

FREE CATALOG

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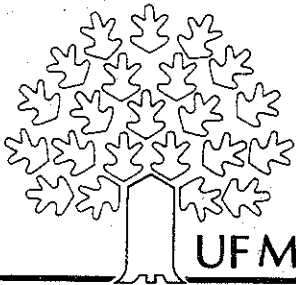
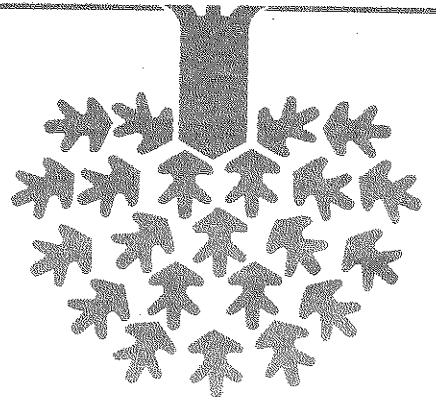
Self-Awareness

Children's Activities

FALL  
1984

TEACHING  
LEARNING  
GROWING

UFM



UFM TEACHING LEARNING GROWING

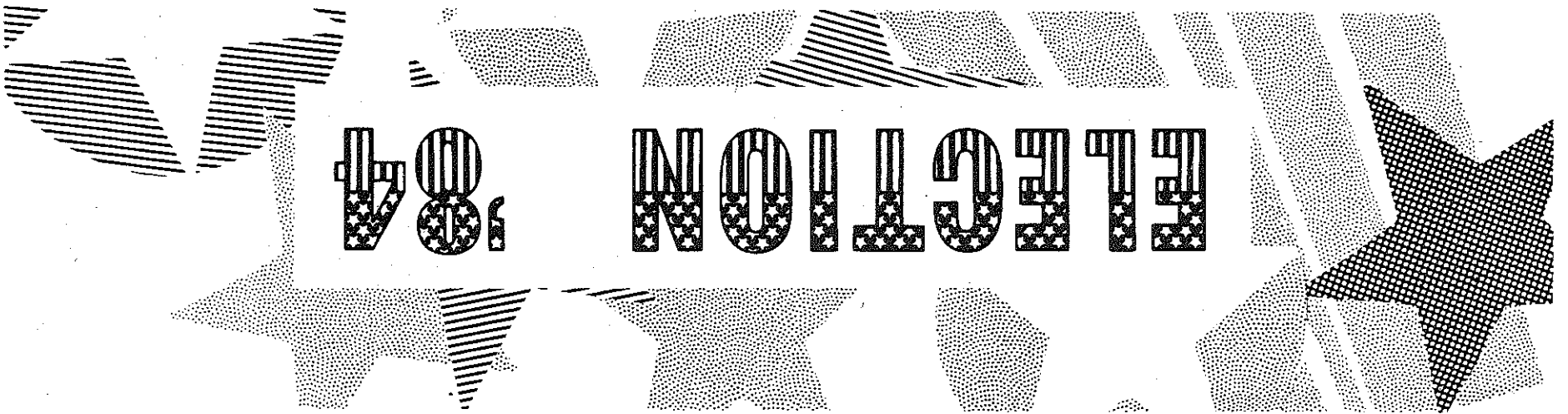
1221 THURSTON  
MANHATTAN, KANSAS 66502

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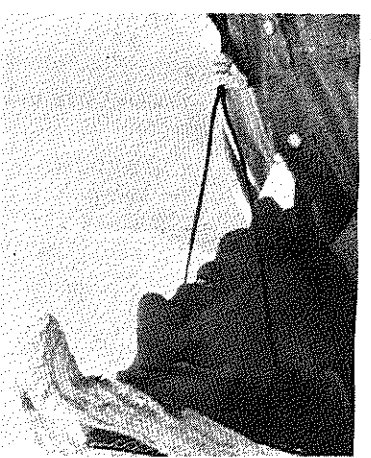
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In this year of presidential elections and olympics, feelings of patriotism are high. Who can resist a little flag waving? Not UFM, as we print our first color catalog in red, white and blue. We hope you enjoy our photos of elections past.

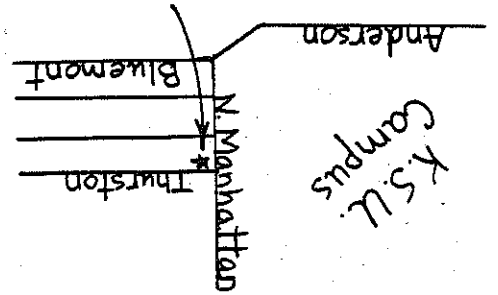
We at UFM feel strongly about the freedoms we enjoy in America. There are few places in the world a community organization could provide the means for so many people to share information and express ideas. Our right to choose government representatives is not only a right but a duty. In order to protect these freedoms and rights we urge you to participate in the elections in November.



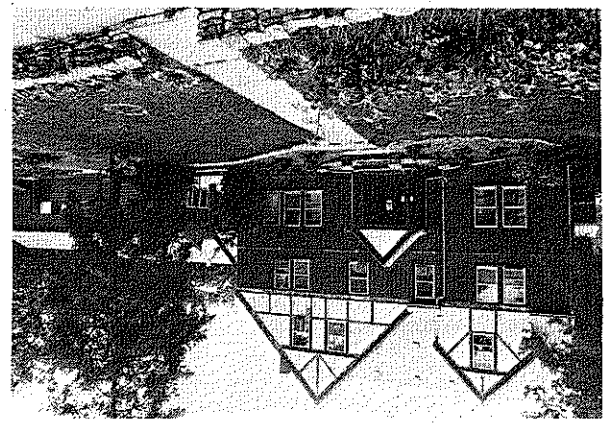
teacher feature

Volunteer teachers are the cornerstone of the UFM program. We believe that anyone can teach and anyone can learn, and for 17 years have proved it by providing opportunities for over 10,000 volunteers to teach new skills to over 150,000 participants in UFM's programs.

This fall, we would like to make a special acknowledgement of the contributions of long-time UFM teacher, Gene Towne. He has taught the popular class "Prairie Wildflowers" for seven years. Gene takes participants to Warner Park, Top Of The World, or other Flint Hills locations. As he ambles across the prairie, Gene keeps up a running commentary on how to identify prairie plants, tidbit information and many funny stories. Several years ago, one of his participants suggested that Gene teach a class on his first botanical love, grass identification. Fearing that few would be interested, Gene was pleasantly surprised that over 20 registered for "Prairie Grasses," a class he now teaches regularly. Gene is a research assistant in Range Management at KSU and is working on his Ph.D. under Dr. Clenton Owensby. Thanks, Gene, for being an important part of our program.



UFM is located at 1221 Thurston, on the east side of campus.



**What is UFM?**

UFM is a private, non-profit community learning network linking resources with needs. Some 10,000 participants enroll annually in more than 1,000 programs. Specific programs respond to the special needs of the handicapped, elderly, low-income and minority citizens of our community. More than 1,000 volunteers, ranging in age from 8 to 80, share their knowledge, their skills, their time and their concern.

"The philosophy behind UFM's rural developments is simple: people in rural areas are often their own best resources." - Rural America.

**What programs do we offer?**

**Community Education:**  
The Only Prerequisite is Curiosity

Whether it be job search skills, women's self-defense, the meditative practice of Hatha Yoga, concerns with community development, the basics of home buying and investments or continuing the traditional folk arts of the rural Midwest, the curious will find it in the more than 1,000 courses coordinated by UFM annually.

**Appropriate Technology:**  
Conserving Our Energy and Resources

The Appropriate Technology Program promotes local self-reliance in the areas of energy, food, shelter, and waste management through classes, seminars, tours, demonstrations and hands-on construction workshops.

**Outreach: Preserving the Rural Community**

Kansans have been struggling with declining populations in rural communities. The Outreach Program provides assistance and support to rural Kansas towns who are attempting to respond to these concerns through community-based education programs. Over 50 Kansas communities have implemented the UFM educational model.

**The Needs of the Handicapped Adult**

Central to UFM's mission has been the concern for the disabled members of our community. UFM has reached out to meet the special needs of this population through Let's Recreate, a program that provides recreational activities that handicapped adults can learn and integrate into their daily life. Let's Recreate has been permanently adopted by Manhattan Parks and Recreation Commission and now UFM is extending the model to five rural communities in Kansas.

**Spin Offs**

UFM aims to encourage the community to grow with new ideas and programs. The Manhattan Farmer's Market is an excellent example of a very significant program that grew out of a UFM class and now benefits the area economy.

**And Much More:**

- The Manhattan Community Gardens
- The Solar Demonstration Facility
- Folk Arts Programming
- The Advocacy Project for Rural Adult Postsecondary Education
- The Know-How Network: an educational program for low-income Rural Libraries and the Humanities
- A Pottery Studio, Community Darkroom, Woodworking Shop and Weaver's Studio
- Weatherization of Low Income Homes in the five-county area

**LOU DOUGLAS LECTURES ON PUBLIC AFFAIRS:**

An annual series featuring nationally known speakers. This series invites dialogue on issues of public concern. The 1984 Series addressed the issues of U.S. Policy in Central America.

"An organization that reaches so many individuals deserves the support of the entire community." - A local Manhattan business contributor

Thanks to all who helped with the theme of this catalog:

Riley County Historical Museum, Treasure Chest-Agaveville, The Manhattan Mercury, Mrs. Diana Tindle, Kansas State Historical Museum and Audrey Murphy for her technical and creative assistance in preparing the photographs used.

Design: Earthsign Graphics, P.O. Box 483, Manhattan, KS 66502



## Country crafts

- |  |   |
|--|---|
| <p><b>POTPOURRI</b> E-32 293-4416<br/>         Kathy Colvig<br/>         One Time: Saturday, 10am-12m, Oct 13<br/>         Location: Will be noted on your receipt<br/>         Class Fee: \$4, pay with registration<br/>         Materials Fee: \$1, pay at class<br/>         Learn to create the expensive part, but best part of sachets from the things around you. Save to bring: flower heads (especially peony &amp; rose petals) for color, herbs for "flavor"; all dried on newspaper and stored in paper sacks. Or bring yourself and we'll share with you. (Kathy enjoys nature and crafts and finds combining the two enjoyable and likes to share her joys with others.)</p> <p><b>VINE WREATHS</b> E-33 293-4416<br/>         Kathy Colvig<br/>         One Time: Saturday, 1-3pm, Oct 13<br/>         Location: Will be noted on your receipt<br/>         Class Fee: \$4, pay with registration<br/>         Materials Fee: \$1, pay at class<br/>         Learn to create wreaths and baskets from vines and twigs and then how to decorate them for the various times of the year. Great for gifts and not as hard as they look.</p> <p><b>STRAW WELCOME HATS</b> FA-23 537-2084<br/>         Susan Toy<br/>         One Time: Thursday, 7pm, Oct 11<br/>         Location: Will be noted on your receipt<br/>         Class Fee: \$4, pay with registration<br/>         Materials Fee: \$12.50, pay at class<br/>         Learn to make silk flowers or choose dried natural flowers to adorn a straw hat that proclaims "WELCOME" to all who enter your home. Choose colors to match your decor and add a touch of country to your city house. (Susan, owner of The Container Craft Shop, shares her skills with UFM participants, many local clubs and groups.)</p> <p><b>SMOCKING</b> (This class held in Junction City) FA-48 1-238-4785<br/>         Shari Strauss<br/>         Tuesdays, 2-4pm, Nov 20 &amp; 27 (2 times)<br/>         Location: Will be noted on your receipt<br/>         Class Fee: \$5, pay with registration<br/>         Materials Fee: \$6, pay at class<br/>         Smocking can be used to add fullness and charming detail to clothing or to make accessories for your home. We will learn a variety of stitches on pre-pleated material and use them to complete a Christmas ornament.</p> <p><b>FALL RIBBON WREATH</b> FA-24 537-2084<br/>         Susan Toy<br/>         One Time: Monday, 9:45am, Oct 15<br/>         Location: Will be noted on your receipt<br/>         Class Fee: \$4, pay with registration<br/>         Materials Fee: \$10.50, pay at class<br/>         Twenty yards of ribbon in crisp fall colors are used in the production of this attractive decoration. Embellish with delicate dried flowers in your colors and you have completed a wreath for your door or wall.</p> <p><b>CHRISTMAS RIBBON WREATH</b> FA-25 537-2084<br/>         Susan Toy<br/>         One Time: Thursday, 7pm, Nov 1<br/>         Location: Will be noted on your receipt<br/>         Class Fee: \$4, pay with registration<br/>         Materials Fee: \$10.50, pay at class<br/>         Start now for a beautifully decorated home at Christmas. Imagine this wreath of rich red, deep green, gold and silver made of ribbons of plaid, moires, prints or solids. Bedecked with pinecones or other holiday materials it will be a warm, graceful ornament for your home at this special time of year.</p> <p><b>UFM WINTER CRAFT FAIR</b> FA-38 532-5866<br/>         Rebecca<br/>         Friday &amp; Saturday, 11am-5:30pm, Nov 16 &amp; 17<br/>         Location: Will be noted on your receipt<br/>         Sell your handmade goods at the UFM winter crafts fair. Space is limited this year to 20, six-foot booths. Fees are \$18 for both days, \$10 for one day. When you register you will be sent an entry form. Do not include space fee when you sign up, please wait until you are contacted.</p> | <p><b>POTPOURRI</b> FA-16 1-494-2540<br/>         Date Anderson<br/>         Section I: Wednesday, 7-9pm, Oct 17<br/>         Section II: Wednesday, 7-9pm, Oct 24<br/>         Location: Will be noted on your receipt<br/>         Class Fee: \$4, pay with registration<br/>         Materials Fee: \$10-\$20, depending on recipe chosen, pay at class.<br/>         Instruction will include a slide lecture program covering the beginning of potpourri, collecting and drying your ingredients, proper mixing method, use of fixative and oils and gift giving ideas. The class will then look at recipes, some dating to the 1400's, pick one of your choice and mix it up. Bring a 2-gallon size container or plastic bag to mix in. A fun evening. (Date has operated "The Herb Patch" growing and importing herbs, spices, and potpourri ingredients for 9 years and belongs to the National Herb Society.)</p> <p><b>STENCILING</b> FA-13 537-4852<br/>         Nancy Lynch<br/>         One Time: Saturday, 9:30-11:30am, Oct 6<br/>         Location: Will be noted on your receipt<br/>         Class Fee: \$4, pay with registration<br/>         Materials Fee: \$8, pay at class<br/>         Make personalized Christmas cards this year. Stenciling is quick and easy to learn! It can be used to decorate wood, fabric, paper and even walls. In class you will decorate a wooden box and Christmas cards or note paper. All materials will be provided including a reusable stencil for you to keep. (Nancy is a KSU graduate student. She designs stencils and stencilled items which are available in Manhattan and Pennsylvania.)</p> <p><b>CHRISTMAS BASKET</b> FA-26 537-2084<br/>         Susan Toy<br/>         One Time: Monday, 10am, Nov 5<br/>         Location: Will be noted on your receipt<br/>         Class Fee: \$4, pay with registration<br/>         Materials Fee: \$5.50, pay at class<br/>         Limit: 6<br/>         Choose an oval, round or hexagonal covered basket. Add ribbons in the opulent colors of Christmas and holly, baubles or pinecones to create a jubilant centerpiece or a gift in which to carry a gift. All materials are provided.</p> |
|--|---|



The 1912 campaign became a three-way race for the Presidency when Theodore Roosevelt declared himself "as strong as a bull moose" and split from his party to head the new Progressive ticket. Wilson and Taft headed the major parties.

Applique - a fabric decoration cut out and fastened to a larger piece of material. This new form of applique uses sheer fabric pieces to give a soft shadow effect. In class we will complete a 6-inch hoop wall hanging using your choice of designs and colors. All materials provided. (Shari owns and operates Shari's Country Stitch 'N' in Junction City.)

Shari Strauss  
 One Time: Tuesday, 2-4pm, Oct 2  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$2, pay at class  
 Limit: 10  
 FA-18  
 238-4785  
 SHADOW APPLIQUE (This class meets in Junction City)

Children grow so fast you can break the budget keeping them in clothes. Right? Not so, if you sew your own. Starting with a few simple patterns, Marie will show you the variations that will give you a winter to spring wardrobe for your child. For young children you probably have enough fabric pieces from sewing projects of your own to outfit them handsomely without spending a cent!

Marie Jackson  
 Section I: Tuesdays, 10am-12n, Sept 11, 18  
 Section II: Saturdays, 10am-1:30pm, Sept 15  
 Location: Will be noted on your receipt  
 Class Fee: \$4/section, pay with registration  
 Materials Fee: \$4, pay at class  
 Limit: 10  
 FA-45  
 776-6738  
 SEWING FOR CHILDREN

Can't seem to get the knack of knitting or the crux of crochet? If you can sew, don't despair, you can still have lovely sweaters at a third of the cost of those found in stores. See how easy it is to sew your own accessories like pre-knit cuffs and collars that add that finishing touch.


Marie Jackson  
 One Time: Tuesday, 10am-12n, Oct 2  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$4, pay at class  
 Limit: 10  
 FA-44  
 776-6738  
 SEWING SWEATERS

Comfort while exercising or lounging is one of the reasons jogging suits are so popular today. There will be discussion and demonstration of fitting, fabrics and sewing techniques. They are easy to sew, half the price of commercial suits and a wide range of colors are available. You might not stop until you've sewn one for every family member.

Marie Jackson  
 One Time: Tuesday, 10am-12n, Sept 25  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$3.50, pay at class  
 Limit: 10  
 FA-43  
 776-6738  
 SEWING JOGGING SUITS

KNIT, PURL, KNIT, PURL. Learn these two basic stitches and you can, by varying their order, be on your way to a lifetime of scarves, hats, afghans and sweaters. After the first few classes you will begin individual projects and can proceed at your own pace. Bring worsted weight knitting yarn and 10" long, size 5-8 knitting needles. (Fern has taught knitting for UFM, the Recreation Department and the Senior Center.)


Fern Switzer  
 Tuesdays, 7-9pm First Meeting: Sept 18  
 Location: Will be noted on your receipt  
 Class Fee: \$5, pay with registration  
 Materials Fee: 50¢, pay at class  
 Length: Ongoing  
 Limit: 10  
 FA-47  
 539-3486  
 BEGINNING KNITTING



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*Holiday Jewelers*  
 425 POYNTZ MANHATTAN, KANSAS 776-7821

Sensuous and sexy or prim and proper -- lingerie is once more an important part of a woman's wardrobe. For a fraction of the retail cost, you can sew lingerie with luxurious fabrics and high fashion detailing. This class will demonstrate construction and give tips for good fit. (Marie has years of sewing experience and enjoys sharing her knowledge with others.)

Marie Jackson  
 One Time: Thursday, 7-9pm, Sept 20  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$3.50, pay at class  
 Limit: 10  
 FA-39  
 776-6738  
 SEWING LINGERIE

Sewing may be either fun or hard work. Organization is part of the work. Let me show you how to organize your sewing box and share a few tips for easy sewing. Bring your sewing box and your questions.

Dentise M. Steig  
 One Time: Friday, 6-9pm, Sept 21  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Limit: 5  
 FA-35  
 532-6477  
 READY, SET... SEW

**Nimble needles**

VICTORIA WOODHULL (1838-1927) was the first woman to be nominated for the presidency in 1872. Her futile attempt to vote in that election was much-publicized.



**WOODHULL & CLAFLIN**  
 WEEKLY

PROGRESSIVE WITH THOUGHFUL CONTRASTED LIVES!  
 BREAKING THE WAY FOR FUTURE GENERATIONS

**Common-Political Party**  
 NOMINATION FOR PRESIDENT OF THE U.S.  
**VICTORIA C. WOODHULL**  
 IN 1872.

ASSOCIATION BY THE NATIONAL CONVENTION



## Reading

### BEGINNING CHINESE

Don Nissen

FA-12 539-2727

Mondays & Thursdays, 7-8:30pm First Meeting: Oct 1 Length: Ongoing

Location: Will be noted on your receipt

Class Fee: \$10, pay with registration

Materials Fee: \$5, pay at class

Limit: 6

This will be a beginning level class making use of modern language

learning methods. The text uses Pinyin Romanization and simplified Chinese

characters. The pace and length of the course will be decided by class

members. (Don teaches English as a second language and studies Chinese

in his spare time with Chinese friends.)

SHAKESPEARE FOR THE FUN OF IT

FA-17 539-4716

Sundays, 7-9pm First Meeting: Sept 16

Location: Will be noted on your receipt

Class Fee: \$5, pay with registration

Materials Fee: \$1.50, pay at class

Limit: 20

What did Henry IV think of his son? What was the secret of Desdemona's

handkerchief? And what about Caliban and Miranda? Come and find out!

Seriously, we'll be discussing Shakespeare, trying to figure out why

he's still being read, and having a good time. We will study Henry IV,

Othello, Twelfth Night, and The Tempest. If you don't have copies of

these plays, call Brian at 539-4716 by September 7 and paperback editions

will be ordered for you. (Brian is a KSU student who has studied Shakes-

peare extensively.)

SCIENCE FICTION/STAR TREK GROUP - ANOMALY

FA-33 776-4275

Mondays, 8pm First Meeting: Sept 17

Location: Will be noted on your receipt

Class Fee: \$2, pay with registration

We are a loosely formed club that meets regularly throughout the year.

We discuss recent books, movies and other items of the genre and have

frequent costume parties. Join us and get a chance to see pictures of

the science fiction/fantasy/Star Trek conventions we have attended.

Browse through fanzines and share our enthusiasm.

BEARS, BEARS, BEARS

FA-34 532-6477

Fridays, 7-10pm, Oct 5, 12 (2 times)

Location: Will be noted on your receipt

Class Fee: \$5, pay with registration

Materials Fee: \$3, pay at class

Limit: 5

Stuffed bears are the rage and can be found in every shape and size (all

prices too). Why not make your own? It is simple and easy. All you need

is a needle and thread. You get to choose your own fabric or fur and

each bear is a one of a kind. (Denise collects bears of all sizes and

shapes - making them is a new hobby. She is a senior in Life Sciences.)

SOCK DOLLS (This class meets in Junction City)

FA-19 1-238-4785

One Time: Tuesday, 2-4pm, Oct 16

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$2, pay at class

Limit: 10

Sock dolls are favorite stocking stuffers for small children and always

sell well at bazaars. These cute five-inch dolls are stuffed with fiber-

fill, then decorated as you desire with hair, clothes and bonnet. All

materials are provided for this project we will complete in one afternoon.

PUPPETS, PUPPETS... FOR CHILDREN (2-6 YEARS OLD)

P-38 539-1514

One Time: Saturday, 1-2:30pm, Nov 10

Location: Will be noted on your receipt

Class Fee: \$3, pay with registration

Materials Fee: \$1, pay at class

Limit: 15

Welcome to the wonderful world of puppets with songs, skits and short

stories. Jeanne will present several delightful puppet shows, and children

will participate in several activities. Parents must accompany. (Jeanne

holds a teaching degree, has taught several years in public school and

runs a private nursery school, Puppetland. Her summer UFM class was a

great success.)

You may register for any class

late. But don't wait too long!

Popular classes fill up early.



## ... and writing

### BEGINNING CALLIGRAPHY

Ernie Peck

FA-14 537-9883

Mondays, 7-9pm First Meeting: Sept 24

Location: Will be noted on your receipt

Class Fee: \$10, pay with registration

Materials Fee: \$7.50, pay at class

Limit: 12

Calligraphy - the art of beautiful lettering - will be introduced. We will

learn about lettering tools, materials, references and one calligraphy

alphabet. Felt-tipped calligraphy pens and necessary paper will be pro-

vided. (Ernie has been lettering since he was 13 years old and has taught

many others the skill.)

FEMINIST WRITERS SUPPORT NETWORK

FA-37 537-8235

Natalya Hall, Rita Grover

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

Location: Will be noted on your receipt

Class Fee: \$2, pay with registration

We are women who write journals, letters, stories, plays ... who

would like to know other women who write, to share readings and critiques

and encouragement in a supportive atmosphere. We are an ongoing group that

meets not only as a whole group but also in small work groups. (Natalya

and Rita are writers who, tired of working in a vacuum, got this group

started last spring.)

WRITING BOOK REVIEWS FOR THE MANHATTAN MERCURY

FA-21 776-8805

Tuesdays, 7pm, Oct 23, 30 (2 times)

Location: Will be noted on your receipt

Class Fee: \$5, pay with registration

Limit: 15

We want reviewers! Learn The Manhattan Mercury guidelines, how to tailor

your style to meet them and tips on writing. You'll write a review; we'll

critique it and consider it for publication. (Margaret is book review

editor for The Manhattan Mercury.)

AUTHOR! AUTHOR! - NOVEL WRITING WORKSHOP

FA-15 1-258-2066

Thursdays, 7-10pm, Oct 11, 18 (2 times)

Location: Will be noted on your receipt

Class Fee: \$5, pay with registration

Limit: 12

Are you writing the great American novel, but wonder if the public will

ever have the chance to read it? Leonard will answer questions you have

on novel writing, the publishing world and literary agents. Bring some-

thing you've written recently, a sample chapter three to ten pages, for

the group to read and critique. (Leonard has taught writing for over

25 years - at Columbia, New York University and University of California

Berkeley. He has published nine novels including The Everlasting, Down

All Your Streets and The Butchers.)

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# Warps and wefts

BEGINNING WEAVING  
Susan Lala, Rebecca Brownson  
537-9610 532-5866

Section I: Wednesdays, 1-3pm, Sept. 19, 26, Oct. 3, 10  
Section II: Wednesdays, 7-9pm, Sept. 19, 26, Oct. 3, 10  
Location: Will be noted on your receipt  
Class Fee: \$10/section, pay with registration  
Materials Fee: \$6, pay at class  
Limit: 4/section

Learn to weave in your choice of a daytime or evening class. You will learn how to get a loom ready for weaving and then practice a variety of weaving techniques. Completion of this course will allow you to take advanced weaving courses offered and sign up for open weaving times.

HANDWOVEN TABLE RUNNERS  
Susan Lala  
537-9610

Group Meetings: Tuesday and Thursday, 6:30-9pm, Oct 23 & 25  
Location: Will be noted on your receipt  
Class Fee: \$5, pay with registration  
Materials Fee: \$5, warp fee for each runner. Weavers will supply their own weft yarns.

Weaving weeks beginning: Oct 29, Nov 5, 12, 19, 26, Dec 3  
Handwoven table runners make lovely Christmas gifts! If you have previous weaving experience come join us. We will meet two times to dress the looms. Susan will demonstrate the suggested pattern (variations will be possible). Then sign up for one week to come in at your convenience and weave a runner on your own. You may sign up for more than one week if you wish to do several.

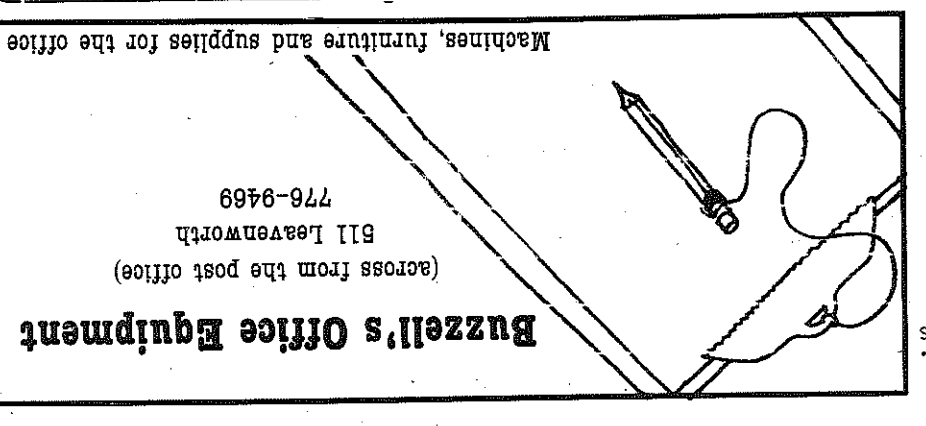
WEAVING STUDIO TIME  
Susan Lala  
537-9610

December-January  
Class Fee: \$10, pay with registration  
Limit: 3  
Know how to weave and learn for a place to weave? Looms in the UFM Weaving Studio will be available in December and January. Plan your projects now. (No instruction is provided.) You will need to sign up for use of the green, table or Hammett loom.

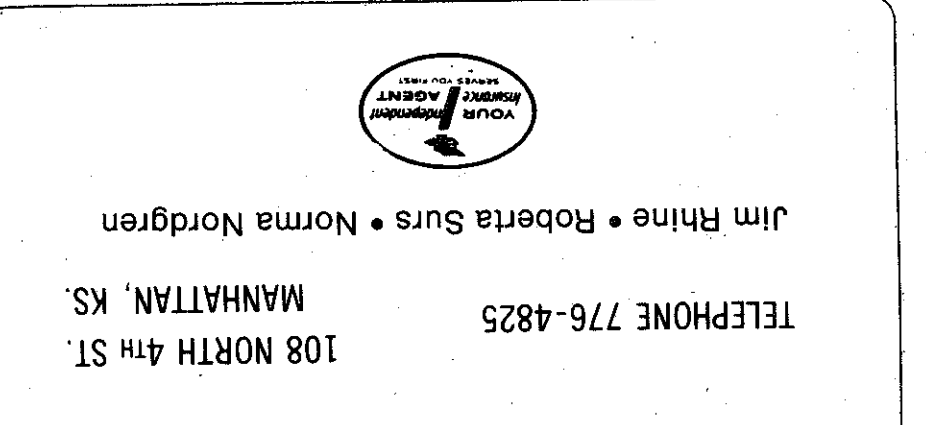
RUGMAKING: BRAIDING, WEAVING, CROCHETING, TOOTH BRUSH HANDLE  
Fran Walter  
539-2961

One Time: Friday, 7-9pm, Oct 19  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$1, pay at class  
Limit: 12  
In the first class we will learn to make different kinds of rugs from a variety of worn and discarded material. Bring examples and any instructions you might like to share. (An early interest in rugmaking has led Fran to learn many ways to create rugs from rags.)

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## UFM POTTERY STUDIO FACILITY

UFM's pottery studio is equipped with a slabroller, two kickwheels and an electric wheel. There is a large electric kiln, a portable gas kiln and a variety of glazes available for use. If you are a leader of a scout group or a special art class working with clay, you may rent kiln space to fire your pots and use our glazes at an extremely reasonable price. For more information contact Amy Jo Gatschet, the pottery studio manager at 776-3135.

UFM POTTERY STUDIO CO-OP  
Amy Jo Gatschet  
776-3135

Wednesday, 7-8pm, Sept 19, Mandatory organizational meeting  
Location: UFM Pottery Studio  
Membership in studio: \$20, 8 weeks  
30, 16 weeks  
40, 24 weeks  
Limit: 6

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, 12 1/2 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. (Amy is the pottery studio coordinator for UFM.)

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

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

BEGINNING CERAMICS  
Zoraida Rivera  
FA-3

Mondays, 7-9pm First Meeting: Sept 17  
Location: Will be noted on your receipt  
Class Fee: \$10, pay with registration  
Materials Fee: \$10, pay at class  
Limit: 8  
From raw clay to finished glazed piece, learn to make your own handbuilt and wheel thrown pottery. Produce functional mugs, bowls, lidded containers or sculptural forms. A variety of techniques will be demonstrated and you will have the opportunity to work on projects of your own choosing. (Zoraida has taught many times for UFM and enjoys the endless possibilities for creativity when working with clay.)

CERAMIC MASKS  
Steven Johnson  
537-8354

Tuesdays, 7-9pm First Meeting: Oct 2  
Location: Will be noted on your receipt  
Class Fee: \$10, pay with registration  
Materials Fee: \$6, pay at class  
Limit: 8  
In keeping with the foremost Halloween tradition, make a mask this year! This class will cover basic sculptural techniques in ceramics, emphasizing individual creativity through various mask-making projects. (Steve has signed and sculpted his own masks for years and enjoys teaching this class for UFM.)

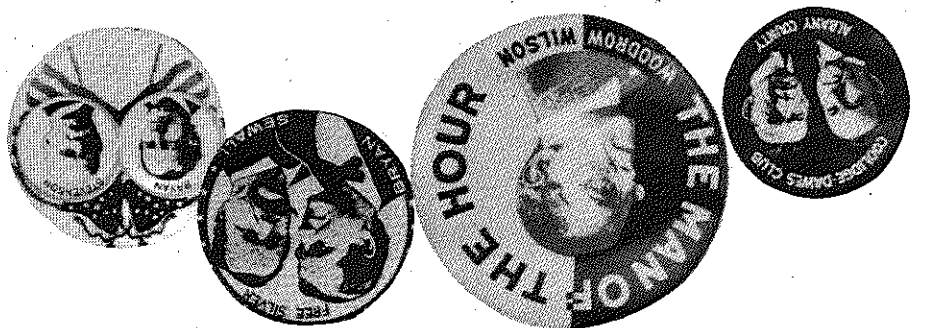
CERAMIC PUMPKIN CARVING  
Amy Gatschet  
776-3135

Thursdays, 6:30-8pm Oct 11, 18 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$5, pay with registration  
Materials Fee: \$5, pay at class  
Limit: 8  
This year carve a ceramic pumpkin that you can use for years to come. Amy will provide you with clay "pumpkins" whose expressions you will create by carving and glazing. All the fun but none of the mess of a real pumpkin! (Amy has been working with clay many years and enjoys coming up with new ideas involving ceramics.)

PLAY WITH CLAY (4-6 YEARS)  
FA-46  
539-8769

Tuesdays, 4:30-5:30pm First Class Oct 2  
Location: Will be noted on your receipt  
Class Fee: \$5, pay with registration  
Materials Fee: \$3, pay at class  
Limit: 6  
Working with clay is creative and fun! We will make simple animals, boxes or wind chimes as projects. Whatever we do we'll have a good time doing it! (Bill is a pottery co-op member who enjoys children.)

## 6 Arts



**HOW TO USE YOUR 35mm CAMERA**

Dan Ray, Mark Stallings  
 One Time: Wednesday, 7-9pm, Sept 24  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$2, pay at class  
 So you've got a 35mm camera but don't know your f-stop from your lens cap? Let the pros show you what you need to know. Class topics include ASA, f-stops, shutter speeds, depth of field and use of flash. Questions encouraged. (Mark and Dan are professional photographers. Dan owns Manhattan Camera Shop.)

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

Netl Schancker  
 Organizational Meeting: Monday, 5-5:30pm, Sept 10 (or by individual appointment)  
 Located just one block east of campus in the UFM House, the UFM darkroom is available to anyone who needs access to a well-equipped facility. Equipment is capable of handling up to 11x14 prints and 6cmx6cm negatives as well as 35mm. The fee includes everything but paper. For those who need instruction in darkroom techniques, UFM is offering a course "Beginning Darkroom" where you can have your questions answered.

**Black & White Only:**  
 Fees: 8 weeks \$15, new members  
 2 semesters 35, new members  
 3 semesters 45, new members  
 You must provide your own chemicals if you wish to use our new color equipment.

**Black & White & Color:**  
 Fees: 8 weeks \$20, new members  
 1 semester 30, new members  
 2 semesters 40, new members  
 3 semesters 50, new members  
 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 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/hr. (Netl is coordinator of the UFM darkroom.)

**BLACK & WHITE DARKROOM**  
 Greg Mathews  
 Wednesdays, 7:30pm First Meeting: Sept 12  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration  
 Learn to process black and white film and make prints. Bring exposed black and white film and one package of multi-grade Ilford paper for prints. (Greg is a K-State graduate student working toward a professional career in photography.)

**BLACK & WHITE DARKROOM**  
 Audrey Murphy  
 Mondays, 7-10pm, Oct 22, 29 (2 times)  
 Location: Will be noted on your receipt  
 Class Fee: \$7, pay with registration  
 Materials Fee: \$2, pay at class  
 A basic darkroom course covering black and white film development, contact sheets and negative printing. Bring an exposed roll of Kodak (Pan-X, Plus-X or Tri-X) black and white film to class.

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  - OLS • FENCE POSTS • WROUGHT IRON • LUMBER • SHI

**Picture perfect**

**BEGINNING PHOTOGRAPHY**

Ernie Peck  
 776-4240  
 Section I: Tuesday, Wednesday, Thursday, 7pm, Oct 23, 24, 25  
 Shooting: Saturday, 8:30am-4:30pm, Oct 27  
 Critique: Tuesday, 7pm, Oct 30  
 Section II: Tuesday, Wednesday, Thursday, 7pm, Nov 6, 7, 8  
 Shooting: Saturday, 8:30-4:30pm, Nov 10  
 Critique: Tuesday, 7pm, Nov 13  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration  
 Materials Fee: \$25, pay at class  
 Four evenings and full day of instruction on how to operate and care for a 35mm camera. Film, processing, handouts, and a camera are furnished. The camera must be returned but the rest is yours to keep. (Ernie has taught this many times with great success.)

**INTRODUCTION TO PHOTOGRAPHY FOR YOUNG FOLKS**

Audrey Murphy, Rebecca Brownson  
 FA-30  
 Section I: 6-8 year olds, Saturday, 9am-12n, Sept 22  
 Thursday, 6:30-8pm, Sept 27  
 Section II: 6-8 year olds, Saturday, 9am-12n, Oct 6  
 Thursday, 6:30-8pm, Oct 11  
 Section III: 9-12 year olds, Saturday, 9am-12n, September 29  
 Thursday, 6:30-8pm, October 4  
 Section IV: 9-12 year olds, Saturday, 9am-12n, Oct 13  
 Thursday, 6:30-8pm, Oct 18  
 Location: Will be noted on your receipt  
 Class Fee: \$5, pay with registration  
 Materials Fee: \$7, pay at class  
 Want your kids to experience photography but cringe at the idea of little fingers destroying your costly camera set-up? With the inexpensive 'Sun-pet' children can learn the basics: film loading, camera handling and picture taking. Saturday, on location, we will discuss how a camera works and take pictures of a variety of subjects. Thursday we will discuss and enjoy the pictures. Materials fee includes: 'Sunpet' camera (to keep), film, processing and printing. (Audrey has been involved with photography and darkroom work for years and is presently the UFM staff photographer. Rebecca, a UFM staff person, is also a zoo docent and will be helping on location.)

**TAKING BETTER PICTURES**

Bob Habiger  
 Mondays, 7pm First Meeting: Oct 1  
 Location: Will be noted on your receipt  
 Class Fee: \$7, pay with registration  
 Everything you wanted to know about taking pictures (in 3 short evenings) but were afraid to ask. We will cover composition, film choices, camera and lens selection and lighting techniques. Bring your loaded camera to class. The second evening will be a student photo display, critique and discussion of what to do to make your pictures even better. (Bob is an instructor in Interior Architecture at KSU and has worked as a commercial photographer.)

**NATURE PHOTOGRAPHY: STALKING WILDLIFE IN NATURAL LIGHT**

Lowe'll Johnson  
 E-21  
 Thursdays, 7:30-9pm Oct 11; Saturday, 8-11am, Oct 13  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration  
 A classroom session and field trip will introduce you to the basics of nature photography. Camera basics will be discussed during the Thursday session - types of lenses, shutter speeds, f-stops, depth of field and guides to picture taking with natural light. A field trip on Saturday will put classroom learning to the real test - taking photos. A 35mm camera is desirable but not essential for this class. (Lowe'll, a Northern Flint Hills Audubon Society member, especially enjoys bird photography.)

**Problems with your UFM class?**  
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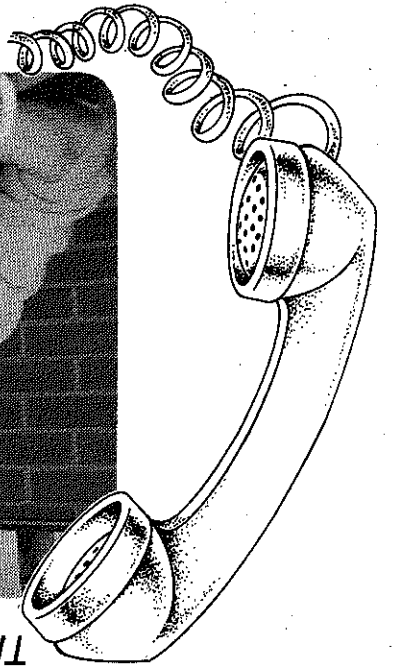
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## If you liked your class, tell your teacher.

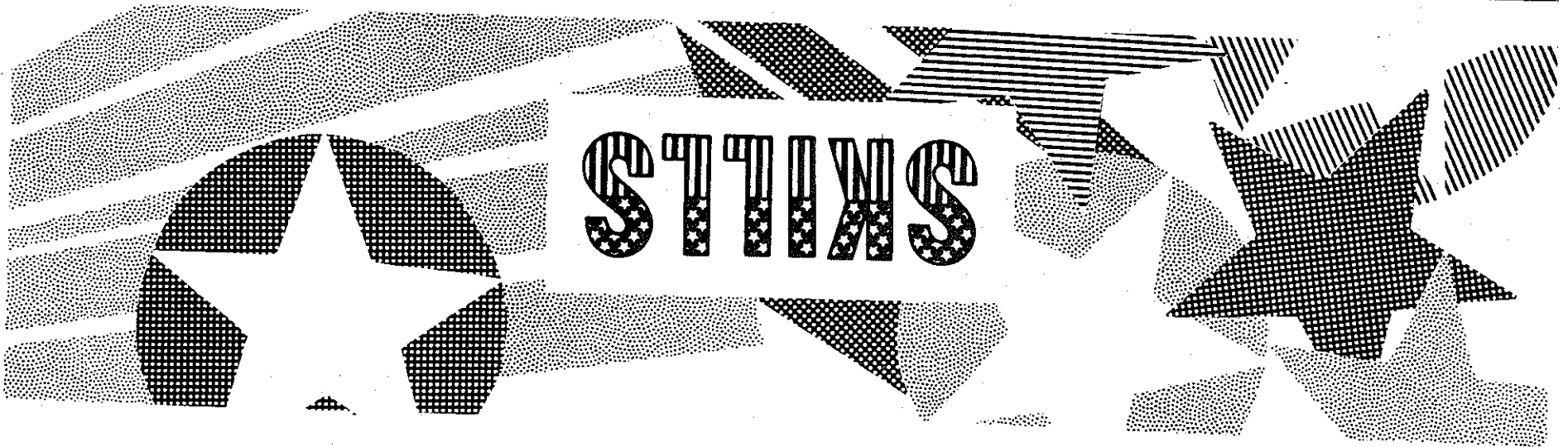
- BEEGINING JAZZ DANCE**  
Barbara Bautista  
Mondays and Wednesdays, 5:30-7pm First Meeting: Sept 17  
Location: Will be noted on your receipt  
Class fee: \$10, pay with registration  
Length: 19 times  
Limit: 20  
This class is designed to introduce the basics of jazz dance. Emphasis will be on proper warm-up techniques, basic dance steps and contemporary jazz styles. (Barbara has taught and performed jazz dance at a California university. Her B.S. is in physical education.)  
FA-20 537-7776
- FLINT HILLS FOLK DANCERS**  
Enid Coker, Paul Weidhaas  
Fridays, 7:30-9:30pm, all sections  
Section I: Israel, Sept 21  
Section II: Balkan, Oct 5  
Section III: Scandinavian (tentative) Oct 20  
Section IV: English and American, Nov 2  
Section V: Hungarian and Romanian, Nov 16  
Section VI: Folk Dance Party, Nov 30  
Location: Will be noted on your receipt  
Class fee: \$2/section, pay with registration  
Join the Flint Hills folk dancers in celebrating dance from many nations. Beginners are always welcome. Partners are not necessary. Please indicate which sections you plan to attend. (Paul and Enid have been dancing since they could walk.)  
FA-42
- BREAK DANCING**  
Terry Jones  
One Time: Monday, 7-10pm, Oct 1  
Location: Will be noted on your receipt  
Class fee: \$4, pay with registration  
Limit: 20  
The two basic styles of street dancing are "breaking," flashy gymnastic moves performed close to the ground like the back spin, and "Electric Boogie," fluid body movements like moonwalk, popping, locking and the wave. Get in on this newest dance form that is sweeping the nation. (Terry is one of the top local break dancers whose exciting style is pleasing crowds at competitions.)  
FA-42

- USE OF EFFECTS WITH ELECTRIC GUITAR**  
Curt Gunther  
One Time: Sunday, 6pm, Oct 14  
Location: Will be noted on your receipt  
Class fee: \$4, pay with registration  
Limit: 10  
A brief explanation of the use and types of effects pedals and other sound modification devices for guitar and other amplified instruments, and answers to specific questions or problems. (Curt is a Radio-TV production major whose most recent project was the KSDB "Live Shots" program. He is a part-time DJ at the Avalon, guitar teacher and member of the rock band "Out 3.")  
FA-10 776-9911
- OLD TIME FIDDLER'S WORKSHOP**  
Jim Hurlburt  
One Time: Thursday, 7pm, Sept 27  
Location: Will be noted on your receipt  
Class fee: \$4, pay with registration  
The "Mad Fiddler of K-State" is going to be here in person to pass on his knowledge of Appalachian, Missouri and Irish fiddling. Welcome are concert violinists, fellow fiddlers and those who have never held a bow, but would like to try. Jim also invites those who want to learn old time fiddle tunes for their guitar, banjo, bass viol or comb. "Y'all come! (Jim, a K-State student, is a member of the Celtic band "Life of Riley" one of the featured musical groups of this year's Kansas Folklife Festival.)  
FA-11 1-485-2552
- MUSIC AND ELECTRONICS**  
Curt Gunther  
One Time: Sunday, 6pm, Oct 7  
Location: Will be noted on your receipt  
Class fee: \$4, pay with registration  
Limit: 10  
This session is a catch-all for people who have questions or want to learn about the use of equipment in amplified music performances (acoustic or electric instruments), PA get-ups, microphones, mixing, recording your ideas, making demo tapes, etc. Please indicate on registration form your primary interest.  
FA-9 776-9911
- AUTOHARP WORKSHOP**  
Linda Teener  
One Time: Saturday, 1-3pm, Oct 27  
Location: Will be noted on your receipt  
Class fee: \$4, pay with registration  
Materials fee: 50¢, pay at class  
Limit: 6  
Tuning, use of fingerpicks, rhythm backup and picking melody lines are some of the topics to be covered in this class. A basic orientation to the autoharp will be given and information on diatonic tuning will be available. (Linda has been playing the autoharp for 4 years and likes to share this easy to play instrument with others.)  
FA-40 537-0508

# I MISS IKEI!

Hell, I Even Miss Harry





## Career skills

### CAREERS IN TRAVEL

Thea Garvin

One Time: Tuesday, 7-9pm, Nov 13  
 Location: Will be noted on your receipt  
 Class Fee: \$4, 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 Creative Travel, a local travel agency.)

### CAREERS IN REAL ESTATE: GETTING LICENSED AND ENTERING BUSINESS

SK-2

Bill Fogerson  
 One Time: Thursday, 7:30-9pm, Oct 25  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration

How do I get a real estate license? Or is it better to try it on my own? The how-to and purposes of getting your real estate license will be discussed in this informative class. Handouts on licensing will be given out. (Bill is a real estate broker with 11 years of experience. He operates Fireside Realty, a multi-office firm.)

### TIPS ON SUCCESSFUL SUPERVISION

SK-23

Frank Saal  
 One Time: Wednesday, 12-1pm, Oct 17  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration

Motivation! Problem solving! Communication! If you are a supervisor or group leader, you will benefit from learning about these areas. Sharpen your skills as we discuss effective approaches and techniques for supervising both new and current employees. (Dr. Saal is an associate professor of psychology and is on the Women's Studies faculty.)

### BEGINNING TYPING

Paulette Wilson

539-0531

Tuesdays & Thursdays, 6:30-8pm First Meeting: Sept 18 Length 18 times  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration  
 Limit: 16

A basic class on touch-typing and associated skills, concentrating on accuracy. The aim of this class is to give you the skills to handle personal typing such as letters and term papers quickly and correctly. (Paulette is a Clerk III for K-State and has years of typing experience.)

### RESUME DEVELOPMENT

SK-5

Steve Cunningham  
 Thursdays, 7:30pm, Oct 11, 18 (2 times)  
 Location: Will be noted on your receipt  
 Class Fee: \$5, pay with registration  
 Materials Fee: \$2, pay at class  
 Limit: 12

The importance of a skillfully developed resume cannot be minimized. This course was designed for people who want to learn how to analyze and develop the skills for successful personal resume development. Upon completion, each person will have the understanding of the principles of skillful resume development and will be able to complete a personal resume. (As a faculty member of KSU, Steve works with well over a hundred undergraduate and graduate students on resume development each year.)

### WOMEN IN TRANSITION - CAREER/LIFE PLANNING GROUP

SK-6

Susan Scott-Angle  
 Mondays, 3:30pm First Meeting: Sept 17  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration

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

### BASIC RESUME WRITING AND INTERVIEWING SKILLS

SK-4

Bob Weber

Tuesdays, 7:15-9:15pm, Oct 9, 16 (2 times)  
 Location: Will be noted on your receipt  
 Class Fee: \$5, pay with registration  
 Materials Fee: \$2, pay at class  
 Limit: 15

Resume format and writing will be the subject for the first evening's class. The second class will cover interview skills - expressing interest, emphasizing your strengths and skills, appearance and how to behave at an interview. Participants will be expected to complete their own resume and bring it to the second class to use in the practice interview session. (Bob has a master's in Vocational Rehabilitation Counseling. He has worked as a placement and follow-up counselor as well as developed vocational training programs.)

### WOMEN IN MANAGEMENT

SK-24

Frank Saal

One Time: Monday, 12-1pm, Oct 22  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration

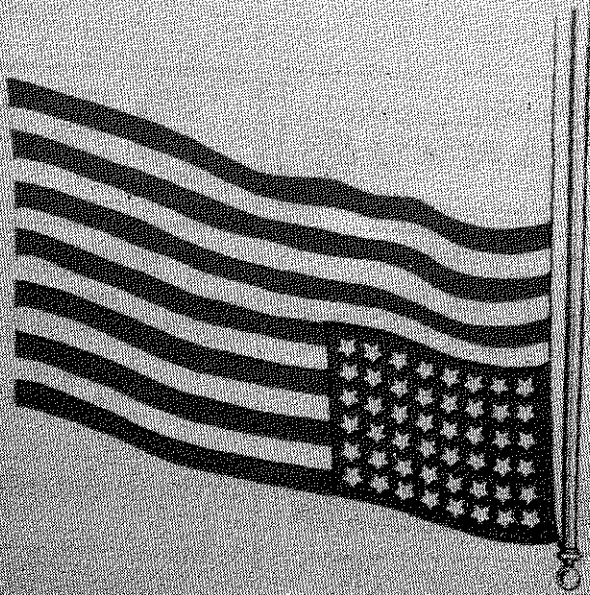
The class is designed for women in or aspiring to management positions. We will focus on obstacles to effective performance. Don't be your own worst enemy! Take this class and gain self-confidence.

Want to gain some skills that will look really impressive on your resume? UFM needs volunteers to help with:  
 programming  
 answering phones  
 typing  
 lecture series  
 tour guides  
 taking photos  
 working with an Apple computer

### PRACTICAL JOB EXPERIENCE IN OFFICE WORK AND PUBLIC RELATIONS

SK-21

PLEDGE allegiance to the  
 Flag of the United States  
 of America and to the Republic  
 for which it stands:  
 One Nation, indivisible, with  
 liberty and justice for all.



**Next session begins Nov. 14. Deadline for class descriptions is Oct. 10.**

**UFM WOODSHOP CO-OP**  
 SK-25  
 Dan Brabec, Woodshop Coordinator  
 537-0459  
 Mandatory Organizational Meeting: Wednesday, 7-8:30pm, Sept 12  
 Location: Will be noted on your receipt  
 Membership Fee: \$40 for 4 months  
 20 refundable deposit  
 \$60, pay with registration  
 Located in the UFM Solar addition, the woodshop is equipped with a wide variety of power and hand tools, including a radial arm saw, table saw, jointer, lathe, band saw, and most common woodworking tools. The membership fee is for equipment and facility use only. No materials are included. The mandatory organizational meeting will include instruction in safe equipment use and conduct in the woodshop.  
 Due to the increase in unskilled persons signing to use the woodshop, we are planning to institute (for your safety and to decrease machine down time) a skill certification test in January, 1985. At that time you will be required to pass a demonstrated skill exam or provide references of woodshop knowledge from an instructor or employer. We will discuss these changes at the mandatory organizational meeting in September.

**KITCHEN REMODELING**  
 SK-14  
 Charles Gerber  
 776-4811  
 One Time: Wednesday, 7pm, Oct 24  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Thinking of remodeling your kitchen? Need more space to work but can't expand the room? We will discuss basic traffic and work patterns, appliance placement, cabinetry and what's new in space saving cabinet design and answer your questions on some special problems you might be facing. A cabinet hanging demonstration will be part of the evening's program. (Charles and a factory rep will be leading this class. Charles is retail floor manager at the Homestore.)

**OLDER HOME OWNERSHIP**  
 C-2  
 Jerry Lowenstein  
 537-2298  
 Thursday, 7pm, Oct 18  
 Length: 1 or more as group desires  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Discussions of methods available to finance acquisition and home improvements of older residential properties. Topics include loans, purchase contracts, variable rate mortgages and financing improvements.

**BASIC ELECTRICAL WIRING**  
 SK-13  
 Paul Burke  
 537-9095  
 Wednesdays, 7pm, First Meeting: Oct 3  
 Location: Will be noted on your receipt  
 Class Fee: \$7, pay with registration  
 Limit: 20  
 A must-have class for anyone who does their own home repair work! We will discuss and have demonstrations of changing light fixtures and worn out cords; putting on dimmers, switches and receptacles; fluorescent lighting and photo cells for outdoor lighting. There will be hands-on sessions and plenty of time for questions. (Paul has over 30 years experience in electrical work and works for the maintenance department of USD#383.)

**OLDER HOME RENOVATION**  
 SK-12  
 T. Russell Reitz  
 539-4173  
 One Time: Monday, 7pm, Oct 8  
 Location: Will be noted on your receipt  
 Class Fee: \$4, 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, and give you some encouragement. (Russell has renovated 25 older homes or apartment buildings - purchased and sold or rented.)

**ARCHITECTURAL DETECTIVE WORK**  
 SK-11  
 Eric Swegle  
 537-4637  
 Mondays, 6:30-8:30pm First Meeting: Sept 17 (3 times)  
 Location: Will be noted on your receipt  
 Class Fee: \$7, pay with registration  
 Limit: 10  
 Few old buildings (especially houses) escape alteration during their lifetimes. We'll learn ways of detecting a building's age, original appearance, and date of alterations. We'll study Victorian and later styles, go on a scavenger hunt, and explore two old houses, having more fun than Nancy Drew ever dreamed of. (Eric has been a "house detective" for over 15 years, has an intense dislike for vinyl and asbestos siding, and lives in an old house.)

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**LOGO: A COMPUTER PROGRAMMING LANGUAGE FOR KIDS (Grades 5-7)** SK-16  
 Jane M. Lommel  
 Thursday & Friday, after school for 2 1/2 hours, Sept 6 & 7 (2 times)  
 Location: Will be noted on your receipt  
 Class Fee: \$5, pay with registration  
 Limit: 14  
 Logo is a computer programming language developed explicitly for the purpose of enhancing creative learning in children. It is also an entertaining environment for children to explore and a workshop for creating tools to investigate complex areas of knowledge. Logo will be taught in this workshop using Apple computers so that the children will get lots of "hands on" experience. (Jane has taught teachers, parents, and kids about the potential of the computer in their lives.)  
**A SURE CURE FOR COMPUTERPHOBIA: AN INTRODUCTORY CLASS FOR WOMEN ONLY** SK-17  
 Jane M. Lommel  
 One Time: Thursday, 7:30-9:30pm, Sept 13  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Limit: 20  
 The purpose of this workshop is to try to alleviate the fear of technology that is acquired by many women during childhood. "Hands-on" experience will be provided and we will discuss the role of the computer in the home, for kids and in the workplace.

**Byte back**

A moving billboard urging Wilson's re-election in 1916.



**Home work**

**BASIC AUTO MAINTENANCE FOR WOMEN**

Joe Pittle  
 One Time: Monday, 7-9pm, Nov 5  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Limit: 12

In these days of mini and self-service, sometimes the very basics of auto upkeep are overlooked. Come learn how to keep your auto in good shape, what should be checked every time you buy gas, when to have tuneups and change filters. We'll change a tire, identify what's under the hood and how things operate as a unit. And we'll learn what you can do yourself and what are the symptoms of serious problems to hire repaired. There will be time for lots of questions, too. (Joe worked as a certified auto mechanic for 6 years. He currently works for the Division of Continuing Education-KSU.)

**GUN MAINTENANCE**

Mike Weisbender  
 One Time: Thursday, 6:30-8pm, Sept 13  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration

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

**EUROPE ON A BUDGET: LOW COST TRAVEL TIPS**

David Garvin  
 One Time: Tuesday, 7:30-9:30pm, Oct 30  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Limit: 15

Travel to Europe - it doesn't have to be expensive. Come learn about cheap ways to get to Europe, low-cost ways of traveling around Europe and fun places to stay. If you've been delaying, now is the time to go while the dollar is at an all-time high in Europe! (David and his wife own Creative Travel, a local travel agency. He has been in the travel business 7 years.)

**MEMORY IMPROVEMENT**

Ben Stillman  
 Thursdays, 7pm, Oct 4, 11 (2 times)  
 Location: Will be noted on your receipt  
 Class Fee: \$5, pay with registration

Can't remember what's his name? Do you make 'to-do' lists but forget where you put them? Every healthy brain has about the same memory capacity - it just needs to be trained. Come learn tips, tricks and drills to help you in the memory tasks you need to perform daily at work or in school. (Ben is a learning skills specialist, KSU Center for Student Development.)

**Safety first**

**CHAIN SAW SAFETY**

Charlie Pottofff  
 One Time: Tuesday, 7pm, Nov 6  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration

A chain saw can be the most useful and also the most deadly tool you will ever own. Learn to use it safely and take care of it properly in this important introductory course. Charlie will offer each class member supervised hands-on practice. (Charlie has owned Wildcat Tree Service for 16 years and has had extensive experience in tree felling and in teaching chain saw safety.)

**CPR RECERTIFICATION**

Joyce Halverson  
 One Time: Saturday, 1-5pm, Oct 6  
 Location: Will be noted on your receipt  
 Materials Fee: \$4.50, pay at class  
 Limit: 10

Has your CPR certification expired recently? This is your chance to be come recertified in an afternoon. We will review one and two person CPR, CPR on an infant, mouth-to-mouth resuscitation and obstructed air ways. You will be tested at the end of the class. Bring your textbook (blue book) and expired certificate to class. (Joyce is an experienced CPR instructor and assistant director of Recreational Services, KSU.)

**"SUPERSEETER" A RED CROSS COURSE**

Linda Frey, Tim McHenry, Darrell Marr  
 Saturdays, 9am-12n, Oct 13, 20 (2 times)  
 Location: Will be noted on your receipt  
 Materials Fee: \$1, pay at class  
 Limit: 20

The Red Cross babysitting course helps youth learn to use a job description, interview for a job, and develop job skills. Babysitting is a responsible job that involves handling emergencies, selecting safe toys and games, supervising children, feeding, and dressing infants. NOTE: Students must attend both sessions in order to receive a certification of completion. (Linda is Executive Director of the Red Cross in Riley County, Darrell is a certified instructor in first aid, Tim is staff person for Big Brothers/Big Sisters in Manhattan.)

**Help Yourself**

**CHAIR CANING**

Barbara Poresky  
 Tuesdays, 7:30-9:30pm First Meeting: Sept 18  
 Location: Will be noted on your receipt  
 Class Fee: \$7, pay with registration  
 Materials Fee: Depends upon project size  
 Limit: 10

Do you have a chair that needs a new cane seat? Be innovative and try caning it yourself. Bring the chair to the first meeting and Barbara will get you started. She will specify materials needed and in the following sessions guide you through the steps necessary to repair your chair. (Barbara has taught this class several times before and is willing to share her skills and knowledge once again with those interested.)

**BASIC BICYCLE MAINTENANCE**

Steve Dennis  
 One Time: Tuesday, 7-9pm, Oct 16  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Limit: 12

Whether for basic transportation or recreation, the way you take care of your bike can affect your safety and riding pleasure. We will discuss general maintenance, how to patch tires, make minor gear adjustments and answer questions you have about how your bike works. (Steve is the owner of Bassett's Bike Shop and has years of experience with bikes.)

**ACCOUNT OF THE PROCEEDINGS**

**TRIAL OF**

**STAN B. ANTHONY,**

**Charge of Illegal Voting,**

AT THE

**PRESIDENTIAL ELECTION IN NOV. 1872,**

**TRIAL OF**

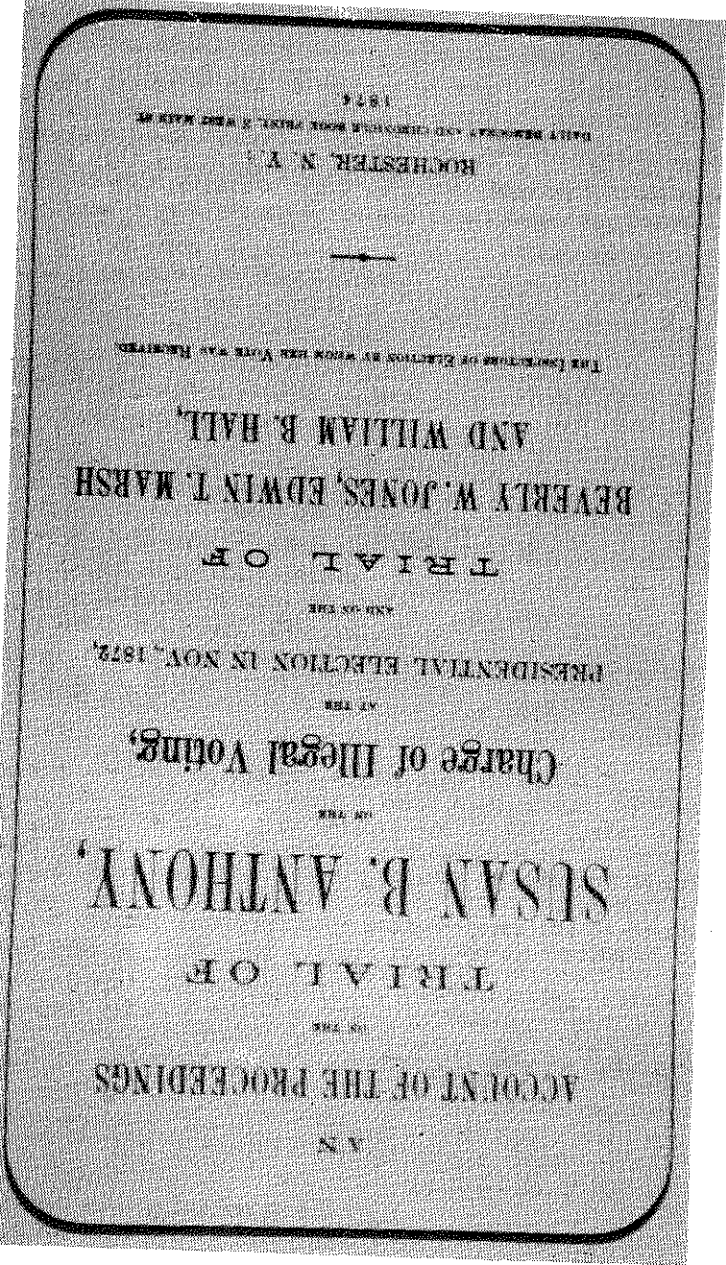
**BEVERLY W. JONES, EDWIN T. MARSH**

**AND WILLIAM B. HALL,**

THE HISTORY OF ELECTION BY WHOLE STATE VOTE

HOMESTER, N. Y.

DATE REPRINTED AND CORRECTED FROM THE ORIGINAL EDITION



**KREEM KUP STORE**

ICE CREAM • SANDWICHES

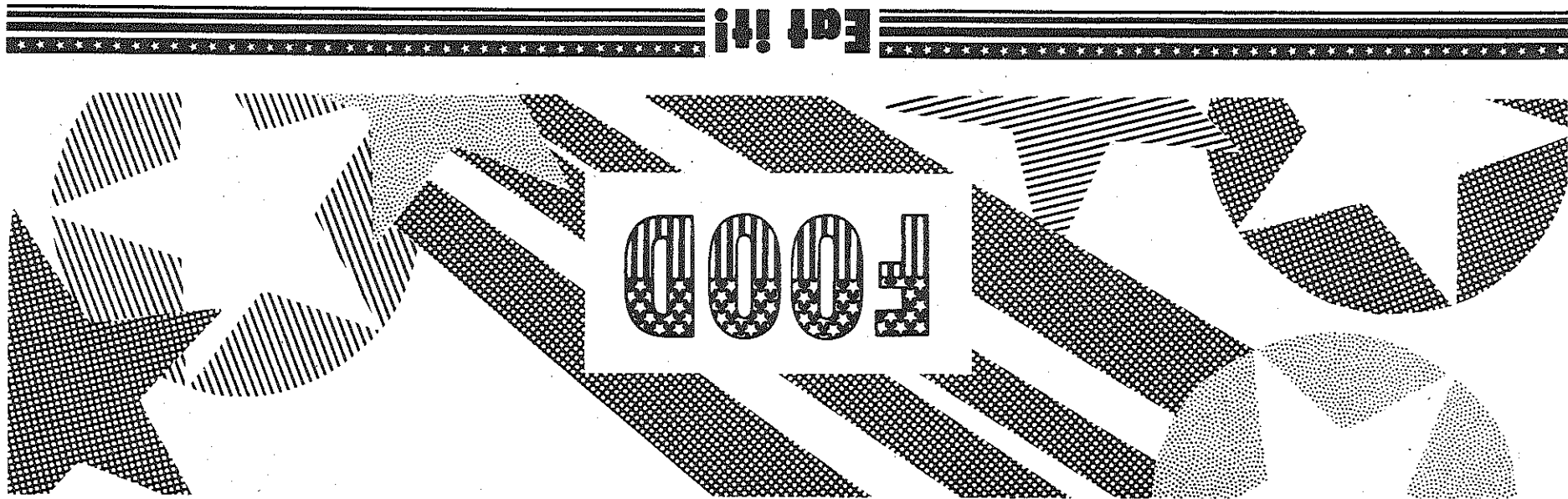
OLD TOWN MALL SHOPPING CENTER

1 mile south of campus

32 YEARS OF SERVICE

OPEN YEAR-ROUND

Welcome students for the fall!



**WINE APPRECIATION**

Michael Goldschmidt  
 Tuesdays, 7-9pm First Meeting: Sept 25  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration  
 Materials Fee: \$8, pay at class  
 Feel embarrassed in restaurants when you don't know which wines are appropriate? Having trouble reading wine labels in their native languages? This class will cover reading a wine label in any language, understanding world wine regions, and other aspects of the world's finer wines. Each evening you will get to taste several wines of the world. (Participants must be 21 years or over.) (Mike has studied wine for 3 years and is a member of many wine organizations.)

**INTRODUCTION TO WINE**

Lloyd Davenport  
 Alternate Wednesdays, 7-9:30pm First Meeting: Sept 26 Length: 4 times  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration  
 Materials Fee: \$25, pay at class  
 The meeting Sept 26 is a short session to allow discussion of class structure and collect material fees. Meeting dates can be changed if class desires. A study of wine from wine to glass - this will include history, geography, chemistry and viticulture accompanied by tasting of foreign and domestic wines. Bring an all-purpose wine glass to all meetings. You must be over 21 to participate in this class. (Lloyd is a winemaker and a member of the Society of Wine Educators.)

**ENTERTAINING WITH CHEESE**

Judy Blodig  
 One Time: Tuesday, 7:30-9pm, Sept 18  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Entertaining with cheese can be a fascinating adventure. We'll introduce some old and new cheesy ideas to tempt the tastebuds of your guests, plus sample a simple make-ahead fondue. (Judy is with Bit-0-Gold Cheese, Wamago and loves informal, hassle-free entertaining.)

**COTTAGE CHEESE**

Ron Pauli  
 One Time: Wednesday, 7-9pm, Sept 19  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 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.)

**YOGURT MAKING**

Dennis Hemmendinger  
 One Time: Wednesday, 7pm, Oct 3  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 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 seen using for years. (Dennis enjoys yogurt in everything from ice cream to casseroles.)

**ALL NATURAL, HIGH-FIBER, HOME-MADE GRANOLA BARS**

Carol Nagy  
 One Time: Wednesday, 7-9pm, Oct 3  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$3, pay at class  
 In 30 short minutes, you too can make all natural, high-fiber granola bars. High fiber is known to help lower cholesterol levels, aid digestion and help you feel fuller (so it is easier to stick to your diet). Plus, these bars are delicious and keep well for extended periods! (Carol, a granola bar expert, brought this recipe to Kansas from New York. She left behind 90 pounds give or take a few.)

**WHOLE WHEAT COOKING**

Carol Ebert  
 Section I: Monday, 7-9:30pm, Sept 24  
 Section II: Wednesday, 1:30-4pm, Sept 26  
 Location: Will be noted on your receipt  
 Class Fee: \$4/section, pay with registration  
 Materials Fee: \$2, pay at class  
 Whole wheat cooking -- learn by doing both old-fashioned and modern methods. Share nutritional, storage and milling techniques. See 100% whole wheat bread and rolls go from beginning to oven in just 20 minutes, then enjoy the fool-proof taste tests of the finished products. We will have cookbooks and flour available. Please be on time - we make our time worthwhile. (Carol has 20 years experience with whole wheat, is the author of Wheat Country Health Delights Cookbook and regularly demonstrates whole wheat cookery.)

**VEGETARIAN COOKING**

Julie Coates, Mary K. Brinker  
 One Time: Tuesday, 7:30pm, Oct 23  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$3, pay at class  
 Simple or complicated, expensive or low-cost, low or high calorie -- vegetarian foods are many things, but they're always good for you! We'll discuss several types of vegetarianism, protein balancing, and methods of preparation. Whether you're new to a meatless diet or a long-time vegetarian looking for new recipes and ideas, you'll enjoy this class. Come ready for some tastebuds. (Mary K. and Julie both love to cook and have years of experience with meatless diets.)

**FOOD BUYING COOPERATIVE**

Mary K. Brinker  
 Saturday, 9:30-10:30am, Sept 15  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration  
 Yes, there is an alternative! People's Grocery Cooperative Exchange, organized in 1976 as a storefront, is still thriving as a pre-order buying cooperative. Members combine their orders to purchase foods including cheeses, grains, nuts, herbs, spices...and much more! Food preparation and storage hints for natural, unprocessed foods will be shared. (Mary Kay has been preparing and enjoying natural foods for almost ten years and has been active with People's Grocery for some time.)

**BABY FOOD**

Barb Stork  
 One Time: Tuesday, 7-8:30pm, Oct 9  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Why spend your hard-earned money on all those little jars of over-processed, over-priced food for your baby? Learn simple ways to make quality nutritional foods for your child at a fraction of the cost. (Barb never bought any processed baby food for her two children.)

**REPUBLICANS**

Turn out, turn out and save your Country from ruin!

**DOWN WITH THE TORIES, DOWN WITH THE BRITISH FACTION.**

Jefferson & Clinton,  
 who fought their Country's Battles in the year '76

**12 Food**

**Westside Market**  
FINE FRUITS - FRESH VEGETABLES - BEST SERVICE  
Just west of town on K-18 (17th St) by Holiday

OVER 1200 HUGE SPECIMENS  
— We go to Florida and personally select the finest plants available for this once-a-year sale. Prices are unbelievably low, so hurry out to

**6th Annual Houseplant SALE!**

**The Palace**  
GIFTS AND NECESSITIES  
704 North Manhattan Avenue  
In Argyleville 539-7654

**Love to Drink It?**  
Why not experience the joy of making it also!

**WINE & BEER**  
Supplies & Equipment

We have a full line of quality products for the discriminating  
Instruction Books • Malt • Yeast • Corn Sugar  
Concentrates • Hops • Complete Kits • Nutrients

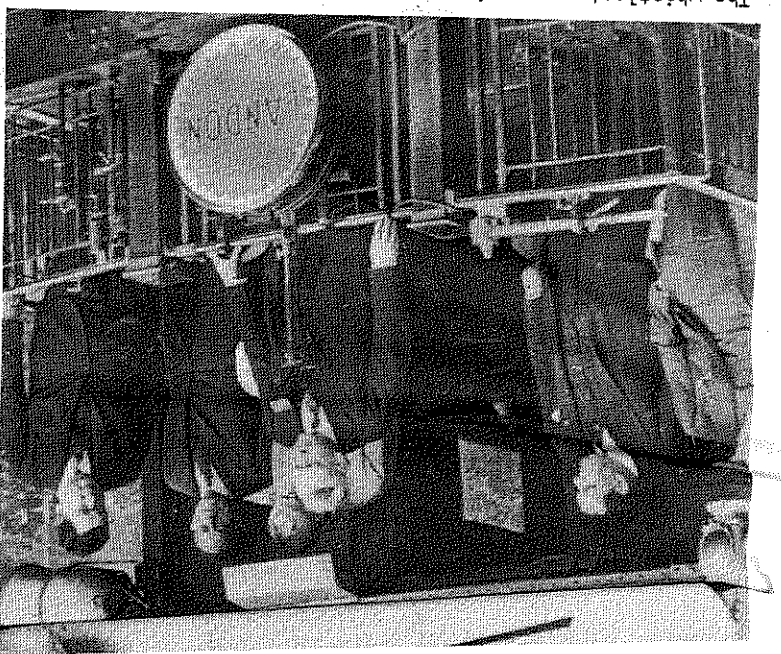
Home Brewery & Wine Maker call 539-7654 for information & mail order

The Whistler campaign was a popular electioneering tool.  
Seen here is Alf Landon in his 1936 presidential bid.

**HANSEN NUTRITION CENTER**  
537-4571  
9:30-6:00 p.m. Mon.-Sat.  
3112 Anderson Avenue  
Across from Village Plaza

Foods for special diets,  
dehydrators, yogurt makers,  
juicers, nuts, seeds, whole  
grain products, skin care  
products, vitamins and  
minerals, books, Weider  
products.

**STOP BY TODAY!**



**CHINESE HOMEMADE PANCAKES**  
F-15  
539-7841

Lee-Shih Wu  
One Time: Friday, 6:30-8pm, Oct 12  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$3, pay at class

This simple rolled dough is a Northern Chinese staple. In the wheat growing country these pancakes are used for breakfast or carried as a snack. They can be filled with sweet or spicy filling, so are very versatile. (Lee-Shih is Chinese, has graduated from the Chinese Cooking Institute in Taiwan and enjoys introducing and sharing new foods with others.)

**MAKE THE MOST OF YOUR MICROWAVE**  
F-16  
539-0508

Judy Williamson  
One Time: Tuesday, 7pm, Oct 16  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: You will be contacted for specific item  
Limit: 8

Your microwave oven has many uses - not the least of which is food preparation. Find out how to dry herbs and flowers, learn cooking shortcuts and other household hints which take advantage of the unique characteristics of microwaves. Each participant will be asked to bring necessary ingredients for a recipe in lieu of a materials fee. We will sample the results and take the remainder home. (Judy has owned and "operated" a microwave oven for over 7 years and uses it for every meal and for other things in between. She has taught this class before.)

**TEMPURA**  
F-18  
539-8298

Carol Nogy  
One Time: Friday, 6-9pm, Oct 26  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$5, pay at class  
Limit: 4

Tempura is a Japanese style of cooking bite size pieces of food. The food is first dipped in batter, then deep fried. The result is a light, crunchy, delicious treat! We will tempura vegetables, meat, seafood and attempt dessert tempuras. (Would you believe fried ice cream?) (Carol is a graduate of the Creative Cooking School. Tempura is only one of the exotic dishes she learned to prepare.)

**COUPONING AND REFUNDING**  
F-17  
539-3282

Deanna Pierson  
One Time: Wednesday, 7pm, Oct 3  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$1, pay at class  
Limit: 4

You've heard about people who go to the grocery store and buy bags of groceries for pennies. You can become one of them! Deanna will share helpful tips on collecting coupons, money and freebies at the grocery store and through the mail. (Deanna considers couponing a hobby that is both fun and profitable.)

**ABC'S OF COOKING EZ**  
F-11  
776-9606

Clorene Reiling  
One Time: Saturday, 9am, Sept 22  
Location: Will be noted on your receipt  
Limit: 40

Everyday tasks become difficult if you have arthritis. Learn how to cook with the least amount of stress on those achy arthritic joints by saving steps and energy in the kitchen. Presenters include: Kayann Heintz, Riley County Extension Economist; Mary Higgins, Dietician, St. Mary Hospital; Sally Mergendahl, Occupational Therapist, St. Mary Hospital and College Hill Nursing Center. This class is sponsored by the Kansas Arthritis Foundation and is a project of the Riley County Arthritis Committee and UFM.

**COOKING WITH FLOWERS**  
F-12  
539-8312

Eileen Schofield Barkley  
One Time: Tuesday, 6-8pm, Sept 11  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$2, pay at class  
Limit: 8

Have you ever tasted a marigold or a rose? Many garden flowers are edible and can add color and variety to your cooking. We will discuss which flowers to eat, learn a bit of history, and prepare several dishes. (Eileen is a botanist who enjoys cooking, so using flowers combines her interests.)

**SOFT PRETZELS AND ROOT BEER**  
F-13  
532-5866

Rebecca Brownson  
One Time: Friday, 7-9pm, Oct 5  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$2, pay at class  
Limit: 8

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

**KOREAN COOKING**  
F-14  
776-1429

Sungh Brown  
One Time: Tuesday, 9:30-11:30am, Sept 25  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$3, pay at class  
Limit: 4

All oriental cooking is not the same. This class will introduce you to some everyday Korean dishes. Kalbee (marinated beef short ribs), spinach and squash will be prepared in a way that will appeal to almost everyone. Come learn new ways to change common foods into uncommonly good meals! (Sungh grew up in Korea and is an excellent cook.)

**Back for seconds**

**14 Community**

This class will help you decide what documents to keep, where to keep them and for how long. It also offers ideas on organizing a record-keeping system.  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 One Time: Thursday, 7-8:30pm, Sept 27

**PERSONAL RECORD KEEPING**  
 E. Saig  
 C-6  
 539-9960

This class is for those who teach young people ages ten and over, including volunteers, 4-H and Scout leaders, elementary teachers and parents. It is designed to help teachers teach students about our market and economic system. The material is provided by Dr. V. Freeman of K-State and presented in a written guide containing teaching techniques, and color TV/film programs. An understanding of this material will help youngsters become more effective decision makers and ultimately more responsible citizens. Class topics will be: Oct 3, "Making choices;" Oct 10, "Being producers;" Oct 17, "Markets and exchange;" Oct 24, "The Role of government in the market system." (Saig has experience teaching social studies on the college level.)

**MAKING CHOICES IN OUR MARKET SYSTEM**  
 E. Saig  
 C-5  
 539-9960 (4 times)

Term? Whole life? Vanishing premium? How much? Which kind? Premiums? Independent agents? Multi-time agents? One-company agents? "Financial planners?" CLU? Mutual company? Stock company? Tax questions? Bring your insurance questions with you. (Allan is a practicing Agency and life underwriter. He owns Elliott and Associates Insurance Agency and has presented several seminars on life insurance.)

**LIFE INSURANCE BASICS**  
 Allan Elliott, CLU  
 C-4  
 776-0576

If you own your own home, business, or rental property (or would like to), the state and federal governments have implemented tax incentives to help you. In this class you will learn how to accrue valuable property and enhance your net worth by putting your tax dollars directly to work for you. (Dr. Parish is a professor at KSU and has worked throughout the state helping many to become more financially secure through investments that are largely underwritten by the government.)

**HOW TO INVEST YOUR (TAX) DOLLARS**  
 Thomas S. Parish  
 C-3  
 776-3006

Discussions of methods available to finance acquisition and home improvements of older residential properties. Topics include loans, purchase contracts, variable rate mortgages and financing improvements.

**OLDER HOME OWNERSHIP**  
 Jerry Lowenstein  
 C-2  
 537-2298

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

**MONEY MANAGEMENT SEMINAR**  
 Fred Freaby  
 C-1  
 537-4505

Whether you will vote for the first time on Nov 6, or you cast a vote for Roosevelt or Landon in 1936, choosing candidates can be a challenge. We won't tell you who to vote for. We will give you some strategies to look beyond the media images, campaign rhetoric, and emotional appeals to find how candidates stand on issues that are important to you. We will also talk about the responsibilities of some of the less visible state and local offices on the ballot. The League of Women Voters is non-partisan, and encourages informed citizen participation in government. Your vote counts.

**CHOOSING A CANDIDATE**  
 Barbara Hayter, League of Women Voters (contact person)  
 C-10  
 537-8176

**and more decisions**



Much of the attention in this class is directed to financial, value-laden and interpersonal issues related to creating and implementing family financial plans. We will emphasize obtaining, protecting and using financial resources in ways that contribute to family stability and personal fulfillment. (Saig has taught personal finance on college level.)

**PERSONAL FINANCE**  
 E. Saig  
 C-1  
 539-9960

The Kansas Residential Landlord-Tenant Act will be discussed. This law covers the rights, obligations and liabilities of both landlords and tenants. If you are either, you owe it to yourself to be informed. (David, a Manhattan resident, practices law in Junction City. He has been both a tenant and landlord and represents both.)

**HOW TO GET YOUR RENT WITHOUT GETTING THE SHAFT: LANDLORD/TENANT LAW**  
 David Troup  
 C-20  
 1-762-2210

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

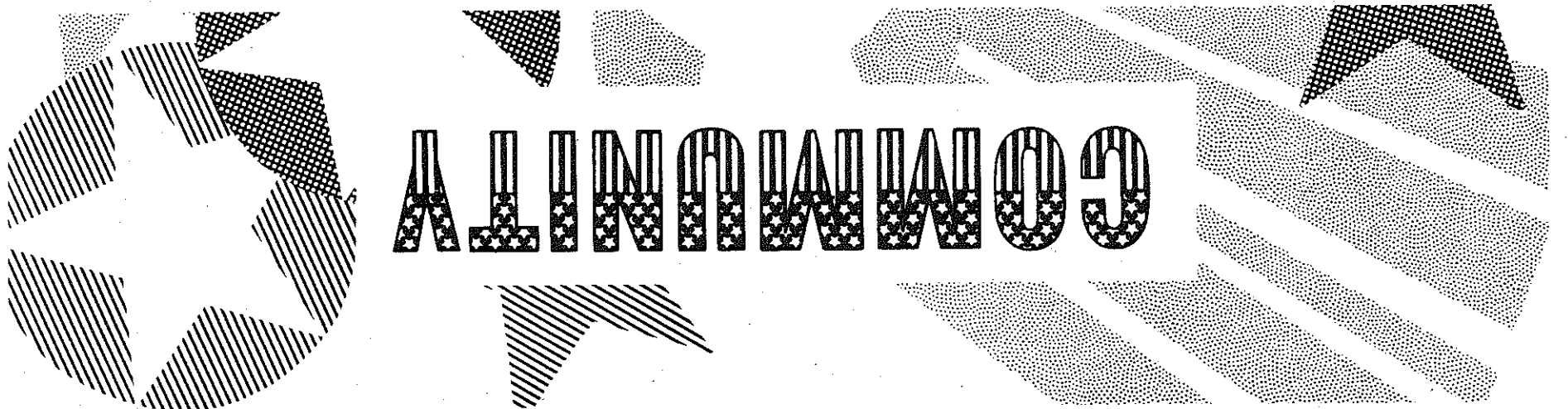
**ESTATE PLANNING**  
 Don Weiner  
 C-8  
 776-4206

We will focus on ways individuals can plan for their retirement. Special emphasis will be placed on senior age insurance needs and investment opportunities. (Darlene is with Mutual of Omaha, the world's largest individual health and accident company.)

**PLANNING FOR YOUR BEST YEARS**  
 Darlene Jorgensen  
 C-7  
 537-1098 537-0567

**Decisions, decisions**

**COMMUNITY**



**PLAYS YOUR FAVORITES**  
**MANHATTAN'S KF PLAYS THE "ROCK"**



Would you like to save dollars for your business? This class is designed to inform employers of the benefits of hiring qualified employees who are disabled. Projects With Industry (PWI) has a pool of disabled job-ready clients who may be an asset to your company. (Nancy is a job Placement Specialist for Projects With Industry, a division of Kansas Elks Training Center for the Handicapped.)

One Time: Tuesday, 7-8pm, Sept 25  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration  
 Limit: 20  
 Nancy Westling  
 776-4011  
 C-13  
 LET'S HIRE QUALIFIED DISABLED EMPLOYEES

A slide show on Manhattan "Volunteers in Action" will be shown followed by a discussion of the wide variety of local volunteer opportunities. We will also show you how to effectively document volunteer experience for your resume. (Karen is the program administrator for the Volunteer Clearing House.)

One Time: Wednesday, 7-8:30pm, Oct 10  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration  
 Limit: 20  
 Karen L. Hooker  
 776-3779  
 C-12  
 LEND A HAND

This will be an orientation for individuals interested in tutoring conversational English to international students at KSU and their spouses. No experience is necessary. (Donna has tutored conversational English for 5 years.)

Day, time and date will be determined. Please sign up.  
 Donna Davis  
 532-6448  
 C-15  
 TUTORING CONVERSATIONAL ENGLISH

**OUR TOWN**

The Manhattan Hands In Peace observance will join other communities nationwide, as people from diverse backgrounds join hands and pause a few moments to express their desires for world peace. The formal observance will begin at 1pm with other activities to follow in the City Park. To assist in organizational needs, you are asked to participate in a planning meeting, Monday, Sept 24, 7pm at the Baptist Campus Center, 1801 Anderson.

Monday, 7pm, Sept 24 - organizational meeting  
 Location: See description  
 Sunday, 1pm, Oct 28  
 Dave Stewart, Joan Parker  
 539-3051  
 C-19  
 HANDS IN PEACE OBSERVANCE

(Lynn is active in the Hunger Project and underwent a rigorous training program to be certified to lead this briefing.)

ENDING HUNGER BRIEFING  
 Lynn Ellen Doxon  
 One Time: Thursday, 7-10pm, Sept 13  
 Location: Will be noted on your receipt  
 Materials Fee: \$10, pay at class  
 The briefing is a 3-hour presentation about the facts of hunger and an examination of the assumptions that most of us have grown up with about why hunger persists. In summary,  
 \* Hunger exists: 13-18 million people die each year as a consequence of hunger; 35,000 each day, 24 per minute, 18 of whom are children.  
 \* It doesn't need to: We now have the resources and technology to end hunger on the planet.  
 \* Individuals make the difference: Individual commitment is the key to ending hunger.  
 (Lynn is active in the Hunger Project and underwent a rigorous training program to be certified to lead this briefing.)

Members of Manhattan Citizens for Peace will lead a discussion following a videotape presentation on the nuclear freeze issues and the importance of these issues in the upcoming elections. (Manhattan Citizens for Peace was formed 2 1/2 years ago to distribute information on the issues of peace and the Nuclear Freeze.)

Manhattan Citizens for Peace  
 One Time: Monday, 7-9pm, Sept 24  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration  
 537-0570  
 C-11  
 WHAT'S NEXT FOR THE NUCLEAR FREEZE

**OUR WORLD**

UFW will host discussions about this series. The Annenberg/CBP Project proudly presents its first television courses this fall on the Public Broadcasting Service. These courses are an excellent educational resource for national and community organizations. They are designed to interest the general viewer, as well as offer an ideal focus for discussion and informal study to improve public understanding of current issues, political affairs and human behavior.

THE ANNEBERG/CBP PROJECT  
 C-14

THE CONSTITUTION: THAT DELICATE BALANCE examines how, in the 20th century, our lives and destinies are intertwined with a document written two centuries ago. This 13-part series brings together some of America's best minds to explore and debate the most pressing issues of our time - including the right to privacy, school prayer, affirmative action, war powers of the President and Congress. Each program presents a hypothetical case study and then shows how we interpret the Constitution to find answers to difficult dilemmas. The host of the series is Fred Friendly. The series begins September 16, on most PBS stations. Call Julie Coates at UFW, 532-5866, for more information.

Sept 16: Program 1: The President versus Congress: Privilege and Delegation of Powers  
 Sept 23: Program 2: The President versus Congress: War Powers and Covert Action  
 Sept 30: Program 3: Nomination, Election, and Succession of the President  
 Oct 7: Program 4: Criminal Justice and a Defendant's Right to a Fair Trial  
 Oct 14: Program 5: Crime and Insanity  
 Oct 21: Program 6: Crime and Punishments  
 Oct 25: Program 7: Campaign Spending: Money and Media  
 Nov 4: Program 8: National Security and Freedom of the Press  
 Nov 11: Program 9: School Prayer, Gun Control and the Right to Assemble  
 Nov 18: Program 10: The Sovereign Self: Right to Live, Right to Die  
 Nov 25: Program 11: Immigration Reform  
 Dec 2: Program 12: Affirmative Action versus Reverse Discrimination  
 Dec 9: Program 13: Federalism: The National Government versus the States

TOUR OF THE McCALL PATTERN COMPANY  
 C-9

Section I: Monday, 10am, Sept 17  
 Section II: Wednesday, 1pm, Oct 3  
 Section III: Friday, 9am, Nov 2  
 Location: Will be noted on your receipt  
 Class Fee: \$2/section, 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.

FLINT HILLS BREADASKET  
 C-17  
 Atna Hanna/Marcia Schuley  
 One Time: Monday, 7:30-8:30pm, Sept 17  
 Location: Will be noted on your receipt  
 Kansas is known as the "Breadbasket of the World" and now Manhattan has a breadbasket of its own -- the Flint Hills Breadbasket. You're invited for a tour of the Manhattan area's food bank and to find out how you can be involved in solving the problem of hunger right in your own back yard.

RILEY COUNTY SENIORS' SERVICE CENTER TOUR  
 C-18  
 Marguerite Carlson  
 One Time: Saturday, 10:30am, Oct 6  
 Location: 412 Leavenworth

The Seniors' Service Center, two years old this fall, is a place where older persons can meet together, receive services and participate in activities which enhance their dignity, support their independence, and encourage their involvement in the life of the community. Whether for yourself, a loved one or friend, join us and learn about the exciting classes and programs, services and resources available at the center. Members of the Governing Board and the Director will be your guides.

Yes, you may register late. But don't wait too long - popular classes fill up early! If you miss our priority registration period, we will only accept your registration on a space-available basis.

# Community bulletin board

## Toll free numbers

- 1-800-424-9393 Automobile Recall information
- 1-800-332-6378 Child Abuse Hotline
- 1-800-432-2703 Consumer Assistance for the Aging
- Manhattan Area -- 776-9294
- 1-800-638-2772 Consumer Produce Safety Commission Hotline
- 1-800-638-6700 Educational Grants Hotline
- 1-800-553-6350 For Educational grants application processing
- 1-800-424-8590 Fair Housing & Equal Opportunity Hotline
- 1-800-424-8874 Nat. Community Education Clearinghouse
- 1-800-362-2190 Federal Tax Information & Assistance
- 1-800-362-2190 Interstate Commerce Commission (Moving Hotline)(Reg. Office) 817-334-2794
- 1-800-432-3593 Lawyer Referral Service
- Runaway Children
- (If runaways want to contact their parents, a recorded message will be taken and relayed free of charge)
- 1-800-231-6946 Veterans Administration Benefits Information Assistance.. 1-800-362-2444

## Used clothing

Used clothing, household goods, etc.

Clothing Center, 10th & Pierre, Tues. & Fri. 2:30-4:30pm  
 Home & School Shop, 728 Colorado, Mon-Sat, 1-4pm  
 Encore Shoppe, 611 Poyntz Ave.  
 Salvation Army (junction city - will pick up)

## Local recycling programs

Campbell Distributors, Inc. (collect aluminum)  
 Junction City Distribution Company (collects aluminum cans in the Westloop parking lot on 1st, 2nd & 4th Wednesdays of each month from 3-5pm)  
 Refuse Control Company (provides deposit bins for newspapers in parking lots of Wal-Mart, Dutch Maid Stores, Mercury, Westloop Skelly Service Station)  
 Riley County 4-H Club (sponsors newspaper drives)

## KANSAS CHILDREN'S SERVICE LEAGUE

Kim Menard 539-3193  
 Kansas Children's Service League has opened a local office to better serve the Manhattan community. The mission of Kansas Children's Service League is caring about children. We offer four types of services:  
 Emergency Foster Care - short-term placement for children, 0-17 years, who are removed from their homes because of abuse and neglect or behavioral problems. This program is offered in conjunction with SRS.  
 Temporary Foster Care - short-term placement for children, 0-17 years, when the parents must be away for some length of time, due to illness or a crisis in the family.  
 Respite Foster Care - planned short-term family living for handicapped children whose parents need a relief from their care. Parents must meet the family in the family's home before the actual stay of the child.  
 Pregnancy Counseling - decision making exercises and case management services for parents-to-be on an individualized basis.  
 Our agency's efforts are to improve conditions under which children grow up in Kansas. We cannot do this all alone, we need foster parents. If you have an interest in using our services or want to foster children on a short-term basis, please call.

## ALTERNATIVE ELEMENTARY SCHOOL

An alternative elementary school is being formed from the foundation of the former Living-Learning School. If your child is ready for an academic experience, join this parent cooperative to create a child-centered school emphasizing creativity, academic excellence, rich interpersonal relationships and high self-esteem. For more information, call Edith Stunkel, 776-3624 or Michael Cody, 539-8657.

## HOME EDUCATION INTEREST GROUP

For more information call Roxanne and Keith Tillotson, 537-2585

## BIG LAKES DEVELOPMENTAL CENTER, INC.

MANHATTAN CHILD DEVELOPMENT CENTER

## GROUP HOME LIVING

MANHATTAN ADULT TRAINING CENTER

## RILEY COUNTY SENIORS' SERVICE CENTER, 412 Leavenworth

The Seniors' Service Center, two years old this fall, is a place where older persons can meet together, receive services and participate in activities which enhance their dignity, support their independence, and encourage their involvement in the life of the community.

RILEY COUNTY FAMILY FUN FAIR will be held Saturday, September 29 at Pot-Port Hall in Cicco Park. Objectives for the fair are to increase knowledge of available community resources to support and facilitate families and to increase awareness of ways families can have fun together. Local organizations and agencies will have exhibits, entertainment and activities. Contact Debi Hatfield, 776-4779 or Kayann Heintz, 776-4781.

## RILEY COUNTY COUNCIL ON ALCOHOLISM AND DRUG EDUCATION

1205 Laramie, 539-7004

## Services:

Distribute free literature. Give information and referrals. Serve NABS free to the public.  
 Saturday, December 8 - Conference on "Alcohol In The Family," 9am-3pm  
 First Baptist Church, 2121 Blue Hills Road.

## 16 Community Bulletin Board

## UNIVERSITY LEARNING ENHANCEMENT AND RESOURCE NETWORK, Holton Hall

Hours: Phone lines - 8am-10pm, Monday through Friday  
 10am-2pm, Saturday  
 Resource Center - 10am-4pm, Monday through Friday  
 Services: U-Learn is K-State's educational information and campus resource center developed to assist members of the university community. U-Learn is a unique center available to answer questions over the phone or in person. It is a newer, more comprehensive service arising from two older services, ULN and SECS, both which began in the early 1970's.  
 U-Learn's knowledge is concentrated in five major areas: sexual health, wellness, career exploration, study skills and general information. Free information, resource materials and personal assistance is always available. U-Learn will also pre-sent programs to groups by request.

## FRIENDS OF EDUCATION

Julie Coates, Susan Scott Angle, Dave Stewart 532-5866 532-6927  
 A broad-based group that includes teachers, parents, principals, college professors and administrators, pre-school teachers and lifelong learners of every sort, has recently formed to examine innovative and creative responses to current educational challenges in our community. If you would like to participate, please join us. The group is tentatively planning an Education Fair and Forum to take place in November. Your ideas are welcome and needed. Call for more information.  
 UNITED WAY OF RILEY COUNTY 413 Poyntz, Manhattan, Kansas 66502 (913) 776-3779.  
 Voluntary organization which raises, administers and distributes funds for human service agencies, and plans for community needs.

## VOLUNTEER CLEARING HOUSE

413 Poyntz, in the Mall, P.O. Box 922, Manhattan, Kansas 66502 (913) 776-3779  
 Registers the needs of not-for-profit agencies and individuals, recruits and places the volunteers to meet those needs, and promotes a positive image for volunteerism in the community. Any individual wanting to do volunteer work is encouraged to call or stop by our office. We will match your skills and interests with a current need. Someone in Manhattan needs you and we can tell you who! Staff: Program Administrator, Karen L. Hooker; Volunteer Coordinator, Deb Volosky.

## AMERICAN RED CROSS, RILEY COUNTY CHAPTER

Hours: 9am-5pm, Monday-Friday  
 208 Poyntz, P.O. Box 609, Manhattan, Kansas 66502 (913) 537-2180  
 Services: This agency enables people to enhance their quality of life through education and volunteer experience. The Red Cross provides a volunteer blood service, and conducts classes in CPR, first aid, water safety, parenting and babysitting. The Red Cross provides a communication system for members of the armed forces and their families; and maintains a system of local, national and international disaster preparedness and relief. Training is offered to all volunteers in every service area. Programs targeted toward high-risk populations include Carrier Alert and Vital of Life, (elderly, living alone). First-aid services are provided upon request by trained volunteers for community activities.  
 Staffing: Professional and volunteer. Accessible to the handicapped.

## WORLD FRIENDSHIP

World Friendship is a non-denominational organization devoted to establishing friendships between American and international women of Manhattan. Meetings are held each Tuesday morning from 9:30-11:00 at the First Presbyterian Church at 8th and Leavenworth. A nursery and transportation are provided. Activities include: English classes, sewing, cooking, crafts and exercise. Any interested international or American woman is eligible to join. For more information, please call: 776-2138 or 539-6048. Meeting: September 11.

## WOMEN OF THE HEARTLANDS

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. For more information, call Christy Simpson at 776-7573.  
 GAY AND LESBIAN RESOURCE CENTER  
 Leave message at 537-8235 or write to PO Box 291, Manhattan, KS. 66502  
 We are a service-oriented organization providing peer counseling, educational presentations for groups and classes, support groups, information on a variety of issues and social activities in a supportive and confidential atmosphere. Gay men and women and others who are supportive of alternative lifestyles are welcome to join us occasionally or on a regular basis Mondays, 8-10pm. Call 537-8235 for information.



will be explained and discussed. 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.

One Time: Thursday, 7-9pm, Oct 4  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Christy Simpson  
 776-7573

CONFRONTATION TRAINING

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. (Christy has taught "Self-Defense for Women" for the past three years.)

Saturdays, 10am-12n First Meeting: Sept 29 (2 times)  
 Location: Will be noted on your receipt  
 Class Fee: \$6, pay with registration  
 Christy Simpson  
 776-7573

SELF-DEFENSE FOR WOMEN

Question and answer period will discuss women's health concerns focusing on vaginitis, PMS (Pre-Menstrual Syndrome), contraception, sexually transmitted diseases, wellness care and other topics of interest. (Judy, an R.N., has worked in family planning for 8 years. Elise, an R.N., is experienced in family planning and other clinical services. Both are employed by Riley County Health Department.)

One Time: Wednesday, 7:30pm, Oct 10  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Judy Schrock, Elise Dreher  
 776-4779

WOMEN'S HEALTH ISSUES

**Womanstrength**

You will be contacted for day, time and dates  
 Class Fee: \$2, pay with registration  
 Are you pregnant now or thinking of becoming pregnant soon? Join Mothers-to-be, a support group. We will discuss or have speakers on exercise, nutrition, fashions and other topics of concern to the pregnant woman. Sign up and you will be contacted to determine the best time and dates to have our gatherings.

DeAnn Sullins  
 537-0243

MOTHERS-TO-BE

This is an ongoing "Support Group" for at-home mothers and their pre-school-age children, a "Mother's Morning In" with children playing and moms visiting with other adults. Mothers are responsible for their own children, no separation necessary. During nice weather, we will be meeting outside and during colder months we will meet in homes of participants. The group has been in existence for about nine years. (Kay has been with the group about 8 years and has 2 boys 10 and 5. Barb, mother of a 3-year old girl and 6-year old boy has been participating 5 years.)

Wednesdays, 10am-12n First Meeting: Sept 12  
 Location: Will be noted on your receipt  
 Class Fee: \$2/family, pay with registration  
 Kay Ring, Barb Stark  
 539-2468 539-1379

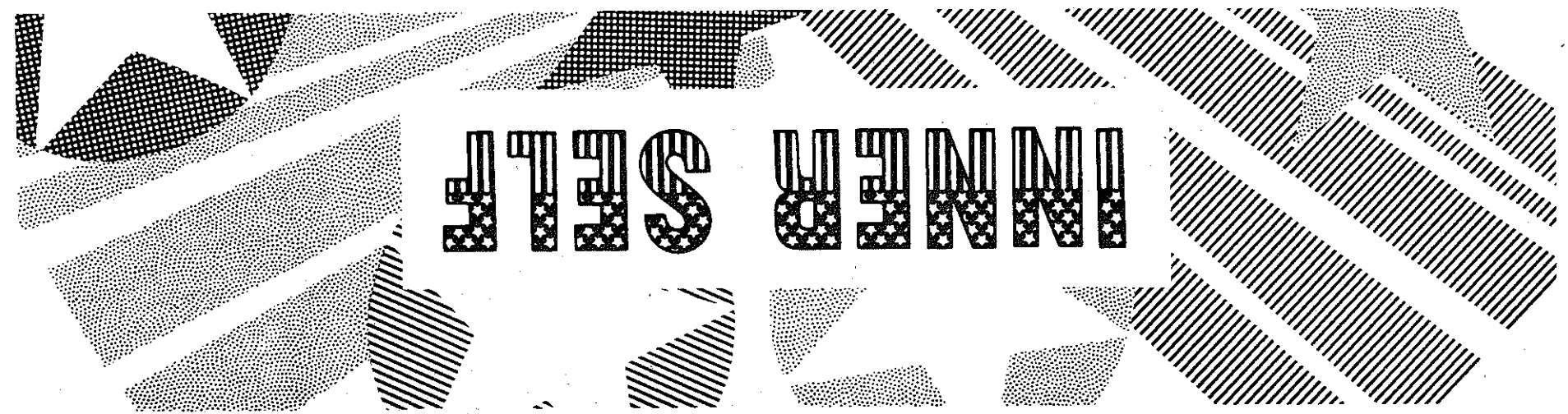
WEDNESDAY MORNING PLAY GROUP

This is an in-depth discussion concerning the options parents have in increasing the communication between themselves and their teens. We will discuss the specifics concerning what parents can do to facilitate good mental health in their family. (Michael, a PhD in family and child development, is a certified reality therapist in private practice. During his professional development he spent 8 years working with severely disturbed adolescents.)

Wednesday & Thursday, 7-8:30pm, Oct 31, Nov 1 (2 times)  
 Location: Will be noted on your receipt  
 Class Fee: \$5, pay with registration  
 Michael Weidberg, PhD  
 537-2244

PARENTS AND ADOLESCENTS: HOW CAN WE BOTH SURVIVE?

**In a family way**



Volunteers, we love you!  
 And, we couldn't do much without you.  
 To all of you—THANKS!



Exercise can be beneficial to both mother and child during pregnancy if done moderately and regularly. Classes will consist of twenty minutes of structured exercise with an optional 20 minutes working with weight equipment. The size of the group will allow the instructor to tailor exercises to the needs of women in different stages of pregnancy. (Tammy is the service manager at Magic Mirror Figure Salon.)

Mondays & Wednesdays, 6:20-7pm First Meeting: Sept 17 Length: 16 times  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration  
 Tammy Jackson  
 539-1993

EXERCISE FOR THE MOTHER-TO-BE

A three-year-old can do many things for himself. We will show you how to help him/her do this. First you will watch how the necessary basic skills for self-independence are demonstrated to a two or three-year old. You will then have the opportunity to try it yourself. A discussion will follow with information on applying this type of education at home. (Betty has owned and directed the Manhattan Montessori School for children since 1976.)

One Time: Monday, 7:30-9pm, Sept 17  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Betty Aldridge  
 539-8014 776-0461

EXPERIENCE THE PRACTICAL LIFE AREA OF MONTESSORI EDUCATION

is a kindergarten teacher with experience and graduate work in parent-child relationships. Don is a graduate of the Menninger Counseling Program and Imrie contacted. (Sponsored by Manhattan Family Council. Don and Imrie are self-worth, trust, confidentiality, anonymity, and caring will be emphasized. Register by first name only and phone number and you will be contacted.)

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

Wednesdays, 7pm First Meeting: Sept 19  
 Location: Will be noted on your receipt  
 Length: Ongoing  
 Don & Imrie Falton  
 539-5582

PARENTS ANONYMOUS

539-8014 776-0461

# Changing

## THE HAPPINESS PURSUIT

Gregory W. Potter, PhD  
 One Time: Tuesday, 7-10pm, Oct 16  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Limit: 15

Regardless of what you've been taught in the past, happiness isn't something to be earned, won or postponed. Life is fantastic, but it's far too long to live it wrong. This class explores maximizing pleasure and minimizing pain.

## SELF-ESTEEM: YOUR OWN WORST ENEMY

Gregory W. Potter, PhD  
 One Time: Tuesday, 7-10pm, Oct 9  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Limit: 15

In childhood you learned your personal worth hung in the balance of your intelligence, actions, appearance, or ancestry. If you measured up you were allowed a high self-esteem. This class explores the myth of self-esteem and how to let it go. (Greg is a counselor in private practice and has worked with many people suffering from unwarranted labels stealing their personal worth.)

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

Libbe Pelletier  
 Section I: Thursday, 7-9pm, Oct 4  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration

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

## DREAM CLASS

Ariene McNeil  
 2nd and 4th Thursdays, 7:30-9pm  
 First Meeting: Sept 13 Length 12 times  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration  
 Materials Fee: \$15, pay at class

The interpretation of dreams is as old as the human race. Did you know you can solve your daily problems while sleeping? Do you understand the meaning of your dreams, as well as giving you proven techniques for yamrt teaches this and more, as well as giving you proven techniques for remembering and recording your nightly adventures. This eckankar sponsored course is \$15 which includes the eck-yamrt dream text book and 12 class sessions. (Ariene has been a member of Eckankar for 11 years and is a qualified arahata (instructor).)

## SUFI DANCING

Shankar Harrit, Nabdiddin Nelson  
 One Time: Thursday, 7:30-9:30pm, Sept 13  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration

Sufi dancing or Dances of Universal Peace are group meditations involving song, simple dance steps and the breath. Phrases from many of the world's sacred religious traditions are used to kindle a consciousness of love and oneness. (Shankar and Nabdiddin have studied sufiism for over 8 years.)

## SUFI ZIKIR MEETING

Alladdin Oettinger, Shankar Harrit  
 One Time: Saturday, 8-10pm, Sept 22  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration

"Zikr" means remembrance of God. We will use meditation, concentration and sound to take us beyond our separateness from God. Remember, "The only sin in life is a breath taken without remembrance of God; the only virtue is a breath taken with the remembrance of God." (Alladdin has been leading and studying the sufi zikr in Kansas City for the past four years.)

## TUNE IN YOUR SPIRITUAL GUIDANCE

Reid and Dorothy Barnett  
 Thursdays, 7-9pm  
 First Meeting: Sept 13  
 Location: Will be noted on your receipt  
 Class Fee: \$7, pay with registration

Become acquainted with your personal spiritual guidance. Learn how to receive answers for your spiritual growth and everyday decisions. (Reid and Dorothy have been working together for 8 years developing methods of receiving guidance, are practicing semi-trance channels and ministers in the Universal Light of the Cross Church.)

## 18 Inner Self

Reid and Dorothy Barnett  
 Thursdays, 11:30-1pm  
 First Meeting: Oct 4  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration  
 Materials Fee: \$8.50, pay at class  
 Limit: 25

In the interest of open dialogue and deepened understanding in an area that currently majors in hostile rhetoric and suspicion, we will explore Marxist thought in light of Biblical tradition.

# Reflecting

## INTRODUCTION TO ZEN MEDITATION PRACTICE

Leon Rappaport  
 Wednesdays, 8-10pm, Oct 3, 10, 17  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 (3 times)

The aim of this course is to have three meetings within which some preliminary discussion of Buddhist tradition will be held as well as instruction in the Soto way of Zen practice. It is recommended that the participants wear loose fitting clothing and please bring a cushion or medium sized pillow to sit on. Those who have a general interest or questions are welcome to participate.

## SACK LUNCH THEOLOGY: LIVING TOWARD A VISION

Dave Stewart  
 Tuesdays, 11:30-1pm  
 First Meeting: Sept 25  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration  
 Materials Fee: \$6, pay at class  
 Limit: 20

We will study Walter Bruggemann's book, *Living Toward A Vision*, which focuses on Biblical visions of shalom, or peace. Bring your sack lunch to class. (Dave is a campus minister who has taught sack lunch theology classes for years.)

## MARK AND THE BIBLE

Dave Stewart  
 Thursdays, 11:30-1pm  
 First Meeting: Oct 4  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration  
 Materials Fee: \$8.50, pay at class  
 Limit: 25

In the interest of open dialogue and deepened understanding in an area that currently majors in hostile rhetoric and suspicion, we will explore Marxist thought in light of Biblical tradition.

# Learning and growing

## TALKING ABOUT GRIEF

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

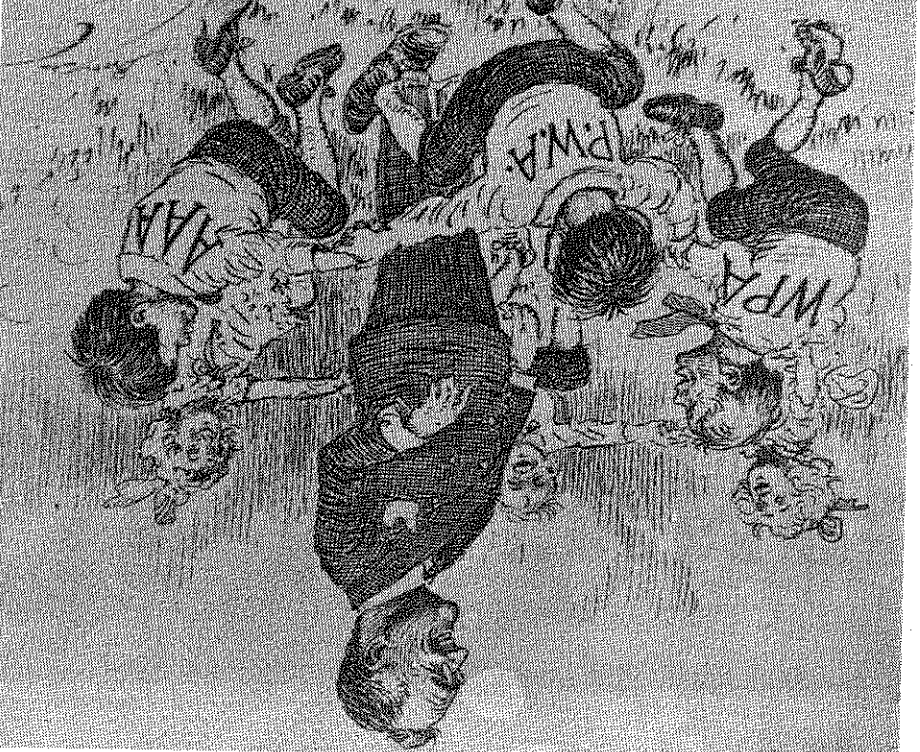
A one-evening session talking about grief resulting from the various losses in our lives, especially the loss from death of a loved one. (Mary is the former chaplain of St. Mary's Hospital.)

## CREATIVE DIVORCE: PAIN & GROWTH

Don Fallon  
 Tuesdays, 7:30pm  
 First Meeting: Oct 2  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Limit: 12

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

FRANKLIN DELANO ROOSEVELT (1882-1945) was inaugurated president of a nation on the verge of panic in 1933. This 1938 cartoon comments on his "alphabetical solution" to the depression's problems.



# Healing

## NATURAL AND HOME REMEDIES

**S-30** **Dr. Agatha Thrash** **205-855-4709**  
**One Time: Wednesday, 6:30pm, Sept 26**  
**Location: Will be noted on your receipt**  
**Class Fee: \$3, pay with registration**  
 Today many important medical practices are based on long-standing home remedies. Dr. Thrash's discussion will center on scientifically based and researched natural and home remedies for common illnesses using equipment and supplies which are readily available.

**S-25** **JoAnn Fremerman, Nancy Chaney** **776-1396**  
**One Time: Monday, 7pm, Oct 8**  
**Location: Will be noted on your receipt**  
**Class Fee: \$4, pay with registration**  
**Limit: 40**  
 Are you concerned about eyesight improvement? Attend this introduction to Eye Classes and be introduced to Dr. Bate's holistic visual retraining Eye Classes. We will answer your questions about this method, show some of the techniques and see if there is interest in a complete training session. (Nancy and JoAnn participated in Eye Classes training two years ago and have just returned from Chicago where they assisted in training a new group of participants.)

## Feeling good

**S-11** **Rob Sheridan** **776-6849**  
**Monday, 5-6pm First Meeting: Sept 17**  
**Location: Will be noted on your receipt**  
**Class Fee: \$10, pay with registration**  
**Materials Fee: \$2, pay at class**  
**Limit: 10**  
 The daily practice of yoga improves the quality of one's life. In this class we will practice basic asanas (postures) and pranayama (breathing techniques). Please wear comfortable clothing (shorts, leotards, etc.) and come on an empty stomach. (Rob has been studying yoga with Dr. Albert Franklin since 1974.)

**S-47** **Bert Franklin** **539-0495**  
**Tuesdays, 5:30-6:30pm** You will be contacted for the first meeting  
**Location: Will be noted on your receipt**  
**Class Fee: \$10, pay with registration**  
**Materials Fee: \$5, pay at class**  
**Length: 4 times**  
 Introduction to meditation, breath control, pranayama, and meditation to meta-tation, as taught by T.K. Krishnamacharya of Madras. (Bert studied Yoga with Krishnamacharya in Madras.)

**S-18** **Bob Parr** **1-762-5569**  
**Section I: Monday, 7-10pm, Sept 17 (Manhattan)**  
**Section II: Monday, 7-10pm, Oct 8**  
**Location: Will be noted on your receipt**  
**Class Fee: \$4, pay with registration**  
**Materials Fee: \$1, pay at class**  
**Limit: 14**  
 This class will introduce you to traditional Swedish massage. This utilizes whole body methods with particular attention to facial and foot techniques. The aim is to improve circulation and promote relaxation. To get the most out of the class it is recommended that students sign up with a partner. (Bob worked as a masseur for two years in a health club while putting himself through school.)

**S-19** **Gregory W. Potter, PhD** **776-8768**  
**One Time: Monday, 7-9pm, Oct 1**  
**Location: Will be noted on your receipt**  
**Class Fee: \$4, pay with registration**  
**One Time: Tuesday, 7-10pm, Oct 2**  
**Location: Will be noted on your receipt**  
**Class Fee: \$4, pay with registration**  
**Limit: 15**  
 Why manage stress when you can reconcile its potentially dangerous power? The purpose of life is happiness and this class will cover how you can enhance that happiness by recognizing stressors and understanding the reconciliation process.

**S-5** **Michael Weinberg, PhD** **537-2244**  
**Monday & Tuesday, 7-8:30pm, Oct 29, 30**  
**Location: Will be noted on your receipt**  
**Class Fee: \$5, pay with registration**  
**Limit: 10**  
 There are many ways to overcome the stresses put on us by ourselves and others. We will explore the motivation for our behaviors when dealing with stress. Michael will share with you alternative ways of thinking and behaving that can efficiently diminish stress in your life.

**S-12** **Citiff Schuette** **532-6927**  
**One Time: Thursday, 7:30pm, Nov 8**  
**Location: Will be noted on your receipt**  
**Class Fee: \$4, pay with registration**  
**Limit: 40**  
 Come dressed comfortably as you will be practicing and learning some stress management strategies. You will also be learning how each of us over-stresses ourselves 100 or more times each day; what your own unique stress pattern is; how to integrate mini-strategies for managing those stresses into daily activity; and have some fun doing it. (Citiff, an assistant professor, works in the K-State Counseling Center conducting training in stress management, biofeedback and wellness training for students.)

**S-23** **Jan Allen** **776-3079**  
**Monday, Tuesday, Wednesday, Thursday, 6-7am**  
**First Meeting: Sept 17**  
**Length: all semester**  
**Class Fee: \$10, pay with registration**  
**Do you feel lazy, full of tension, out of shape and out of touch with your body and yourself or just out of it in general? Join me and we will try to do something about it together. We will be using a variety of techniques to get us going including yoga, stretches, aerobics, dance. Participants are encouraged to lead some sessions on their favorite exercise technique. (Jan is looking forward to this class.)**

**S-29** **Reid and Dorothy Barnett** **776-7274**  
**Saturdays, 1-3pm, Sept 22, 29**  
**Location: Will be noted on your receipt**  
**Class Fee: \$5, pay with registration**  
**Limit: 12**  
 Become aware of the emotions you pass on to others when you touch them. This is a learning experience to become aware of emotion through touch and how to develop a healing touch.

**S-33** **Eitise Dreher** **776-4779**  
**Tuesdays, 5:30-6:30pm** **First Meeting: Oct 16** **Length: 4-6 times**  
**Location: Will be noted on your receipt**  
**Class Fee: \$5, pay with registration**  
**Limit: 40**  
 "It's up to Me" is available to persons with hypertension. (High blood pressure). It is a group education program that assists people to lower their blood pressure. The groups provide the opportunity to learn about hypertension and offer support to make lifestyle changes for better health and blood pressure control. A nurse-facilitator conducts the six, 1 1/2 hour sessions covering these topics: 1) hypertension - general knowledge about the disease; 2) medications; 3) stress; 4) nutrition; 5) lifestyle changes; 6) decision making. (Eitise, R.N., is a public health nurse for Riley County Health Department.)

**S-31** **Dr. Agatha Thrash**  
**One Time: Thursday, 6:30pm, Sept 27**  
**Location: Will be noted on your receipt**  
**Class Fee: \$3, pay with registration**  
 Famed cancer researcher Denis Burkitt has stated that over two-thirds of cancer cases could be prevented by alterations in lifestyle. Dr. Thrash and associates will discuss the relationship between animals, animal products and human disease and what lifestyle changes you can make based on the latest scientific research. (Dr. Thrash, prior to entering the field of preventive medicine, was a pathologist for 15 years. She and her husband, an internist, have authored several books. Through her lectures, television appearances, newspaper column and weekly radio programs, Dr. Thrash was seen or heard by over 80 million people last year.)

**S-35** **FAT LIBERATION - A SUPPORT GROUP**  
**Register and you will be notified of day, time and dates**  
**Location: Will be noted on your receipt**  
**Class Fee: \$4, pay with registration**  
 A consciousness raising group for those who have fought the weight battle for years - and lost. We will talk about how to find your own body's equilibrium point and become free of the diet/binge cycle; learning to live with your handicap; learning self-esteem. You must be at least 50 pounds overweight to join the group. Unite, fat people, you have nothing to lose but your shame! (Doris has been dieting off and on since adolescence and never wants to hear the word again.)

**S-36** **HYPNOSIS FOR THE SERIOUSLY CURIOUS** **Gregory W. Potter, PhD** **537-0076**  
**One Time: Tuesday, 7-10pm, Sept 25**  
**Location: Will be noted on your receipt**  
**Class Fee: \$4, pay with registration**  
**Limit: 15**  
 The very worthwhile tool of hypnosis is misunderstood not only by the general public but also by many health care professionals. This class will discuss hypnosis, its uses, benefits, precautions and will include a demonstration. (Trained in hypnosis at the Ethical Hypnosis Training Center under Harry Arons, Dr. Potter uses hypnosis frequently in his private counseling practice.)

**S-8** **STRESS RECONCILIATION TRAINING** **Gregory W. Potter, PhD** **537-0076**  
**One Time: Tuesday, 7-10pm, Oct 2**  
**Location: Will be noted on your receipt**  
**Class Fee: \$4, pay with registration**  
**Limit: 15**  
 Why manage stress when you can reconcile its potentially dangerous power? The purpose of life is happiness and this class will cover how you can enhance that happiness by recognizing stressors and understanding the reconciliation process.

**DRESS TO WIN INDEPTH IMAGE WORKSHOP**  
S-43  
Bonnie Hansen  
776-3438

One Time: Tuesday, 7:30-10pm, Oct 16  
Location: Will be noted on your receipt  
Class Fee: \$15, pay with registration  
Limit: 8

This special workshop is designed to be an individual analysis of the best professional image for you. Your most authoritative look will be determined, including your two best basic colors, darkest and lightest, for job interviews, the best styles for your individual figure, correct makeup for your particular skin tone, and most flattering hairstyle and accessories. Instruction will be given in walking, standing, and sitting with grace and poise for a more professional image. The perfect outfit for your job interview will also be discussed. This workshop will be conducted by Bonnie Hansen, owner of Diet Center and a trained, certified color analyst with Beauty for All Seasons. She is an expert on personal image management.

**WOMEN'S DRESS FOR SUCCESS**  
S-39  
Bonnie Hansen  
776-3438

One Time: Thursday, 7:30-9:30pm, Nov 1  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$1, pay at class  
Limit: 20

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

**MEN'S DRESS FOR SUCCESS**  
S-38  
Bonnie Hansen  
776-3438

One Time: Thursday, 7:30-9:30pm, Sept 27  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$1, pay at class  
Limit: 20

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

**THE RIGHT LOOK FOR YOUR FACIAL SHAPE**  
S-41  
Hair Experts  
776-4455

One Time: Wednesday, 8pm, Oct 17  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Limit: 15

Round, heart-shaped, square or oval - what is your facial shape? Knowing this we can discuss the best hair styles and accessories to accent your best features and camouflage the less pleasing features. Starting changes sometimes occur through a simple change. (The Hair Experts are expert at designing their hair cuts to fit the head.)

**HAIR AND MAKE-UP FOR THE 80'S**  
S-46  
Alicia and Company  
537-9825

One Time: Tuesday, 7pm, Oct 16  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Limit: 10

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

**COLOR: THE ESSENCE OF YOU**  
S-40  
Michele Galika  
776-3438

One Time: Monday, 7:30-9pm, Oct 15  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$1, pay at class  
Limit: 12

Color affects us both physically and mentally. We will discuss the proper colors to bring out your best features and send the right messages to those around you. Also to be covered: make-up tips, wardrobe planning and helpful information about job interviews. (Michele is a certified color consultant with Beauty for All Seasons.)

**A PRETTIER YOU (WITH THE RIGHT COLORS AND MAKEUP)**  
S-36  
Nancy Bowen


Section I: Saturday, 9:30am, Oct 13  
Section II: Saturday, 2pm, Oct 13  
One time each section  
Class Fee: \$4, pay with registration  
Limit: 6

Do you want to learn how to apply makeup to make you look naturally glamorous? Learn makeup techniques and color coordination to look your prettiest this winter. Each participant will be color analyzed. (Nancy is a graduate home economist with 19 years experience in skin care, makeup, and color coordination with Lady Finelle cosmetics as a caring winning manager.)

**Aggie Hair Shapers**

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Use this coupon when you come in and get \$1 off on a shampoo, cut, and blow-dry (regularly \$9 guys, \$10-\$12 girls). Slightly more for EXTRA long hair, \$5 off on RED-KEN perms (regularly \$40-\$45). Offer good M, T, W only. Expires October 1.

**DETERMINING YOUR SEASON INDEPTH IMAGE WORKSHOP**  
S-42  
Deanna Pierson  
539-3282

One Time: Tuesday, 7-9pm, Oct 2  
Location: Will be noted on your receipt  
Class Fee: \$10, pay with registration  
Limit: 10

In a two-hour session, we will individually drape you with colors and 'Determine Your Season.' Learn which colors make you look your best and which colors to avoid. You will learn your total seasonal list of 36 colors and receive a list of this spectrum. We will also discuss color and how it affects you and tell you which popular books are the most credible. (Deanna, an independent beauty and image consultant, will be leading this workshop.)

**THE POWER OF COLOR INDEPTH IMAGE WORKSHOP**  
S-44  
Lin Broccoli  
776-4455

One Time: Wednesday, 8pm, Nov 7  
Location: Will be noted on your receipt  
Class Fee: \$15, pay with registration  
Limit: 10

What colors should you wear to make people say, "Wow, you look good today?" You'll find out in this workshop that offers you a personalized in-depth analysis of the proper colors you should wear to show you how the colors you wear. This "Power of Color" workshop will give you appearance and help you make the most of your best features, eye color, skin and hair color. Each participant will also receive a packet containing her best colors. This workshop will be conducted by Lin Broccoli and Debbie McWilliam, trained beauty consultants.

**HAIR AND MAKEUP MAKEOVERS**  
S-14  
Crimpers Salon  
539-7621

One Time: Monday, 7-9pm, Nov 5  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Limit: 12

Looking good is important for success in the '80's. If you're not sure what makeup and hairstyling techniques are correct for your facial shape, join us for an evening of "before & after" demonstration and personal consultation. Some class participants will be used as models. (Stylists at Crimpers have recently completed training in the hair and makeup trends for fall and winter.)

**HAIRBRAIDING**  
S-13  
Crimpers Salon  
539-7621

One Time: Monday, 7-9pm, Oct 15  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Limit: 12

Creatively braided hair - a neat and stylish way to wear hair for fall. Professional hair stylists will demonstrate different types of braiding and knotting, using some participants as models. Come learn the newest techniques and some old favorites. (The hair stylists at Crimpers enjoy teaching this class, one of the most popular at UFM!)

**ONLY SKIN DEEP**  
S-37  
Deanna Pierson  
539-3282

One Time: Tuesday, 7pm, Oct 9  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Limit: 10

Individual instruction in the care of your skin. We will determine your skin type (dry, oily or combination) and talk about cleansers and soaps. If you are acne prone, we'll discuss products to supplement your daily skin care regime. When and how to use facial peels and masks will be talked about. There will be lots of time for questions. (Deanna is an independent beauty and image consultant.)

**Looking good**

# RECREATION

## Keeping your cool

### AQUA-FITNESS

Jan Conizzzo

Saturdays, 9:30-10:30am First Meeting: Sept 15 Length: 8 times

Location: Will be noted on your receipt

Class Fee: \$8, pay with registration

Limit: 30

Want to get the aerobic exercise without the sweat? What could be more fun than doing exercise routines to music in an indoor pool? Aqua-fitness is a very unique kind of exercise program with benefits for men, women, expectant mothers and active senior citizens. Working at your own level you can improve your cardiovascular system and build better muscle tone. (No swimming skills necessary.) (Jan stays in shape with aqua-fitness.)

### ADULT BEGINNING SWIMMING

Tom Deaver

Saturdays, 10am-12n First Meeting: Sept 15

Location: Will be noted on your receipt

Class Fee: \$8, pay with registration

Length: 8 times

Limit: 15

Never learned how to swim when you were a kid and now are apprehensive, embarrassed or downright scared of the water? Using proven Red Cross techniques, Tom will help you overcome your fears and learn rhythmic breathing, front and back floating, survival floating, gliding, kicking and a basic overhand stroke. (Tom, a Red Cross certified water safety instructor, has been teaching adults how to swim for many years.)

### RED CROSS BASIC WATER SAFETY

Emily Kiting

One Time: Sunday, 9am-1pm, Sept 30

Location: Will be noted on your receipt

Class Fee: \$2, pay with registration

Limit: 12

This class will teach novice or non-swimmer how to help someone in danger of drowning. Reaching, throwing household objects and common sense around the water will be covered using video tapes, demonstrations and optional water work. Buy "Basic Rescue And Water Safety" from the Red Cross office (cost: \$1.00) and read it before class. Bring the book and swim suit to class and learn skills that someday may save a life! (Emily is a certified water safety instructor and is a 4-H specialist who works with camping, recreation and natural resources programs.)

### ADAPTED AQUATICS

Patti Johnson

Sundays, 9:30-10am First Meeting: Sept 16

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Limit: 2

Adapted aquatics is an individualized swimming program for the handicapped. (Patti is certified as an adapted aquatics instructor by the Red Cross. She has taught this class before.)

### FUNDAMENTALS OF KAYAKING (AMERICAN RED CROSS)

T.J. Hittle, Rex Replogle

3 Sundays, 1 Saturday, 9am-1pm, Sept 23, 29, 30, Oct 7

Location: Will be noted on your receipt

Class Fee: \$5, pay with registration

Materials Fee: \$40, pay at class

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. The class meets at an indoor pool for three Sundays and once on a nearby river on Saturday. All handouts, textbooks and equipment are 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!)

### INTERMEDIATE KAYAKING WORKSHOPS

T.J. Hittle

Sundays, 9am-12n, Dec 2, 9 Length: 2 times

Location: Will be noted on your receipt

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

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

### SAILING BASICS

Jay Kim

One Time: Saturday, 9am-12n, Sept 15

Location: Will be noted on your receipt

Class Fee: \$4, 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. (Jay has been sailing for over two years and owns a Laser.)

### THE BASICS OF WATER SKIING

P-18

Steve McDermett (and members of the Flint Hills Water Ski Club) 776-8855

One Time: Monday, 6pm, Sept 17 (rain date: Sept 24)

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$1, pay at class

Informative clinic about the basic fundamentals of beginner, competitive and "show" water skiing. We will cover boating and skier safety. Instructor will include learning to ski on: two skis, one ski, trick skis, slalom course, jump ramp and bare feet. A video tape of the Flint Hills Water Ski Club will be shown. If the weather permits, water ski demonstrations of experiences in water skiing including: competitive, pleasure and show skiing.)

### LEARN TO FLY AT LOW RATES

P-30

Hugh Irvin

Saturdays, 9-10:30am First Meeting: Sept 15

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

The first meeting will be an information session to overview what's involved in learning to fly in general and the advantages of the K-State Flying Club in particular. Options available for ground school and for flight training in the Manhattan area will be discussed. If there is enough interest, 6 to 8 free group tutoring sessions may be scheduled to help those who decide to study for the FAA written examination using self-instructional courses. Introductory flight lessons and/or short sight-seeing flights at minimum cost will also be scheduled at the first meeting. (Hugh is a FAA Certified Flight Instructor and a member of the K-State Flying Club.)

### STUDENT PILOT GROUND SCHOOL

P-31

J. Van Swaay

Two Times: Days, times and dates to be announced

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Limit: 17

If you have ever thought about learning to fly then this class is for you. We will cover basic aircraft systems and aerodynamics, airport operations and communications, and basic licensing requirements. Although the class will not cover everything required for the FAA 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.)

# Adventures

## ROCKCLIMBING SEMINAR AND PRACTICUM 101

P-28

Richard Foutch

539-4999

2 Tuesdays, 1 Saturday, 1 weekend 7:30-9:30pm, Sept 11, 18, 22, 28-30

Location: Will be noted on your receipt

Class Fee: \$10, pay with registration

Materials Fee: \$60, pay at class

Limit: 6

"At high altitudes there's no place for the fantastic, because reality itself is more marvellous than anything man could imagine." - Rene Daumal from Mount Analogue. If you have had some experience in hiking and wilderness camping and would like to explore the vertical world of technical rock climbing, this course may be for you. We will have 2 didactic evening sessions to discuss climbing philosophy, safety, equipment, knots and technique. Then one weekend day to practice belaying and rappelling locally. On the last weekend of September we will drive to Colorado to do two rock climbs in Eldorado Canyon near Boulder. Basic Rock Climbing by Royal Robbins will be required reading. This course is for men and women who have a real spirit of adventure and fun and are prepared to make a serious commitment to learning the art of rock climbing. (Rick is an emergency physician with 12 years of climbing experience including participation in recent Ulitma Thule Mount Everest expedition in Tibet, China in March-May, 1984.)

P-29

Mike Eledge

776-4043

First and Third Wednesdays of each month, 7:30pm

Location: Will be noted on your receipt

Class Fee: \$3, pay with registration

If you are interested in going camping, canoeing, bike touring, rock climbing, backpacking, sky diving, sailing, rappelling, kite-flying, spelunking or any of the above, this is the club for you. Each meeting a variety of trips are planned for the next two weeks. You must only pay the fee once per year. (Mike enjoys many outdoor activities.)

## OZARK MOUNTAIN VACATION

P-40

Judy Portuese

537-1318

Friday, Saturday, Sunday, Oct 12, 13 & 14 (leave at 6am)

Location: Will be noted on your receipt

Class Fee: \$170, pay with registration

Limit: 42

Join us in seeing the breath-taking panorama of fall foliage in the Ozark Mountain Region in October.

## ITINERARY:

Friday, October 12:

Depart 6am - lunch stop (on own) - arrival at Hillbilly Inn in Branson, Missouri; welcome party with refreshments; Ralph Foster Museum (Indian artifacts and relics); Edwards Grist Mill (water-powered working reproduction); dinner (on own); country music show.

Saturday, October 13:

Breakfast (on own); group photo; Silver Dollar City (pioneer crafts and work-a-day world of 1880's Ozark Mountain folk plus rides, music and all kinds of entertainment); Sammy's Cabin Cookout (BBQ ribs, chicken, trimmings); Shepherd Of The Hills Play (fast-paced outdoor drama).

Sunday, October 14:

Breakfast (on own); Ozark farewell with surprises; Cavern Tour (fantastic rock formations, mysterious and beautiful); lunch stop (on own); HOME. Cost is \$170 per person based on double occupancy. This includes admission to all attractions, cookout, group photo, lodging, full-time guide and transportation by Abbot Coach. Available options at the Hillbilly Inn include swimming, fishing, entertainment and dancing. Full payment must be received by Sept 5 to meet our reservation deadline. (This is Judy's 15th UFM bus trip.)

Would you like to share a special hobby or interest with others? Teach for UFM!

Deadline for next catalog is Oct. 10.

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## RAPPPELLING FOR BEGINNERS

P-27

Mike Portzer

Thursdays, 7pm First Meeting: Sept 13

Location: Will be noted on your receipt

Class Fee: \$6, pay with registration

Length: 2 times

Learn to descend cliffs by rappelling, a truly thrilling experience. This course is designed to familiarize the individual with the basic techniques of rappelling. Included are selection and safety inspection of equipment, basic knots used, and rappelling and belaying procedures. The class will meet initially indoors, and subsequent classes will be held at the rappelling facility. All equipment will be provided by the instructor and an experienced assistant will be on hand. On belay! (Mike has had extensive rappelling experience through the Pennsylvania State Fire Services and in the military.)



## WEIGHT TRAINING FOR WOMEN

P-6

Terry Hooper

Section I: Tuesdays, 8pm Sept 18, 25

Section II: Wednesdays, 8pm Oct 3, 10

Location: Will be noted on your receipt

Class Fee: \$4/section, pay with registration

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 free weights and Nautilus machines at the new Nautilus Towers. After instruction, participants can work-out to their heart's content. (Terry was the 1981 Colorado Powerlifting Champion, 1982 Rocky Mountain Powerlifting Champion and 1982 Mid-Central USA Powerlifting Champion. He has years of experience in training men and women for power-lifting and body-building competition.)

## INTRODUCTION TO NAUTILUS

P-7

Larry MacPhee

Section I: Thursday, 8-10pm, Sept 27

Section II: Tuesday, 8-10pm, Oct 2

Location: Will be noted on your receipt

Class Fee: \$2/section, pay with registration

Limit: 10/section

Bring your workout clothes and try all the Nautilus equipment. Larry will introduce you to each machine and cover training principles. Bring a towel and swimsuit to enjoy the fruit of your labor - SAUNA and JACUZZI. (Larry is the manager of the Nautilus Fitness Center.)

## PARK PARENTS RUNNING CLUB

P-8

Christine Taylor-Rodgers

Thursdays, 7:30pm First Meeting: Sept 20

Location: Will be noted on your receipt

Class Fee: \$2, pay with registration

Parents of young children are invited to join this group of jogging enthusiasts who often find it difficult to run due to the responsibilities of youngsters. The group will explore ways to exchange childcare to allow children to play at the park while parents run. (Christine is a registered nurse and mother of three who enjoys running and would like to find ways to do more of it.)

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

P-9

Susan Grecu

Mondays, Tuesdays, Wednesdays, Thursdays, Fridays, 5-6pm

Location: Will be noted on your receipt

Class Fee: \$10, 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.)

# Martial Arts



## TANG SOO DO KARATE

Joel Cederberg, Richard Bammes  
 Mondays, Wednesdays, Fridays, 7-9:30pm  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration  
 Materials Fee: \$2, pay at class  
 Limit: 25

Mark Buono  
 Tuesdays and Thursdays, 7pm  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration  
 VADHA KEMPO KARATE is an Indian style of karate that stresses arcs, soft blocking and many moves that mimic animals. Wear comfortable clothing and learn this interesting martial art. All men and women are invited, whether you have any previous martial art experience or not. (Mark has a first degree black belt with two years teaching experience.)

Stan Wilson  
 Tuesdays and Thursdays, 7pm  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration  
 KUNG-FU (ZE DO STYLE)

Stan Wilson  
 Sundays, 7pm  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration  
 Limit: 30  
 JUTSU FOR BEGINNERS

Mrs. Wu and Verna Riles  
 Section I: Wednesdays, 7pm  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration  
 Limit: 30  
 TAI CHI CH'UAN FOR HEALTH AND SELF DEFENSE

Richard Reiths  
 Wednesdays, 6-7:30pm  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration  
 BEGINNING FENCING

Lee-Shih Wu  
 One Time: Saturday, 3-4:30pm, Oct 6  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration  
 CHINESE MARTIAL ART STICK AND SWORD DEMONSTRATION

Lee-Shih Wu  
 P-41  
 539-7841

Richard Reiths  
 Tuesdays, Thursdays, 6:30-8:30pm  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$1, pay at class  
 LOT'S MORALES

Jim Gregory  
 Thursdays, 6-7pm  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$1, pay at class  
 GOLF FOR BEGINNERS

Jim Gregory  
 Sundays, 3pm  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration  
 Materials Fee: \$1, pay at class  
 FRISBEE GOLF

Jim Gregory  
 Tuesdays, Thursdays, 6:30-8:30pm  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$1, pay at class  
 LOT'S MORALES

# Having a Ball

Judy Sasse  
 Sundays, 8-10am  
 Location: Will be noted on your receipt  
 Class Fee: \$6, pay with registration  
 Limit: 20  
 BEGINNING TENNIS

Bill Shafer  
 Sundays, 8-10am  
 Location: Will be noted on your receipt  
 Class Fee: \$6, pay with registration  
 Limit: 16  
 RACQUETBALL FOR BEGINNERS

Bob Weber  
 Mondays, 7pm  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Limit: 10  
 HANDBALL

Neil Schanker  
 Location: A list will be mailed to you  
 Class Fee: \$1, pay with registration  
 Want some new partners for sports? This is an opportunity for you to get some challenging experience and to meet new faces. At registration, indicate the game, your skill level (beginner, intermediate or advanced), days and times available, and UFM will compile a list which will be mailed to you. (Neil has coordinated this class for several years.)  
 DIAL-A-PARTNER/TENNIS/RACQUETBALL/INDOOR GAMES

Stan Wilson  
 Thursdays, 6-7pm  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$1, pay at class  
 Limit: 12  
 JUTSU FOR BEGINNERS

Stan Wilson  
 Sundays, 7pm  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration  
 Limit: 30  
 KUNG-FU (ZE DO STYLE)

Stan Wilson  
 Tuesdays and Thursdays, 7pm  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration  
 Limit: 30  
 JUTSU FOR BEGINNERS

Stan Wilson  
 Sundays, 7pm  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration  
 Limit: 30  
 TAI CHI CH'UAN FOR HEALTH AND SELF DEFENSE

Stan Wilson  
 Sundays, 7pm  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration  
 Limit: 30  
 BEGINNING FENCING

Stan Wilson  
 Tuesdays, Thursdays, 6:30-8:30pm  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$1, pay at class  
 LOT'S MORALES

Stan Wilson  
 Tuesdays, Thursdays, 6:30-8:30pm  
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 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$1, pay at class  
 LOT'S MORALES

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**WEDNESDAY MORNING PLAY GROUP**

Kay Ring, Barb Stark  
539-2468 539-1379

Wednesdays, 10am-12n First Meeting: Sept 12 Length: Ongoing  
Class Fee: \$2/family, pay with registration  
Location: Will be noted on your receipt

This is an ongoing "Support Group" for at-home mothers and their pre-school-age children, a "Mother's Morning In" with children playing and moms visiting with other adults. Mothers are responsible for their own children, no separation necessary. During nice weather we will be meeting outside and during colder months we will meet in homes of participants. The group has been in existence for about nine years. (Kay has been with the group about 8 years and has 2 boys 10 and 5, Barb, mother of a 3-year old girl and a 6-year old boy has been participating 5 years.)

**STAMP COLLECTING**

Tim Lindemuth  
532-6415

Mondays, 7-9:30pm First Meeting: Oct 8 Length: 3 times  
Class Fee: \$2, pay with registration  
Materials Fee: 50¢, pay at class

This class is for beginning, intermediate and advanced stamp collectors of all ages. One and possibly two field trips are planned to a local stamp club and regional stamp show. Three slide shows will be presented on the basics of collecting, how to grade centering and cancellations, and how to determine perforations and watermarks. You will receive a free envelope full of stamps to work with as you perform several hands-on exercises. Also discussed will be how to trade, buy and sell stamps. Each class will last 2 to 2½ hours each. (A collector for 29 years, Tim is a long-time member of the American Philatelic Society and the local Flint Hills Stamp Club.)

**DUNGEONS AND DRAGONS**

Bob Argent  
539-4549

Wednesdays, 6-9:30pm First Meeting: Sept 12 Length: all semester  
Class Fee: \$6, pay with registration  
Materials Fee: \$1, pay at class

Experience Epic Adventure! You've heard of Dungeons and Dragons, but did you know it's a game of skill and imagination played by sane people of both sexes? Pencil and paper are all you need to begin your quest. Rules will be taught. Prior experience neither needed nor desired. (Bob has been an active player for six years and has taught the game at other universities.)

**JUST CLOWNIN' AROUND**

Delaine Dieker  
539-6442

Mondays, 7-9pm First Meeting: Sept 17 Length: continuing  
Class Fee: \$4, pay with registration  
Materials Fee: \$2, pay at class

While having fun learning to be your own personality as a clown, in this class you will gain information on the history of clowning as well as the technique of make-up, the exaggeration of pantomime and a short skit. (Delaine has taught clowning to 200 youngsters at Rock Springs Ranch and has provided entertainment for several organizations.)

**POCKET BILLIARDS FOR BEGINNERS**

Jerry Riggs  
776-6338

Saturdays, 10:30am First Meeting: Sept 15 Length: 6 times  
Class Fee: \$4, pay with registration  
Location: Will be noted on your receipt

This class will start with a brief history of the game. Included will be an introduction to playing equipment, basic stance, aiming, English, and control. The different games -- 8-ball, 9-ball and snooker will be covered as well as the theory and mental game. Also, we will watch a video-tape trick shot demonstration and championship match. (Jerry has played in several World Pocket Billiard Championships in New York City, finishing 3rd in 1979, 16th in 1980 and 20th in 1981.)

**BEGINNING BRIDGE**

Pat Cashin  
776-3020

Tuesdays, 7:30pm First Meeting: Oct 2 Length: 5 times  
Class Fee: \$6, pay with registration  
Location: Will be noted on your receipt

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

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**VANS** TAKARA

William Jennings Bryan

**DUSTING OFF THE OLD PROPS.**

**PUPPETS, PUPPETS... FOR CHILDREN (2-6 YEARS OLD)**

Jeanne L. Yang  
539-1514

One Time: Saturday, 1-2:30pm, Nov 10  
Class Fee: \$3, pay with registration  
Materials Fee: \$1, pay at class

Welcome to the wonderful world of puppets with songs, skits and short stories! Jeanne will present several delightful puppet shows, and children will participate in several activities. Parents must accompany. (Jeanne holds a teaching degree, has taught several years in public school and runs a private nursery school, Puppetland. Her summer UFM class was a great success.)

**INTRODUCTION TO MODEL RAILROADING**

Richard E. Napper  
539-3837

One Time: Thursday, 7:30-9pm, Sept 27  
Location: Manhattan Public Library

Model railroading is fun! Come see how you can build a miniature world for your railroad empire. This class will include a film, display and literature. We will discuss having other classes for the purpose of building model railroad modules. (Richard has been a model railroader for 28 years and has a home layout.)

**Take it easy**



## You may register for any class late. But don't wait too long! Popular classes fill up early.

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. Return by mid-morning on Sunday. No previous camping experience is required. You'll be glad you took this opportunity to meet some friendly friends of the Earth. (Pat has maintained his friendship with the earth for many years.)

Pat Dreesse  
Saturday and Sunday, 3pm, Oct 20-21  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

MAKE FRIENDS WITH THE EARTH -- CAMPOUT!  
E-42  
539-9150

Chris Sorenson  
Saturday, 6:30-9pm, Oct 20 (cloudy or rain date: Wed, Oct 24)  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration  
Limit: 25

STARGAZING  
E-24  
532-6786

Chris Sorenson  
Saturday, 6:30-9pm, Oct 20 (cloudy or rain date: Wed, Oct 24)  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration  
Limit: 25

## A night out



Kids! Come for a grab bag of zoo fun including a zoo tour, puzzles and games. You will get a chance to meet and touch Cleo the camel, Scooter and Bandit the ferrets, the burros and the Nubian pygmy goats. Bring a snack and we will supply cold drinks. Parents needed only to drop off and pick up children. (Carol is a certified pre-school and elementary teacher and is a trained zoo docent.)

Carol Nogy  
ZOODAD BAGS  
Saturday, 9-11am  
Section I: Sept 22 (7-8 year olds)  
Section II: Sept 29 (5-6 year olds)  
Location: Will be noted on your receipt  
Class Fee: \$2/section, pay with registration  
Materials Fee: \$1.50, pay at class  
Limit: 6

Carol Nogy  
SATURDAY SAFARIS AT SUNSET ZOO (5-6 YEAR OLDS)  
E-6  
532-5866

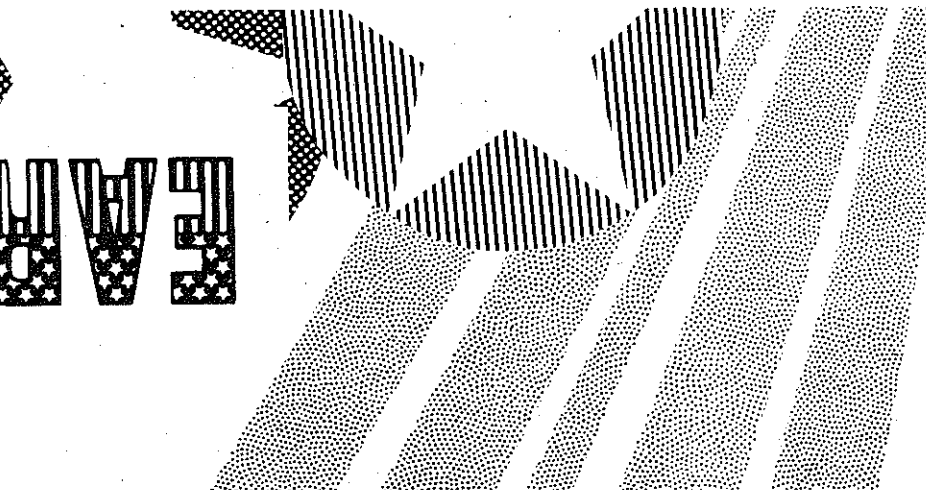
Saturday, 9-11am  
Section I: Oct 20 "Bear Safari"  
Section II: Nov 3 "Prairie Safari"  
Section III: Nov 10 "Cold Weather Safari"  
Location: Will be noted on your receipt  
Class Fee: \$2/section, pay with registration  
Materials Fee: \$2, pay at class  
Bring a snack and wear good walking shoes. You'll go on a picture and live animal safari at Sunset Zoo. These trips are for 5-6 year olds who want to learn about bears, bison, golden eagles, prairie dogs, snowy owls, arctic foxes, wolves and other animals.

Carol Nogy  
ZOODAD BAGS  
Saturday, 9-11am  
Section I: Oct 20 "Bear Safari"  
Section II: Nov 3 "Prairie Safari"  
Section III: Nov 10 "Cold Weather Safari"  
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E-6  
532-5866

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## What a Zoo!



Carol Nogy  
SATURDAY SAFARIS AT SUNSET ZOO (5-6 YEAR OLDS)  
E-6  
532-5866

Saturday, 9-11am  
Section I: Oct 20 "Bear Safari"  
Section II: Nov 3 "Prairie Safari"  
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The Wonderful World of Pets includes several topics: History of animals as pets, Pet and people attitudes, The law and pets, Vet and pet, Basic responsibilities and pets, Exotic pets, and the unexpected. This class will include discussion nights, field trips, guest speakers and student involvement in various small projects. It is open to pet owners and non pet owners above the age of 10. The goal of this class is to learn some practical knowledge concerning pets, share experiences and attitudes, and develop interest in pet responsibility. Spiral notebook, pen and pencil are required for this class. (Beverly has always owned pets and worked with animals. She runs Pet Hotline, a 24-hour free service that handles all facts concerning pets and their problems. At this time, she has 2 horses, 3 dogs and 7 cats in her family.)

Beverly Hashagen  
E-4  
537-7430

Tuesdays, 7:30-9pm First Meeting: Sept 18  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$1.50, pay at class  
Limit: 25

## THE WONDERFUL WORLD OF PETS

I. Sept 18 - Lecture - Introduction to Horses - Facts and Fantasy: the economics of real animals, selecting a first horse.  
Oct 2 - Field trip (rain date Oct 23) - Learning to Handle Horses: feeding, basic stable techniques, haltering, bridling, saddling, using a longe line.  
II. Sept 25 - Field Trip (rain date Oct 16) - Problem Horses: How they got that way, retraining, beginning schooling to prevent problems and ruined horses.  
Oct 9 - Lecture - Breeding Horses: genetics and pedigree analysis, judging faults to improve your breeding choices. (Carol is a former 4-H livestock agent who currently owns two mares.)

Carol Baldwin  
E-3  
537-2199

Tuesdays, 6:30pm  
Section I: Sept 18, Oct 2 (2 times)  
Section II: Sept 25, Oct 9 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$4, per section, pay with registration

## HORSEMANSHIP FOR BEGINNERS (I) AND ADVANCED (II)

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

Duane Dally, Kim and Olivia Huddelston  
E-2  
537-7823

One Time: Saturday, 3pm, Oct 20  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

## ARABIAN HORSES: VERSATILITY, TRIMMING AND SHOEING

Ron Fleming  
E-1  
776-4560

Tuesdays, 7-10pm, Sept 18, 25, Oct 2  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Limit: 8

## INTRODUCTORY BEEKEEPING

Honey is that wonderful natural sweetener that bees make - but few people know how they do it. This class is for people interested in starting their own hives but have no experience in doing so. We will cover starting and maintaining a hive, production, diseases and pollination. (Ron is a hobbyist beekeeper with 8 years of experience and is currently operating 7 hives. He builds some of his own equipment.)

## CREATURE FRIENDS

Ron Fleming  
E-1  
776-4560

Tuesdays, 7-10pm, Sept 18, 25, Oct 2  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Limit: 8

body could say a word -- I was wrong.")  
 said, "I used to think birdwatchers sat on a stump in the woods and no-  
 you. (Todd Navaschowski, who took the Eagle Watching Class last year,  
 if you have them. If you think catbirds have whisksers, this class is for  
 certain to enjoy. Bring binoculars, camera, bird guides and tape recorders  
 out "in the field." Birdwatching is an enjoyable hobby, which you are  
 pointers on bird identification. Then on Saturday morning we'll take you  
 a shriek? Golden eagle from turkey vulture? Thursday evening we'll show  
 quick! Is that a bluebird or bluejay? How do you tell a mockingbird from  
 Thursday, 7-9pm, Oct 18; Saturday, 7:30-10:30am, Oct. 20  
 Location: Will be noted on your receipt  
 Class fee: \$2, pay with registration  
 Northern Flint Hills Audubon Society  
 532-6516

BIRDWATCHING FOR BEGINNERS: FROM HOUSE WRENS TO BALD EAGLES  
 E-23  
 enjoes birding here.)  
 Hiroyuki Aoki was President of the Bird Protection Society of Japan and  
 is the October meeting of Northern Flint Hills Audubon Society. (Dr.  
 (seen only in Alaska or the Aleutian Islands) but common in Japan! This  
 feature of the evening. You will also see many species rare to the U.S.  
 Japan where birdwatching is excellent. The Japanese crane will be the  
 Here's your chance to visit Mt. Fuji National Park and other areas of  
 Class fee: \$2, pay with registration  
 Location: Will be noted on your receipt  
 One Time: Wednesday, 7:30-9pm, Oct 17  
 Hiroyuki Aoki  
 E-22

BIRDS OF JAPAN  
 E-20  
 Beginners welcome. (John is a biology professor who specializes in birds.)  
 heven and other long-billed "peeps." Bring binoculars if you have them!  
 sabbler, least sandpiper, rancous ring-billed gull, stateily great blue  
 The northern part of Tuttle Creek Reservoir provides perfect habitat for  
 Class fee: \$2, pay with registration  
 Location: Will be noted on your receipt  
 One Time: Saturday, 7am-12m, Oct 6  
 John Zimmerman  
 532-6659

MUDFLATS AND SHOREBIRDS  
 E-19  
 In our first class we will learn how you can help reverse the decline in  
 siders to show you everything about bluebirds and building the boxes.  
 At our second meeting we will assemble 300 boxes that Don has cut out.  
 Bring a hammer to nail pieces together. (Optional potluck supper.)  
 Our last meeting will be bluebird trail construction - we will put the  
 boxes along I-70. (The Yockeys have established a 50-acre wildlife sanc-  
 tuary and have built and erected many bird houses for themselves and for  
 the State Fish & Game non-game wildlife program.)  
 Friday, 7:30-9pm, Oct 5; Sunday, 1pm, Oct 28; Sunday, 1pm, Nov 11  
 Location: Will be noted on your receipt  
 Class fee: \$2, pay with registration  
 (3 times)  
 Don and Sue Yockey  
 E-17



SAVING CHEYENNE BOTTOMS  
 E-14  
 We will drive to the Prairie Raptor Project just outside of Salina, Kan-  
 sas (approx 2 hrs). We will tour the facilities and discuss the methods  
 used in preparing injured or orphaned birds of prey for release back to  
 the wild. Please bring a sack lunch. (Terry is a veterinarian with five  
 years experience in raptor rehabilitation and has been the director of  
 the raptor rehabilitation program at K.S.U. for the past two years.)  
 Kansas Audubon Council  
 One Time: Saturday, 10am-8pm, Sept 22  
 Location: Barton Co. Community College  
 Materials fee: \$3, registration; \$4.25 luncheon; \$5.95 banquet, pay at  
 class  
 Terry W. Campbell, D.V.M.  
 532-5674

PRAIRIE RAPTOR PROJECT FIELD TRIP  
 E-13  
 Join us for a safe and natural celebration of Halloween. On this trip we  
 will endeavor to seek out and "talk" to a group of nocturnal birds - the  
 owls. Past excursions have provided conversations with Great Horned,  
 Barred and Screech Owls. Coyotes will also be present. Families will find  
 this a rare treat. Young people must be accompanied by an adult. The trip  
 is not recommended for small children who cannot remain quiet - we must at  
 times be silent to avoid "spooking" the owls.  
 BY THE TENS-OF-THOUSANDS: WATERFOWL & ARTIFACTS  
 E-26  
 Northern Flint Hills Audubon Society  
 539-4911 456-2771

HALLOWEEN OWL PROM  
 E-25  
 One Time: Saturday, 8:30pm, Oct 27  
 Location: Will be noted on your receipt  
 Class fee: \$2, pay with registration  
 Join us for a safe and natural celebration of Halloween. On this trip we  
 will endeavor to seek out and "talk" to a group of nocturnal birds - the  
 owls. Past excursions have provided conversations with Great Horned,  
 Barred and Screech Owls. Coyotes will also be present. Families will find  
 this a rare treat. Young people must be accompanied by an adult. The trip  
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 times be silent to avoid "spooking" the owls.  
 Northern Flint Hills Audubon Society  
 539-4911

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TANNING ANIMAL SKINS  
 E-5  
 Ron Paul  
 539-6569  
 Almost any kind of animal skin, raccoon, squirrel, rabbit, as well as deer,  
 can be made into leather or tanned fur skin. This is a basic course in  
 the various tanning steps and methods. Ron will demonstrate tanning and  
 give you a few solution formulas you can use. (Tanning is just one of  
 Ron's hobbies.)

THIRTY-FIVE YEARS AND STILL COUNTING: CHRISTMAS BIRD COUNT  
 E-29  
 John Zimmerman, Dave Rintoul  
 Wednesday, 7:30pm, Dec 12; Saturday, All Day, Dec 22  
 Location: Will be noted on your receipt  
 The best way to learn to identify our feathered friends is to birdwatch  
 with experienced birders. The Christmas Bird Count, conducted in Manhattan  
 since 1949, is the yearly highlight of birdwatchers and a great oppor-  
 tunity for beginners. Join us for a slide show of expected birds, pro-  
 cedures and past results. Then, on Dec 22, spend all or part of the day  
 counting ducks, hawks, woodpeckers and songbirds. Everyone is also welcome  
 to join the Junction City Bird Count on Dec 23. For more information  
 call John Zimmerman (Manhattan) 532-6659 or Bob Laschelle (Junction City)  
 238-2887. (John, Dave and Bob are avid birdwatchers.)

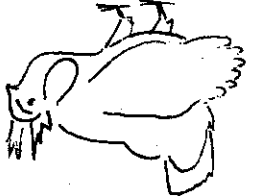
WINTER BIRDS FIELD TRIP: CHRISTMAS COUNT WARM-UP  
 E-28  
 Gary Schiltz  
 776-0565  
 One Time: Saturday, 7am-12noon, Dec 8  
 Location: Will be noted on your receipt  
 Class fee: \$2, pay with registration  
 Forgotten how to tell a golden-crowned kinglet from an American goldfinch,  
 a song sparrow from a Lincoln's sparrow or a red-tailed hawk from a rough-  
 legged hawk? Beginners and those who want to hone their birdwatching talents  
 are welcome to sort out the l.b.b.'s (little brown birds) on this field  
 trip. (Gary is an experienced birdwatcher who is particularly apt at  
 mimicking bird songs.)

BY THE TENS-OF-THOUSANDS: WATERFOWL & ARTIFACTS  
 E-26  
 Northern Flint Hills Audubon Society  
 539-4911 456-2771  
 A double feature - enjoy the peak of the waterfowl migration and a spec-  
 tacular historic site too. We will visit two National Wildlife Refuges  
 along the Missouri River - Desoto (S.W. Iowa on Saturday) and Squaw Creek  
 (N.W. Missouri on Sunday). A river steam boat sunk in the 1800's and has  
 been discovered on Desoto Refuge. A cargo of food, cloth and tools was  
 perfectly preserved by the river silt that quickly covered them. A museum  
 displays the entire contents of the boat. Bring a sack lunch, money for  
 meals and camping, and split transportation costs. (The trip is sponsored  
 by Northern Flint Hills Audubon Society. This is a good trip for beginning  
 birders - with 400,000 geese and a million ducks, you'll get lots of  
 practice!)

HALLOWEEN OWL PROM  
 E-25  
 Northern Flint Hills Audubon Society  
 539-4911  
 Join us for a safe and natural celebration of Halloween. On this trip we  
 will endeavor to seek out and "talk" to a group of nocturnal birds - the  
 owls. Past excursions have provided conversations with Great Horned,  
 Barred and Screech Owls. Coyotes will also be present. Families will find  
 this a rare treat. Young people must be accompanied by an adult. The trip  
 is not recommended for small children who cannot remain quiet - we must at  
 times be silent to avoid "spooking" the owls.  
 BY THE TENS-OF-THOUSANDS: WATERFOWL & ARTIFACTS  
 E-26  
 Northern Flint Hills Audubon Society  
 539-4911 456-2771

**KONZA PRAIRIE** research  
**natural area VISITORS DAY**  
**SATURDAY, SEPT. 22nd 9am-4pm**

SLIDE SHOW  
 DEMONSTRATIONS ON CURRENT ECOLOGICAL RESEARCH  
 UPCOMING UFM CLASSES  
 DEWEY RANCH HISTORY



From R177 at the east end of the Kansas River bridge at Manhattan, follow McDowell Creek Rd. (SO 901) southeast about 6 miles and turn south on the Konza Prairie entrance road. From I70, take McDowell Creek Rd. at exit 307, going northeast about 5 miles to the Konza Prairie entrance road.

For more information, call Div. Biology, KSU, 913-532-6615

awarded a master's degree for his research on reptiles of Konza Prairie.) Collared lizards, skinks, prairie king snakes, toads, box turtles, garter snakes, and many other reptiles and amphibians are residents of the Flint Hills. We will visit a nearby rocky, wooded area and find these cold-blooded critters. All specimens will be identified and released. Bring a pillowcase or cloth bag if you have one. Families are welcome. (Mark was

One Time: Saturday, 8:30am-12noon, Sept 29  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration

Mark Heintzck  
 E-18 776-2255

FLINT HILLS REPTILES AND AMPHIBIANS

Pronghorn antelope, wolf spiders, bobwhite quail, prairie coneflowers, cottonwood trees, prairie rattlers. . . Come celebrate the beauty and richness of natural Kansas. Northern Flint Hills Audubon is delighted to sponsor this two-projector slide presentation with background music. Dr. Collins will highlight those plants and animals native to the Sunflower State. Natural Kansas is the title of a forthcoming book by Dr. Collins. (Joseph Collins is a vertebrate zoologist with the State Museum of Natural History and has written six books and over 100 articles on fish, amphibians and reptiles.)

One Time: Wednesday, 7:30-9pm, Sept 19  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration

Dr. Joseph T. Collins  
 E-16

NATURAL KANSAS

The occurrence and habitat distribution of small mammals of Konza Prairie Research Natural Area will be discussed using a slide presentation, museum specimens and a prairie field trip (about a two-mile walk). Special emphasis will be placed on the effects of prairie fire on rodents and shrews. Families are especially welcome to attend this monthly meeting of the Northern Flint Hills Audubon Society. (Don, an associate professor in biology at KSU, is involved in research on the ecology of small mammals in both tall and mixed grass prairies of Kansas.)

One Time: Saturday, 9am-4pm, Sept 22  
 Location: Konza Prairie Research Natural Area, McDowell Creek Rd.  
 Class Fee: \$2, pay with registration

Don Kaufman  
 E-27 539-4911

MAMMALS OF KONZA PRAIRIE: SLIDE PRESENTATION AND FIELD TRIP

With our substantial spring rains, this has been a bumper year for native grasses. 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 in the Flint Hills "sea of grass" with this prairie tour. Bring yourself in the Flint Hills "sea of grass" with this prairie tour. Bring your walkin' shoes.

Section I: Saturday, 9am-12noon, Sept 29 (rain date: Sept 30)  
 Section II: Saturday, 1:30-4:30pm, Sept 29 (rain date: Sept 30)  
 Location: Will be noted on your receipt  
 Class Fee: \$2/per section

Craig C. Freeman  
 E-10 532-6619

FALL WILDFLOWERS OF KONZA PRAIRIE

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.)

One Time: Saturday, 10am, Sept 15 (rain date Monday, Sept 17, 6pm)  
 Location: Will be noted on your receipt  
 Class Fee: \$1, pay with registration

Gene Towne  
 E-9 539-0353

PRAIRIE WILDFLOWERS

Did you think that Kansas was flat as a pancake and completely covered with wheat? Believe it or not, there are forests in Kansas! We will visit a nearby woods (between Wamego and St. George) and learn to identify oaks, hickories, walnuts, basswoods, hackberries, redbuds, shrubs, and a multitude of wild berries. John will discuss wildlife, ecology and forestry practices like woodlot management and black walnut production. Dress appropriately and prepare for a rigorous hike through successful and climax forest. Afterwards, participants may take a short tour of KSU's forestry building and facilities. (John is a professor of forestry at KSU.)

One Time: Saturday, 8am-12n, Sept 15  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration

John Strickler  
 E-15 532-5752

**Prairie parade**

LAKES OF KANSAS

Gregory Wurst  
 One Time: Monday, 7:30pm, Sept 17  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration

Gregory Wurst  
 E-45

GETTING TO KNOW MILFORD LAKE

Gregory Wurst  
 One Time: Saturday, 10am-1pm, Sept 15  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration

Gregory Wurst  
 E-44

TUTTLE CREEK TOUR

Paul Weidhaas  
 One Time: Sunday, 9:30-11am, Oct 14  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration

Paul Weidhaas  
 E-43 539-8511

Love those lakes

Stephen Hoffman  
 Saturday, 8-10am, Oct 6 (rain date Oct 13)  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration

Stephen Hoffman  
 E-12 776-8072

EXPLORING UNDER ROCKS (FOR CHILDREN AND ADULTS)

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 and is currently finishing a book on the subject.)

One Time: Wednesday, 7:30-9pm, Sept 19  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration

Dr. Joseph T. Collins  
 E-16

KONZA PRAIRIE VISITORS DAY

September finds the Kansas prairie sporting a blanket of asters, golden-rods and abundant lesser-known wildflowers. Take a leisurely walk on Konza Prairie and get acquainted with some of these autumn species and examine the fruits of a year's growing season on the prairie. (Craig is a graduate student in botany at Kansas State University.)

One Time: Saturday, 9am-4pm, Sept 22  
 Location: Konza Prairie Research Natural Area, McDowell Creek Rd.  
 Class Fee: \$2, pay with registration

Don Kaufman  
 E-27 539-4911

PRAIRIE GRASSES

With our substantial spring rains, this has been a bumper year for native grasses. 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 in the Flint Hills "sea of grass" with this prairie tour. Bring yourself in the Flint Hills "sea of grass" with this prairie tour. Bring your walkin' shoes.

One Time: Saturday, 10am, Sept 22 (rain date: Sept 24, 6pm)  
 Location: Will be noted on your receipt  
 Class Fee: \$1, pay with registration

Gene Towne  
 E-9 539-0353

PRAIRIE WILDFLOWERS

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.)

One Time: Saturday, 10am, Sept 15 (rain date Monday, Sept 17, 6pm)  
 Location: Will be noted on your receipt  
 Class Fee: \$1, pay with registration

Gene Towne  
 E-9 539-0353

**Prairie parade**

This program is designed for physically disabled individuals who want to garden but are unable to work in conventional gardens. Through the program, participants will be able to utilize raised planting beds at UFM and Manhattan Community Gardens. Two types of programs are available: individualized and group garden space. There is instruction and supervision provided along with seeds, bedding plants and tools. Participants will also have the opportunity to have garden beds constructed at their homes. Co-sponsored by Manhattan Parks & Recreation and UFM. (Lynn is a Master's degree student in horticulture therapy at KSU.)

Location: You will be contacted by the instructor  
 August 1-Oct Frost  
 Lynn Daxon  
 537-0056 ext. 265

**ACCESSIBLE GARDENING PROGRAM FOR THE PHYSICALLY DISABLED**  
 E-34  
 Limit: 10

Learn to create wreaths and baskets from vines and twigs and then how to decorate them for the various times of the year. Great for gifts and not as hard as they look.

Materials Fee: \$1, pay at class  
 Class Fee: \$4, pay with registration  
 Location: Will be noted on your receipt  
 One Time: Saturday, 1-3pm, Oct 13  
 Kathy Colvig  
 293-4416

**VINE WREATHS**  
 E-33  
 Limit: 10

Learn to create the expensive part, but best part of sachets from the things around you. Save to bring: flower heads (especially peony and rose petals) for color, herbs for "flavor"; all dried on newspaper and stored in paper sacks. Or bring yourself and we'll share with you. (Kathy enjoys nature and crafts and finds combining the two enjoyable and likes to share her joys with others.)

Materials Fee: \$1, pay at class  
 Class Fee: \$4, pay with registration  
 Location: Will be noted on your receipt  
 One Time: Saturday, 10am-12n, Oct 13  
 Kathy Colvig  
 293-4416

**POTPOURRI**  
 E-32  
 Limit: 10

We have timed this class near the holiday so participants can enjoy the sights, tastes, and scents of Christmas in our Country Store. We will have more than 100 spices, herbs and floral on display, craft ideas, potpourri recipes and cooking tips. We'll share an excellent reading list and sources for herbs and seeds. A great class for beginners or otherwise so don't be late for a class of non-stop herb talk. (Carol is a lifelong student of herblore and is proprietor of Ebert Farm Store which has specialized in herbs, spices and wheat for six years.)

Materials Fee: \$2, pay at class  
 Class Fee: \$4, pay with registration  
 Location: Will be noted on your receipt  
 Section I: Monday, 7:30-9pm, Dec 10  
 Section II: Wednesday, 2-3:30pm, Dec 12  
 (One time each section)

**HERB LORE**  
 E-31  
 Limit: 12

Carol Ebert  
 456-2841

**Hands-on plants**

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

Class Fee: \$4, pay with registration  
 Location: Will be noted on your receipt  
 One Time: Wednesday, 6:30-8:30pm, Sept 12  
 Dean Denner, Bill Dorsett  
 776-5589 539-1956

**SOLAR SPACE HEATING COLLECTORS**  
 E-39  
 Limit: 12

See UFM's demonstration landscape, strawberry and herbal groundcovers, grapes, lufas and silyvestra, bush cherries, espaliered apples and blackberries, intensive and no-till gardening. These and more are used to produce food while being beautiful and bountiful. Discussion will include choice and sources of plant materials and design considerations. (Ira is the UFM Edible Landscape coordinator.)

Class Fee: \$2, pay with registration  
 Location: Will be noted on your receipt  
 One Time: Tuesday, 7pm, Sept 25  
 Ira Harritt  
 532-5866

**EDIBLE LANDSCAPE TOUR**  
 E-35  
 Limit: 12

The Land Institute is a place where students receive college credit for participating in alternative projects with windmills, solar collectors, earth houses, and composting toilets in the search for sustainable alternatives in learning more about the Land Institute and meeting the students and staff is invited to attend. It will include both tours of projects and a lecture/discussion.

Class Fee: \$1, pay with registration  
 Location: Will be noted on your receipt  
 at 1:30-4:30pm  
 Sunday, Oct 7 - carpool at 12 noon (maps will be provided) program  
 Wes and Dana Jackson  
 532-5866

**LAND INSTITUTE VISITOR'S DAY**  
 E-41  
 Limit: 12

An open forum centering on the presentation of a newly produced documentary on family farming in Kansas. Funded through a grant from the Kansas Committee for the Humanities, this program originates from KTWU-TV/Channel 11 in Topeka. (Dave, producer and director of this documentary, grew up on a farm near Herington, Kansas.)

Class Fee: \$1, pay with registration  
 Location: Manhattan Public Library Auditorium  
 One Time: Wednesday, 7-8:45pm, Oct 3  
 Dave Kendall  
 749-0523

**"TOMORROW'S HARVEST"**  
 E-30  
 Limit: 12

Day, time and date to be announced  
 Ira Harritt  
 532-5866

**SUNWRIGHTS**  
 Dean Denner  
 Bill Dorsett  
 708 Lee Manhattan

And cut window heat loss up to 79%.

**Window Quilt**  
 Now insulate your windows in your choice of 48 designer colors!

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**SOLAR GREENHOUSES AND SUNSPACES**  
 Dean Denner, Bill Dorsett  
 One Time: Monday, 6:30-8:30pm, Sept 10  
 Class Fee: \$4, pay with registration  
 Location: Will be noted on your receipt

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

**SOLAR HOT WATER HEATING**  
 Dean Denner, Bill Dorsett  
 One Time: Friday, 6:30-8:30pm, Sept 14  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration

Passive "breadbox" or "batch" solar hot water heaters are known for their simplicity and low maintenance. We'll discuss how you can design and construct your own and will look at a manufactured version. A 70% solar tax credit is available until Dec 31, 1985, so take this class and get some cheap hot water.

**WANTED: APPROPRIATE TECHNOLOGY TOUR GUIDES**  
 Ira Harritt  
 Day, time and date to be announced

Are you interested in appropriate technologies, solar energy or edible landscaping? UFM is looking for people to serve as A.T. tour guides for groups visiting our solar energy and landscape demonstrations. Prospective guides, after receiving information and orientation, will lead pre-scheduled tours and receive a minimum of \$4.00 per hour. Interest and enthusiasm are the only requirements.

Would you really like to know the inner truths of edible landscaping? solar greenhouses 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.

Day, time and date to be announced  
 Ira Harritt  
 532-5866

**EDIBLE LANDSCAPE: INTERNSHIPS AND VOLUNTEER PROGRAM**  
 Ira Harritt  
 Day, time and date to be announced

**"TOMORROW'S HARVEST"**  
 Dave Kendall  
 One Time: Wednesday, 7-8:45pm, Oct 3  
 Location: Manhattan Public Library Auditorium

**Lots of options**

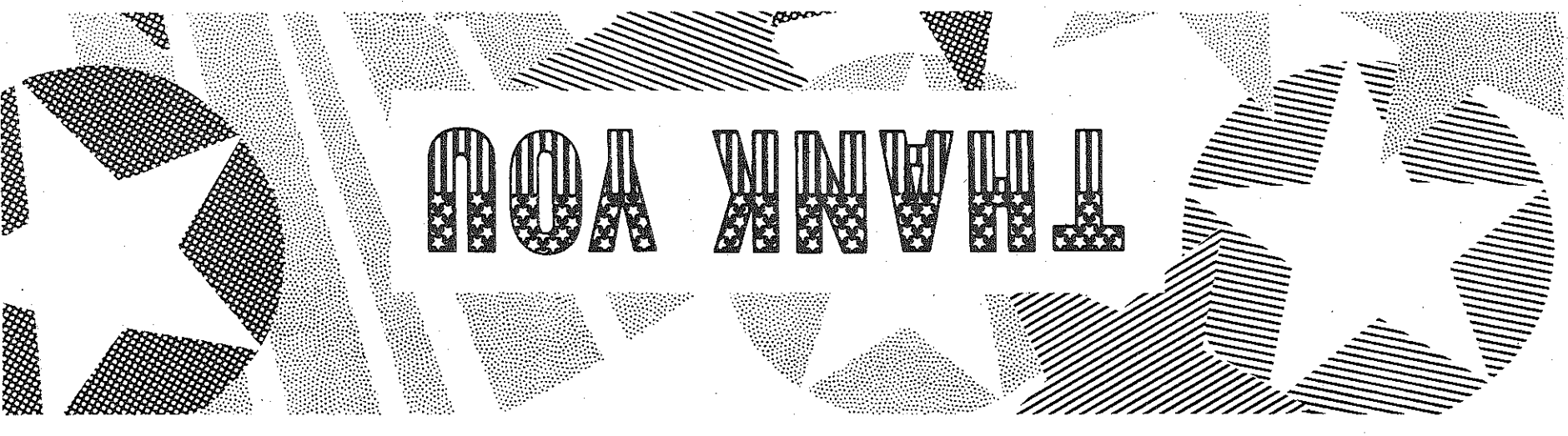
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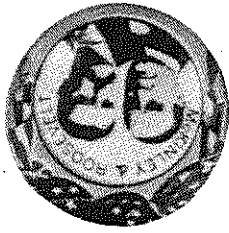
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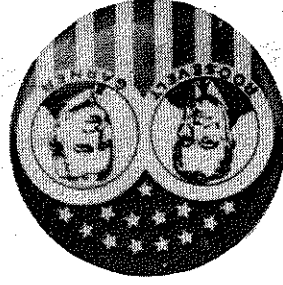
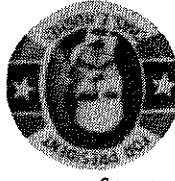
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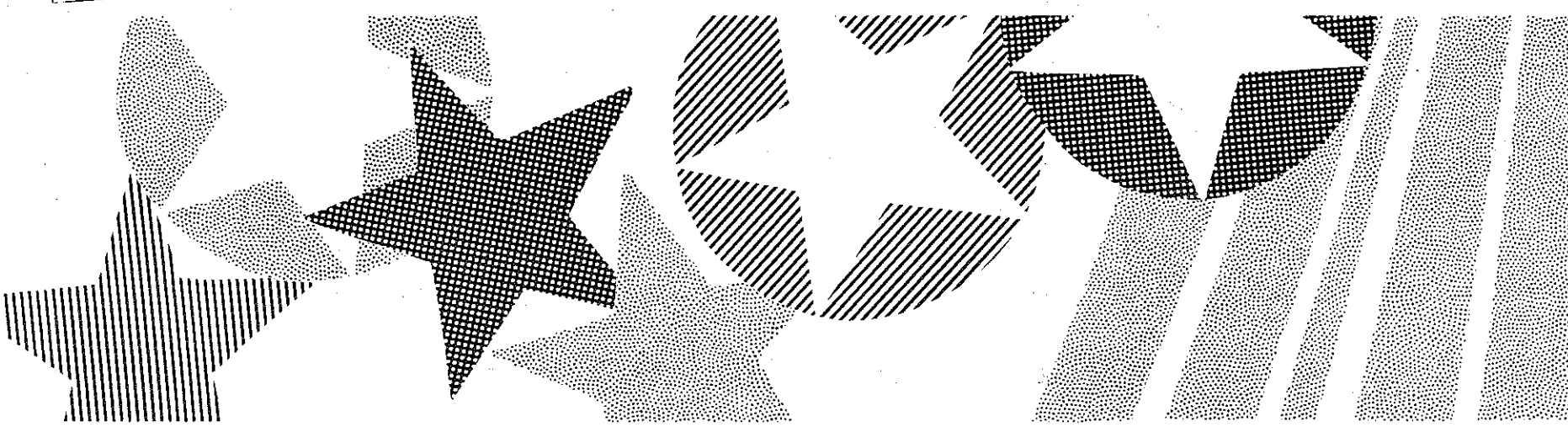
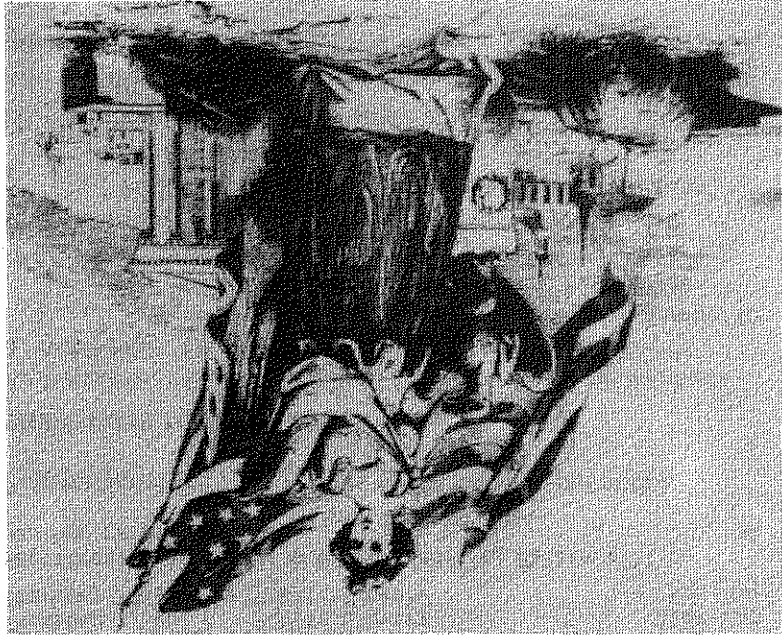
**Henry Carey**

**Samuel Francis Smith**

**America**

1. My coun-try! tis of thee, Sweetland of lib-er-ty,  
 2. My na-tive coun-try, thee, Land of the no-ble free,  
 3. Let mu-sic swell the breeze, And ring from all the trees,  
 4. Our fa-thers' God, to Thee, Au-thor of lib-er-ty,

Of thee I sing; Land  
 Thy name I



# Registration Form

# Registration

Priority Registration Period: August 20-September 7  
 Registrations after September 7 accepted on a space-availa-  
 bility basis.

**WALK-IN:** Registration at Westloop Dittions and The Palace will be weather permitting.  
 Registration at the Dillon Stores will be weather permitting.

**THREE WAYS TO REGISTER:**

**A. WALK-IN:** Register in person at one of the above locations  
 Fill in your registration form and mail it with  
 check, money order, or Visa/Mastercard number to:  
 UFM, 1221 Thurston, Manhattan, KS 66502 (a  
 stamped, self-addressed envelope is appreciated)

**C. PHONE-IN:** With Visa or MasterCard only, you may call  
 913-532-5866 during business hours to register  
 (minimum: \$5.00)

Late registrations accepted on space-availa-  
 bility basis. All UFM classes are offered by volunteers. All fee income will be  
 used to help meet UFM operating costs.

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

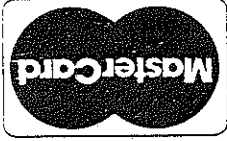
**CLASS LOCATIONS:** When you receive your receipt, the locations of your classes will  
 be included.

**REGISTRATION FEE EXEMPTIONS:** The following are exempt from the \$2.00 registration fee (but not  
 class fees):  
 1. under 13 years of age  
 2. over 60 years of age  
 3. handicapped  
 4. full-time KSU students (an annual SGA allocation supports  
 student participation)

**REFUND POLICY:** UFM will only give a REFUND voucher (redeemable for cash) in  
 these instances:  
 1. the limited class you paid for has been filled  
 2. the class you paid for has been cancelled or significantly  
 changed  
 3. you have overpaid  
 UFM will only give a CREDIT voucher (redeemable for UFM  
 classes) in these instances:  
 1. you are unable to attend a class and you have notified UFM  
 and the teacher a minimum of three days before the first  
 meeting  
 2. you earn credit by teaching or volunteering for UFM

**DISCOUNTS FOR VOLUNTEERS:** If you have problems with UFM, please call us at 913-532-5866.  
 You may work for UFM in exchange for fee discounts.  
 Arrangements will be made on an individual basis. Call UFM at  
 913-532-5866.

**UFM TEACHER CREDIT:** All current UFM teachers are entitled to fee discounts when  
 enrolling in UFM classes in either this catalog or in the future.  
 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.



PLEASE PRINT		NAME _____		STREET _____		CITY _____		ZIP _____		HOME PHONE _____	
ONE FORM PER PERSON		APT. # _____		CITY _____		ZIP _____		HOME PHONE _____		SURVEY—Please check all that apply.	
I am a:		<input type="checkbox"/> KSU Student (credit hours this semester)		<input type="checkbox"/> Student Spouse		<input type="checkbox"/> Fort Riley Personnel		<input type="checkbox"/> KSU Faculty/Staff		<input type="checkbox"/> KSU Faculty/Staff	
Check here if you require class to meet in		<input type="checkbox"/> Handicapped-accessible space.		<input type="checkbox"/> I would like to volunteer my skills in exchange for registration discounts.		<input type="checkbox"/> I am interested in teaching for UFM.		<input type="checkbox"/> I would like to see offered next term.		Please indicate where you obtained catalog.	
If KSU student, list ID # _____		_____		_____		_____		_____		_____	
CLASS #	SEC. #	TITLE	CLASS FEE	1.	2.	3.	4.	5.	6.	TOTAL DUE	
										PLUS \$2.00 REGISTRATION FEE (See Exemptions)	
			\$2.00								
Signature _____		I hereby authorize the use of my Visa/MasterCard:		Card # _____		Expiration Date _____		1221 Thurston • Manhattan, Kansas 66502		UFM—913-532-5866	
<input type="checkbox"/> Check		<input type="checkbox"/> MO		<input type="checkbox"/> Visa		<input type="checkbox"/> MC					

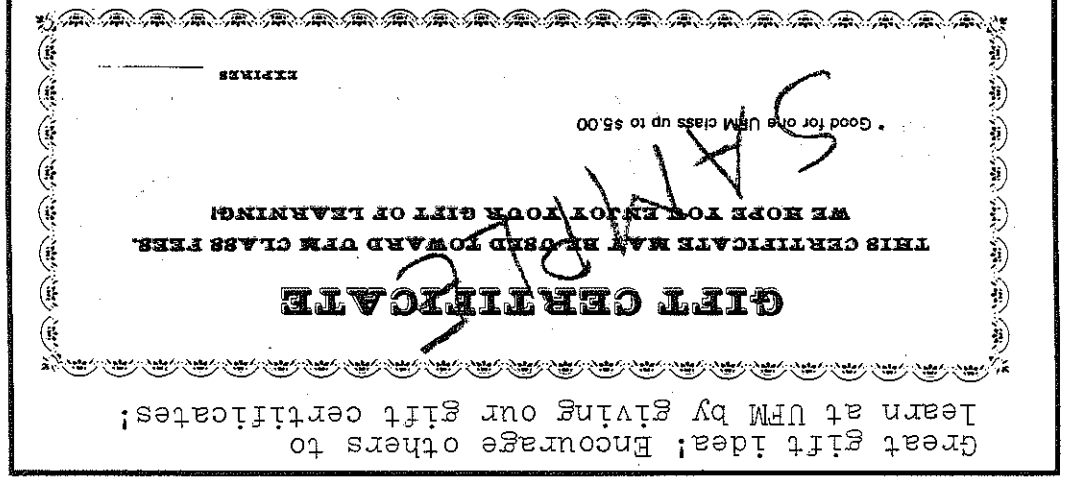
PLEASE PRINT	NAME _____	STREET _____	CITY _____	ZIP _____	HOME PHONE _____
ONE FORM PER PERSON	APT. # _____	CITY _____	ZIP _____	HOME PHONE _____	SURVEY—Please check all that apply.
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Check here if you require class to meet in	<input type="checkbox"/> Handicapped-accessible space.	<input type="checkbox"/> I would like to volunteer my skills in exchange for registration discounts.	<input type="checkbox"/> I am interested in teaching for UFM.	<input type="checkbox"/> I would like to see offered next term.	Please indicate where you obtained catalog.
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CLASS #	SEC. #	TITLE	CLASS FEE	1.	2.
			\$2.00		
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<input type="checkbox"/> Check		<input type="checkbox"/> MO		<input type="checkbox"/> Visa	
<input type="checkbox"/> MC		Expiration Date _____		1221 Thurston • Manhattan, Kansas 66502	
				UFM—913-532-5866	

**CLASS EVALUATIONS**

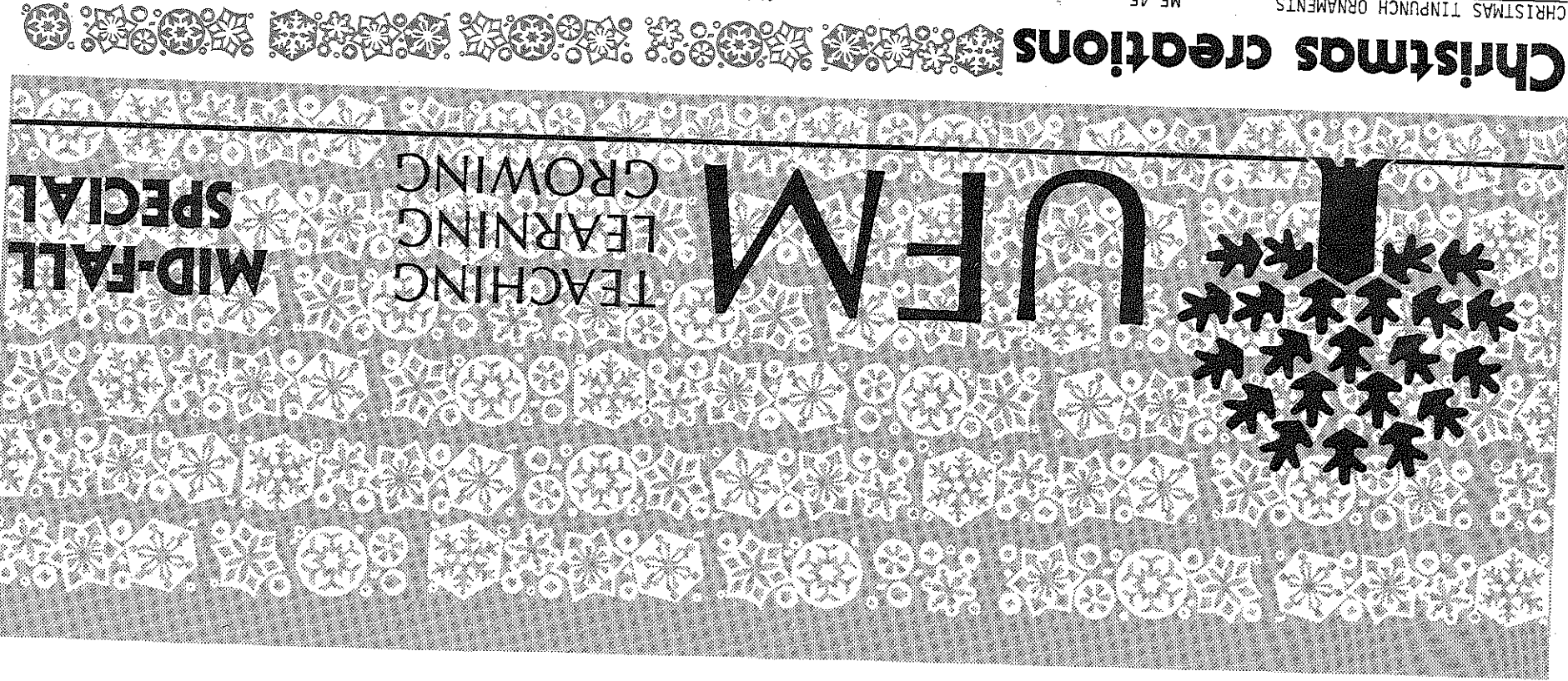
UFM was founded on the basic principle of self-education. Learners and teachers share the responsibility for making a class work. If your class is not meeting your expectations, DO SOMETHING ABOUT IT!

Student feedback forms will be used to get your evaluation of classes you take. If you wish to see results of evaluations of past UFM classes, they are available for review. Evaluation forms will be provided by class leaders at the time of the class meeting.

Students are expected to be their own consumer protectors. Read class descriptions closely. If your expectations are not being met, please let the teacher know. Let us know through class evaluations of any improvements we can make or phone Julie Coates at 532-5866 with your suggestions.







**UFM**  
**TEACHING LEARNING GROWING**  
**MID-FALL SPECIAL**

**Christmas creations**

- CHRISTMAS TINPUNCH ORNAMENTS** MF-45 537-2483  
 Judy Agee  
 One Time: Thursday, 7:30pm, Nov 15  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration  
 Materials Fee: \$2, pay at class  
 Limit: 10  
 Learn the very old art of tin punching, which is often seen on pie safes, Mexican ornaments, or lanterns but has many other uses as well. Tin punching is not difficult and makes unusual holiday decorations. Bring a hammer, 6"x6" block of wood and a "scratch all." (The last is available at local craft stores.) (Judy is a new resident in Manhattan who enjoys sharing her craft skills.)
- PADDED COAT HANGERS** MF-46 776-8133  
 Janet Chamberlain  
 One Time: Tuesday, 7-9pm, Nov 27  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$2.50, pay at class  
 Limit: 6  
 Padded hangers add a note of luxury to your closet and extend the life of your clothes. They take only a short time to make so are easy gifts. Bring 1/2 yard of cotton cloth and we will provide the other materials needed to make 2 hangers. (Janet has found padded coat hangers to be the perfect gift for every occasion.)
- SOFT SCULPTURE DOLLS** MF-51 537-8756  
 Marcia Goebel  
 One Time: Saturday, 7pm, Nov 17  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Cabbage Patch dolls were so popular last Christmas they were difficult to find. Look no further. Now you can make your own - right down to their dimpled knees and pudgy toes. Marcia will show dolls of various sizes, and types and demonstrate the different soft sculpture stitches needed to bring out their personalities. (Marcia has been creating soft sculpture figures for several years and sometimes finds it difficult to part with her creations.)
- SNACKS AND CRAFTS** MF-50 532-5866  
 Audrey Murphy and Friends  
 Section I, Dec 1; Section II, Dec 8; Section III, Dec 15, Section IV, Dec 22. These sections meet from 9am-12n on Saturdays, for 4-6 years old.  
 Section V, Dec 1; Section VI, Dec 8; Section VII, Dec 15, Section VIII, Dec 22. These sections meet from 1:30-4:30pm. For 7 years and over.  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Do you think you might need some time away from your young ones as Christmas time rolls around? Give each other a break during the hectic holiday season. Snacks and crafts will feature supervised make-it-yourself snacks and creative play-time activities such as collage, mural and stencil art, puzzles, clay sculpture, fingerpainting, assorted games. Story book adventures will round out each section. PLEASE have kids wear kick-around clothes. (Audrey (once a kid herself) likes to have the chance to share with and learn from children. She has taught several kids classes for UFM and looks forward to this one.)
- RIBBON WREATHS** MF-56 537-2084  
 Susan Toy  
 Section I: Thursday, 7pm, Nov 15  
 Section II: Monday, 9:45am  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Limit: 6/section  
 Twenty yards of ribbon - ones that match your color scheme or rich Christmas colors are used in the production of this attractive decoration. Embellish them with delicate dried flowers or pine cones and holiday materials and you have completed a wreath for your door or wall. (Susan, owner of The Containery, shares her skills with UFM participants, many local clubs and groups.)
- DECORATING GRAPE VINE WREATHS** MF-57 537-2084  
 Susan Toy  
 One Time: Monday, 9:45am, Nov 26  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$8.75, pay at class  
 Limit: 5  
 Grape vine wreaths add a touch of country to your home. Dried flowers, ribbon or holiday materials - use your imagination to decorate a one-of-a-kind wreath for the holiday season or use year round.
- BEARS, BEARS, BEARS** MF-49 532-2250  
 Dentise M. Steig  
 Section I: Monday, 7-10pm, Nov 12  
 Section II: Monday, 7-10pm, Nov 19  
 Location: Will be noted on your receipt  
 Class Fee: \$4/section, pay with registration  
 Materials Fee: \$3, pay at class  
 Limit: 10/section  
 Stuffed bears are the rage and can be found in every shape and size (all prices too). Why not make your own? It is simple and easy. All you need is a needle and thread. You choose your own fabric or fur and each bear is a one of a kind. (Dentise collects bears of all sizes and shapes - making them is a new hobby. She is a senior in Life Sciences.)
- STENCILING** MF-48 537-4852  
 Nancy Lynch  
 One Time: Monday, 7-9pm, Nov 26  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$8, pay at class  
 Limit: 8  
 Make personalized Christmas cards this year. Stenciling is quick and easy to learn! It can be used to decorate wood, fabric, paper and even walls. In class you will decorate a wooden box and Christmas cards or note paper. All materials will be provided including a reusable stencil for you to keep. (Nancy is a KSU graduate student. She designs stencils and stenciled items which are available in Manhattan and Pennsylvania.)
- SWEDISH WEAVING** MF-52 537-7660  
 Fran Zerby  
 Wednesdays, 2pm Nov 28, Dec 5 (2 times)  
 Location: Will be noted on your receipt  
 Class Fee: \$5, pay with registration  
 Materials Fee: \$1, pay at class  
 Limit: 10  
 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 16 years and has exhibited her work at the county fair.)
- CHRISTMAS PANORAMA** MF-33 776-3135  
 Amy Gatschet  
 Mondays, 6:30-8:30pm First Meeting: Nov 19  
 Location: Will be noted on your receipt  
 Class Fee: \$5, pay with registration  
 Materials Fee: \$3, pay at class  
 Limit: 8  
 Handmade Christmas ornaments are as traditional as Christmas trees. Try your hand at it this year. We will make simple attractive tree trimmings that you can use for years to come. (Amy has taught this class for the past two years and is anxious to try out her new ideas this Christmas.)
- SWEDISH WEAVING** MF-52 537-7660  
 Fran Zerby  
 This class is sponsored by the Riley County Extension Office.  
 "Creative Clothing"  
 "Holiday Microwave Treats"  
 "Home Accessories with a Loving Touch"  
 There will be 3 demonstrations:  
 Class Fee: None  
 Location: Pottoft Hall  
 Thursday, 7-8:30pm, Nov 8



# Pottery Studio Facility

UFM POTTERY STUDIO FACILITY MF-37

UFM's pottery studio is equipped with a slabroller, two kickwheels and an electric wheel. There is a large electric kiln, a portable gas kiln and a variety of glazes available for use. If you are a leader of a scout group or a special art class working with clay, you may rent kiln space to fire your pots and use our glazes at an extremely reasonable price. For more information contact Amy Jo Gatschet, the pottery studio manager at 776-3135.

**AMY JO GATSCHET**  
 MF-36

UFM POTTERY STUDIO CO-OP

Wednesday, 7-8pm, Nov 21, Mandatory organizational meeting  
 Location: UFM Pottery Studio  
 Membership in studio: \$20, 8 weeks  
 30, 16 weeks  
 40, 24 weeks

Limit: 5

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. (Amy is the pottery studio coordinator for UFM.)

**JANET CHAMBERLAIN**  
 MF-34

PLAY WITH CLAY (5-7 YEARS)

Saturdays, 10-11am First Meeting: Nov 17  
 Length: 5 times  
 Location: Will be noted on your receipt  
 Class fee: \$5, pay with registration  
 Materials fee: \$3, pay at class

Want to get dirty and not get in trouble? Then let's play with clay! We'll do several projects, which have in the past included chimneys, animals or name plates for your room. Whatever we do we'll have fun! (Janet enjoys working with clay as much as she enjoys children.)

**BARB RUTHERFORD**  
 MF-35

BEGINNING CERAMICS

Thursdays, 7-9pm First Meeting: Nov 15  
 Length: 6 times  
 Location: Will be noted on your receipt  
 Class fee: \$10, pay with registration  
 Materials fee: \$10, pay at class

From raw clay to finished glazed piece, learn to make your own handbuilt and wheel thrown pottery. Produce functional mugs, bowls, tidded containers or sculptural forms. A variety of techniques will be demonstrated and you will have the opportunity to work on projects of your own choosing. (Barb has done ceramics as a hobby for years and is looking forward to teaching this class.)

**NORM LALLY**  
 MF-38

UFM POTTER'S GUILD

Monday, Nov 12, 7-8pm  
 Location: UFM Pottery Studio

The UFM Potter's Guild is made up of professional potters in the Manhattan area. Their annual Christmas sale will be December 13-14, 1984. If you would like to participate, sign up and Norm will contact you. (Norm is a professional potter in Osburg and a member of the Guild.)

**KATHY COLVIG**  
 MF-47

MAKING A HOUSE A HOME - INTERIOR DECORATING

One Time: Wednesday, 7-9:30pm, Nov 14  
 Location: Will be noted on your receipt  
 Class fee: \$4, pay with registration  
 Limit: 10

Winter is approaching and soon you will be spending a lot of time in your home. Learn to make it a more cheerful place through color and accents (paint, wall paper, pillows, plants, treasures). We will discuss how to begin. Can you do the work yourself? How to find someone reputable to help. Bring ideas or samples of current colors in your home. (Kathy is a local decorator who started by doing things for herself and friends and now helps others create the look they want.)

**AKI NOMA**  
 MF-43

ORIGAMI

One Time: Thursday, 7-9pm, Dec 6  
 Location: Will be noted on your receipt  
 Class fee: \$4, pay with registration  
 Limit: 8

Origami - the Japanese art of paper folding is a craft with much tradition. The animals, boxes and decorations are made from all sorts of paper. Simple folds are first taught to children when they reach school age. We will make several animals in this class. (Aki, a native of Japan, learned this art at a very young age and enjoys sharing his skill.)

# Darkroom

UFM PHOTOGRAPHY DARKROOM COOPERATIVE (BLACK & WHITE & COLOR) MF-39

Neil Schancker 532-5866

Organizational Meeting: Monday, 5-5:30pm, Nov 19 (or by individual appointment)  
 Location: Will be noted on your receipt

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

**Black & White Only:**

Fees: 8 weeks	\$15, new members	25, renewals
1 semester	30, new members	30, renewals
2 semesters	35, new members	30, renewals
3 semesters	45, new members	40, renewals

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

**Black & White & Color:**

Fees: 8 weeks	\$20, new members	25, renewals
1 semester	30, new members	25, renewals
2 semesters	40, new members	35, renewals
3 semesters	50, new members	45, 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/hr. (Neil is coordinator of the UFM darkroom.)

**DENIS HANCOCK**  
 MF-44

SAY IT WITH PICTURES - AN INTRODUCTION TO PHOTOGRAPHY

One Time: Tuesday, 7-9pm, Nov 27  
 Location: Will be noted on your receipt  
 Class fee: \$4, pay with registration  
 Limit: 18

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

**SUSAN LALA**  
 MF-40

UFM WEAVER'S STUDIO - OPEN WEAVING TIME

December-January  
 Location: Will be noted on your receipt  
 Class fee: \$10, pay with registration  
 Limit: 4

Know how to weave and yearn for a place to weave? UFM's weaving studio has two, 4-harness table looms. Accessory equipment includes warping boards and swift. Looms will be available in December and January for your use. No instruction is provided. You will sign up for use of the green, table or Hammelt loom.

**DAN BRABEC**  
 MF-41

UFM WOODSHOP CO-OP

Wednesday, 7-8:30pm, Nov 14 Mandatory organizational meeting  
 Location: Will be noted on your receipt  
 Membership fee: \$39 for 4 months. \$5 refundable deposit.

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

**DAN BRABEC**  
 MF-42

CO-OP FOR BEGINNING WOODWORKERS

Tuesdays, 7:30-9pm First Meeting: Nov 13  
 Length: 10 times  
 Location: Will be noted on your receipt  
 Class fee: \$35, pay with registration (Refundable deposit: \$5)  
 Limit: 5

Co-op members can work on a project of their choice. The woodshop coordinator will be available to provide assistance and answer questions. A beginning co-op member is one who is familiar with hand tools and/or hand electric tools. For those with experience using power tools, the regular co-op is available.

**DAN BRABEC**  
 MF-42

CO-OP FOR BEGINNING WOODWORKERS

Tuesdays, 7:30-9pm First Meeting: Nov 13  
 Length: 10 times  
 Location: Will be noted on your receipt  
 Class fee: \$35, pay with registration (Refundable deposit: \$5)  
 Limit: 5

Co-op members can work on a project of their choice. The woodshop coordinator will be available to provide assistance and answer questions. A beginning co-op member is one who is familiar with hand tools and/or hand electric tools. For those with experience using power tools, the regular co-op is available.



# Christmas treats

## CHRISTMAS COOKIE SWAP

MF-79

Michael Cody

One Time: Thursday, 8pm, Dec 20  
Location: Will be noted on your receipt  
Class Fee: \$4.00, pay with registration

Here's a fun way of baking 10 dozen cookies of one kind and ending up with a dozen each of 10 varieties for assorted cookie plates for Christmas. Have a wonderful variety without spending days in the kitchen. Bring your recipe, wrap each dozen separately, and we'll swap. (Michael has done this for UM before, and finds it a wonderful time-saver for busy people who like to give homemade gifts.)

## MAKE THE MOST OF YOUR MICROWAVE

MF-80

Judy Wittingham

One Time: Tuesday, 7:30pm, Nov 27  
Location: Will be noted on your receipt  
Class Fee: \$4.00, pay with registration  
Materials Fee: You will be contacted for specific item Limit: 8

Your microwave oven has many uses - not the least of which is food preparation. Find out how to dry herbs and flowers, learn cooking shortcuts and other household hints which take advantage of the unique characteristics of microwaves. Each participant will be asked to bring necessary ingredients for a recipe in lieu of a materials fee. We will sample the results and take the remainder home. This is the last class for this particular set of recipes. (Judy has owned and "operated" a microwave oven for over 7 years and uses it for every meal and for other things in between. She has taught this class before.)

## BANANA NUT BREAD

MF-81

Carol Norris

One Time: Thursday, 10am, Nov 29  
Location: Will be noted on your receipt  
Class Fee: \$2.00, pay with registration

Christmas is a time for baking. Carol will demonstrate her delicious banana nut bread recipe and share it with class participants. (Carol is an expert baker with much experience in bread-baking.)

## HOLIDAY PARTY PLANNING

MF-82

Elaine Spencer Carver

One Time: Tuesday, 7pm, Nov 27  
Location: Will be noted on your receipt  
Class Fee: \$1.00, pay with registration

New recipes for party snacks and drinks will be tasted by class members. Ideas for effective planning will be covered. Class members will receive a free recipe book for non-alcoholic punches to help plan parties that are both fun and safe. (Elaine is director of the alcohol and other drug education services at KSU.)

## FOOD CO-OP

MF-86

Mary K. Brinker

Saturday, 9:30-10:30am, Nov 17 & Monday, 6:30pm, Nov 19 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$2.00, pay with registration

Yes, there is an alternative! People's Grocery Cooperative, organized in 1976, is a pre-order buying cooperative. Members combine their orders to purchase foods including cheeses, nuts, herbs, spices and much more! The class will sample some of the foods available and attend an ordering meeting with co-op members. Preparation for some natural holiday foods will be also shared. (Mary K. has been preparing natural foods for over 10 years and has been active with People's Grocery for some time.)

## BEERMAKING

MF-92

John Skolout, Tim Rupp, Jim Sabatka

Wednesday, 7pm, Nov 28  
Location: Will be noted on your receipt  
Class Fee: \$4.00, pay with registration

John, Tim, and Jim are roommates who began making beer with the idea of saving a little money. They discovered a fascinating hobby and in this class will share information about the processes, ingredients, and history of beer-making. They will provide several recipes and a few samples of their efforts. (John, Tim and Jim are KSU students anxious to share this new-found skill with others.)

## CREAM OF BROCCOLI SOUP

MF-84

Dan Kreiser

Saturday, 10am, Nov 24  
Location: Will be noted on your receipt  
Class Fee: \$4.00, pay with registration

What could be yumtier than a steaming crock of Cream of Broccoli soup for a cold winter's day lunch. Come and learn how to make this easy gourmet treat. (Dan is a cook at the Holiday and likes to share his SK117's.)

## CANDYMAKING EXTRAVAGANZAI

MF-85

Julie and Meriam

Section I: Saturday, 11am-?, Nov 17  
Section II: Saturday, 11am-?, Dec 8  
Location: Will be noted on your receipt  
Class Fee: \$4.00, pay with registration  
Materials Fee: \$3.00, pay at class

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

# Christmas treats

## MENNONITE HOLIDAY TREATS

539-8657

MF-78

Jean Krahn Nickel, Myrna Bartel

One Time: Monday, 7:30-9pm, Nov 26  
Location: Will be noted on your receipt  
Class Fee: \$4.00, pay with registration  
Materials Fee: \$1.00, pay at class  
Limit: 10

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

## PUMPKIN SEED ROAST FOR KIDS

539-0508

MF-93

Jason Coates, Matthew Brinker

One Time: Saturday, 10-11:30am, Dec 1  
Location: Will be noted on your receipt  
Class Fee: \$2.00, pay with registration  
Limit: 6

Peter, Peter pumpkin eater - pies are neat, but seeds are neater! Come to this class and learn how to roast pumpkin seeds for a yummy and nutritious snack. We'll furnish the seeds, but bring your own if you like. We'll roast seeds, sample them and you'll take home a bunch along with the recipe. (Jason has a great recipe for roasted seeds that he got in kindergarten this year, and Matthew loves to help roast and eat them.)

## CHRISTMAS COOKIES

MF-96

Nancy Kales

One Time: Friday, 7-9pm, Nov 30  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$3, pay at class  
Limit: 10

Fill your home with the aroma of home-baked cookies (and your tummy with the cookies themselves). In this class we will work with a variety of recipes from ginger snaps to Italian shortbread to potato chip cookies... and more - come prepared to bake and eat...we'll furnish the coffee! You can store and freeze your cookies for Christmas gifts. (Nancy is an expert cook who has taught this class in Germany.)

## HERB LORE

MF-13

Carol Ebert

Section I: Monday, 7:30-9pm, Dec 10  
Section II: Wednesday, 2-3:30pm, Dec 12  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$2, pay at class  
Limit: 6

We have timed this class near the holiday so participants can enjoy the sights, tastes, and scents of Christmas in our Country Store. We will have more than 100 spices, herbs and floral on display, craft ideas, potpourri recipes and cooking tips. We'll share an excellent reading list and sources for herbs and seeds. A great class for beginners or otherwise so don't be late for a class of non-stop herb talk. (Carol is a lifelong student of herblore and is proprietor of Ebert Farm Store which has specialized in herbs, spices and wheat for six years.)

## DRIED FLORAL ARRANGEMENTS FROM THE TALL GRASS PRAIRIE AND WILD WOODS

293-5343

MF-11

Kathy Colvig

One Time: Saturday, 1-4pm, Nov 17  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

Prairie grasses, coneflower stems, evening primrose seed pods, wild indigo branches and a multitude of prairie and woodland treasures make great dried arrangements, and they're free! Take a hike with Kathy to gather nature's fall "leftovers" and turn them into lovely dried arrangements for gift giving or winter enjoyment. If enough grapevines are found, vine wreaths will be assembled. (Kathy enjoys combining nature and crafts.)

## HOLIDAY BLOOMING PLANTS FROM AROUND THE WORLD: KSU CONSERVATORY AND ORCHID TOUR

MF-12

Richard Mattson

One Time: Monday, 7-8:30pm, Dec 3  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

Norwegian begonias, Jerusalem cherries, Christmas peppers, poinsettias, vinery greenhouses is divided into desert, temperate and tropical habitats so you can see plants in their natural environment. Learn selection, care and maintenance of plants under the exotic artificial lighting. A tour of the KSU orchid collection will be included. (Dick is a professor of horticulture at KSU.)

## CALL-A-RIDE

532-5866

When the party is over, don't drink and drive. CALL-A-RIDE at 537-2080. By calling this number and asking for CALL-A-RIDE, you can ride home safely - and FREE! - anywhere in the Manhattan city limits between 5pm and 7am on New Year's Eve and New Year's Day.  
This service is provided by the Riley County Council on Alcoholism and Drug Education, Inc. (RCCADE)\* and is co-sponsored by Bell Taxi Transportation, Inc.  
\*RCCADE is funded by the City of Manhattan Special Alcohol Program Funds.

# Outdoor fun

## DOWNHILL SKI PRIMER FOR BEGINNERS

MF-1

Nancy Fink  
One Time: Monday, 7:30-9:30pm, Nov 19  
Location: Will be noted on your receipt  
Class Fee: \$4.00, pay with registration

## CROSS-COUNTRY SKIING

MF-2

Gregg Scirele  
Tuesday, 7-9pm, Dec 11 (One time + outings)  
Location: Will be noted on your receipt  
Class Fee: \$4.00, pay with registration  
This class will learn basic cross-country ski techniques. Clothing, boots and skis will be discussed and provided for inspection and comparison. The group will plan and participate in an outdoor hands-on skiing class on a snow day later in December or January. Other outings will be planned. This is a good chance to be prepared for that Christmas break ski trip. (Class will be offered again in February.)  
packing and rockclimbing trips since the early '70's.)

## COLD WEATHER CAMPING AND BACKPACKING

MF-3

Gregg Scirele  
Tuesday, 7-8:30pm, Nov 27 (One time + outings)  
Location: Will be noted on your receipt  
Class Fee: \$4.00, pay with registration  
This class will provide information and instruction on basic techniques for late fall-winter backpacking and ski camping. Clothing, equipment and trip planning will be considered. Various types of equipment and clothing will be provided for comparison. The class will plan and participate in a weekend cold weather outing some time in early December. If demand and need warrants, a more advanced class will be offered at a later date. (Gregg has led numerous groups on skiing, cycling, backpacking and rockclimbing trips since the early '70's.)

## INTERMEDIATE KAYAKING WORKSHOPS

MF-4

Paul Sodemann  
Sundays, 9am-12n, Nov 11, 18, Dec 2, 9 Length: 4 times  
Location: Will be noted on your receipt  
Materials Fee: \$2.50, each Sunday, pay at class  
These workshops are for those kayakers with some experience who desire to improve their skills. Informal critiques will be provided on rolls and strokes in indoor pools. Boats are available for rent at the pool or you can bring your own. Come as many times as you want and pay \$2.50 per Sunday at the class. (Paul is director of the Kayak Chapter of the Kansas Canoe Association and is a Red Cross Fundamentals of Kayaking instructor.)

## WHITEWATER INJURIES-MEDICAL SYMPOSIUM

MF-5

T.J. Hittle  
One Time: Saturday, 9am-3pm, Nov 17  
Location: Will be noted on your receipt  
Materials Fee: \$6, pay at class  
For the safety conscious paddler, this symposium will include informative instruction by medical specialists in the areas of: shoulder dislocation, hypothermia, cold water immersion, low back pain, wrist extensor tendinitis, abrasions and first aid kits. (T.J. is an experienced canoe and kayaker.)

## OUTING CLUB

MF-6

Mike Eledge  
First and third Tuesdays of each month, 7:30pm First Mtg. Nov 6  
Location: Will be noted on your receipt  
Class Fee: \$3, pay with registration  
If you are interested in going camping, canoeing, bike touring, rock climbing, backpacking, sky diving, sailing, rappelling, kite-flying, spelunking or any of the above, this is the club for you. Each meeting, a variety of trips are planned for the next two weeks. You must only pay the fee once per year. (Mike enjoys many outdoor activities.)

## MAMMALS OF KONZA PRAIRIE: SLIDE PRESENTATION AND FIELD TRIP

MF-14

Don Kaufman  
Wednesday, 7:30pm, Nov 14; Saturday, 8:45am-12:30pm, Nov 17  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration  
Limit: 15  
The occurrence and habitat distribution of small mammals of Konza Prairie Research Natural Area will be discussed using a slide presentation, museum specimens and a prairie field trip (about a two-mile walk). Special emphasis will be placed on the effects of prairie fire on rodents and shrews. Families are especially welcome to attend this monthly meeting of the Northern Flint Hills Audubon Society. (Don, an associate professor in biology at KSU, is involved in research on the ecology of small mammals in both tall and mixed grass prairies of Kansas.)

## Next session begins Jan. 30. Deadline for class descriptions is Dec. 7.

## WILD GAME BEFORE AND AFTER

Monday, Nov 19, 7:30-9pm  
Location: Pottoft Hall  
Class Fee: None

Co-sponsored with the Kansas and Riley County Fish & Game Association. They will cover Kansas rules and regulations of hunting, field care of game, meat quality, and methods of preparation, recipes, and equipment. Paul Miller, Spencer Tomb, Bill Pursley, Jerry Dishman  
Tuesday & Thursday, 7:30pm, Nov 13 & 15 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Limit: 25

## WATERFOWL HUNTING BASICS

MF-7

If your previous duck and goose hunting experience is limited or if you have wondered why some waterfowl hunters are usually successful and others are not, this class is for you. Waterfowl identification, migration patterns and equipment (decoys, calls, guns, etc.) will be discussed. Paul, Jerry, Spencer and Bill have hunted in the Manhattan area long enough to know what works and what doesn't. Although they won't give their favorite places, they will thoroughly cover the basics. Don't miss this class by four experts! (Paul is a serious goose hunter. Spencer and Bill have been hunting ducks a long time. Jerry is an expert duck caller.)

## BASIC GUN DOG TRAINING

MF-8

John Torrence  
Monday & Tuesday, 7:30pm, Dec 3 & 4 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Get your first dog and want to train it right? Need some advanced training for that special bird dog? Unhappy with your dog's performance this season? John will cover basic care, obedience, handling and bird retrievers. John's specialty is retrievers, but he can give some pointers on pointers too. Don't miss this class! (John professionally trained bird dogs for several years and was successful on the field trial circuit.)

## ATTRACTING WILD BIRDS TO YOUR BACKYARD

MF-15

Mike Eubanks  
One Time: Thursday, 7:30pm, Dec 13  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration  
Now's the time to attract those cardinals, chickadees, nuthatches and woodpeckers to your backyard. To accomplish this, you must be wise in what foods to offer and how to present them. Mike will discuss pros and cons of different bird foods, how to purchase quality seeds and how different feeders attract different kinds of birds. We'll also talk about the importance of water, cover and what to do about unwanted visitors (squirrels, etc.). Samples of food and feeders will be on hand. (Mike has been an avid birdfeeder for years.)

## BY THE TENS-OF-THOUSANDS: WATERFOWL & ARTIFACTS

MF-16

Northern Flint Hills Audubon Society  
Saturday and Sunday, 7am-late evening, Nov 3-4  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration  
Limit: 10  
A double feature - enjoy the peak of the waterfowl migration and a spectacular historic site too. We will visit two National Wildlife Refuges along the Missouri River - Desoto (S.W. Iowa on Saturday) and Squaw Creek (N.W. Missouri on Sunday). A river steam boat sunk in the 1800's and has been discovered on Desoto Refuge. A cargo of food, cloth and tools was perfectly preserved by the river silt that quickly covered them. A museum displays the entire contents of the boat. Bring a sack lunch, money for meals and camping, and split transportation costs. (The trip is sponsored by Northern Flint Hills Audubon Society. This is a good trip for beginning birders - with 400,000 geese and a million ducks, you'll get lots of practice!)

## WINTER BIRDS FIELD TRIP: CHRISTMAS COUNT WARM-UP

MF-17

Gary Schiltz  
One Time: Saturday, 7am-12n, Dec 8  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration  
Forgotten how to tell a golden-crowned kinglet from an American goldfinch, a song sparrow from a Lincoln's sparrow or a red-tailed hawk from a rough-legged hawk? Beginners and those who want to hone their birdwatching talents are welcome to sort out the l.b.b.'s (little brown birds) on this field trip. (Gary is an experienced birdwatcher who is particularly apt at mimicking bird songs.)

## THIRTY-FIVE YEARS AND STILL COUNTING: CHRISTMAS BIRD COUNT

MF-18

John Zimmerman, Dave Rintoul  
Wednesday, 7:30pm, Dec 12; Saturday, All Day, Dec 22  
Location: Will be noted on your receipt  
The best way to learn to identify our feathered friends is to birdwatch with experienced birders. The Christmas Bird Count, conducted in Manhattan since 1949, is the yearly highlight of birdwatchers and a great opportunity for beginners. Join us for a slide show of expected birds, procedures and past results. Then, on Dec 22, spend all or part of the day counting ducks, hawks, woodpeckers and songbirds. Everyone is also welcome to join the Junction City Bird Count on Dec 23. For more information call John Zimmerman (Manhattan) 532-6659 or Bob Lashelle (Junction City) 238-2887. (John, Dave and Bob are avid birdwatchers.)

# More fun for everyone



JUGGLING MF-24

Charles Green  
Tuesday, 7pm, Nov 27  
Location: Will be noted on your receipt  
Class Fee: \$4, 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 expert-ence can be helpful but not required. Juggling is for the young and the old, so come join the fun! (Charles has been juggling since 1980. He has been a featured performer in many children's birthday parties, Manhattan's Family Fun Festival, Manhattan Civic Theater's presentation of Chaucer's "Canterbury Tales.")

MINIATURE AUTO RACING AND TRACK CONSTRUCTION MF-25

Gregg Scircle  
Every other Tuesday and some Saturday races  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

This class will build and race miniature cars (HO scale) and learn track construction techniques and scenery design. We will hold races and with enough interest will form a miniature racing club and hold competitive events with other HO racing groups in the Kansas area. This class is for kids of all ages: 8-80. (Gregg has been building and racing model cars since 1962. He has built four slot car tracks.)

SUFI DANCING MF-97

Shankar Harrit, Nabuddin Nelson  
One Time: Thursday, 7:30-9:30pm, Nov 29  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

Sufi dancing or Dances of Universal Peace are group meditations involving songs, simple dance steps and the breath. Phrases from many of the world's sacred religious traditions are used to kindle a consciousness of love and oneness. (Shankar and Nabuddin have studied sufism for over 8 years.)

# Survival Now



COPING WITH THE HOLIDAY BLUES MF-64

Michael Weinberg, PhD  
Wednesdays (except for the 29th, Thursday), 7-8:30pm Nov 7, 14, 29, Dec 5  
Location: Will be noted on your receipt  
Class Fee: \$5, pay with registration

During the first two sessions of this class Dr. Weinberg will discuss the reasons why we often feel depressed or lonely during the holiday season. The following five classes will act as an ongoing support group with the potential of facilitating personal growth for its members. (Dr. Weinberg is a nationally certified counselor. He has a Masters Degree in Family and Child Development, a PhD in Adult Education and 14 years experience in the mental health profession.)

STRESS MANAGEMENT MF-65

Michael Weinberg, PhD  
Monday, Tuesday, 7-8:30pm, Nov 19, 20  
Location: Will be noted on your receipt  
Class Fee: \$5, pay with registration  
Limit: 10

There are many ways to overcome the stresses put on us by ourselves and others. We will explore the motivation for our behaviors when dealing up in activities or worries and rather than being a happy time, it becomes a stressful, frustrating, depressing time. Come learn ways to manage stress more effectively and enjoy the whole year. (Linda is the mental health educator for Pawnee Mental Health Services.)

HOLIDAY STRESS MF-66

Linda Inlow Teener  
One Time: Thursday, 7-8:30pm, Nov 29  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Class Fee: \$2, pay at class

The holidays should be a happy time for sharing, but often we get caught up in activities or worries and rather than being a happy time, it becomes a stressful, frustrating, depressing time. Come learn ways to manage stress more effectively and enjoy the whole year. (Linda is the mental health educator for Pawnee Mental Health Services.)

AUTHENTIC ENCAMPMENT OF EARLY-DAY PLAINS HUNTERS AND SETTLERS MF-10

Glenn Lofka  
Saturday & Sunday, Nov 3 & 4 (all weekend)  
Location: Will be noted on your receipt

The Kansas State Historical Society presents the Kaw Valley Muzzleloaders Club in full costume complete with buckskin clothing, teepees, black-powder rifles and tomahawk and knife throwing. Watch how they start fires with flint and steel and cook their meals over an open fire. Take in the authentic Indian blanket display at the Goodnow Museum and the C.M. Russell exhibit at 702 Poyntz Ave.

# and then



WEIGHT TRAINING FOR WOMEN MF-19

Terry Hooper  
Section I: Mondays, 8pm, Nov 19, 26  
Section II: Thursdays, 8pm, Nov 29, Dec 6  
Location: Will be noted on your receipt  
Class Fee: \$4/section, pay with registration  
2 times each section  
776-1654

Almost any kind of animal skin, raccoon, squirrel, rabbit, as well as deer, can be made into leather or tanned fur skin. This is a basic course in the various tanning steps and methods. Ron will demonstrate tanning and give you a few solution formulas you can use. (Tanning is just one of Ron's hobbies.)

TANNING ANIMAL SKINS MF-9

Ron Pauli  
One Time: Monday, 7:30-9pm, Nov 5  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

Tai chi ch'uan is a very slow moving series of classic Chinese postures which enable the practitioner to develop grace, poise, and inner strength. This is a very popular exercise practiced in Taiwan by all age groups. Section I is the Basic 108 Form and Section II is the Sap-Hands Form. (Mrs. Wu is from Taiwan and learned her art from her master. She has been associated with this class for over a year. Verna has been involved with tai chi for about three years.)

TAI CHI CH'UAN FOR HEALTH AND SELF-DEFENSE MF-23

Mrs. Wu and Verna Riles  
Section I: Wednesdays, 7pm First Meeting: Nov 14 Length: Ongoing  
Section II: Saturdays, 8:30am First Meeting: Nov 17  
Location: Will be noted on your receipt  
Class Fee: \$6/section, pay with registration  
Materials Fee: \$5/month, pay at class

Karate is good exercise and great self-defense. No previous martial art experience needed. Wear comfortable clothing. (Mark has a first degree black belt with over two years teaching experience.)

VADHA KEMPO KARATE MF-22

Mark Buono  
Thursdays, 7-8:30pm First Meeting: Nov 15  
Location: Will be noted on your receipt  
Class Fee: \$6, pay with registration

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

VOLLEYBALL FOR FUN (16 AND OVER) MF-21

Lots Morales  
Tuesdays, Thursdays, 6:30-8:30pm First Meeting: Nov 13  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$1, pay at class  
Length: All semester  
539-8867

GENERAL FITNESS EXERCISES TO MUSIC: AEROBIC EXERCISE FOR EVERYONE MF-20

Susan Grecu  
Mondays, Tuesdays, Wednesdays, Thursdays, Fridays, 5-6pm  
Location: Will be noted on your receipt  
Class Fee: \$10, pay with registration  
Length: All semester

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

KANSAS CITY TOUR AND HOLIDAY EXCURSION MF-26

Judy Portuese  
One Time: Wednesday, 7am-8:30pm, Nov 28  
Location: Will be noted on your receipt  
Class Fee: \$16, pay with registration  
Limit: 46

UFM is sponsoring a holiday tour to Kansas City. We'll stop first at the Agriculture Hall of Fame Museum at Bonner Springs for a tour of the facility and a chance to browse through the gift shop. Next stop is Ban-ister Mall for lunch on our own and an afternoon of holiday shopping. Towards evening we'll make our way to the Country Club Plaza and Seville Square where we'll be on our own to shop, dine and then see the Christmas lights. Limited seating available. Your reservation includes admission to the Hall of Fame and transportation by Abbott Motorcoach. (Judy has led many successful UFM bus trips.)

# Saving money

BASIC PRINCIPLES OF BUSINESS MANAGEMENT MF-72

Steve Bakken  
One Time: Thursday, 7:30pm, Nov 15  
Location: Will be noted on your receipt  
Class Fee: \$4.00, pay with registration

This class will provide an overview of general organizational management and cover the major theories of management. The class will discuss a manager's legal and ethical responsibility to his/her community, some rules of thumb regarding employee participation in decision making, delegation and motivation. (Steve teaches management courses for KSU and is the business manager at Meadowlark Htlls.)

IRA'S -- HOW TO REDUCE YOUR TAXES MF-74

Sandy Burgess  
One Time: Tuesday, 7:30pm, Nov 20  
Location: Will be noted on your receipt  
Class Fee: \$4.00, pay with registration

This class will provide information about IRA's available from most financial institutions. You will learn who qualifies, how much you can invest, withdrawal regulations, and the paperwork involved. We will also discuss the different types of IRA investments, spousal IRA's, and some of the pitfalls in investing along with a general overview of the regulations covering this type of investment. (Sandy has been at Kansas State Bank for 14 years and has managed their IRA program since it began.)

1984 INCOME TAXES AND YOU MF-75

Gil Gillespie  
One Time: Wednesday, 7pm, Dec 5  
Location: Will be noted on your receipt  
Class Fee: \$4.00, pay with registration

Income tax laws change from year to year, and it is important to know about them to assure that you get the best advantage for refunds when you file. The changes in legislation will be covered along with the following issues: what records to keep and receipts to save, what to do if audited, what happens if you make a mistake and what you can do now, in the last 3 months of the year to increase your tax savings. (Gil is the owner of the Manhattan franchise of H & R Block and has been working with income tax procedures for over 20 years.)

MONEY MANAGEMENT SEMINAR MF-73

Fred Freedy  
Section I: Tuesday, 7:30-9pm, Nov 20  
Section II: Saturday, 10-11:30am, Nov 24  
Section III: Tuesday, 7:30-9pm, Nov 27  
Location: Will be noted on your receipt

Financial planning is important for everyone, regardless of income. Taxes, inflation, interest rates and confusion about savings and investment options require closer attention be given to planning how to use your financial resources. This seminar will cover tax shelters, investment options in oil or gas, real estate, commodities and equipment leasing, setting financial goals, retirement planning, money market funds, and IRA's and Keogh plans. (Fred is a division manager for Wadell and Reed, a national financial services organization specializing in financial planning.)

# Saving energy

WOODSTOVES, HOOK-UPS, CHIMNEYS, CHIMNEY CLEANING AND FIREWOOD MF-27

Larry McBee  
One Time: Thursday, 7pm, Nov 29  
Class Fee: \$4, pay with registration  
Location: Will be noted on your receipt

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

FREE HOME ENERGY AUDIT MF-30

Stacy Coats, Marvin Rodriguez  
Worried about winter energy bills? Call K.P. & L. and schedule a free home energy audit. They will inspect your insulation, water heating, windows, air conditioner, shading, settings, weatherstripping and caulking. Then, recommendations will be made and financing can be discussed. (Stacy and Marvin are employed by Kansas Power & Light.)

ENERGY CONSERVING WINDOW TREATMENTS MF-29

Kathy Burke  
One Time: Monday, 6:30-8pm, Dec 3  
Location: Will be noted on your receipt

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

IT'S YOUR MONEY: A FINANCIAL SERIES

Sheri Prawl 537-0594

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

Investment Basics MF-88

One Time: Tuesday, 7:30-9:30pm, Nov 13  
Back by popular demand, this is your opportunity to begin forming the foundation of investment fundamentals necessary for effective financial planning. Topics discussed will include money market funds, stocks, bonds, mutual funds and other investment opportunities.

Investing for Income Today MF-89

One Time: Thursday, 7:30-9:30pm, Nov 15  
"What will give me income now?" For those who ask this question we will discuss money market funds, bonds (corporate, government and municipal), income stocks, income-producing real estate and other alternatives.

Investing for Growth and/or Retirement MF-90

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

COMMON SENSE INVESTING MF-70

Greg Barron  
Tuesdays, 7pm First Meeting: Nov 20 Length: 3 times  
Class Fee: \$4.00, pay with registration  
Location: Will be noted on your receipt

Common sense investing will discuss many alternative investment possibilities and how they fit into a total investment portfolio. Topics will include common and preferred stocks, bonds, CD's, money markets, annuities, real estate, precious metals and oil and gas. This class will be geared to the small investor who wants to take maximum advantage of his investment potential. (Greg has a Master's degree in economics and is an investment broker and planner for Stifel, Nicolaus and Company.)

MACROECONOMICS MF-71

Mehdi Afiat  
Tuesdays and Thursdays, 5-6pm, Nov 15, 20, 27, 29 (4 times)  
Class Fee: \$4.00, pay with registration  
Location: Will be noted on your receipt

Topics to be covered: 1) What is economics and why you learn it? 2) Two important branches of economics: macro and microeconomics; 3) Macro-economics policy goals; 4) Supply and demand; 5) Two major problems of macroeconomics: inflation and unemployment; 6) How government can cope with those problems; 7) Reagan economics. (Mehdi is working on a PhD program in regional economics teaching introductory course at Ft. Riley (O.T.U.))

CHEAP HEAT-SAVING WINTER ENERGY DOLLARS MF-28

Marty Kennedy  
One Time: Wednesday, 7-9pm, Nov 14  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Limit: 15

With the knowledge gained from this class and an investment of \$10-\$15, you can save up to \$100 or more per year! Marty will discuss low-cost/no-cost weatherization techniques including weatherstripping, pipewraps, caulking, outlet insulators, simple window treatments and others. Energy-saving lifestyle changes will be presented and each participant will receive an information kit. (Marty is the director of UFM's Housing Rehab and Energy Education Programs.)

WANTED: APPROPRIATE TECHNOLOGY TOUR GUIDES MF-31

Ira Harritt  
Day, time and date to be announced

Are you interested in appropriate technologies, solar energy or edible landscaping? UFM is looking for people to serve as A.T. tour guides for groups visiting our solar energy and landscape demonstrations. Prospective guides, after receiving information and orientation, will lead pre-scheduled tours and receive a minimum of \$4.00 per hour. Interest and enthusiasm are the only requirements.

EDIBLE LANDSCAPE: INTERNSHIPS AND VOLUNTEER PROGRAM MF-32

Ira Harritt 532-5866  
Day, time and date to be announced

Would you really like to know the inner truths of edible landscaping, solar greenhouses 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.



**Next session begins Jan. 30. Deadline for class descriptions is Dec. 7.**

**Sweet sounds**

PA'S, AMPS, MIKES AND SOUND SYSTEMS MF-55  
Curt Gunther  
One Time: Sunday, 2pm, Dec 8  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

USE OF GUITAR EFFECTS MF-54  
Curt Gunther  
One Time: Thursday, 7:30-8:30pm, Nov 15  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

SYNTHESIZERS AND COMPUTERS - MIDI LAND MF-53  
Curt Gunther, David Riat, Kevin Mullin  
One Time: Sunday, 6-8pm, Nov 18  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

An introduction. New Directions in electronic music with the MIDI (musical instrument digital interface) and computers. MIDI equipped synthesizers and electronic keyboards open new worlds to the performing and composing musician and teacher with the assistance of computers, and music software. This class is for performers, teachers, composers, arrangers and the idly curious. (Curt is a Radio-TV production major whose most recent project was the KSDB 'Live Shots' program. He is a part-time DJ at the Avaton, guitar teacher and member of the rock band "Gut 3." David is a music major at K-State and will demonstrate keyboard playing. Kevin is an electronic wizard and will assist this presentation with his computer knowledge.)

A brief explanation of the use and types of effects pedals and other and answers to specific questions for guitar or problems.



**Hidden Places Calendar**

An 8 1/2 x 11 inch calendar exploring exciting yet little known places in Kansas. A look into our history and a chance to examine ourselves in the light of the past. The calendar, done in sepia tones, will have a fact about our state's fascinating history. Price is \$5.00 plus \$1.50 postage and handling. This will be a limited press run so get yours today! For more information contact Rebecca at UFM, 532-5866.

**DETERMINE YOUR SEASON - INDEPTH IMAGE WORKSHOP** MF-59  
Deanna Pierson  
One Time: Thursday, 7-9pm, Dec 6  
Location: Will be noted on your receipt  
Class Fee: \$10, pay with registration  
Limit: 8

**DRESS TO WIN - INDEPTH IMAGE WORKSHOP** MF-58  
Bonnie Hansen  
One Time: Thursday, 7:30-10pm, Nov 15  
Location: Will be noted on your receipt  
Class Fee: \$15, pay with registration  
Limit: 8

**HOLIDAY HAIRBRAIDING** MF-63  
Crimpers Salon  
One Time: Monday, 7-9pm, Dec 10  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Limit: 12

**HAIR AND MAKEUP MAKEOVERS** MF-62  
Crimpers Salon  
One Time: Monday, 7-9pm, Nov 26  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Limit: 12

**MAKING THE MOST OF YOU!** MF-61  
Deanna Pierson, Linda Eisenbise, Verna Lee Layen  
One Time: Thursday, 7pm, Nov 15  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Limit: 8

**COLOR FOR COUPLES** MF-60  
Deanna Pierson, Linda Eisenbise, Verna Lee Layen  
One Time: Thursday, 7-9:30pm, Nov 29  
Location: Will be noted on your receipt  
Class Fee: \$8/couple, pay with registration  
Limit: 4 couples

**COMMUNITY EDUCATION FAIR** MF-76  
Sunday, 1:30-5:30pm, Nov 11 City Auditorium  
What's good about education in Manhattan? Come to the fair and find out. Over 30 groups involved with all aspects of education will have booths, displays and demonstrations of learning in Manhattan. Try a personal computer, browse through a display of children's art, participate in a dialog with leading educators on the directions of education in the 80's. Weaving demonstrations, music, a puppet theatre, and much more will be available. Bring the whole family! For more information call 532-5866.

**BASIC AUTO MAINTENANCE FOR WOMEN AND MEN** MF-67  
Joe Pittie  
One Time: Monday, 7-9pm, Dec 3  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Limit: 12

**BOOKS BY AND ABOUT WOMEN** MF-69  
Lorrie Cross  
Wednesdays, 7:30pm First Meeting: Nov 14 Length: Ongoing  
Class Fee: \$1.00, pay with registration

**BIRTHRIGHT** MF-87  
Joy Thompson  
One Time: Tuesday, 7pm, Nov 27  
Location: Will be noted on your receipt  
Class Fee: \$2.00, pay with registration

Birthright provides a variety of services for women who seek alternatives to abortion. In this class we will discuss the services Birthright provides and the philosophy behind Birthright's pre-life position. (Joy is the director of Birthright.)

Looking good is important for success in the '80's. If you're not sure what makeup and hairstyling techniques are correct for your facial shape, join us for an evening of "before & after" demonstration and personal consultation. Some recently completed training in the hair and makeup trends for fall and winter.)

Are the two of you ready to make the upward move in your respective jobs? Or are you just ready for a change? Everyone will be color analyzed and given a list of the colors that maximize their appearance and natural coloring. Men have the option of getting a new hair style. Women get a cosmetic makeover if they desire. We will also discuss general wardrobe hints including business and professional clothing. (Linda and Verna are registered cosmetologists. All three are certified consultants with Beauty for All Seasons.)

In a two-hour session, we will individually drape you with colors and 'Determine Your Season.' Learn which colors make you look your best and which colors to avoid. You will learn your total seasonal list of 36 colors and receive a list of this spectrum. We will also discuss color and how it affects you and tell you which popular books are the most credible. (Deanna, an independent beauty and image consultant, will be leading this workshop.)

This special workshop is designed to be an individual analysis of the best professional image for you. Your most authoritative look will be determined, including your two best basic colors, darkest and lightest, for job interviews, your particular skin tone, and most flattering hairstyle and accessories. Instruction will be given in walking, standing, and sitting with grace and poise for a more professional image. The perfect outfit for your job interview will also be discussed. This workshop will be conducted by Bonnie Hansen, owner of Diet Center and a trained, certified color analyst with Beauty for All Seasons. She is an expert on personal image management.

Crumpers enjoy teaching this class, one of the most popular at UFM! the newest techniques and some old favorites. (The hair stylists at Crumpers enjoy teaching this class, one of the most popular at UFM!)

Crumpers Salon MF-63  
One Time: Monday, 7-9pm, Dec 10  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Limit: 12

Crimpers Salon MF-62  
One Time: Monday, 7-9pm, Nov 26  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Limit: 12

Deanna Pierson, Linda Eisenbise, Verna Lee Layen MF-61  
One Time: Thursday, 7pm, Nov 15  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Limit: 8

Deanna Pierson, Linda Eisenbise, Verna Lee Layen MF-60  
One Time: Thursday, 7-9:30pm, Nov 29  
Location: Will be noted on your receipt  
Class Fee: \$8/couple, pay with registration  
Limit: 4 couples

Joe Pittie MF-67  
One Time: Monday, 7-9pm, Dec 3  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Limit: 12

Lorrie Cross MF-69  
Wednesdays, 7:30pm First Meeting: Nov 14 Length: Ongoing  
Class Fee: \$1.00, pay with registration

Joy Thompson MF-87  
One Time: Tuesday, 7pm, Nov 27  
Location: Will be noted on your receipt  
Class Fee: \$2.00, pay with registration

Curt Gunther MF-59  
One Time: Thursday, 7-9pm, Dec 6  
Location: Will be noted on your receipt  
Class Fee: \$10, pay with registration  
Limit: 8

Curt Gunther MF-58  
One Time: Thursday, 7:30-10pm, Nov 15  
Location: Will be noted on your receipt  
Class Fee: \$15, pay with registration  
Limit: 8

Curt Gunther MF-54  
One Time: Thursday, 7:30-8:30pm, Nov 15  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

Curt Gunther MF-55  
One Time: Sunday, 2pm, Dec 8  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration



# Registration

## Registration Form

Priority Registration Period: October 29 to November 10.  
 Registrations after November 10 accepted on a space-  
 available basis.

**WALK-IN:** Monday Oct 29 UFM House 5pm-7pm  
 Tuesday Oct 30 Public Library 11am-2pm  
 Tuesday Oct 30 Public Library 5pm-7pm  
 Thursday Nov 1 UFM House 7am-8am  
 Thursday Nov 1 KSU Union 9am-4pm  
 Thursday Nov 1 KSU Union 9am-2pm  
 Wednesday Nov 7 KSU Union 9am-2pm  
 Thursday Nov 8 Public Library 11am-2pm  
 Thursday Nov 8 Public Library 5pm-7pm  
 Saturday Nov 10 Wat-Mart 10am-12n

### THREE WAYS TO REGISTER:

**A. WALK-IN:** Register in person at one of the above locations  
 Fill in your registration form and mail it with

**B. MAIL-IN:** check, money order, or Visa/Mastercard number to:  
 UFM, 1221 Thurston, Manhattan, KS 66502 (a

**C. PHONE-IN:** With Visa or MasterCard only, you may call  
 913-532-5866 during business hours to register  
 (minimum: \$5.00)

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.

### RECEIPTS:

After your 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 locations of your classes will  
 be included.

### REGISTRATION FEE EXEMPTIONS:

The following are exempt from the \$2.00 registration fee (but not  
 class fees):

1. under 13 years of age
2. over 60 years of age
3. handicapped
4. full-time KSU students (an annual SGA allocation supports  
 student participation)

### REFUND POLICY:

UFM will only give a REFUND voucher (redeemable for cash) in  
 these instances:

1. the limited class you paid for has been filled
2. the class you paid for has been cancelled or significantly  
 changed
3. you have overpaid

UFM will only give a CREDIT voucher (redeemable for UFM

classes) in these instances:

1. you are unable to attend a class and you have notified UFM  
 and the teacher a minimum of three days before the first  
 meeting
2. you earn credit by teaching or volunteering for UFM

If you have problems with UFM, please call us at 913-532-5866.

### DISCOUNTS FOR VOLUNTEERS:

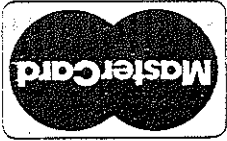
You may work for UFM in exchange for fee discounts.  
 Arrangements will be made on an individual basis. Call UFM at

913-532-5866.

### UFM TEACHER CREDIT:

All current UFM teachers are entitled to fee discounts when  
 enrolling in UFM classes in either this catalog or in the future.

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.



PLEASE PRINT

Name \_\_\_\_\_ Apt. # \_\_\_\_\_  
 Street \_\_\_\_\_  
 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  
 Faculty/Staff Spouse  
 Geary or Pott County  
 Public School Age  
 Senior Citizen  
 Handicapped

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:  
 Please indicate where  
 you obtained catalog  
 If KSU student, list ID # \_\_\_\_\_

ONE FORM PER PERSON

CLASS	SEC.	TITLE	CLASS FEE
1.			
2.			
3.			
4.			
5.			
6.			
PLUS \$2.00 REGISTRATION FEE (See Exemptions)			\$2.00
TOTAL DUE			

Have you taken a UFM class before? \_\_\_\_\_  
 I hereby authorize the use of my Visa/MasterCard:  
 Visa  MC  
 Card # \_\_\_\_\_  
 Expiration Date \_\_\_\_\_

1221 Thurston • Manhattan, Kansas 66502  
 UFM—913-532-5866

PLEASE PRINT

Name \_\_\_\_\_ Apt. # \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

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TOTAL DUE			

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 Visa  MC  
 Card # \_\_\_\_\_  
 Expiration Date \_\_\_\_\_

1221 Thurston • Manhattan, Kansas 66502  
 UFM—913-532-5866

CLASS EVALUATIONS

UFM was founded on the basic principle of self-education. Learners and  
 teachers share the responsibility for making a class work. If your class  
 is not meeting your expectations, DO SOMETHING ABOUT IT!

Student feedback forms will be used to get your evaluation of classes  
 you take. If you wish to see results of evaluations of past UFM classes,  
 they are available for review. Evaluation forms will be provided by  
 class leaders at the time of the class meeting.

Students are expected to be their own consumer protectors. Read class  
 descriptions closely. If your expectations are not being met, please  
 let the teacher know. Let us know through class evaluations of any  
 improvements we can make or phone Julie Coates at 532-5866 with your  
 suggestions.

Great gift idea! Encourage others to  
 learn at UFM by giving our gift certificates!

**GIFT CERTIFICATE**

THIS CERTIFICATE MAY BE USED TOWARD UFM CLASS FEES.  
 WE HOPE TO ENJOY YOUR GIFT OF LEARNING!

Good for one UFM class up to \$5.00

532-5866