be noted on your receipt

Class Fee: \$1.00, pay with registration

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

"Kansas is just that vacant lot, between Kansas City and Denver." - Anon. Interstate Traveller from Prairie Cure by Jeff Boyer

## HIDDEN PLACES: WHERE HISTORY LIVES

C-33

Julie Coates

532-5866

Sundays, 2:30pm, June 12, 19 & 26

Location: Goodnow House Museum, 2301 Claflin

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

## FRESH MILK AND CREAM RUN

C-29

Margretta Fosse

532-5866

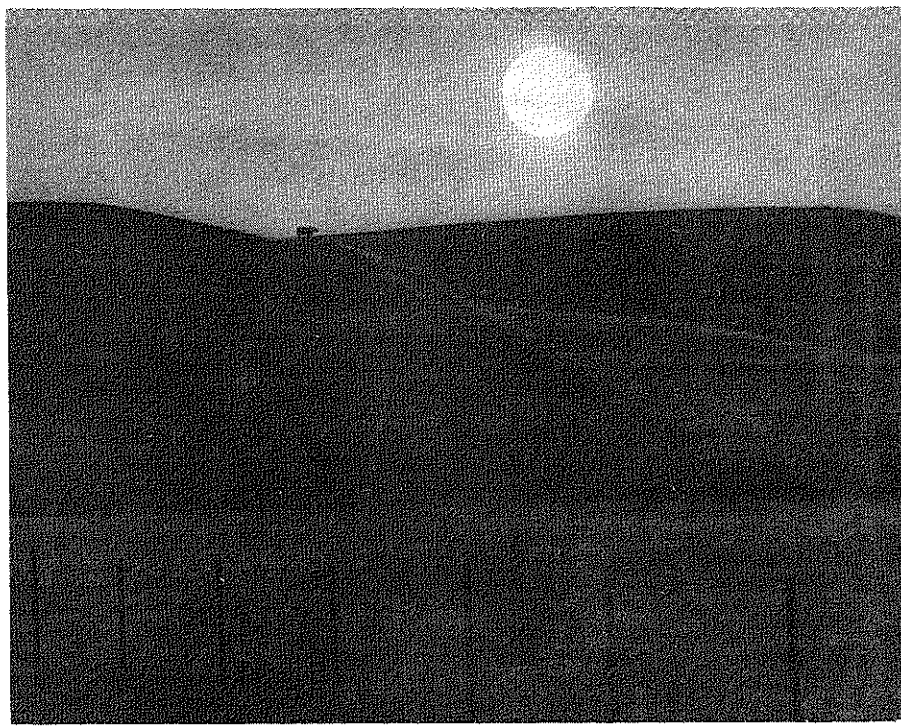
Thursday, 7-8pm, June 23 (organizational meeting)

Location: Will be noted on your receipt

Class Fee: \$1.00, pay with registration

Come to this organizational meeting and we will discuss times and dates for a monthly fresh milk and cream "run" to Schurle's Dairy in Keats.

## 4 COMMUNITY



Glenn Hoover 2nd, Scenery "Moongazer"

## TAKE ISSUE

### THE TUTTLE CREEK STORY: A MOVIE AND A DISCUSSION

C-28

Doris & Leona Velen

539-8758

One Time: Tuesday, 7:30-9pm, June 28

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

In 1953, residents of Blue Valley sponsored a professionally-produced documentary film in opposition to the construction of Tuttle Creek Dam by the Corps of Engineers. The movie tells how the people of Randolph, Stockdale and other affected towns, worked together to oppose the project which would destroy one of the most productive and beautiful valleys in Kansas. The basic theme; a grassroots attempt by the people to affect national water policies, is as relevant today as it was 30 years ago. (Doris and Leona are former Blue Valley residents and long-time Manhattan teachers.)

### S.A.C. (STRATEGIC AIR COMMAND)

C-26

Dean Denner

776-5589

One Time: Monday, 7-9pm, July 11

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

S.A.C. Strategic Air Command in Omaha, Nebraska targets the U.S. land and air based nuclear weapons for the protracted and winnable nuclear war in which you and I are "acceptable" losses. To confront this absurdity and redirect our priorities a campaign throughout the Midwest involving letter writing to S.A.C. and non-violent civil disobedience on the anniversary of Hiroshima is underway. All are welcome to learn and participate. (Dean is a member of S.A.C. [Strategies for Action and Conversion.] )

### YOU AND THE DWI LEGISLATION: A PUBLIC FORUM

C-27

Don Weiner

537-9429

One Time: Wednesday, 7-9pm, July 20

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Don, a local attorney, will join Dennis Beitz, director of the Pawnee Mental Health Center and Bob Nedel, prosecuting attorney from Ft. Riley, in a discussion of the implications of Kansas' new DWI legislation. Comments and input by class members will be welcomed.

## TREMENDOUS SELECTION OF BOOKS

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# HELPING EACH OTHER

## MOTHER'S SUPPORT GROUP

Amy Fauquet, Terry Loyd

C-19

539-4789 776-7368

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

First Meeting: June 28  
Length: ongoing

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.)

## THE NAMELESS SCHOOL GROUP

UFM Staff

C-30

532-5866

Time and dates will be announced

Is there a need in Manhattan for an off-campus social group for singles in the 25-to-40 age range? UFM thinks so and if you think so too and are willing to help organize, then sign up and help give this group a name. We will contact you after enrollment.

## BIG SISTERS/BIG BROTHERS

Winifred Endicott

C-21

776-9575

One Time: Thursday, 7:30-8:45pm, June 23, orientation meeting  
Location: Manhattan Public Library Conference Rm

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

## GROWING WITH PRE-SCHOOL CHILDREN

Mary Higgins

C-22

539-6599

2nd Thursday of the month, 9-11:15am, First Meeting: July 14  
Location: Will be noted on your receipt  
Class Fee: \$1.00, pay with registration

If you have an interest in pre-school children, as a parent, grandparent, teacher, KSU student, etc., please join us for our informal monthly meetings. We attempt to learn all that we can about the needs of children under 6 years of age. Our meetings include a speaker(s), followed by discussion. A nursery is provided. (Mary is the mother of two pre-schoolers and a member of the group.)

## FOSTER-GRANDPARENTS

Louise Henricks

C-23

537-4040

Thursday, 7-8:30pm First Meeting: June 23 (organizational)  
Location: Manhattan Senior Center, 412 Leavenworth Length: Ongoing

Children need a grandparent's love and understanding; too many are cut off from this valuable resource. Attend this preliminary organizational meeting and help form a much-needed Foster-Grandparents group in Manhattan. (Louise is active at the Senior Center and has had years of experience as a grandparent.)

## FLINT HILLS BREADBASKET

Tom Mulhern, Marcia Schuley

C-24

776-7178

One Time: Monday, 7-8:30pm, June 27  
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 backyard. (Tom and Marcia have been involved with the Flint Hills Breadbasket since it began nearly a year ago.)

## DIAL-A-TUTOR, OR THE LEARNING/SKILLS EXCHANGE

Sandi Zeibart

C-31

537-2516

Register and you will be contacted  
Class Fee: \$1.00, pay with registration

Need some help with your math, or other classes but don't want to spend your hard-earned money on a private tutor? Consider trading a skill or your own tutoring abilities for that extra assistance. Indicate at registration the skill you wish to exchange and what you want to learn. (Sandi is hoping to trade her babysitting skills for help with freshman algebra and will gladly match telephone numbers of others who wish to participate.)

## PARENT-TO-PARENT

Jami Ramsey

C-20

539-3828

Thursday, 7:30-8:30pm, June 23  
Location: UFM Conference Rm

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

# JUST FOR WOMEN

## NATIONAL ORGANIZATION OF WOMEN

C-32

One of the newest chapters of National Organization of Women is right here in Manhattan. We convened on February 18, 1983. Manhattan NOW offers a chance to meet other feminists in a framework in which to act on the political and social issues that affect women on a local, state and national level. Plan to attend our meetings or call 776-5922 or 539-5803 for more information. Dates: June 9, July 7, August 11, 7:30pm.

## WOMEN AND CREDIT

Sarah Carlson

C-14

537-4400

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

Limit: 10

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

## WOMEN OF THE HEARTLANDS

Christie Simpson

C-15

776-7573

Sundays or according to the group's wishes  
Location: Will be noted on your receipt  
Class Fee: \$1.00, pay with registration

Length: ongoing  
(you will be contacted for time and dates)

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.

## CONFRONTATION TRAINING

Christie Simpson

C-16

776-7573

One Time: Monday, 7-9pm, July 25  
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.)

## MEET THE LEAGUE OF WOMEN VOTERS

Julie Govert Walter

C-25

537-8634

One Time: Thursday, 7:30-9:30pm, June 23  
Location: Will be noted on your receipt  
Class Fee: \$1.00, pay with registration

If you have been wondering how to become more informed about local, state and national legislative issues the League of Women Voters may be for you. You are invited to discover the League of Women Voters-Manhattan-Riley County at this introductory meeting. You'll learn the latest about the issues currently being examined and discussed by league members in the Manhattan area and how you can be involved. (Julie is membership chair of the League of Women Voters, Manhattan-Riley County.)

## SELF-DEFENSE FOR WOMEN

Christie Simpson

C-17

776-7573

Mondays, 7-8:30pm, July 11 & 18 (2 times)  
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.)

## BOOKS BY AND ABOUT WOMEN

Lorrie Cross

C-18

776-7178

Tuesdays, 7:30-9pm First Meeting: June 28 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-fiction 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: *Testament of Youth* by Vera Bullen, *Emma* by Jane Austen, and *The Good Earth* by Pearl Buck.

# EARTH

## ANIMALS EVERYWHERE

### FISHING AT ROCKY FORD

E-1

Dan Schnittker

539-6814

Saturday, 7:30pm (lecture), July 9  
 Sunday, 7:30am, July 10 (trip)  
 Location: Will be noted on your receipt  
 Class Fee: \$3.00, pay with registration

Rocky Ford, acclaimed as one of the better fishing spots in the state, is only minutes away from Manhattan. Yet how many locals get "skunked" when they cast their lines there. According to Dan, there are not only plenty of fish at Rocky Ford, but plenty different kinds as well. Each area of Rocky Ford offers different species at different times of the year and at different depths. Dan has promised to share all his secrets of year-round fishing at Rocky Ford on one evening and then the following morning, we'll show you how to make the secrets work. Come prepared to catch fish! (Dan spends much of his time at Rocky Ford. He's been known to bring home quantities of five different sport fish on occasions.)

### BASIC DOG AND CAT CARE AND GROOMING

E-2

Geralyn Carstenson

776-9686

One Time: Saturday, 1-3pm, June 25  
 Location: Will be noted on your receipt  
 Class Fee: \$3.00, pay with registration

Learn brushing, nail care, bathing and flea control for your pet. General problems will be discussed along with questions and answers. At registration, list the breed of dog or cat you have so Geryl can prepare demonstrations and illustrations. (Geryl has worked at Somsens for eight years. She is a lifetime national dog groomers association member and will soon be a master groomer.)

### HORSE SENSE

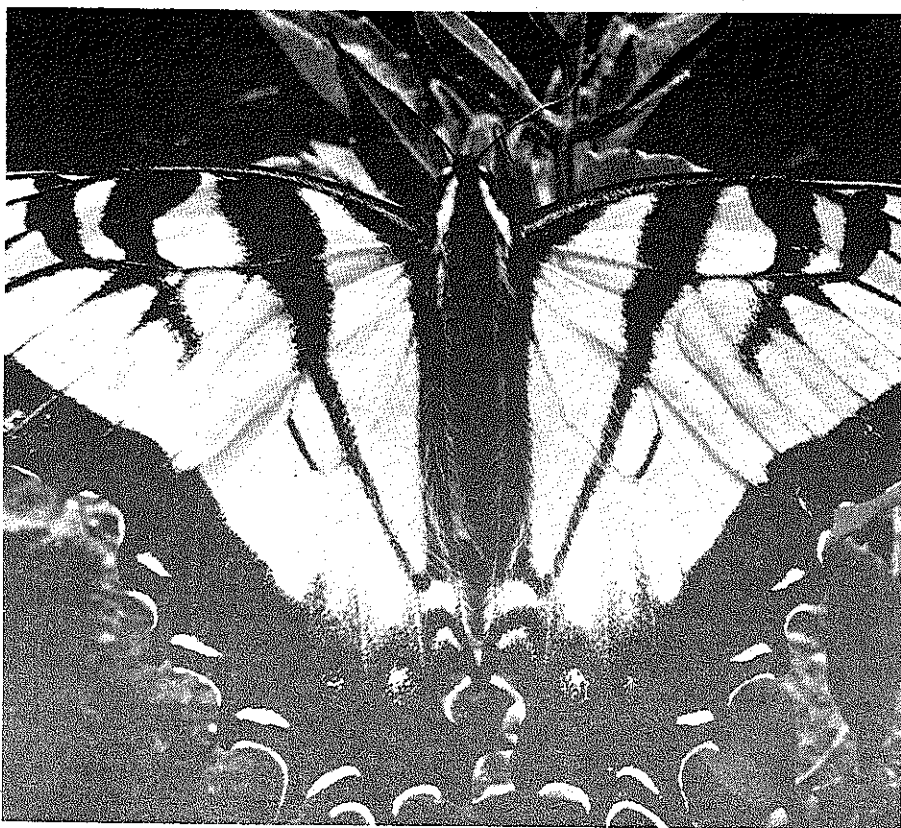
E-4

Helen Waldes

776-5163

Wednesdays, 7:30pm First Meeting: June 22 Length: 4 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.)



Carol Gulker H.M., Animals untitled



Don Jones 2nd, Animals "You Are So Sweet"

### DAIRY GOATS

E-5

Ron Pauli

539-6569

One Time: Wednesday, 7-9pm, June 29  
 Location: Will be noted on your receipt  
 Class Fee: \$3.00, pay with registration

Do you believe that goats really eat tin cans? Have you heard that goat milk tastes bad? 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.)

### FARMYARD FUN FOR KIDS

E-3

Dave Verscheiden

539-4160

One Time: Saturday, 9:30am-4pm, July 16  
 Location: Will be noted on your receipt  
 Class Fee: \$3.00, pay with registration

Let's see what horses do on Saturdays! What do chickens make eggs out of (or what do they eat)? What are some fun things to do on a day at a country farm? We'll play games learn about some animals and explore the hidden parts of a farm. Bring a lunch, old clothes and your curiosity. No milking the chickens, please! (Dave works for Social and Rehabilitation Services and wants to share the wonders of his farmyard.)

### EXPLORING UNDER ROCKS (FOR CHILDREN AND ADULTS)

E-6

Stephen Hoffman

776-8072

Saturday, 8-10am, July 9 (rain date July 16)  
 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.)

### HUMANS THROUGH TIME

E-13

Larry Paris

776-5989

One Time: Wednesday, 7pm, July 20  
 Location: Will be noted on your receipt  
 Class Fee: \$3.00, pay with registration  
 Materials Fee: 50c, pay at class Limit: 20

Have you ever wondered how our earliest ancestors looked? How did we change through time? What about the first civilizations -- where and when did they occur? We'll take a look at a very interesting animal-ourself-and how we've changed, biologically and culturally, over the past 3 million years. A slide show and handouts will be given.

# WHERE THE WILD THINGS ARE

## PRAIRIE WILDFLOWERS

E-7

Gene Towne

532-7233

One Time: Saturday, 9-11:30am, June 25 (rain date Monday, June 27, 6pm)  
Location: Will be noted on your receipt  
Class Fee: \$1.00, pay with registration

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

## PRAIRIE GRASSES

E-8

Gene Towne

539-0353

One Time: Wednesday, 6-8pm, June 29 (rain date: Thurs, June 30, 6pm)  
Location: Will be noted on your receipt  
Class Fee: \$1.00, pay with registration

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

## WILDFLOWERS OF KONZA PRAIRIE

E-9

Craig Freeman

776-1678 532-6619

Section I: 9:30am-12:30pm, July 9 (rain date, July 16)  
Section II: 1:30pm-4:30pm, July 9 (rain date, July 16)  
Location: Will be noted on your receipt  
Class Fee: \$1.00, pay with registration

Limit: 20 each section

Visit the Konza Prairie uplands and learn about the identity and natural history of some of the wildflowers that grace the tall grass prairie of the Kansas Flint Hills. See coneflowers, prairie-clovers, groundcherries and verbenas to name but a few. (Craig is a graduate student in botany at Kansas State University.)



"Reflections In A Flint Hills Stream"  
Glenn White Scenery

## SCENIC FLINT HILLS AUTO TOUR AND WILDFLOWER FUN

E-10

Iralee Barnard

949-2857

One Time: Saturday, 1-5pm, June 25  
Location: Will be noted on your receipt  
Class Fee: \$1.00, pay with registration

See the Flint Hills as we drive south and west to Herington, where Iralee will share her extensive knowledge of wildflowers with you. Focusing on the beauty and diversity of the prairie, the program begins with slides. Featured are wildflowers common to the area and their particular characteristics and uses by the Indians and first settlers. Then, walk on the local prairie where many plants will be in bloom. Prairie clover, evening primrose, beebalm, and butterflyweed are just a few that should be blooming at that time. (Iralee illustrated the field guide Favorite Prairie Wildflowers and has given many wildflower programs.)

## NATURE PHOTOGRAPHY

E-14

David Rintoul

776-0567

Saturdays, 10am-12n, July 30 & Aug 6 (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.)

## TUTTLE CREEK TOUR

E-15

Paul Weidhaas

539-8511

One Time: Sunday, 9:30-11:00am, July 17  
Location: Will be noted on your receipt  
Class Fee: \$1.00, pay with registration

Limit: 25

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

## TUTTLE CREEK CLEAN-UP CAMPAIGN

E-16

Paul Weidhaas

539-8511

One Time: Sunday, 12:30-4:30pm, July 31  
Location: Will be noted on your receipt

Do your bit for the environment; join other concerned citizens for an afternoon at Tuttle Creek in the first concerted effort to clean up the parks and shoreline. A Corps of Engineers park ranger will distribute trash bags and assign areas targeted for cleanup. (Paul promises the coveted "Junior Ranger" certificate to every enthusiastic participant.)

"The brooks are numerous . . . wild fruits and flowers abound along the road-side." - A correspondent to the New York Times writes of eastern Kansas territory, June 20, 1854.

## KONZA PRAIRIE HIKE

E-34

Dave Sampson, Joe Gelroth

499-5311 539-1424

One Time: Saturday, 9am-12n, June 25  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

Limit: 30

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

## BASIC ASTRONOMY

E-11

Larry Paris

776-5989

Section I: Thursday, 8:30-11pm, July 7  
Section II: Thursday, 8:30-11pm, Aug 4  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

Materials Fee: 50¢, pay at class Limit: 10 each section

Larry will first discuss the basic physical structure of the known universe. After dark, we'll look at planets, stars and constellations including Cepheus, Cassiopeia, Draco the dragon, Cygnus the swan, Scorpius, Libra and many others. (Larry has a B.A. in Anthropology, and one of his interests is in Astronomy.)

## VIEWS OF THE GRAND

E-12

Bob Klaphor, Wilson Tripp, Charlie Griffin

539-5857

One Time: Tuesday, 7-10pm, June 28  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

Grand Canyon: one of the seven natural wonders of the world. Local Grand Canyon adventurers will present a talk and slide show about some of the usual and unusual areas to visit and explore in the Canyon. Come see some scenery and get some ideas for possible trips. If you ever envision yourself backpacking in the Grand Canyon, DON'T miss this class! (Bob, Wilson and Charlie have been on many Canyon trips. Their enthusiasm is contagious.)

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# GET GROWING!

## BEAUTIFUL LAWNS

E-18

Brian McBride

776-8502

One Time: Tuesday, 7:30pm, July 19  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

Everyone who has a lawn wants it to be green, lush and well kept. If you anticipate any problems with your lawn this summer, this class is for you. Brian will help you have a beautiful green lawn despite Kansas' drought, wind and insect problems. This class will cover fertilization, weed control, irrigation, mowing, dethatching, and you will have time for questions and answers. (Brian is a student in turf management with several years experience as a lawn specialist.)

## PLANT-PLANT-ENVIRONMENT INTERACTIONS: ECOLOGY & PHYSIOLOGY

E-19

Mark Fabrycky

537-4728

One Time: Saturday, 9am-12n, Aug 6  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

Topics include intercropping, multiple cropping, weed competition, range and pasture mixtures, and succession -- the emphasis on vegetables, field crops, and their weeds. Drawing from empirical experiments we'll discuss "limiting factors" competition theory. Research data and information currently available will be discussed. (Mark has had 4 years of formal training in agronomy and horticulture at KSU.)

## MARKET GARDENING

E-20

Mark Fabrycky

537-4728

One Time: Saturday, 6-8pm, July 30 (rain date Aug 6)  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

In your back yard or on your farm, vegetable crops can yield big income from little capital. We'll discuss the "how to" of cropping systems, equipment, marketing . . . also, environmental and cultural (societal) aspects. (Now in his 2nd year of selling, Mark has gardened for 10 years on soils ranging from impermeable clay to coarse sand.)

## FALL GARDENING AND SEASON EXTENDING

E-26

Ira Harritt

532-5866

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

Which of the following garden crops can be planted in late summer and harvested in October: a) cauliflower; b) carrots; c) summer squash; d) potatoes; e) all of the above? Yes, believe it or not, all of the above as well as snap beans, beets, cucumbers and others can be fall crops. Also covered in this class are methods to beat the frost and get an extra couple weeks or months of harvest from your garden. This class can save you lots of money on your grocery bills.

## IDENTIFYING GARDEN INSECTS AND DISEASES THAT CAN CAUSE YOU TROUBLE(E-24)

Aaron Spilka

532-5866

One Time: Saturday 1:30-3:30pm, June 25  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

Limit: 15

What distinguishes beneficial ladybugs from cucumber beetles that will kill your squash? How is bacterial wilt different from damping-off, blossom end-rot or leaf spot? If you don't know the answers, you and your garden will be the better for coming to this class. A tour of disease and insect problems at the Manhattan Community Gardens will be included. (Aaron is a senior in horticultural therapy and has been involved in community gardens for five months.)

## SHOPPING FOR THE FRESHEST PRODUCE

E-21

Roxana Howe & others

539-1980

One Time: Saturday, 10-11:30am, July 16 (rain date July 23)  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

Learn about the selection of farm-fresh fruits and vegetables from the experts themselves -- our Farmers' Market growers! Wise selection of fresh produce is delicious and nutritious. Visit Manhattan's Downtown Farmers' Market for great fruits and vegetables and meet our friendly Kansas farmers. (Roxana is president of the Downtown Farmers' Market for 1983. She has been active in the market since its founding in 1979 and is owner-operator of a local apple orchard with her husband Jon.)

## MULCHING AND COMPOSTING

E-22

Harlan J. Trennepohl

532-5923

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

Limit: 20

Experience is often the best teacher. In this class, you'll meet a teacher with loads of experience. Come on an on-site visit to an "almost organic" garden to see berries, rhubarb, asparagus, horseradish, corn, peanuts, potatoes, melons and squash. The techniques of mulching and composting will be discussed. (Gardening has been Harlan's avocation for 25 years and at this location for 10 years.)

## CONTAINER GARDENING: EVEN APARTMENT DWELLERS CAN GROW VEGIES

E-23

Pat Camp

776-5450

One Time: Saturday, 1-3pm, June 25  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

Not enough space for a garden? You can garden too by using containers. Learn what kind of plants do well in containers, care for container plants, how to choose containers and transplant your plants. (Pat has multiple green thumbs.)

## ORGANIC VS. NON-ORGANIC GARDENING

E-25

Aaron Spilka

532-5866

One Time: Thursday, 6:30-8pm, July 7  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

Limit: 15

Does organic gardening really work? Which pesticides are safer to use? How do organic and non-organic gardens compare in terms of production, labor and cost? Come and find answers to these and other questions as we tour both organic and non-organic plots at the Manhattan Community Gardens. Many techniques for growing a variety of produce will be examined.



Glen Kowal H.M., Scenery untitled

## HERB LORE

E-17

Carol Ebert

456-2841

One Time: Monday, 7-9:30pm, July 18  
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.)

## PERENNIAL GREENHOUSE TOUR

E-35

Steve Moore

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

Limit: 12

Look at and play with flowering perennials in a greenhouse. We'll be transplanting seedlings and observing various stages of growth with several varieties. 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.)

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# FOOD TODAY AND TOMORROW

## BEST EDIBLE LANDSCAPE CONTEST

E-30

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, herbs and fruits in combination with ornamental plantings could win first place in UFM's Edible Landscape Contest.

Judging criteria will be based upon:

1. Productivity . . . . . 30 points
2. Aesthetic and creative use of materials . . . . . 25 points
3. Energy and resource conserving use of plant materials . . . . . 25 points
4. Varied and appropriate use of plant materials . . . . . 20 points

Entrants will be notified of judging dates. Thanks to the following businesses for donation of prizes:

- 1st place: \$25 gift certificate from Moore's Spring Creek Nursery  
2nd place: \$15 gift certificate from Raintree Gardens  
3rd place: Five, \$5 gift certificates from West Side Market

Winners will be announced July 9.

Judging will be done by:

Jim Lindquist, Riley County Cooperative Extension,  
Dr. Ray Keen, Professor Emeritus-Ornamental Horticulture and  
Ogden Green, Former President of the Manhattan Man's Garden Club  
and Agricultural Agent

## EDIBLE LANDSCAPE VISITORS DAY

E-27

Edible Landscape Staff

532-5866

One Time: Saturday, 1-4pm, July 16  
Location: UFM Greenhouse

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

## EDIBLE PLANT MATERIALS CO-OP

E-28

Ira Harritt

532-5866

One Time: Tuesday, 7:30-9:30pm, July 26  
Location: Will be noted on your receipt  
Class Fee: \$1.00, pay with registration

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

## WES JACKSON: CREATING A SUSTAINABLE FOOD SYSTEM

E-32

Wes Jackson

532-5866

One Time: Friday, 8pm, Aug 5  
Location: Campus Center, Manhattan Christian College, 1419 Laramie  
Class Fee: \$3.00, pay with registration

Wes Jackson will speak on the need to take a new look at our agricultural system and point us in directions which can offer us hope that an abundant food supply will be available in the future. (Wes is a nationally known spokesperson for regenerative or sustainable agriculture, director of the Land Institute in Salina, Kansas and author of New Roots For Agriculture.) Please bring your receipt for admission to class.

## CREATING A SUSTAINABLE FOOD SYSTEM: LOCAL AND REGIONAL ACTION

E-33

Edible Landscape Staff

532-5866

All weekend -- Friday, Saturday, Sunday, Aug 5, 6, 7  
Location: Manhattan Christian College, Campus Center, 1419 Laramie  
Please contact Ira Harritt at 532-5866 for the amount of the fee.

Find out what you can do to change our food system's consumption of soil and water resources, waste of fossil fuels and its limitation of farmers' ability to practice good stewardship of our land and food.

The University for Man Edible Landscape Project and the Midwest/Plains Congress for a Sustainable Food System will hold a 2½ day intensive regional conference to provide training, skills, information and inspiration to enable participants to help our food system become more stable, sustainable and diverse.

TRAINING AND WORKSHOPS WILL INCLUDE AREAS SUCH AS:

- Public Education Programs: Facts, Public Speaking, Publicity, Organizing Church: Food and Land Stewardship Activities
- Promoting Localized Marketing
- Organizing Collective Marketing
- Organizing Food Co-ops
- Creating a Kansas State Co-op Network
- Farmers Markets
- Consumer/Farmer Links
- Water Issues and Actions
- Lobbying: State and Federal
- Community Gardening
- Seed Saving/Saving our Gene Pool
- Edible Landscaping
- Organic Farming
- Alternative Crops: Filling a Nitch
- Food and the Poor



Mark Marshall untitled

## GARDEN TOUR

E-29

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 old time dibblers, new innovative gardeners, organic and conventional tillers (and no-tillers) of the soil achieve their horticultural successes.

## EDIBLE LANDSCAPE: INTERNSHIPS AND VOLUNTEER PROGRAM

E-31

Edible Landscape Staff

532-5866

One Time: Monday, 7-8pm, June 27  
Location: UFM Greenhouse

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.



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# FOODS

## GOOD SMELLS...

### CHINESE COOKING

F-1

Lee-Shih Lu (Lilys) 539-7841  
 Mondays & Wednesdays, 2-3:30pm First Meeting: July 11  
 Location: Will be noted on your receipt Length: 6 times  
 Class Fee: \$10.00, pay with registration  
 Materials Fee: \$30.00, pay at class Limit: 12

We will learn to cook 18 typical Chinese dishes using chicken, beef, pork and tofu, including spring rolls and Houn Tong. At each class we will prepare and taste several dishes. At the end of the classes you will have not only the recipes but the basic keys of Chinese cooking that will allow you to create your own dishes. (Lilys is a graduate of the Chinese Cooking Institute in Taiwan, Republic of China.)

### SOFT PRETZELS AND ROOT BEER

F-2

Saundra Cindrich 776-5448  
 One Time: Thursday, 7-9pm, July 14  
 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 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, Saundra looks for inexpensive, easy-to-make treats.)

"Win the War with Wheat!" - a popular slogan in Kansas during both world wars.

### WHEAT COUNTRY HEALTH DELIGHTS

F-7

Carol Ebert 494-2841  
 Monday and Thursday, 7-9pm, July 11 & 14 (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. She regularly demonstrates whole wheat cooking.)

### WINEMAKING IN THE HOME

F-4

C. L. Norton 537-7683  
 One Time: Wednesday, 7-9pm, Aug 3  
 Location: Will be noted on your receipt  
 Class Fee: \$3.00, pay with registration

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

### SUMMERTIME GOURMET

F-5

Kathleen Seacat 537-9023  
 Wednesdays, 6:30-8:30pm, June 29, July 6 (2 times)  
 Location: Will be noted on your receipt  
 Class Fee: \$5.00, pay with registration  
 Materials Fee: \$3.00, pay at class Limit: 15

Pasta salads, chilled soups, fun finger foods . . . for a fast summer supper or a party on the deck! We'll create several of each and recipes will be provided to let you have lots of fun with cool summer delights. (Kathleen managed a small cafe in a gourmet shop and attended summer session at the Culinary Institute.)

### BEER MAKING

F-3

Greg Love 537-2588  
 Tuesdays, 6:30-8:30pm First Meeting: June 21 Length: 3 times  
 Location: Will be noted on your receipt  
 Class Fee: \$5.00, pay with registration  
 Materials Fee: \$5.00, pay at class Limit: 8

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

### KIDS COOK (6-8 years old)

F-6

Kathleen Seacat 537-9023  
 Saturdays, 9:30-11:30am, July 23 & 30 (2 times)  
 Location: Will be noted on your receipt  
 Class Fee: \$5.00, pay with registration  
 Materials Fee: \$3.00, pay at class Limit: 10

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

### CREPES

F-8

Wanetta Boyle 944-3585  
 Saturdays, 5:30-7:30pm First Meeting: July 9 & 16 (2 times)  
 Location: Will be noted on your receipt  
 Class Fee: \$3.00, pay with registration  
 Materials Fee: \$5.00, pay at class Limit: 12

Crepes -- those thin, delicate pancakes whose fillings are limited only by imagination. We will try meat, vegetable and fruit. At our first class we will discuss techniques, equipment needed and have a demonstration. Our next class will be student participation. (Wanetta in addition to cooking for her family for years, prepares crepes as part of her duties as chef at the Ramada Inn.)

### COTTAGE CHEESE

F-9

Ron Pauli 539-6569  
 One Time: Monday, 7-9pm, June 27  
 Location: Will be noted on your receipt  
 Class Fee: \$3.00, pay with registration Limit: 10

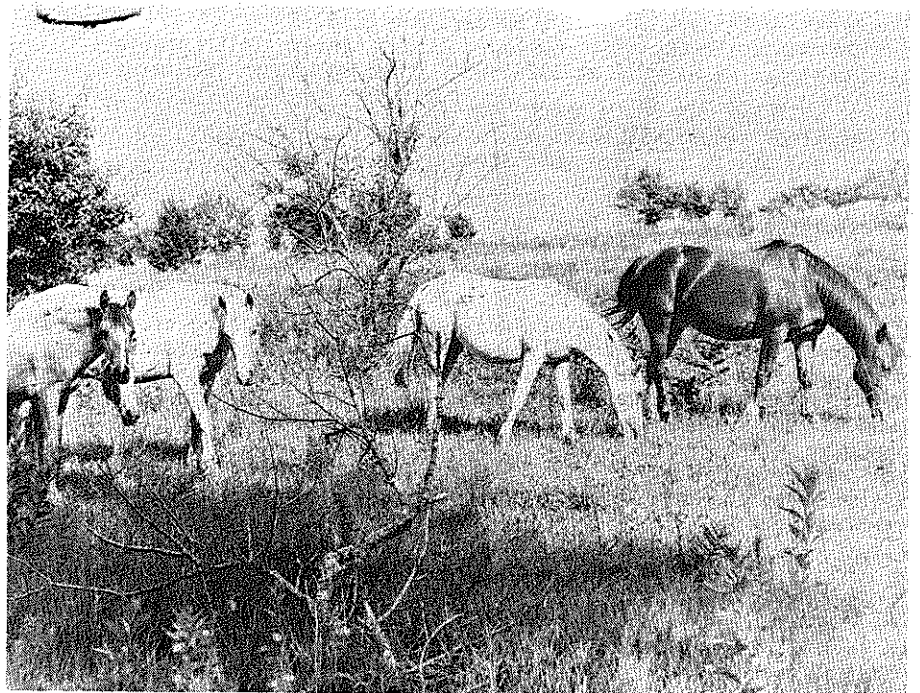
Homemade cottage cheese tastes different from commercial cottage cheese, and some folks like it better. This delicious product can be made with either cow or goat milk. The class will include a demonstration of how to perform the alchemy of cheese making and students will have a chance to sample. (Ron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

### ROSY PEACH JAM-BOREE

F-10

Kate Maxham 776-0133  
 Register and you will be contacted for time and location  
 Class Fee: \$3.00, pay with registration  
 Materials Fee: \$2.00, pay at class Limit: 3

Did I forget the bananas? Oh well, and did I say fresh? Would you believe we'll pick--nay, nay--hand select the peaches from the back yard! We will go over the recipe -- prepare the jam and put up enough to enjoy now and later. Class date will depend on our peach trees. (Kate has made this peach, banana, and cherry jam for several years and is looking forward to trying it again this year.)



Adrianna M. Jones "See All Evil, Hear All Evil"

# ... GOOD TASTE!

## OLD-FASHIONED HOMEMADE NOODLES

F-11

Meriam Kierstead

532-5866

One Time: Wednesday, July 20, 7-9pm  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration  
Materials Fee: \$1.00, pay at class Limit: 7

Dazzle your friends by making tender homemade noodles for your next pot-luck, or wow your family with a mouth-watering treat. Lots of people think noodles are hard to make, but (don't tell anybody) they're quick and simple -- and dee-licious!

## PIES, PIES, PIES

F-12

Julie Coates, Meriam Kierstead

532-5866

One Time: Wednesday, July 27, 7-9pm  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration  
Materials Fee: \$1.50, pay at class Limit: 7

Learn the intricacies of pie making from crust to filling. Meriam will teach class members how to make pecan pie, and Julie will share her little-known recipe for lemon-sour cream pie. (Meriam has been baking pies and other yummie things for years. Julie loves to help her out and lick the bowls.)

## CLAM CHOWDER

F-13

Mildred Marston

776-9872

One Time: Wednesday, 7-9pm, June 22  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration  
Materials Fee: \$2.00, pay at class Limit: 7

After you've taken this class, everyone will swear you were born and raised in Maine. You'll impress your friends with savory New England style clam chowder, full of clams, chunky potatoes, and other vegetables. Don't miss your chance for a real "down east" taste treat. (Mildred is a chowder-maker extraordinaire!)

## YOGURT MAKING

F-14

Dennis Hemmendinger

539-6609

One Time: Monday, 7pm, June 27  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration Limit: 10

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

## PRESSURE CANNING & FREEZING

F-20

One Time: Thursday, 6-10pm, July 28  
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 concentrate on blanching and preparing foods for canning. We will demonstrate pressure canning showing how to preserve those fabulous summer vegetables. We will also touch on freezing produce as an alternative to canning. (Your instructors are avid Community Gardeners and by preserving the fruits of their labor enjoy their gardens all year long.)

## CHEESECAKE

F-21

Mike Klassen

539-4079

One Time: Tuesday, 6:30-8:30pm, July 19  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration  
Materials Fee: \$3.00, pay at class Limit: 12

Cheesecake - rich, creamy and delicious right down to the last crumb. Mike has several great recipes and will make, bake and offer samples of one during this class. Your stomach won't forgive you if you miss this one. (Mike's primary incentive for cooking and baking is eating the final product.)

## VERENIKI OR CHEESE POCKETS

F-15

Jean Krahn Nickel

532-5866

One Time: Thursday, 6-8pm, July 21  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration  
Materials Fee: \$2.00, pay at class Limit: 10

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

## MAKE YOUR OWN BABY FOOD

F-16

Hilde Brooks, Amy Fauquet

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

We will discuss basic baby food preparation methods with emphasis on nutritional concerns and times for food introduction. Plan ahead and take advantage of summer by preparing and freezing foods while they are economical and at their peak. New and expectant mothers come exchange ideas and experiences. (Hilde has a background in nutrition. Both she and Amy have young children.)

## FREEZER JAMS

F-17

Rebecca Brownson

532-5866

One Time: Saturday, 1-4pm, July 23  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration  
Materials Fee: \$5.00, pay at class Limit: 10

Pick strawberries or peaches at their peak and preserve them in an easy, sweet freezer jam. If you can cut and measure fruit you will be successful with this jam method. We will prepare a batch in class to take home and sample some from my freezer. (Rebecca and her mother first tried this method one summer when they were overrun with berries and wanted a quick way to use them up.)



Barbara Rutherford 3rd, Animals untitled

## FRIED CHICKEN PICNIC

F-18

Colleen Burnett, Rebecca Brownson

532-5866

One Time: Saturday, 5-7:30pm, June 25  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration  
Materials Fee: \$3.00, pay at class Limit: 10

Finger licking fried chicken and old-fashioned potato salad, traditional go-togethers for summertime picnicking. We will show you how to have non-greasy chicken and the secrets of flavorful potato salad. We will discuss some different take-alongs and how to carry them so they stay safe and fresh. (Colleen is famous for her fried chicken. She and Rebecca both enjoy cooking and eating out-of-doors.)

## CINNAMON ROLLS: YEAST DOUGH BASICS

F-19

Rebecca Brownson

532-5866

Saturday (you will be contacted for time and date)  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration  
Materials Fee: \$3.00, pay at class Limit: 10

Warm and sticky from the oven, spiced with cinnamon and filled with raisins or nuts, cinnamon rolls are a family favorite. We will make a sweet yeast dough and while letting it rise discuss other yeast breads. After adding the filling of our choice we will wait eagerly for a sample as their spicy aroma fills the air.

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# SKILLS

## SKILLS FOR JOBS...

### SPEEDWRITING (FORKNER SHORTHAND)

SK-1

Marilyn Lewis 537-9110  
Tuesdays & Thursdays, 7-8:30pm First Meeting: June 28 Length: 8 times  
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.)

### INTRODUCTION TO TYPING

SK-2

Cindy Henry 776-4882  
Mondays & Wednesdays, 7-8:30pm First Meeting: July 6 Length: 8 times  
Location: Will be noted on your receipt  
Class Fee: \$10.00, pay with registration Limit: 12

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. (Cindy types 70 wpm and you can too.)

### INTRODUCTION TO AUCTIONEERING

SK-3

Bob & Bill Wilson 776-9237  
Wednesdays, 7-9pm First Meeting: June 29 Length: 3 times  
Location: Will be noted on your receipt  
Class Fee: \$5.00, pay with registration

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

### BIDDING AND BUYING AT AUCTIONS

SK-4

Pat Hamilton 539-1319  
Thursday, 7-8:30pm, July 14  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

Pat, a local auctioneer, will help get over fears like "If I scratch my nose at an auction could I end up owning 200 acres of land?" Join the fun and bring a small item to be auctioned off for practice. (Pat is a graduate of the Missouri Auction School and is a member of the National and Kansas Auctioneers Associations.)

### HOW TO GET YOUR REAL ESTATE LICENSE

SK-5

Duane McKinney 539-2356  
One Time: Wednesday, 7-9pm, July 6  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration Limit: 20

Interest rates are down, home buying is up. Maybe now is the time to get your real estate license! Duane will cover requirements, training, available classes, and the employment outlook in this introductory class. (Duane is a licensed real estate broker at Century 21.)

### CAREERS IN TRAVEL

SK-7

Thea Garvin 539-0531  
One Time: Tuesday, 7-9pm, July 19  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration Limit: 15

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

### SUCCESSFUL AIR TRAVEL

SK-8

Gary Coats 776-4196  
Thursdays, 7-8:30pm First Meeting: June 23 Length: 2 times  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

Planning an airline trip this summer? This class is a must! Gary will discuss your rights as a passenger, pitfalls that knowledgeable travelers avoid, travel for the handicapped, the art of making reservations, and finally, how to pack that suitcase. Bon voyage! (Gary is the Customer Service Agent for Republic Airlines.)

### PERSONAL COMPUTERS

SK-19

Bill Jahnke 539-8536  
Thursdays, 7-9pm, June 23 & 30 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration Limit: 30

In the next few years small personal and business computers will become commonplace in many homes and offices. What can they do? Who can use them? Why do I need one? Come to this meeting and find out. (Bill claims to have had the first Apple in the Little Apple.)

### A STRATEGY FOR SUCCESS

SK-20

Elias Saig 539-9960  
Thursdays, 7:30-8:30pm, July 7 & 14 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

This strategy will help you attain your professional or educational goals; all successful people know this strategy and have used it to get where they are. This class will explain the strategy and help you learn how to use it. (Elias has used this approach and has taught this class before.)

### REAL ESTATE FOR INVESTORS

SK-6

Duane McKinney 539-2356  
Tuesday & Wednesday, 7-9pm, Aug 2 & Aug 3 Length: 2 times  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration Limit: 20

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

### HOW TO BE A SUPER SITTER

SK-9

Karen Elliott, Kathy Meyer, Teri Oestrich, Tanya Townson 776-4444  
Mondays, 7-8:30pm First Meeting: July 11 Length: 3 times  
Location: Will be noted on your receipt Limit: 20  
Class Fee: \$5.00, pay with registration

This class is a must for mothers who care for others' children in their homes, teenagers who need more credentials and know-how before embarking on summer sitting jobs, and aunts, uncles and grandparents who are ready for a refresher course. We will cover the broad stages of early childhood development (what can you expect from a typical two's behavior pattern? How does it differ from 8 months or almost 3?): discipline, how and when; emergencies and accidents, how to cope; and offer tips on a full range of activities and crafts guaranteed to hold any tot's attention. (Karen, Kathy, Teri and Tanya are staff members at the Regency Learning and Child Care Center and unlike Mother Hubbard, do know what to do with children.)



Barbara Rutherford 1st, Animals untitled



**SUREFIRE CHILDREN'S PARTIES**

SK-10

Rita Strickland

776-7666

One Time: Tuesday, 7-8:30pm, June 28  
 Location: Will be noted on your receipt  
 Class Fee: \$3.00, pay with registration

Limit: 15

Say goodbye to frazzled nerves and ice cream fights! In this class we will learn the knack of giving easy, successful children's parties. Topics will include entertainment how-to's; menus, party size, structure and length; and decorating and theme tips. Bring on the clowns! (Rita is the owner-director of the Pooh corner Preschool, with childcare experience in Oberland, Salina and San Francisco. She has given numerous parties for her 5-year-old and 7-year-old.)

**BASIC STONE MASONRY**

SK-16

Earl Robinson

539-4412

Sundays, 1-3:30pm, June 26, July 3 (2 times)

Location: Will be noted on your receipt

Class Fee: \$10.00, pay with registration

Limit: 12

Stone is one of the most versatile and everlasting building materials. Building with stone is an exacting art that requires a good basic knowledge of the methods involved. Earl can give you ideas for projects once you know the basics. (Earl has years of experience and can show you how to build solidly and beautifully with stone.)

"The Kansas spirit is . . . one that finds something exhilarating in the challenge of an extreme difficulty." - Carl Becker, 1910.

**AUTO MECHANICS MADE EASY**

SK-15

William Hensen

494-2570

Wednesdays, 6:30-8:30pm First Meeting: June 22

Length 5 times

Location: Will be noted on your receipt

Class Fee: \$10.00, pay with registration

Limit: 10

In this introductory class we will learn the basic principles of auto mechanics and have hands-on experience with brake adjusting, ignition timing, checking differential fluids, changing those filters that always need changing, and general trouble-shooting. The class will be geared to the needs and experience-level of the members. (William is an independent auto mechanic.)

**HOUSEWORK COOPERATIVE**

SK-12

Amy & Tom Fauquet

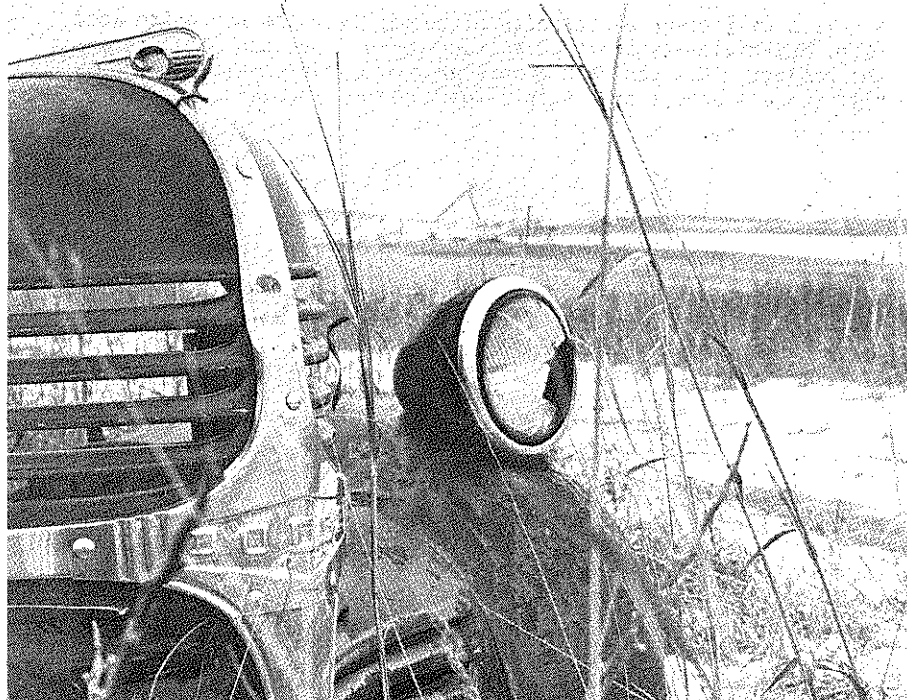
539-4789

Wednesdays, 7:30-9pm, June 22 & 29

Location: You will be contacted by the instructor

Class Fee: \$3.00, pay with registration

Come to the organizational meeting of the Housework Co-op to help start this valuable community service. Do you hate to mow your yard but like to paint? Trade with someone else! Do you hate to clean your stove or freezer but wouldn't mind doing someone's laundry? Then this co-op is for you. (Amy and Tom have been trying to avoid jobs they don't like for years.)



Rick Ambrose 3rd, Scenery "Dodge"

**OR HOMES**



Glenn Hoover 2nd, Architecture untitled

**OLDER HOME RENOVATION**

SK-11

T. Russell Reitz

539-4173

One Time: Wednesday, 7-9pm, June 29

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

If you're thinking of renovating an older home you'll need to know some of the problems and solutions involved. We'll discuss purchasing a home, usual work required in most renovations, answers to individual cases and give you some encouragement. (Russell has renovated 25 older homes or apartment buildings - purchased and sold or rented.)

**CARPENTRY FOR WOMEN**

SK-13

Brenda Buster

776-3530

Saturdays, 9am-12n First Meeting: July 9

Length: 4 times

Location: Will be noted on your receipt

Class Fee: \$10.00, pay with registration

Limit: 10

In the first class we will learn carpentry basics; types of wood tools and how to use them, methods of joining and support. In the remaining classes we will choose our own carpentry project for hands-on experience. Members may be asked to supply materials for their project. (Brenda has been remodeling for five years and is now on her second owner-built home.)

**CLASSIC CARS OF THE 50's**

SK-18

George Lookhart

539-2405

One Time: Monday, 7-9pm, July 11

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Join others who own or are interested in rebuilding 1950's cars for an evening of discussion. Topics for discussion may include where to find parts and swap meets. (George owns a 1958 Impala convertible.)

**BICYCLE MAINTENANCE & REPAIR**

SK-17

Connie Meech

539-6400

Tuesday & Thursday, 7-9:30pm, June 21 & 23 (2 times)

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Limit: 10

In the first class we will identify basic bicycle components and how they work internally. The second meeting will be hands-on experience performing the most common repairs. You don't need to bring bikes or tools, just yourselves. (Connie is a bicycle enthusiast and well-known local racer; she has been doing her own repairs for 10 years.)

**ARTS IN THE PARK  
1983 SUMMER HIGHLIGHTS**

**National Tour Shows**

- June 10 JOHN HARTFORD
- June 18 NORMAN & NANCY BLAKE
- June 24 SALEM INSPIRATIONAL GOSPEL CHOIR
- June 30 JOAN GRIFFITH
- July 2 TRINIDAD TRIPOLI STEEL BAND
- July 7 JIMMY C. NEWMAN
- July 15 ETERNITY
- July 30 FLASH CADILLAC

**ARTS & CRAFTS FESTIVAL**

- June 17 10 a.m. to 8 p.m.
- June 18 10 a.m. to 8 p.m.
- June 19 12 p.m. to 4 p.m.

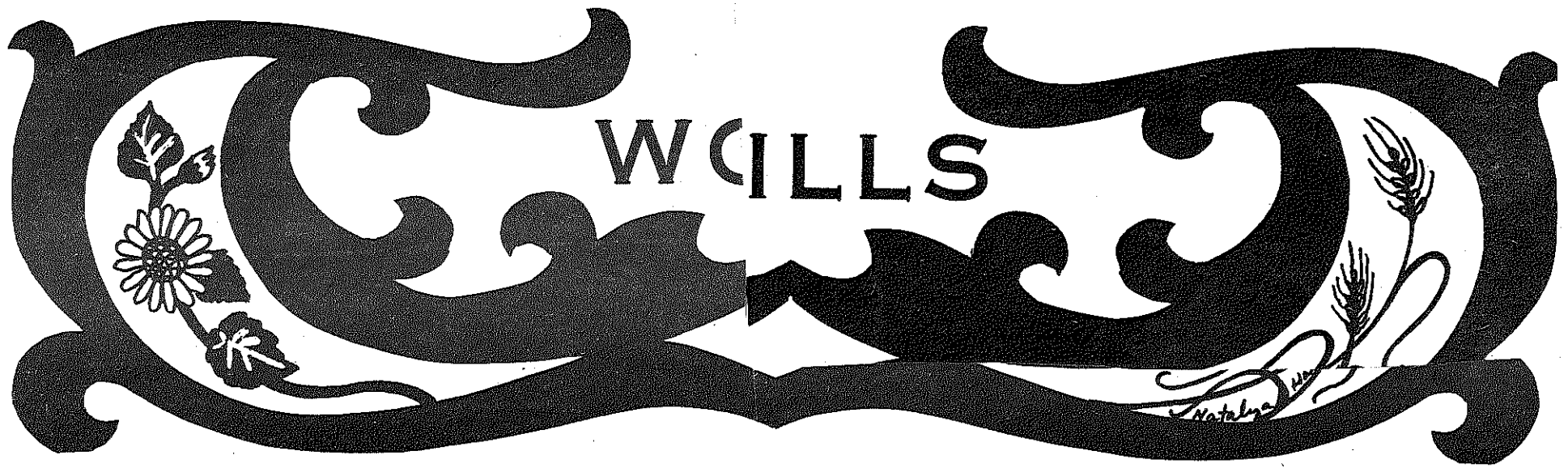
**CHILDREN'S THEATRE PRODUCTION**

"Guys and Dolls"  
July 22 & 23 8 p.m.

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

**HOME WINEMAKERS  
AND BEERMAKERS**

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## WOOD YOU BELIEVE?

### UFM WOODSHOP CO-OP

W-1

Alan Edgar

532-5866

Organizational Meeting: Wednesday, 7-9pm, June 22

Location: Will be noted on your receipt

Membership Fee: \$20.00, 4 mos

35.00, 8 mos

50.00, 12 mos

Pay with registration

Located in the UFM Solar addition, the wood shop is equipped with a wide variety of power and hand tools, including a radial arm saw, table saw, jointer, lather, band saw, and most common woodworking tools. The membership fee is for equipment and facility use only. No materials are included. The mandatory organizational meeting will include instruction in safe equipment use and basic first aid. (Alan is the UFM woodshop coordinator.)

### WOODCARVING

W-2

Wilbur Coffee

776-4156

Tuesdays, 7-9pm First Meeting: June 21

Length: 3 times

Location: Will be noted on your receipt

Class Fee: \$5.00, pay with registration

Limit: 6

Materials Fee: Will be discussed at class

Woodcarving in the round produces interesting figures whose character is highlighted by the type of wood used. The first class will include a demonstration and discussion of materials needed. Class length will be determined by participant interest. (Wilbur owns a chimney cleaning service and has been carving for years. He has been a featured craftsman at the Goodnow House Museum.)

### FURNITURE REFINISHING WORKSHOP

W-3

Marge & Warne Somsen

776-6634

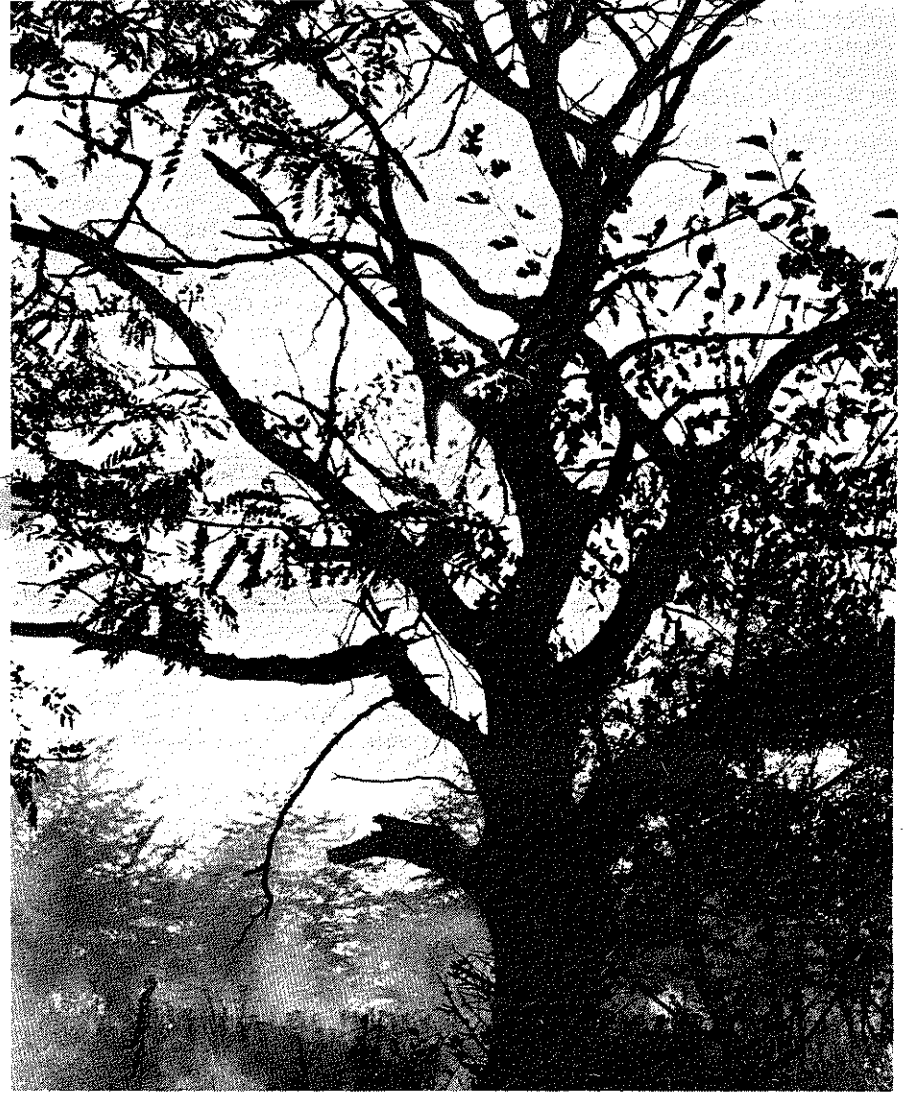
Organizational Meeting: Tuesday, 7-9:30pm, June 28

Location: Will be noted on your receipt

Length: to be announced

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 2 years.)



Mike Tomlinson untitled

### THE WOOD LATHE FOR BEGINNERS

W-4

Lowell Regehr

776-3757

Section I: Mondays, 7-9pm First Meeting: July 11

Section II: Tuesdays, 7-9pm First Meeting: July 5

Location: Will be noted on your receipt

Class Fee: \$10.00, pay with registration

Materials Fee: \$10.00, pay at class Limit: 6 each section

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

### WATERBED BUILDING MADE EASY

W-5

Bob Knapp

537-8837

One Time: Wednesday, 7-8pm, June 29

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Limit: 10

The mystery of waterbeds revealed. Basic construction techniques presented for building your waterbed from the simple to elaborate. Non-technical language and easy to follow instructions provided. Build the bed you've always dreamed of having. (Bob has been installing waterbeds in Manhattan for over 10 years.)

### INTRODUCTION TO THE WOODSHOP

W-6

James Cavanaugh

Tuesdays, 7-9pm, August 2 & 9 (2 times)

Location: Will be noted on your receipt

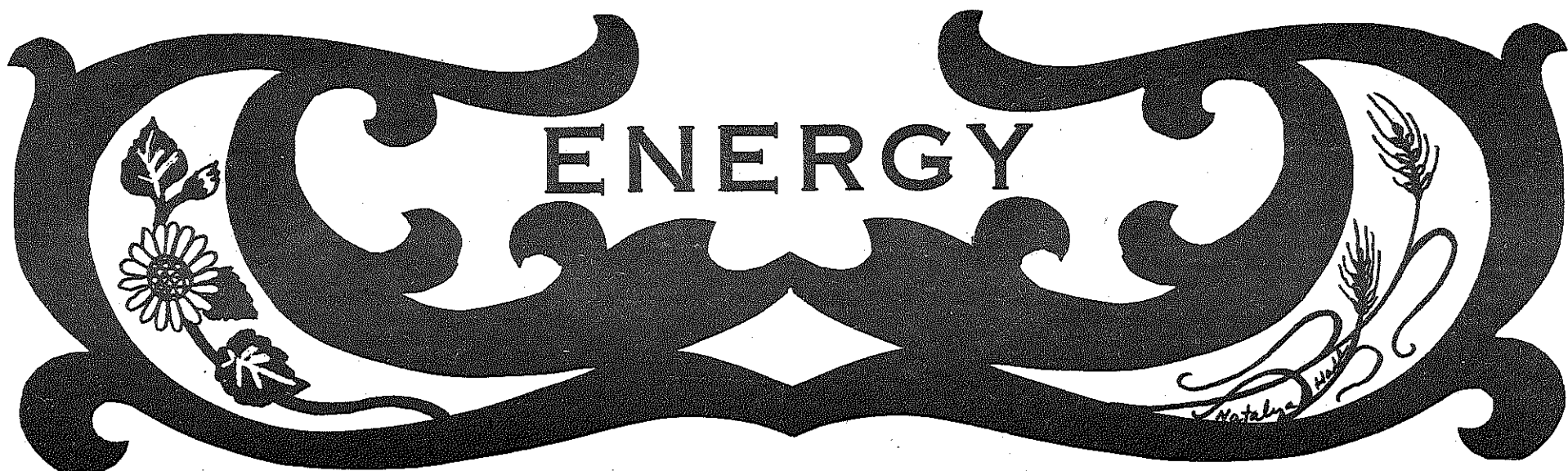
Class Fee: \$5.00, pay with registration

Materials Fee: Will depend upon project chosen Limit: 5

A class for beginners in the use of power woodworking equipment. Learn what can be done with each piece and how to use it safely. There will be materials cost for the project made by each class member. (James is a long-time woodworker who helped UFM pick the equipment for its Woodshop Cooperative.)



Adrianna M. Jones H.M., Animals "Kissing Cousins"



## WIND AND SUNSHINE

### SOLAR GREENHOUSES AND SUNSPACES

AT-1

Dean Denner, Bill Dorsett

776-5589 539-1956

One Time: Tuesday, 7-9:30pm, July 12  
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. (Custom-designing and constructing solar greenhouses is a major part of Dean and Bill's work as Sunwrights of Manhattan.)

### SOLAR SPACE-HEATING COLLECTORS

AT-2

Bill Dorsett, Dean Denner

539-1956 776-5589

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

Site-built collectors are still included in the new Kansas tax credit legislation. This class will explain the design, construction and operation of hot air, space-heating solar collectors. Examples of both custom-designed, site-built and manufactured collectors will be shown.

### TOUR OF MEADOWLARK HILLS SOLAR COLLECTORS

AT-3

O.D. Hunt

539-6380

One Time: Saturday, 10-11am, July 16  
Location: Will be noted on your receipt  
Class Fee: \$1.00, pay with registration

Over 50% of Meadowlark Hills' heating needs is provided by this \$300,000 solar energy system installed during the building's construction. You will tour the solar facilities and any other sections of this 91-apartment complex the members wish to visit. (Mr. Hunt is a retired KSU electrical engineer.)

### HARNESSING WIND POWER: A PRACTICAL DEMONSTRATION

AT-7

Dale Feldhausen

539-6811

One Time: Friday, 6:30-8:30pm, July 15  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

Limit: 15

Using Dale's wind system as an example, this class will show home owners what is necessary to install and operate a wind generator system. We will discuss site location, towers, wiring, inverters, high wind protection, hooking up to the utility company and the all-important federal and state tax credits. (Since taking a UFM class on wind power 4 years ago, Dale has been completely hooked on wind power.)

### LOW COST/NO COST HOME ENERGY CONSERVATION

AT-8

Marvin Rodriguez

776-8893

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

Energy and its cost affect us all. In this class we will discuss the effect of lifestyles on use patterns, and cover the basics of weatherization, insulation, ductwork sizing and airflow principles to determine the most economical energy use for you. (Marvin is Energy Use Consultant at KP&L.)

### WIND-POWERED GENERATORS

AT-6

Charles Rott

632-5029

One Time: Thursday, 7-8:30pm, June 23  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration  
Materials Fee: \$3.00, pay at class (handouts)

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

### THE A.T. EXPERIENCE - Tour Guides Wanted

The UFM Appropriate Technology Program (AT Program) is offering guided tours of the UFM Passive Solar Addition. Guides will have a written tour narrative to follow. Tours will last from 1-3 hours and UFM will pay a small wage to Tour Guides; the amount depends on group size and tour length. In addition, if you accept three tour appointments between June 22 and August 1, UFM will refund up to \$10 of your summer class fees. If you are interested, sign up and you will be contacted.

### ENERGY CONSERVING WINDOW TREATMENTS

AT-11

Kathy Burke

532-5780

One Time: Thursday, 6:30-8pm, July 21  
Location: Will be noted on your receipt

Keep your house cool and beautiful this summer with decorative energy-efficient window coverings. Kathy will discuss fiberglass screens, roller shades, insulated Roman shades and insulated shutters, and give instructions for those interested in making their own. (Kathy is the State Extension Interior Design Specialist, and is challenged by a bare window.)

### SOLAR WATER HEATING

AT-4

Bruce Snead

537-7260

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

We will learn about various types of water heating systems as well as the economics of going solar, and Bruce will have tips for those interested in do-it-yourself, solar water heating. (Bruce is an extension specialist in residential energy at KSU and a sun-lover.)

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"When anything is going to happen in this country, it happens first in Kansas." - William Allen White.

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### VENTILATING YOUR ATTIC

AT-5

George Preuss

539-4746

One Time: Wednesday, 7-8:30pm, July 27  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

In this class we will cover aspects of attic design and construction. Class members will learn about types and placement of vents, insulation options, and installation tips for do-it-yourselfers. (George owns Phoenix Remodeling and has critically observed many an attic. His classroom tips are based upon years of practical experience.)

### HEATING: PRINCIPLES AND PRACTICE

AT-9

Marvin Rodriguez

776-8893

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

Remember that north wind last January? If your furnace is on its last gasp or if you are determined to cut back somehow on next winter's expenses, this class is for you. Learn what new equipment is available, and how to utilize the equipment you have to the maximum.

### AIR CONDITIONING/LET'S KEEP THE COST DOWN

AT-10

Marvin Rodriguez

776-8893

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

Heat got you beat, but you can't face any more high electricity bills? Marvin will cover the basic functions and equipment available in air-conditioning systems and pass on cost-saving tips that will still let you spend the summer in comfort.

# FINE ARTS

## SOMETHING FOR EVERYONE

### SILKSCREENING

FA-15

Ira Harritt

532-2717

Tuesdays, 7-9pm, July 5, 12, 19 (3 times)

Location: Will be noted on your receipt

Class Fee: \$7.00, pay with registration Limit: 10

Materials Fee: Personal costs will be required for silk screen construction

Silk screening, an ancient printing technique, with a wide variety of applications: from T-shirts to High Art. Learn how to construct a screen; make paper stencils; painted block-out stencils; cut film and photo stencils; single color and multi-color registration and more. Participants will have the opportunity to construct, design and print a silk screen project. (Ira has printed on everything from cloth to glass and has a silk screen studio in his home.)

### CALLIGRAPHY: THE BASICS

FA-16

Janice Hooks

776-1529

Wednesdays, 7-9pm, First Meeting: June 22 Length: 4 times

Location: Will be noted on your receipt

Class Fee: \$10.00, pay with registration

Materials Fee: \$10.00, pay at class Limit: 20

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 (nibs, holder, graph paper, ink, and guide sheets). (Janice is a free-lance calligrapher.)

### HELLO DOLLY: DOLL MAKING AND COLLECTING

FA-23

Nina Saip

You will be contacted for day, time and date

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration Limit: 15

In this class, you will have a chance to see 50 to 60 dolls that have been collected over the years. Because of the expense of buying dolls for the collection, Nina learned to make and dress them herself. She will tell how she has done this and use her extensive collection to provide concrete examples. (Nina has been collecting dolls for many years.)

### SILK FLOWERS

FA-25

Colleen Edwards

776-8602

Wednesday & Thursday, 7-8pm, July 20, 21 (2 times)

Location: Will be noted on your receipt

Class Fee: \$5.00, pay with registration Limit: 10

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.)

### KRASLICE, CZECH EGG DECORATING

FA-29

Georgia Nonte

Section I: Sunday, 1-4pm, July 24

Section II: Sunday, 1-4pm, July 31

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration Limit: 15

Materials Fee: \$4.00, pay with registration (supplies to be ordered from Minnesota)

Kraslice - Learn basic Czech egg decorating strokes. Everyone will receive a homemade stand for melting wax, dyes for decorating eggs, bees-wax, candle, and tool for decorating eggs. Student should bring own fresh room temperature eggs. (Georgia has been interested in decorating eggs all her life. She recently learned Kraslice and finds it easier for the beginner than Ukrainian eggs.)

### ORIENTAL RUGS - THE PERSIAN BAZAAR

FA-34

Thursday, 6:30-7:30pm, June 30 (organizational meeting)

Class Fee: \$1.00, pay with registration

Let's travel to the Persian Bazaar showroom in Wichita for a tour and discussion of oriental rugs, their beauty and value as investments. We will hold an organizational meeting to discuss a date, car pooling and other places we might wish to see on our day trip to Wichita. (Ali Raisdana owns the Persian Bazaar and knows the intricacies of oriental carpets.)

### BUT I CAN'T DRAW . . . GRAPHIC DESIGNS YOU CAN DO

FA-37

Tracy Collettine

776-1644

Tuesdays, 7-9pm, July 26 & Aug 2 (2 times)

Location: Will be noted on your receipt

Class Fee: \$5.00, pay with registration

Materials Fee: \$5.00, pay at class

Well, you don't need to know how to draw to create clean, organized flyers and posters. If you are the one delegated to do flyers for your club, advertise a bake sale or do a poster for an upcoming event -- this class is for you. Will will cover basic design, layout and pasteup. This is a "hands-on" class so bring your ideas. (Tracy is a graphic design artist for Extension Information.)

### A STUDY OF ANTIQUES

FA-36

Erma F. Sebring

Fridays, 7-10pm July 8 & 22 (2 times)

Location: Will be noted on your receipt

Class Fee: \$5.00, pay with registration

At our first meeting we will have a general discussion of American antiques. If class members have items they have questions about they can bring them along and Erma will give any information she can on the item. For the second class we will visit an antique shop. (Erma has been collecting antiques for years and now runs an antique shop with members of her family.)

### CREATIVE CLOCKMAKING

FA-40

Steve Hall

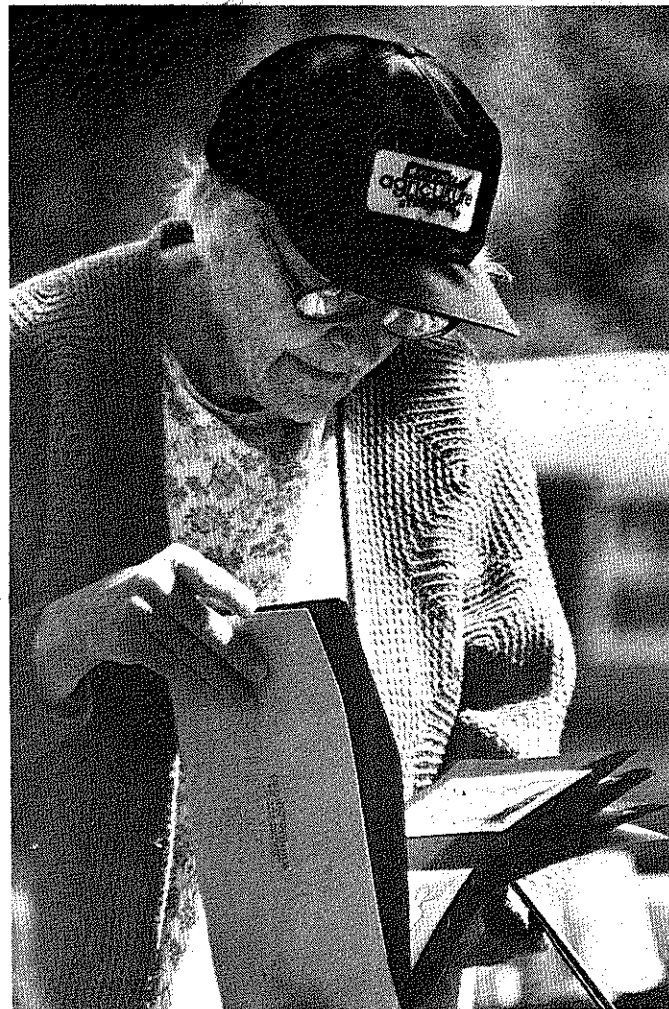
539-5228

Mondays, 7-9pm, June 27, July 11 (2 times)

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.)



Glenn Hoover 2nd, People "Reminiscing"



# THE THREAD THAT RUNS SO TRUE

## KONZA PRAIRIE QUILTER'S GUILD

FA-22

Coni Jo Bates, Deanna Howard

537-0570 776-6058

You will be contacted for day, time and date  
Location: Will be noted on your receipt  
Class Fee: \$1.00, pay with registration

Quilter's Guild is not just a group of women piecing group quilts. Summer programs are: June 13, demonstration of sewing and quilting techniques; July 12, slide show of quilts; August, tote bag workshop. There is a nominal membership fee for this group if after visiting you decide to join. Babysitting is provided IF you call ahead for reservations. (Deanna is president of the Quilter's Guild, and Coni Jo has taught this class many times. For more information contact either at the above phone numbers.)

## RAG RUGS

FA-26

Frances Walter, Laura York

One Time: Friday, 7pm, June 24  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

Turn your rags into rugs! There are a number of ways to make rag rugs, including braiding, weaving, crocheting and hooking. In this class you will see examples of each type and learn how to tear rags into the proper size for rug making. Frances and Laura will also demonstrate the techniques involved for different types of rag rugs. Many types of materials can be converted into rugs. Frances even has one made from old bread wrappers. (Frances learned how to make rag rugs from her mother. She and Laura love to share their skills with others.)

## SPINNING WORKSHOP: FOR NON-BEGINNERS

FA-35

Mimi Benedick

457-3645

Saturday afternoon in July (time and date to be decided)  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration  
Materials Fee: \$5.00, pay at class Limit: 5

Here is a chance for spinners who have taken Mimi's classes or those who have spinning experience to visit her studio in Fostoria. Geared to participant interest we can cover plying yarns, blending wool or special effects. Please bring cards and your spindles or wheels. (Mimi has been spinning and weaving her own yarns for six years.)

## TATTING - THE ART OF MAKING LACE

FA-28

Jessie Foveaux

Section I: Tuesdays, 1-3pm, First Meeting: June 21 Length: 3 times  
Section II: Thursdays, 7-9pm, First Meeting: June 23 each  
Location: Will be noted on your receipt  
Class Fee: \$5.00, pay with registration Limit: 4 each section

Tatting, or "Frisolite" 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.)

## NEEDLEPOINT DESIGN - PAINTING ON CANVAS

FA-30

Marilyn Wilson

776-1079

Section I: Tuesdays & Thursdays, 4-5pm First Meeting: June 21  
Section II: Mondays, Wednesdays, Fridays, 9:30-10:30am, First Mtg: June 22  
Location: Will be noted on your receipt Length: 5 times each section  
Class Fee: \$5.00, pay with registration Limit: 6 each section

We will use a combination of techniques to create unique needlepoint items. By oil painting your own design on needlepoint canvas you can match colors in your room, make a designer pillow from the fabric pattern in your couch, the possibilities are endless. Think about your design or purpose and at the first class we will discuss them and materials needed. (Marilyn was frustrated with needlepoint kits and combined her oil painting skills with needlepoint to satisfy her design ideas.)

## SWEDISH WEAVING

FA-24

Fran Zerby

537-7660

Tuesdays, 8-9pm First Meeting: July 12 Length: 4 times  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration Limit: 5

Swedish weaving is the art of using a blunt needle to weave embroidery thread through the floating yarns of huck toweling to create various designs. This craft is not difficult to learn and many beautiful items can be made. (Fran has been doing Swedish weaving for almost 15 years and has exhibited her work at the County fair.)

# LANGUAGES: FROM HAND TO MOUTH

## LIFESONG THEATER WORKSHOP #1

### POWER PLAY: PROBLEM SOLVING WITH FAIRY TALES

FA-33

Jean Burnham, Nancy Stover

539-1546 776-4347

One Time: Saturday, 10am-12n, July 16  
Location: Will be noted on your receipt  
Class Fee: \$1.00, pay with registration Limit: 12

Using creative dramatics, songs and discussion, we will explore the wisdom of fairy tales and how they can help us achieve happy endings in our personal life situations -- All ages welcome! (Jean is a songwriter and she and Nancy have performed for children's groups around the city.)

## LIFESONG THEATER WORKSHOP #2

### THE THREE LITTLE PIGS RIDE AGAIN!

FA-32

Nancy Stover

776-4347

One Time: Saturday, 10am-12n, July 23  
Location: Will be noted on your receipt  
Class Fee: \$1.00, pay with registration Limit: 12

Call forth the natural ham and blythe spirit within you. Improvisational Theatre for all ages, whether or not you've ever acted. We will evolve characters and situations through drumbeat and rhythms, hats, objects, feelings, words, pictures and/or theater games -- as the spirit moves! (Nancy likes happenings and helping them happen.)

## DRAMA WITH THE DEAF

FA-17

Sandy Peck, Nancy Stover

539-4355

One Time: Saturday, 2-4pm, July 30  
Location: Will be noted on your receipt  
Class Fee: \$1.00, pay with registration

We will do short theater games for warm-up and then go into a well-known fable or fairy tale. We look forward to providing a creative framework in which people can be together and communicate through sign language. (Sandy uses sign in her work as graduate student in Speech Pathology. Nancy is a novice. Both do creative dramatics with Life Song theater and are looking forward to playing in sign both with those who are deaf and those who are learning the language.)

## BEGINNING SPANISH (FOR TRAVELERS)

FA-31

Daisy Marrero

776-1061

Tuesdays, 7:30-9pm First Meeting: June 21 Length: 5 times  
Location: Will be noted on your receipt  
Class Fee: \$10.00, pay with registration Limit: 10

An introduction to the Spanish language that will provide you with a working vocabulary of useful phrases. This class is designed to help you on your next trip or just to be able to say that you speak a little Spanish. (Daisy is from Puerto Rico and is currently living and working in Manhattan.)

## SIGN LANGUAGE: TO HEAR A HAND

FA-39

Dan McAnarney

537-4270

Tuesdays, 6:30-8pm First Meeting: June 28 Length: 4-6 times  
Location: Will be noted on your receipt  
Class Fee: \$10.00, pay with registration Limit: 25

"Your lightest work in hand lifts like a butterfly, or folds in liquid motion..." (Dorothy Miles.) For most deaf people in the United States, American Sign Language, created by the deaf for themselves - is the natural, most expressive, and most comfortable form of communication. Linguists' studies over the past two decades have shown that ASL is a true and separate language, not modeled on any spoken language, fully capable of communicating complex ideas and information. But ASL "speaks" to the eyes, not the ears. Students will learn the basics of American Sign Language. We will concentrate on the manual alphabet, numbers, simple sentences and conversation, plus having some fun. There is an optional but highly recommended text available. (Dan has taught sign language several times before and enjoys sharing with others.)




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Carol Gulker 1st, Scenery untitled

## PLAY WITH CLAY

### UFM POTTERY STUDIO COOPERATIVE

FA-1

Janet Holcomb

532-5866

Friday, 5:30-6:30pm, June 17, Mandatory organizational meeting

Location: UFM Pottery Studio Limit: 8

Membership in studio: \$20.00, 8 weeks  
30.00, 16 weeks  
40.00, 32 weeks

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

### CLAY PLAY (6-9 years old)

FA-2

Ginger Branyon, Shauna Karstetter

537-0697

Tuesdays, 10-11am First Meeting: July 12 Length: 6 times

Location: Will be noted on your receipt

Class Fee: \$5.00, pay with registration

Materials Fee: \$5.00, pay at class Limit: 8

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

### BEGINNING POTTERY

FA-3

Kim Kepler

776-0815

Wednesdays, 7-9pm First meeting: June 22 Length: 8 times

Location: Will be noted on your receipt

Class Fee: \$10.00, pay with registration

Materials Fee: \$10.00, pay at class Limit: 8

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

### BEGINNING TO INTERMEDIATE CERAMICS

FA-4

Zoraida Rivera

537-8866

Thursdays, 7-9pm First Meeting: June 23 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. (Zoraida has 4 years experience with clay and enjoys throwing on the wheel.)

### INTERMEDIATE CERAMICS

FA-5

Brenda Tonn

776-3749

Tuesdays, 7-9pm First Meeting: June 28 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

We will concentrate on polishing wheel throwing and handbuilding techniques with emphasis on combining the two making one form. Objects that may be produced vary from mugs and bowls to sculptural forms and lidded containers. Bring some of your own ideas to try in class and be prepared to enjoy yourself! (Brenda is a ceramics major at K-State.)

# OUT OF THE SUN

### UFM PHOTOGRAPHY DARKROOM COOPERATIVE (BLACK & WHITE & COLOR)

FA-18

Neil Schanker

532-5866

Organizational Meeting: Monday, 5-5:30pm, June 27

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 BLACK & WHITE DARKROOM

FA-19

Bill Russell

539-2678

Sign up and the instructor will contact you to set time and date

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.)

### COLOR DARKROOM

FA-20

John Holcomb (Section I); Brian McBride (Section II) 532-5866 776-8502

Section I: Saturday, 1-4pm, June 25

Section II: Saturday, 1-4pm, July 23

Location: Will be noted on your receipt

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

Why waste money having someone else process your color film, slides and prints? Your instructor will guide you through the steps required to use UFM's recently purchased color equipment. This class is for people who have experience in black and white film developing. (John has taught this class several times. As a professional photographer Brian has developed multitudes of pictures.)

### PHOTOGRAPHIC COMPOSITION

FA-21

Brian McBride

776-8502

One Time: Saturday, 11am-12n, July 23

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Do your family pictures consist of people standing statue-like in a row? Have you tried to capture the sunset through the trees and been disappointed? Come to this discussion of rules and tricks of photo composition and find out how to have the pictures you've always wanted.

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# MOVES AND MELODIES

## BEGINNING CLASSICAL GUITAR

FA-6

Pam Harris

776-2249

Sunday, 1-4pm, July 17

Location: Will be noted on your receipt

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

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

## FLINT HILLS DULCIMER PLAYERS

FA-7

Linda Teener

537-0508

Wednesdays, 7-8:30pm First Meeting: June 22

Length: indefinite

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: \$3.00, pay at class

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

## BASICALLY BLUEGRASS BANJO

FA-8

Dave Verschelden

539-4160

Wednesdays, 7:30-8:45pm, June 22, July 6 & 20

Length: 3 times

Location: Will be noted on your receipt

Class Fee: \$7.00, pay with registration Limit: 5

How about that banjo music! Doesn't it sometimes make your hair stand on end! I can help you learn what it will take to play 3 finger style bluegrass banjo. You will learn the basic skills as you learn a song. You will need a banjo for class and practice. (Dave believes that you should play the banjo whether your family approves or not.)

## BEGINNING RECORDER

FA-9

Vicki Shult

776-9911

Tuesdays, 8:30pm First Meeting: June 21

Length: 4 times

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Materials Fee: \$9.00, pay at class

This class is for those who are seriously interested in learning to play the recorder. We will cover 2-part music (soprano/alto) using the first three notes. Fewer than 4 at any session cancels the class. The materials fee covers the cost of the method book to be used. (Vicki has studied Recorder at the University of Florida and has had years of playing and technique experience in addition to teaching individuals and special recorder workshops.)

## RECORDER GROUP

FA-10

Vicki Shult

776-9911

Mondays, 8:30pm First Meeting: June 20

Length: 4 times

Location: Will be noted on your receipt

Class Fee: \$1.00, pay with registration

Meet other recorder players while enjoying ensemble playing. Each participant will be expected to provide some music for group use. Please bring your own music stand.

## ACOUSTIC & ELECTRIC INSTRUMENT WORKSHOP

FA-38

Dave Taylor, Mark Monroe

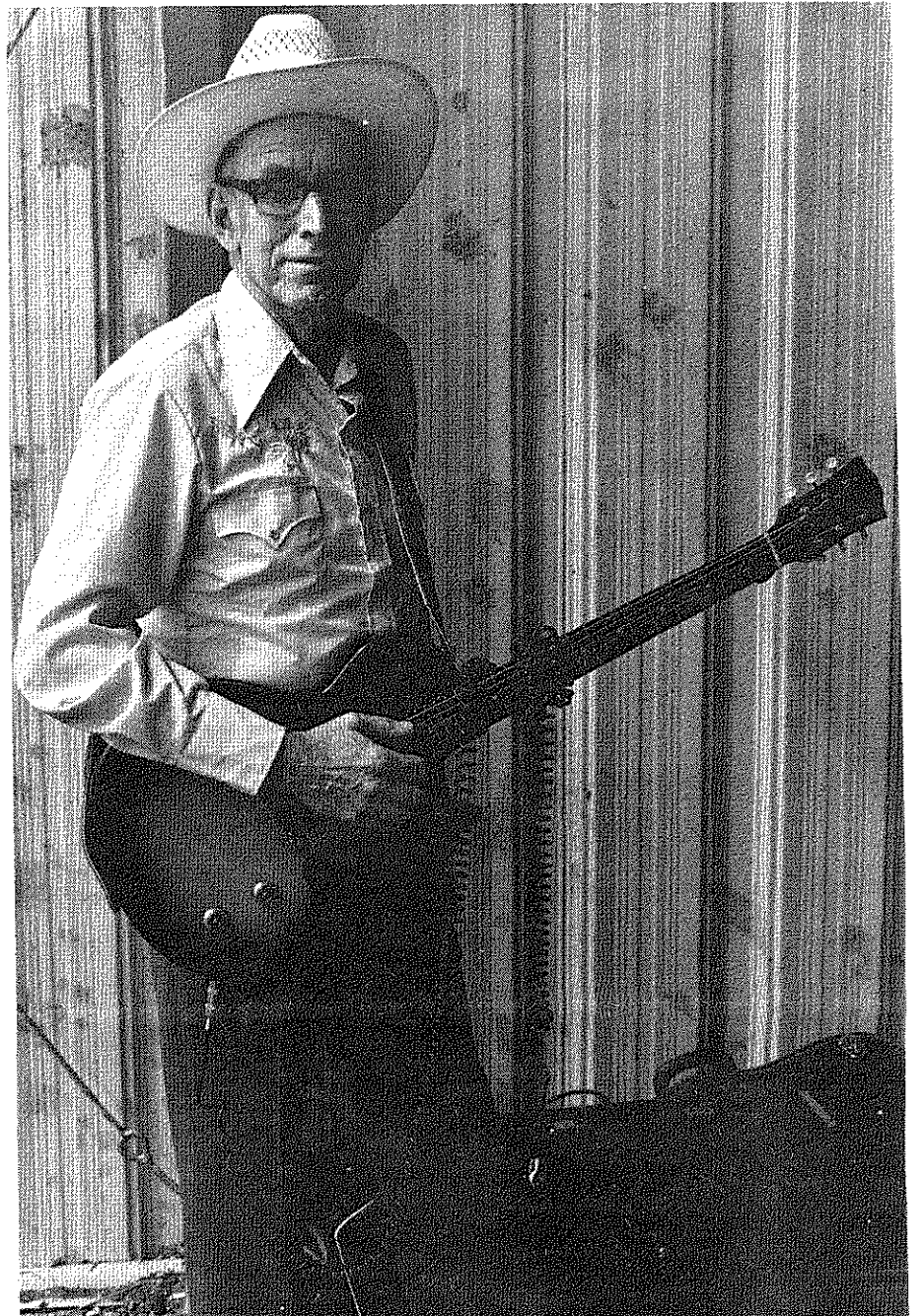
776-7983

One Time: Wednesday, 7:30-8:30pm, June 29

Location: Will be noted on your receipt

Class Fee: \$1.00, pay with registration

This class will be a one-night demonstration/question-answer session about various popular musical instruments. Recommended for all ages or anyone who is considering beginning a new instrument or who is interested in learning more about the instrument they may now be playing. (Dave and Mark are experts on the local music scene.)



Margaret Buie 3rd, People "Country Musician"

## WOODWIND ENSEMBLE

FA-11

Jim Shanteau & Carol Harris

532-6850

Sundays, 3-5pm First Meeting: June 26

Length: Ongoing

Location: You will be contacted by the instructor

Class Fee: \$1.00, pay with registration

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

## BELLY DANCE FOR BEGINNERS & BEYOND

FA-12

Rasha

776-1644

Mondays, 7-9pm First Meeting: June 20

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.)

## CLASSICAL INDIAN DANCE

FA-13

Nivedita P. Rangnekar

776-1172

Thursdays, 5:30-6:30pm First Meeting: July 7

Length: 4 times

Location: Will be noted on your receipt

Class Fee: \$5.00, pay with registration

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

"Gold was just a windy Kansas wheatfield, Blue was just a Kansas summer sky." - John Denver

## FLINT HILLS FOLKDANCERS

FA-14

Enid Cocke & Paul Weidhaas

539-6306 539-4805

Fridays, 7:30-9:30pm (dates and length to be announced)

Location: Will be noted on your receipt

Class Fee: \$1.00, pay with registration

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.")

## WEST AFRICAN DANCE

FA-27

Karen McLean

Tuesdays, 7-8:30pm First Meeting: June 21

Length: 6 times

Location: Will be noted on your receipt

Class Fee: \$10.00, pay with registration

Limit: 25

Come learn traditional West African dances and join in a celebration of life. We will discuss origins of movements and thereby gain an appreciation of the cultures that developed them. All ages welcome, children should be accompanied by an adult. (Karen owns her own dance troupe and has performed internationally. In addition to working in Africa she has studied at the National Center of Afro-American Artists.)

# INNER SELF

## MIND...

YOGA S-1  
Bert Franklin 539-0495  
Section I: Tuesdays, 5:30-6:30pm First Meeting: June 28 Length: 5  
Section II: Thursdays, 5:30-6:30pm First Meeting: June 23 times/each  
Location: Will be noted on your receipt section  
Class Fee: \$10.00, pay with registration  
Materials Fee: \$3.00, pay at class Limit: 10, each section

This class will provide a basis for continued yoga practice for beginners and intermediate students. Postures and breathing practices will be adapted to the needs of individuals in the class. Please bring your own mat and dress comfortably. Age is no restriction. (Having studied for 6 years in India with Krishnamacharya and Desikachar, Dr. Franklin has just attended a seminar with Desikachar and a group of his former students.)

YOGA S-2  
Rob Sheridan 776-6849  
Mondays, 5-6pm First Meeting: June 20 Length: 5 times  
Location: Will be noted on your receipt  
Class Fee: \$10.00, pay with registration  
Materials Fee: \$2.00, pay at class Limit: 10

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

ECKANKAR: THE SPIRITUAL NOTEBOOK S-3  
Kathy Sisson, James Dorn 776-7234 1-238-6479  
Wednesdays, 7-9pm First Meeting: June 22 Length: 6 times  
Location: Will be noted on your receipt  
Class Fee: \$10.00, pay with registration Limit: 15

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

INTRODUCTION TO ZEN MEDITATION PRACTICE S-4  
Al Potter  
Wednesdays, 8-10pm, First Meeting: July 6 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$5.00, pay with registration  
We will have a preliminary discussion of Buddhist tradition as well as instruction in the Soto way of Zen practice. It is recommended that participants wear loose fitting clothing. 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 Katagiri of the Minneapolis Zen Center for a number of years.)

HYPNOSIS FOR THE SERIOUSLY CURIOUS S-5  
Greg Potter 537-0076  
One Time: Tuesday, 7-9pm, July 26  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

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

THE UNEMPLOYMENT BLUES - ALTERNATIVES TO FEELING LIKE A FAILURE S-7  
Michael Weinberg, Ph.D. 537-2244  
Monday, Tuesday & Wednesday, 7-8:30pm, June 27, 28 & 29 (3 times)  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration Limit: 10

This class will discuss: 1) the mechanisms that feeds into the desire for giving up; 2) specific methods of rebuilding your emotional strength; 3) specific techniques and avenues for obtaining employment. (Michael is a counselor and adult educator in private practice in conjunction with Edelman Associates. He has taught over a dozen classes in the interpersonal area for UFM during the past several years.)

DEALING WITH DIFFICULT PEOPLE AND PROBLEM EMPLOYEES S-13  
Bernie Horak 776-2498  
One Time: Tuesday, 7:30-9pm, June 21  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration Limit: 15

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

DIVORCE - HOW CAN WE GROW THROUGH THE PAIN? S-6  
Michael Weinberg, Ph.D. 537-2244  
Wednesday & Thursday, 7-8:30pm, June 22 & 23 (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.

THE WOMEN'S NOVEL OF SELF-DISCOVERY S-17  
Flossie Snyder 776-7608  
Wednesdays, 7-9:30pm First Meeting: June 29 Length: thru Aug 17  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration Limit: 12

These twentieth century novels are entertaining enough to be summer reading and are first-rate art, too: In Summer, a young woman discovers a way to embrace a fate forced on her by convention. The Little Girls, an aging woman discovers a new truth about herself through a reunion of childhood friends. Members will decide reading list and schedule. A more complete list is available at UFM. (Flossie has taught college and recreational literature classes and is working on a study of the women's novel of initiation.)

BRINGING UP SUPER BABY: PROS & CONS OF ACCELERATED LEARNING FOR PRE-SCHOOLERS S-18  
Sandy Stith 532-5510  
One Time: Tuesday, 7-9pm, June 28  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

There is fairly general agreement among experts about the value of early stimulation for young children. However, the concern among parents that their children get a head start has led some experts to question the wisdom of too much early learning. This class will discuss the pro's and con's of early reading, the value of early stimulation, and how to know when your child is ready to learn certain things. Come with your questions and ideas. If there is sufficient interest, there may be additional class meetings. (Sandy is a Ph.D candidate in family and child development and a mother.)



Glenn Hoover 3rd, Scenery "Crystal-Eyes"

# ...AND BODY

## VISUAL AWARENESS

S-8

JoAnn Fremerman 776-1396  
Mondays & Wednesdays, 7-8pm First Meeting: June 22 Length: 5 times  
Location: Will be noted on your receipt  
Class Fee: \$5.00, pay with registration  
Materials Fee: Cost of eye chart

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

## WEIGHT CONTROL

S-9

Dr. Katharine Grunewald 532-5508  
One Time: Monday, 7-10pm, June 27  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration Limit: 30

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

## PROFESSIONAL MANICURES

S-10

Judy Goodson 776-5488  
One Time: Monday, 7-8pm, July 18  
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.)

## DRESSING FOR SUCCESS

S-11

Marsha Habluetzel 632-2568  
Section I: Tuesday, 7-8:15pm, June 28  
Section II: Thursday, 7-8:15pm, July 7  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration  
Materials Fee: \$5.00, pay at class

Research has proven there are certain styles and colors of clothing you can use to gain favorable public and employer reactions. Learn what to wear to enhance your selling potential, how to look qualified for a managerial position, what a woman should wear to overcome sexual prejudice in the business world, etc. Men and women - with jobs so scarce can you afford not to be noticed! (Marsha is a franchise owner and instructor for Image Improvement, Inc., and is trained in the areas of personal and business image.)

"the cosmos instinctively vibrated at their feet in Kansas" - Allen Ginsberg, Howl

## PHARMACY FACTS

S-16

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

A discussion of over-the-counter and common prescription drugs, for you the consumer. What effects should you be getting from the drugs you take? Are you taking them properly? What side effects are possible, especially if you combine two preparations? There will be time for a question and answer period. (This class is presented by the registered pharmacists at Barry's Drug Center.)

## ORGANIC MOVEMENT

S-12

Karen McLean  
Thursdays, 7-8:30pm First Meeting: June 23 Length: 6 times  
Location: Will be noted on your receipt  
Class Fee: \$10.00, pay with registration Limit: 25

Organic movement is a combination of dance, exercise and relaxation techniques designed to increase your energy levels and relieve stress. There will be individual and group dance forms. A quiet period at the end of each class will help focus these energies to the inner self.



Carol Gulker H.M., People untitled

## MASSAGE

S-15

Rebecca Brownson 537-9098  
Section I: Fridays, 7-10pm, July 8 & 15 (2 times each section)  
Section II: Sundays, 1-4pm, July 17 & 24  
Location: Will be noted on your receipt  
Class Fee: \$5.00, pay with registration  
Materials Fee: \$2.00, pay at class Limit: 12 each section

An introduction to traditional massage methods. We will cover whole body massage and neck and facial techniques. Massage promotes circulation and is great for relaxation. Please sign up with a partner. (Rebecca learned massage techniques years ago and finds it a useful as well as pleasant skill to have.)

## HEALTH ENRICHMENT GROUP FOR THE CHRONICALLY OVERWEIGHT - MAN OR WOMAN

Tuesdays, 7-9pm First Meeting: June 28 Length: 4 times S-14  
Location: Will be noted on your receipt  
Class Fee: \$5.00, pay with registration Limit: 12 (fifty pounds overweight)

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



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## ADVENTURES FOR ALL

### KANSAS CITY ROYALS TRIP

P-11

Judy Portuese

537-1318

One Time: Tuesday, 1:30pm, July 12  
Location: Will be noted on your receipt  
Class Fee: \$15.25

Limit: 46

UFM has purchased a limited number of Plaza reserved tickets (1st base under roof) for the July 12 game against the Toronto Blue Jays. Come join us for a great outing. The chartered bus will depart at 1:30pm and go to Indian Springs Shopping Center where you can shop a little and dine before we go to the evening game. Return home immediately following the game. Cost is only \$15.25, which includes the ticket, but no meals. Make this a special family event. This class is exempt from the \$2.00 registration fee. (Judy has taken tours all over the state.)

### DAY HIKING IN COLORADO

P-22

Richard Harris

537-1383

One Time: Tuesday, 7:30pm, June 28  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

Are you interested in learning where to go in Colorado for a pleasant hike or drive away from all the crowds? Come to this class to learn about back roads, scenic spots, and pleasant hikes that are not yet well-known. (Richard is the great grandson of 2 Colorado gold miners and regularly explores the back roads and trails of the state.)

### FAMILY CAMPING

P-24

Emily Kling

532-5800

One Time: Wednesday, 7-8:30pm, June 22  
Location: Will be noted on your receipt

Wouldn't it be fun, not to mention economical, to take the family camping this summer. Join us for 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. This class is exempt from the \$2.00 registration fee. (Emily is an Outdoor Education Specialist who has had much backpacking and car camping experience.)

### GIRL'S NIGHT OUT: A CAMP-OUT

P-25

Colleen Burnett, Mary Hemphill

532-5866

Campout: Saturday and Sunday (dates to be announced)  
Location: Will be noted on your receipt  
Class Fee: \$1.00, pay with registration  
Materials Fee: food and gas (less than \$5.00)

Limit: 20

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. 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 wood scouts every summer near Minneapolis, MN.)

### MAKE FRIENDS WITH THE EARTH -- CAMPOUT!

P-26

Pat Dreese

539-9150

Saturday and Sunday, July 16 and 17, 5pm  
Location: Will be noted on your receipt  
Class Fee: \$1.00, pay with registration

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

### FUN IN THE SUN AT LAKE PERRY: OUTDOOR RECREATION EXTRAVAGANZA!

P-27

Lake Perry 4-H Center Staff

532-5800

Saturday, 10:30am-8pm, June 25 (rain date July 2)  
Location: Will be noted on your receipt  
Class Fee: \$1.00, pay with registration  
Materials Fee: \$4.50, pay at class

Limit: 30

Here is a chance for friends, family, or those just interested in having some fun in the sun at the Lake Perry 4-H Center. There is canoeing, swimming, archery, hiking, relaxing or challenges galore. Bring your own lunch and we will prepare supper together over the campfire in the evening. Let us know if you want to spend the night or just the day.

### FORT RILEY HISTORICAL TOUR

P-12

Judy Portuese

537-1318

Wednesday, 9am-5pm, July 20  
Location: Will be noted on your receipt  
Class Fee: \$6.00, pay with registration

Limit: 46

The State Historical Society of Kansas and UFM will have a bus tour to historic Fort Riley, home of the "Big Red One." We will meet in Manhattan at 9am for a guided tour of 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 this time. The chartered bus will depart at 9:45am and travel to Justin Hall on the KSU campus where there will be tour of the historic clothing collection. The bus will leave at 10:30am and the first stop at Fort Riley will be a guided tour of the First Capitol of Kansas. We'll lunch at the Officers Club where it is served cafeteria style. Included in the guided tour after lunch is the U.S. Cavalry Museum, the Custer House, historic chapel, famous monuments and more. Arrive home about 5pm. This class is exempt from the \$2.00 registration fee. Feel free to ask a friend or neighbor to join us. Remember, the fellows are always welcome. (Judy is an experienced tour organizer.)

### HIKING TRAILS IN KANSAS

P-21

Jim Nighswonger

532-5752

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

This summer, hike the beautiful hills and valleys of Kansas. We will discuss what Kansas has to offer in the way of hiking opportunities. Emphasis will be 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.)

### BACKPACKING I

P-23

Paul R. Mathewson

539-4176

One Time: Tuesday, 7-10pm, July 12  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

Limit: 20

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

### OUTING CLUB

P-28

Mary Roth

776-1644

First and Third Wednesdays, 7:30pm First Meeting: June 15  
Location: Will be noted on your receipt  
Class Fee: \$2.00, pay with registration

Length: All semester

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.)

### MISSOURI WHITE WATER CANOE TRIP

P-31

Lake Perry 4-H Center Staff

532-5800

Tuesday-Saturday, July 12, 3:00pm - July 16, 5:00pm  
Location: Will be noted on your receipt  
Class Fee: \$10.00, pay with registration  
Materials Fee: \$90.00, pay at class

Limit: 18

The group will meet at the Lake Perry 4-H Center, get some basic instruction, pack-up, and head for the north fork of the White river in Missouri. The group will be canoe camping on the river and preparing all meals on an open fire. It is a great opportunity for first campers and canoeers as the group will be led by trained and enthusiastic staff members from the Lake Perry 4-H Center. The trip is well suited for teenagers, adults, groups, individuals, or families. (The Lake Perry 4-H staff are recruited from throughout the U.S. and are experienced in leading groups safely. All have camping skills and advanced life-saving from the American Red Cross.)

# GREAT GAMES

## VOLLEYBALL FOR FUN (16 AND OVER)

P-14

Lois Morales 539-8867

Tuesdays, Thursdays, 6:30-8:30pm First Meeting: June 21  
 Location: Will be noted on your receipt Length: All semester  
 Class Fee: \$3.00, pay with registration  
 Materials Fee: \$1.00, pay at class

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

## GOLF FOR BEGINNERS

P-15

Buzz Muir 532-5686

One Time: Monday, 6-8pm, June 27  
 Location: Will be noted on your receipt  
 Class Fee: \$3.00, pay with registration Limit: 15  
 Materials Fee: \$1.00, pay at class

For those who have little or no experience, Buzz will cover the basics including grip, stance, swing and club selection. Bring a seven iron, nine iron, putter and wood. If you don't have any clubs, they will be provided. Here's a good chance to find out if golf is the sport for you. (Buzz has taught golf for over ten years.)

## SUMMER SOCCER

P-38

Charles Hedgcoth 532-6121 539-4760

Sundays, 5:30-8:30pm First Meeting: June 12  
 Location: Will be noted on your receipt  
 Class Fee: \$1.00, pay with registration

For the novice and the experienced player from 15 - ?? . No practices - just matches for fun among ourselves and other area teams. Classes will run through July 10. (Charles has been involved in soccer for more than 10 years and is a coach, player and referee.)

Let's Recreate - A program of Leisure Activities for disabled adults, sponsored jointly by Manhattan Parks & Recreation Department and UFM. We will be conducting a series of summer activities for disabled individuals in the community. If you would like more information call Jane Miller at 537-0056.

"If you don't like the weather in Kansas, stick around for a few minutes" - Unknown

# RAISING A RACKET

## SPORTS EQUIPMENT CO-OP

P-20

Neil Schanker 532-5866

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

Many of us have some sports equipment but can't afford to buy everything we'd like to have. Let's share! If someone has a volleyball net and someone else has water skis, they could trade for the weekend. Other items could be croquet sets, badminton sets, softball equipment, canoes, downhill skis, backpacks, tennis and racquetball racquets, fishing tackle, golf clubs, etc. At registration, indicate what equipment you have and what you're apt to want. UFM will compile a list which will be mailed to you by July 1. (Neil likes to have fun in the summer and all seasons.)

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

P-7

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 July 1. (Neil has coordinated this class for several years.)

## BEGINNING TENNIS

P-5

Lisa Creighton 784-3025

Sundays, 8-10am First Meeting: June 19 Length: 6 times  
 Location: Will be noted on your receipt (no class July 3)  
 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. (Lisa enjoys tennis for the game and for the exercise.)

## RACQUETBALL FOR BEGINNERS

P-6

Gina Pacumbaba 539-8132

Sundays, 8-10am First Meeting: June 19 (no class July 3)  
 Location: Will be noted on your receipt Length: 5 times  
 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. (Gina has been playing racquetball for years.)



Mark Marshall H.M., Scenery untitled

# RUNNING AROUND

## RUNNING AND BEING: EVERY RUNNER IS A WINNER

P-2

Chris Shea

One Time: Wednesday, 7-8:30pm, July 13  
 Location: Will be noted on your receipt  
 Class Fee: \$3.00, pay with registration Limit: 30

There was a time when Chris Shea couldn't run half a mile. Now she runs 15-18 miles daily and has competed in the Boston and other marathons. Chris will explain how to get started, how to continue and improve, how to get inspired and, very importantly, how to enjoy running. Sharing her feelings and experiences with you, Chris hopes that you will be proud of yourself, whether you're a beginner or experienced runner. An optional running "field trip" will be taken at a to-be-agreed-upon date and time. (When not running, Chris is a professional hair stylist.)

## COMMON RUNNING INJURIES: PREVENTION AND TREATMENT

P-3

Joe Svoboda, Carl Cramer

539-1863

One Time: Tuesday, 7pm, June 28  
 Location: Will be noted on your receipt  
 Class Fee: \$3.00, pay with registration

Attention joggers, runners, racers and other athletes! Have you been bothered by bruised heels, arch sprains, runner's knees and/or shin splints? If so, learn how to manage your injury. If not, you're lucky! Learn how to avoid these nasty injuries. Joe and Carl will have time for questions and answers concerning your particular situations. (Joe is a runner and a podiatrist. Carl is a runner, a certified athletic trainer and a certified corrective therapist.)

## NUTRITION FOR RUNNERS, ATHLETES AND PHYSICAL FITNESS BUFFS

P-4

Katharine Grunewald

532-5508

One Time: Monday, 7-10pm, July 11  
 Location: Will be noted on your receipt  
 Class Fee: \$3.00, pay with registration Limit: 30

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

# STEREO SALE

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Carol Gulker H.M., Scenery untitled

## WET AND WONDERFUL

### CHILDREN'S BEGINNING SWIMMING

P-37

Becky Williams

539-6759

Saturdays, 9-10am First Meeting: June 18  
Length: 6 times Limit: 10

### WATER AEROBICS AND SWIM EXERCISE

P-32

Edee Dalke

539-1005

Saturdays, 9:30-11:00am First Meeting: June 18 Length: 6 times  
Location: Will be noted on your receipt (no class July 2)  
Class Fee: \$7.00, pay with registration

Stay cool in the pool while you do lots of fun aerobic exercises to music. Water aerobics can be done standing on the pool bottom or holding onto the side. Various combinations of swimming strokes will lead to routines, laps and water dance. Synchronized swimming will be introduced. (Edee is a Water Safety Instructor and has lifeguarded, taught swimming and been involved with water aerobics for three years.)

### SAILING BASICS

P-30

Jeff Oaklief

539-5136

One Time: Saturday, 9am-12n, June 25  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

The opposite of "running with the wind" is: a) coming about; b) hard-a-lee; c) tacking; d) walking with the calm. Even if you answered c) tacking, you'll learn much from this introduction to sailing including terminology, how to sail, selecting a boat and how to get started. (Jeff has been sailing since he was five years old.)

### KAYAKING

P-29

T. J. Hittle

539-7772

Saturdays & Sundays, 10am-2pm, July 16 & 17; July 23 & 24  
Location: Will be noted on your receipt Length: 4 times  
Class Fee: \$5.00, pay with registration Limit: 8  
Materials Fee: \$25.00, pay at class (plus \$5.00 optional)

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

### SWIMMING LESSONS

All Classes:

Location: Will be noted on your receipt  
Class Fee: \$6.00, pay with registration  
Teachers are Red Cross certified Water Safety Instructors  
(no classes July 2 or 3)

### CHILDREN'S BEGINNING SWIMMING

P-33

Michaela Richmond

539-3979

Sundays, 8-9am First Meeting: June 19  
Length: 6 times Limit: 10

### CHILDREN'S BEGINNING SWIMMING

P-34

Michaela Richmond

539-3979

Sundays, 9-10am First Meeting: June 19  
Length: 6 times Limit: 10

### ADULT BEGINNING SWIMMING

P-35

Joanne Irvine

537-9793

Sundays, 10-11am First Meeting: June 19  
Length: 6 times Limit: 10

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# PICK A HOBBY!

## JUGGLING

P-17

Charles Green

537-9630

Sundays, 3-4pm First Meeting: June 26 Length: 3 times  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration Limit: 30

Juggling can be a relaxing art as well as a wonderful learning experience. The art of juggling develops a good feel for hand-eye coordination. The only requirement is that you must have three tennis balls. Some experience can be helpful but not required. Juggling is for the young and the old; so come join the fun! (Charles has been juggling for approximately three and half years as an amateur and eventually plans to turn professional and attend Barnum and Bailey's Clown college in Florida.)

## STUDENT PILOT GROUND SCHOOL

P-16

J. Van Swaay

537-0132

One Time: Day, time and date to be announced  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration Limit: 10  
Materials Fee: \$3.00, pay at class

If you have ever thought about learning to fly then this class is for you. We will cover basic aircraft systems and aerodynamics, airport operations and communications, and basic licensing requirements. Although the class will not cover everything required for the F.A.A. written exam, it will provide a solid background for the potential student pilot. Call the instructor for more information. (J. is a commercial pilot and certified flight instructor. He also owns his own aircraft.)

"Toto, I have a feeling we aren't in Kansas any more." - Dorothy, The Wizard of Oz.

## DUNGEONS AND DRAGONS

P-18

Ron "Modar" Knight

537-1688

Thursdays, 6-10pm First Meeting: June 23 Length: 6 times  
Location: Will be noted on your receipt  
Class Fee: \$5.00, pay with registration Limit: 5  
Materials Fee: \$1.00, pay at class

Wanted! Dungeoners. Age 18 or older who have NEVER played in my world. Experience helpful, but not necessary. Character sheets, etc., are provided. Players must provide own multi-sided dice (20,12,8,6,4). Questions? Please call. Class limited to 5. NO exceptions. (Ron has played D & D for over 13 years.)

## STAMP COLLECTING EXTRAVAGANZA!

P-19

Tim Lindemuth

532-6415

Mondays, 7:30pm First Meeting: June 27 Length: 4 times  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration

Stamp collecting can be a valuable, educational and fun hobby. Tim will cover the basics of how to collect stamps including buying, trading and cataloging. Come to a philatelic slide show and learn the finer points of collecting. A field trip is planned. (Tim is a long-time member of the American Philatelic Society and a collector for 27 years.)



Margaret Buie H.M., Scenery "Flotsam"

"No matter where you deliver an airplane from Wichita, you're already halfway there." - Walter Beech, founder of Beech Aircraft Corporation.

# BODY FORMS

## WEIGHT TRAINING FOR WOMEN

P-1

Larry Noble

532-6765

Section I: Wednesdays, 7-8:30pm, June 22, 29  
Section II: Thursdays, 7-8:30pm, June 23, 30 (2 times each section)  
Location: Will be noted on your receipt  
Class Fee: \$3.00, pay with registration Limit: 30 each section

An introduction to weight training exercises as a method of developing muscular strength and endurance. The cosmetic benefits of weight training will also be discussed. All participants will be given a program designed to develop all the major muscles and will have an opportunity to engage in the exercises using the equipment in the Ahern Weight Room. (Larry has trained with weights for over 20 years, taught weight training techniques for over 10 years, conducted research on resistive exercise and is an associate professor of physical education.)

## GENERAL FITNESS EXERCISES TO MUSIC: AEROBIC EXERCISE FOR EVERYONE

P-8

Susan Grecu

532-5731

Mondays, Tuesdays, Thursdays, Fridays, 5-6pm First Meeting: June 28  
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.)

## TAI CHI EXERCISE

P-10

Tom Graham, Lee-shih Lu

532-6311 776-0780

Saturdays, 8:30-10:30am, Tuesdays, 7-9pm First Meeting: June 21  
Location: Will be noted on your receipt Length: All semester  
Class Fee: \$10.00, pay with registration

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

## TANG SOO DO KARATE

P-9

Joel Cederberg

537-7090

Mondays, Wednesdays, Fridays First Meeting: June 20, 7-9:30pm  
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. Come wearing loose clothing that you don't mind getting sweaty. You are encouraged to consider buying a uniform, which will be available from the instructor. (Joel is a second degree black belt with eight years experience and has been teaching for three and a half years locally.)

## BEGINNING FENCING

P-13

Richard Rejhs

539-9261

Wednesdays, 6-8pm First Meeting: June 22 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.)

## SELF-DEFENSE (WITH JUJITSU EMPHASIS)

P-36

Stan Wilson

539-7723

Tuesdays, 7-9pm First Meeting: June 21 Length: 6 times  
Location: Will be noted on your receipt  
Class Fee: \$10.00, pay with registration

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

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"The country here is magnificent! Oh the moonlight scenery!" - Isaac Goodnow, March 25, 1855.



Michael G. Tomlinson untitled

# Registration

## Mail-In Registration Form

ONE PERSON PER FORM • MAIL-IN REGISTRATION DUE JUNE 6-17  
(LATE REGISTRATIONS ACCEPTED ON SPACE-AVAILABLE BASIS)

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

PLEASE PRINT

Name \_\_\_\_\_

Street \_\_\_\_\_ Apt. # \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

**SURVEY**—Please check all that apply.

I am a:

KSU Student (\_\_\_\_\_ credit hours this semester)

Student Spouse  Fort Riley Personnel

KSU Faculty/Staff  Townsperson (non-KSU)

Faculty/Staff Spouse  Rural Riley County

Public School Age  Handicapped

Senior Citizen  Other \_\_\_\_\_

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

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

I am interested in teaching for UFM.

I would like to see offered next term: \_\_\_\_\_

UFM—532-5866

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

Total class fee (see costs) \_\_\_\_\_

Plus registration fee (see costs)  
Individual—\$2.00 \_\_\_\_\_

If KSU student, list ID# here \_\_\_\_\_

**Total Due** \_\_\_\_\_

Please indicate where you obtained catalog \_\_\_\_\_

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

### REGISTRATION DATES: Mail-in registration due June 6-17

Walk-in:

Monday, June 6 ..... KSU Union 9 a.m.-4 p.m.

Tuesday, June 7 ..... UFM House 7-8 a.m., 5-7 p.m.

..... KSU Union 9 a.m.-4 p.m.

Wednesday, June 8 ..... UFM House 7-8 a.m.

..... KSU Union 9 a.m.-4 p.m.

Thursday, June 9 ..... Public Library 5-7 p.m.

Saturday, June 11 ..... Wal-Mart 10 a.m.-12 noon

Monday, June 13 ..... KSU Union 9 a.m.-2 p.m.

Wednesday, June 15 ..... Public Library 11 a.m.-2 p.m.

..... 5-7 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, June 19, 5:30pm at Long's Park, 17th & Yuma

PLEASE PRINT

Name \_\_\_\_\_

Street \_\_\_\_\_ Apt. # \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

**SURVEY**—Please check all that apply.

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Please indicate where you obtained catalog \_\_\_\_\_

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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