

UFM TEACHING LEARNING GROWING

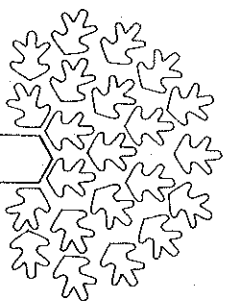
SUMMER 1984

CLASSES BEGIN JUNE 20



FREE CATALOG
Over 200 courses

- Job Skills
- Fitness
- Gardening
- Personal Image
- Arts and Crafts
- Health
- Self-Awareness
- Children's Activities



U.F.M.

TEACHING LEARNING GROWING

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what is ufm?

UFM is a private, non-profit community learning network linking resources with needs, volunteers with programs and creative solutions with community problems. Some 10,000 participants enroll annually in more than 1,000 courses. 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 folkarts 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

UFM on television

Learn about antiques, wildflowers, pocket billiards and other topics on Cable Channel 6 TV. "This is UFM" is a weekly television show featuring interviews with UFM teachers on their areas of expertise. It is aired every Tuesday at 6:30pm and Friday at 5pm on Cable Channel 6.

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

special needs

The following topics have been requested for our next session, and we need teachers:

Cake Decorating	Home Repair	Calligraphy
Country Western Swing	Upholstering	Carpentry
Tennis	Auto Mechanics	Swimming
Aerobics	Ballroom Dance	Sign Language
Bicycle Maintenance	Racquetball	Woodworking
Swedish	Typing	Souffle
Home Repair	Computers	

If you would like to teach a topic other than those listed, we welcome you. Call Julie Coates at 532-5866.

YOU can teach a UFM class

It's easy! If you have a special interest or hobby, think about facilitating a UFM class. It can be on almost any topic. The main qualification is that you have an earnest desire to introduce others to this topic or skill and help them in learning more about it. Facilitating UFM classes is a great way to get together with others with similar interests and abilities, and hopefully it can be a valuable learning experience for you as well as for the participants in your class.

If you'd like to lead a UFM class, give us a call. We would be happy to talk it over with you! The deadline for the Fall 1984 catalogue is July 27.

next session begins september 12

2 writings



hidden places
close to home

photo contest

UFM is proud to present some of the winners of the Second Annual UFM Black and White Photo Contest. Over 40 entries were received, not only from Manhattan but also from Olsburg, Waterville, Milford, and Junction City.

"Images of Kansas: Hidden Places Close to Home," the contest theme, was inspired by UFM's Hidden Places project. Photos could be entered in one of four categories: scenery, people, architecture and animals. Judges chose first, second and third place winners in each category. Honorable mentions were also selected. The judging was done by Sally Wampler, KSU Journalism Department; Dan Ray, Manhattan Camera Shop; Holly Miller, The Manhattan Mercury and Adam Rome, UFM. Prizes were donated by Manhattan Camera Shop and UFM.

The twelve winning entries will be exhibited from June 4 to June 15 in the K-State Union second floor showcase.

Neil Schanker



teacher feature

Volunteer teachers are the cornerstone of the UFM program. We believe that anyone can teach and anyone can learn, and for almost 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 summer, we would like to make a special acknowledgement of the contributions of long-time UFM teacher, Lois Morales. She has been teaching for UFM for over 12 years in such varied areas as antiques, furniture refinishing, upholstery, old stone houses, historic tours, international cooking and volleyball. In her 12 years of teaching, Lois has taught new skills to hundreds of people. "I enjoy teaching. It gives me a way to meet new people and to help them learn new ways to enjoy life. It has become an important part of my lifestyle" Thank you, Lois. You are an important part of our program.

where do we get financial support?

Class Fees (10.2%)
KSU (11.5%)
Contributions (5.0%)
Sales, Workshops and Tours (5.3%)
Miscellaneous (7.8%)
Grants and Contracts (60.2%)

special notes

VOLUNTEERS, WE LOVE YOU! We couldn't do it without you. All UFM teachers are volunteers and we staff receive an incredible amount of support from you in the community. To all of you - T H A N K S!

REGISTRATION: Late registration for all classes is accepted on a first-come, first-serve basis. Call us at 532-5866 to find out about class openings.

PROBLEMS WITH YOUR UFM CLASS: Call Julie Coates at 532-5866. We'll make it right!

community

understanding money

HOW TO FIND A GOOD STOCKBROKER C-2

Elias Saig

539-9960

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

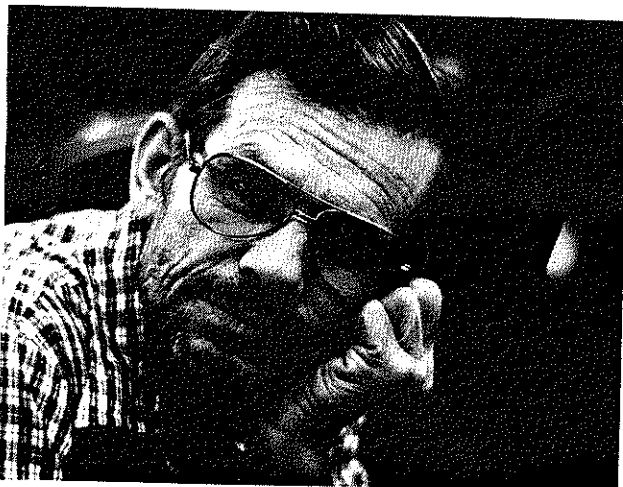
Say you inherited \$5,000 or \$10,000 and want investment advice. How would you go about finding the right person to help you? We will discuss what top executives of five major brokerage firms say you should do - all are members of the Securities Industry Association. (Elias has been a teacher of money and banking.)

WOMEN & CREDIT C-3

Sarah Carlson

One Time: Thursday, 7-8:30pm, June 21
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration

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



Glenn Hoover
2nd, People
"Charlie"

of house and home

INVESTING IN OLDER REAL ESTATE C-5

Jerry Lowenstein

537-2298

One Time: Thursday, 7pm, July 12
Location: Will be noted on your receipt
Class Fee: \$4.00, 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.

HOMEBUYER'S SEMINAR C-6

Craig King

537-2151

One Time: Thursday, 7-8:30pm, June 28
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration

A seminar designed for the first time homebuyer or homeowner wanting to make a change. Topics covered include: financing, tax implications, purchase contracts, rent vs buy decisions and making a realtor work for you. (Craig is general manager for Fireside Realty/Better Homes and Gardens. Prior to joining the firm in 1983 he spent five years as a real estate consultant and regional manager for the Better Homes and Gardens Real Estate Service, a national real estate marketing network.)

HOW TO GET YOUR RENT WITHOUT GETTING THE SHAFT: LANDLORD/TENANT LAW C-7

David Troup

1-762-2210

Section I: Wednesday, 7:30pm, July 11
Section II: Wednesday, 7:30pm, July 18 (meets in Junction City)
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration

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.)

MONEY MANAGEMENT SEMINAR C-1

Fred Freeby

537-4505

Section I: Monday, 7-9pm, June 25

Section II: Monday, 7-9pm, July 9

Section III: Monday, 7-9pm, July 16

One time each section

Location: Will be noted on your receipt

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

FINANCIAL INVESTMENTS WITH TAX ADVANTAGE INVESTMENTS C-4

Albert L. Winkler, PhD

776-4329

Tuesdays & Thursdays, 7:30-9:15pm First Meeting: July 17

Location: Will be noted on your receipt Length: 4 times

Class Fee: \$10.00, pay with registration Limit: 5

A primary goal of the class is to emphasize a disciplined market timing approach, based upon quality investment research. Questions and discussion will be encouraged, relating to investment in stocks, bonds, real estate and other limited partnerships, mutual funds, IRA's, CD's and commodity futures. Zero coupon fixed rate investments will be explained. (Albert has a PhD in Economics with extensive experience in financial investments, university teaching and research.)

politically speaking

WRITE YOUR REPRESENTATIVE C-13

Dave Stewart

539-3051

One Time: Wednesday, 7:30pm, July 25

Location: Will be noted on your receipt

Class Fee: \$1.00, pay with registration

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

MEET THE REPUBLICANS C-14

Ed Phelps

539-8153

One Time: Wednesday, 7:30pm, June 20

Location: Will be noted on your receipt

Class Fee: \$1.00, pay with registration

What questions do you have about the Republican party, its organization and policies? How can you get involved? This class will focus on the Republican party, with a special emphasis on President Reagan's policies, state politics and current political issues. Bring your questions.

THE DEMOCRATIC PARTY: HISTORY, ORGANIZATION, CANDIDATES, ISSUES C-15

Ruth A. Schrum

539-3928

Wednesdays, 7-8:30pm First Meeting: June 20 Length: 6 times

Location: Will be noted on your receipt

Class Fee: \$1.00, pay with registration

The course will cover the history, organizational setup of the national, state and county committees. We will have each candidate for county and state offices make an appearance and a presentation, and it will include their views on the issues.

MANHATTAN-AREA AMNESTY INTERNATIONAL C-17

Donna Schenck-Hamlin

532-6516 776-3764

Tuesday, 7-9:30pm, June 26 (Those interested may join and attend other meetings)
Class Fee: \$1.00, pay with registration

Amnesty International is a world-wide human rights organization and recipient of a Nobel Peace Prize. Manhattan's group is currently working on behalf of political prisoners in Namibia and Peru. Learn more about international human rights and how you can work to prevent violations. (Donna is a founding member of Manhattan's AI chapter and is currently Group Coordinator.)

MEET THE LEAGUE OF WOMEN VOTERS

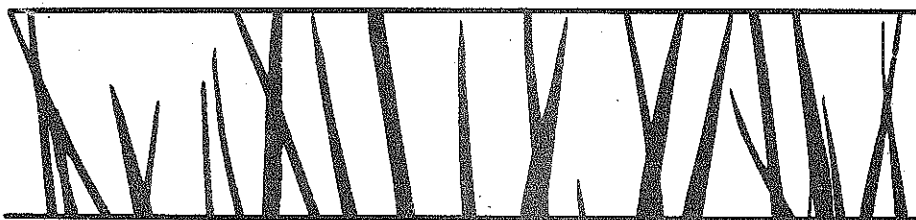
C-16

Barbara Hayter

537-8176

One Time: Tuesday, 7:30-9:30pm, July 17
Location: Will be noted on your receipt
Class Fee: \$1.00, pay with registration

If you have been wondering how to become more informed about local, state and national legislative issues, the League of Women Voters may be for you. You are invited to discover the League of Women Voters-Manhattan/Riley County at this introductory meeting. You'll learn the latest about the issues currently being examined and discussed by league members in the Manhattan area, current voter education activities, and how you can be involved. (Barbara is president of the League of Women Voters of Manhattan/Riley County. Several league members will share the responsibility of introducing League.)



learning and sharing

BIG BROTHERS/BIG SISTERS

C-24

Winifred Endicott

776-9575

Orientation meeting - you will be contacted before Wednesday, July 11
Location: Register and you will be contacted

Volunteers age 18 and up are needed who are willing to make at least a one-year commitment to spend 3-6 hours a week with a child. Most of the children in the program are from single parent families and have a need to spend time with a caring adult who will provide friendship and role modeling. (Winifred has been director of Big Brothers/Big Sisters for the past 4 years.)

FRIENDS OF EDUCATION

C-18

Julie Coates, Susan Scott Angle

532-5866 532-6927

Tuesday, 4pm First Meeting: June 12 Length: Ongoing
Location: Will be noted on your receipt

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. (Julie and Susan are educators, parents of school-age children and Lifelong Learners.)

TOPICS IN THEOLOGY

C-30

Alan Gleue

539-0519

Wednesdays, 7:30-9pm First Meeting: June 20 Length: 6-8 weeks
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration
Materials Fee: \$1.00, pay at class Limit: 10

In this class we can investigate and discuss different theological and Biblical topics and how they are important to us today. Emphasis will be placed on a dialogue format with the exchange of different opinions and point of view. (Alan is a college student interested in theology. He has helped teach Sunday School and vacation Bible school classes.)

LIVING LEARNING SCHOOL

C-32

Edith Stunkle, Michael Cody

776-3624 539-8657

The Living Learning School is a private non-profit elementary school offering personalized, student-centered, accelerated learning programs which enhance self-concept, and foster cooperation, respect, and responsibility-taking. This parent-run school is particularly appropriate for children who are ready for academic experiences before meeting public school age requirements.

KANSAS CHILDREN'S SERVICE LEAGUE

C-31

Kim Menary, Kyle Heath

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.

4 community

WOMEN OF THE HEARTLANDS

C-22

Christy Simpson

776-7573

You will be contacted for day, time and date Length: Ongoing
Class Fee: \$1.00, pay with registration

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

SELF-DEFENSE FOR WOMEN

C-20

Christy Simpson, Sue Rieger

776-7573

Saturdays, 10am-12n, June 23 & 30 (2 times)

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

Regardless of age, race, social class or lifestyle, all women are potential targets of violence. Women rarely receive any training for their own defense. This class will introduce simple but effective self-defense skills taught by women, for women. Be sure to wear loose, comfortable clothing. (Christy has taught "Self-Defense for Women" for the past two years.)

BOOKS BY AND ABOUT WOMEN

FA-33

Lorrie Cross

539-5337

Wednesdays, 7:30-9pm First Meeting: June 20 Length: Ongoing

Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration

Women writers say special things. Women readers often hear them. This class provides time for women to talk with each other about novels, non-fiction works, humor and satire. Dimensions of self-image shaped by literary models are examined as we discuss books selected by group members. Suggested books for this summer are *Sisters* by Elizabeth Feinshell, *Little Women* by Louisa May Alcott, *Crucial Conversation*, May Sarton. (Lorrie has been a member of the group since 1978 and is interested in women's issues.)

CONFRONTATION TRAINING

C-21

Sue Rieger, Christy Simpson

776-7573

One Time: Saturday, 10am-12n, July 14

Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration

This class, especially for women, will help you learn how to deal with both verbal and physical sexual harassment. A feminist perspective on how confrontation can be a preventive measure for violence against women will be explained and discussed. (Christie is a member of the Women Against Rape collective.)

THE VIOLENT HOME

C-19

Judy Davis/Kim Blubaugh

539-2785

One Time: Tuesday, 7:30pm, July 10

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

The course will review current literature on, and experience with, violence within the family. Included will be discussion of the relationships between child and spouse abuse, substance abuse and family abuse, the cycle theory of violence, and the battered woman syndrome.

WOMEN'S SOCIAL NOVELS

FA-34

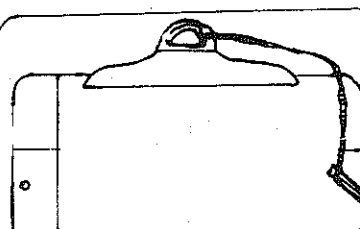
Flossie Snyder

776-7608

Tuesdays, 7:30-10pm First Meeting: June 19 Length: 7 times

Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration Limit: 15

Are women who want to change society crazy? Is society crazy? Topics include child-rearing, education, violence, madness, heroines of historical social movements. Possible readings: *The Convert*, *The Living Is Easy*, *Woman on the Edge of Time*, *The Mill on the Floss*, *Mary Barton*. (Flossie teaches English at KSU and has a special interest in women's literature.)





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helping the hungry

FLINT HILLS BREADBASKET

C-23

Atina Hanna/Marcia Schuley

776-9294

One Time: Monday, 7:30-8:30, June 25

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.

WHO'S HUNGRY IN THE U.S.

C-25

Edith Stunkle

532-5945

One Time: Monday, 7:30-9:30pm, June 25

Location: Will be noted on your receipt

Class Fee: \$3.00/session - \$10.00/series

Is hunger a problem in the U.S.? A presidential task force says that hunger is not a significant issue in American life. But every year, thousands of U.S. citizens suffer from lack of adequate diet and many children go to school hungry. This class will take an in-depth look at who's hungry in our county, where the hungry are, why they're hungry and what we can do about it. (Edith has long been working on problems of world hunger, and now is taking a look closer to home.)

WHY ARE PEOPLE HUNGRY?

C-26

Dave Stewart

539-3051

One Time: Sunday, 7:30pm, July 29

Location: Will be noted on your receipt

Class Fee: \$3.00/session - \$10.00/series

This class will examine issues of world hunger and look at root causes of hunger. It will explore how the world eats and take a look at the influence of food production and world economy on hunger problems. (Dave is a campus minister dedicated to erasing hunger in our world.)

WHAT'S IN THE PACKAGE?

C-27

Mindy Wilson

776-9294

One Time: Monday, 7:30-9:30pm, July 16

Location: Will be noted on your receipt

Class Fee: \$3.00/session - \$10.00/series

A brief history of food preservation and processing techniques, along with cultural and health-related basis for these. The types of food preservation (ie: dehydration, cold and heat preservation, chemical preservation, and irradiation) will be covered, along with the reasons these methods have come about. Emphasis will be on chemical preservation of foods, the safety of current food processing techniques, and documented effects of these on human health. Hand-out materials supplied. (Mindy a registered dietician is the Assistant Director of Mid-Kansas Senior Services Nutrition Program.)

WHAT CAN WE DO ABOUT HUNGER?

C-28

Tom Mulhern

776-9294

One Time: Monday, 7:30, July 23

Location: Will be noted on your receipt

Class Fee: \$3.00/session - \$10.00/series

What can be done to help the hungry? This class will explore specific action steps that you as an individual can take to help solve hunger problems in Manhattan, in the U.S. and around the world. Come prepared to work! (Tom is a leading organizer of the Flint Hills Breadbasket and wants to help get others involved helping solve hunger problems.)

OUR FOOD SYSTEM: WHERE IT'S BEEN/WHERE IT'S GOING

C-29

Ira Harritt

532-5866

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

Location: Will be noted on your receipt

Class Fee: \$3.00, pay with registration

Kansas, the bountiful breadbasket of the world, may not be able to sustain its current production indefinitely. We will look at the future of our food supply in terms of soil, water and fossil fuel resources and review food production and consumption trends in Kansas.

meeting manhattan

ACROSS THE PLAINS IN 80 DAYS: A WALK ACROSS KANSAS

C-8

Vicki Foth

One Time: Wednesday, 7:30-9pm, July 25

Location: Will be noted on your receipt

Class Fee: \$4.00, pay with registration

What would it be like to walk 700 miles across Kansas and see our diverse plant and wildlife, our changing landscape, our agricultural practices and our historic and cultural places? Vicki took such a trip last summer. She walked cross country following the Kansas river along the Santa Fe and Smokey Hill Trails and found a side of Kansas that few of us are privileged to see, such as Horse Thief Canyon, Castle Rock, dry creek beds, abandoned communities and the people and local characters that give our state its life today. The program will include a talk, slides and discussion. Contact UFM for more information.

TOUR OF GODFATHER'S PIZZA

C-9

Scott Shandy

539-5303

One Time: Tuesday, 10:30am-12n, July 10

Location: Will be noted on your receipt

Class Fee: \$2.00, pay with registration

Limit: 10.

You will be making your own pizza on this tour of a popular Manhattan pizza parlor; you will also tour the kitchen, learn how dough is made, and receive a certificate as a genuine certified pizza expert. Participants must be over 5 years old.

TOUR OF THE KSU NUCLEAR REACTOR

C-10

Jack Higginbotham

532-6657

One Time: Wednesday, 3-4pm, June 27

Location: Will be noted on your receipt

Class Fee: \$2.00, pay with registration

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

TOUR OF KMAN-KMKF

C-11

Lowell Jack

776-4857

One Time: Saturday, 10-11am, June 23

Location: Will be noted on your receipt

Class Fee: \$2.00, pay with registration

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

TOUR OF THE McCALL PATTERN COMPANY

C-12

Shari Reeves

776-4041

Section I: Thursday, 10am, July 12

Section II: Tuesday, 2pm, July 17 one time each section

Location: Will be noted on your receipt

Class Fee: \$2.00, pay with registration

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

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halt! who grows there?

KONZA PRAIRIE WILDFLOWERS

E-1

Craig C. Freeman

532-6619

Section I: Saturday, 9-11:30am, June 23 (rain date June 24)

Section II: Saturday, 5-7:30pm, June 23 (rain date June 24)

Location: Will be noted on your receipt

Class Fee: \$2.00/section, pay with registration Limit: 20/section

Despite the seemingly inhospitable conditions that occasionally beset the tallgrass prairie, the summer flora of the Kansas Flint Hills can be a thing of beauty and fascination. Take a walk on Konza Prairie and get acquainted with some of the plants that grace our summer landscape. (Craig is a graduate student in botany at Kansas State University.)

PRAIRIE WILDFLOWERS

E-2

Gene Towne

532-7233

One Time: Saturday, 10am, June 30 (rain date Monday, July 2, 6pm)

Location: Will be noted on your receipt

Class Fee: \$2.00, pay with registration

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

PRAIRIE GRASSES

E-3

Gene Towne

539-0353

One Time: Saturday, 10am, June 23 (rain date: Monday, June 25, 6pm)

Location: Will be noted on your receipt

Class Fee: \$2.00, pay with registration

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

GROWING WILD FLOWERS

E-4

John Sjo

532-6702

Thursday, Friday, 7-9pm, June 28, 29 (2 times)

Location: Will be noted on your receipt

Class Fee: \$4.00, pay with registration Limit: 15

Using the natural ecosystems created by a stream, a bog, open prairie, wet woodlands and dry woodlands, John has successfully grown more than 100 species of wild flowering plants on his 10-acre tract near Manhattan. John will discuss identification of plants, collection, site selection, maintenance and care of transplants, seeds and cuttings. Don't miss this opportunity. (Over a 10-year period, John has collected seeds and transplanted from Saline, Ellsworth and Riley counties to create a wildflower haven.)

EDIBLE WILD PLANTS

E-5

Sue Maes, Neil Schanker

532-5866

One Time: Tuesday, 7-9pm, June 19

Location: Will be noted on your receipt

Class Fee: \$4.00, pay with registration

Before you pull or spray that weed why not find out whether it can be enjoyed in a cuisinaire style. Hundreds of unwanted or overlooked plants have excellent food value. Twenty to fifty local plants will be reviewed and displayed for the class and we'll take a short alley walk to discover what's available in town. Next thing you know, you'll be serving stinging nettle quiche to your next dinner guest and munching on day lily buds. (Sue and Neil have years of experience in eating weeds.)

KONZA PRAIRIE HIKE

E-6

Dave Sampson

499-5311

One Time: Saturday, 10am, June 30

Location: Will be noted on your receipt

Class Fee: \$2.00, pay with registration Limit: 30

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

EXPLORING UNDER ROCKS (FOR CHILDREN AND ADULTS)

E-7

Stephen Hoffman

776-8072

Saturday, 8-10am, July 14 (rain date July 21)

Location: Will be noted on your receipt

Class Fee: \$4.00, pay with registration

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

MAKE YOUR OWN NATURE BRACELET

E-8

Dave Verschelden

539-4160

One Time: Saturday, 10am-1pm, June 23

Location: Will be noted on your receipt

Class Fee: \$4.00, pay with registration

Kids 6-18, would you like to design your own bracelet or necklace from things you find in nature? We will travel to Tuttle Creek and go to a place where there are many small fossils on the side of a hill. There is also a forest and the lake there to look for your special jewelry pieces. If you like this type of art or craft, come along in your old clothes, and bring a sack lunch. (Dave, a lover of the outdoors, will round up enough other adults to make sure everyone is safe and happy on this outing.)



all kinds of critters

HOUSEHOLD INSECTS

Judy Bertholf

E-39

776-6231

Tuesdays, 7-9pm, July 10 & 17

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

Length: 2 times

Do bugs bug you? This class covers the identification and life cycle of common household insect pests. The prevention and management of these pests will be discussed. Participants will learn non-chemical control strategies as well as proper pesticide usage. (Judy recently joined the faculty at KSU as a Residential Entomology Specialist.)



Nancy R. Weidhaas 2nd, Animals "Untitled"

feathers in the wind

GREAT BLUE HERON ROOKERY EXCURSIONS

E-14

Marie Dellen

537-4400

Section I: Saturday, 8am-1pm (June) Specific dates will be announced

Section II: Saturday, 8am-1pm (Aug)

Location: Will be noted on your receipt

Class Fee: \$4.00 per trip or \$7.00 for both, pay with registration

See the giant nests that these huge crane-like birds come back to year after year. The nests are always built in the highest reaches of sycamore trees. Watch them in flight, feeding, and care of the young. Bring binoculars, cameras, snacks and sack lunch and be prepared for a scenic, fun time. (Marie has been a 4-H project leader in Birds Around You, Wildlife Conservation and other various and assorted projects for at least 20 years. She loves birdwatching, hiking, and getting out in the Kansas "wild" with others that have the same interests.)

EARLY-BIRD MID-SUMMER BIRDWATCHING

E-15

Bob Broyles

776-3757

One Time: Saturday, 7-10pm, July 7

Location: Will be noted on your receipt

Class Fee: \$4.00, pay with registration

If you have little or no birdwatching experience, this class is for you. Bob will take you out to Tuttle to see turkey vultures, great blue herons, red-tailed hawks, belted kingfishers, brown thrashers and other summer residents. A real treat will be the beautiful and reclusive painted buntings. Bring binoculars and bird field guides if you have them. If not, that's OK. All ages welcome. (Bob is a naturalist with a passion for birds.)

CHEYENNE BOTTOMS AND QUIVERA BIRDWATCHING FIELD TRIP

E-16

Guy Smith

776-0969

Saturday and Sunday, 9am, June 16 and 17

Location: Will be noted on your receipt

Class Fee: \$2.00, pay with registration

Located near Great Bend, Kansas, Cheyenne Bottoms and Quivera offer the best birdwatching in the state. Ducks, shorebirds and raptors congregate in these marshy areas and are easily seen from the road. Often, over 100 bird species can be seen in one day. Join experienced birdwatchers of the Audubon Society in a campout at the Bottoms. (Guy is the field trip chairman of the Northern Flint Hills Audubon Society.)

FISHING IN KANSAS: DISCUSSION AND FIELD TRIP

E-13

Don Kraft

776-3638

One Time: Saturday, 1-5pm, July 21

Location: Will be noted on your receipt

Class Fee: \$4.00, pay with registration

Don will talk about which rigs and baits catch which fish. Learn about jigs, spoons, spinners, plastic worms and stinkbait plus lots of tidbit information gathered from over 40 years of fishing. After the talk, join Don in a fishing field trip to a nearby area. Don's specialty is river fishing and he plans to show what he knows. (Don, a native Kansan, has fished all over the state all his life.)

PUPPY AND DOG OBEDIENCE

E-9

Rosalie Held

539-0216

One Time: Saturday, 1:30-3:30pm, July 28

Location: Will be noted on your receipt

Class Fee: \$4.00, pay with registration

Learn the basics of dog obedience so you can train your dog or puppy at home. Rosalie will demonstrate heel, down, sit and stay commands with her dog. Also, she will discuss puppy and dog care and psychology. Bring your pet (with leash) if you want. (Rosalie has a Master's Degree in animal science and has been working seriously with dogs for over five years.)

HORSEMANSHIP

E-10

Carol Baldwin

537-2199

Thursdays, 6:30-8pm First Meeting: June 21

Length: 6 times

Location: Will be noted on your receipt

Class Fee: \$6.00, pay with registration

Learn about training, breeding, judging and all aspects of horse care in this class. Visit a boarding stable and horse pasture and meet Carol's four horses, a colt, 2-year old, 5-year old and an oldster. Bring your questions and interests. We will have a slide show and might take in a horse show. (Carol is a former 4-H livestock agent.)

PET BIRD HEALTH

E-11

Terry W. Campbell, DVM

532-5674

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

Location: Will be noted on your receipt

Class Fee: \$4.00, pay with registration

We will discuss common diseases and health problems of cage birds. Topics will include considerations for purchasing a new bird, daily care, and signs of illness. Disease prevention and diseases potentially transmissible to bird owners will be emphasized. A tour of the aviary in the KSU Veterinary Complex will be included. (Terry is a veterinarian specializing in avian medicine and teaching cage bird medicine to veterinary students.)

ZOODAD BAGS?

E-12

Carol Nogy

532-5866

Section I: Wednesday, 10am-12n, July 11 (5-6 year olds)

Section II: Saturday, 2-4pm, July 14 (7-8 year olds)

Section III: Wednesday, 10am-12n, July 18 (7-8 year olds)

Section IV: Saturday, 2-4pm, July 21 (5-6 year olds)

Location: Will be noted on your receipt

Class Fee: \$2.00/section, pay with registration

Materials Fee: \$1.50, pay at class

Limit: 6/section



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 who need to wear old and comfortable clothes. (Carol is a certified pre-school and elementary teacher and is a trained zoo docent.)

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NATURE PHOTOGRAPHY LECTURE AND FIELD TRIP

E-29

Doug Scheule

539-3667

Wednesday, 7-10pm & Saturday, 9am-12n, June 27 and 30
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration
 Materials Fee: \$1.00, pay at class Limit: 7

This class will touch on some of the many aspects of nature photography, and its scope will ultimately be defined by the interests and the collective experiences of its participants. Discussion will include techniques/equipment used, especially in the areas of close-up/macro and wildlife photography. Please bring along any equipment/photographs that may be illustrative and stimulate discussion or questions. In the second class, we will travel to nearby wild places for some practice in photographing nature. (Doug has read about and dabbled in the area of nature photography for the past couple of years and has concentrated on birds and macro work.)



Melvin D. Dale 2nd, Architecture "Untitled"

energetics

PHOTOVOLTAICS

E-34

Bill Dorsett

539-1956

One Time: Monday, 7pm, June 25
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration

Usually overlooked in the search for new energy, these space technology chips have no moving parts, consume no fuel, produce no pollution, and can be fashioned from the second most abundant element in the earth's crust. Plan to be your own utility in 1985. (Bill has researched P/V's for 2 years as an alternative to nuclear power.)

ENERGY CONSERVING WINDOW TREATMENTS

E-35

Kathy Burke

532-5780

One Time: Monday, 6:30-8pm, July 9
 Location: Will be noted on your receipt

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

VISITORS DAY FOR THE UFM SOLAR ADDITION AND EDIBLE LANDSCAPE

E-38

Ira Harritt

532-5866

One Time: Saturday, 10am-4pm, July 14
 Location: UFM Solar Addition

Guest presentations and displays will be made by KS Energy Extension, Riley County Extension, Bluemont Bicycle Club (bike clinic and ride), KS Fish & Game, Manhattan Community Gardens and others. Topics will include community energy planning, intensive gardening, solar food drying, accessible gardening, Tuttle Reservoir recreation and terrarium making for youngsters. The Edible Landscape Slide Show will be shown and tours of the solar addition and landscape will be given.

WANTED: APPROPRIATE TECHNOLOGY TOUR GUIDES

E-37

Ira Harritt

532-5866

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.

LOVE CANAL: THE ISSUES AND CONTROVERSIES

C-99

Jan Garton

539-3004

Mari Peterson
 One time: Tuesday, July 17 7-8:45pm
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay at registration

This slide presentation raises points of discussion about the consequences of a chemical disaster. Representatives from the Kansas Natural Resource Council and the Kansas Department of Health and Environment will be present to explore alternatives to land burial of hazardous wastes. (Jan is a member of the Northern Flint Hills Audubon Society and wants to learn more about creating responsible environmental protections).

8 earth

KANSAS AREA WATERSHED SUMMER CAMPOUT

E-33

Ira Harritt

532-5866

Saturday and Sunday (all weekend) July 7 and 8
 Location: Will be noted on your receipt
 Class Fee: \$2.00, pay with registration

Join the K.A.W. campout near McPherson, adjoining the Maxwell Game Refuge where the buffalo roam. Come for an informal, relaxed gathering which will include storytelling, poetry, swimming, camping and lots of good food. Call for more information. (Ira is a member of the Kansas Area Watershed.)

GEM AND FOSSIL FIELD TRIP IN POTTOWATOMIE COUNTY

E-27

F.C. Lanning

537-7599

One Time: Saturday, 8:45am-12n, July 14 (rain date July 21)
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration
 Materials Fee: \$1.00, pay at class

Driving the roadways of west Pottawatomie County, we'll find quartzite and Lake Superior agates that were deposited by the glaciers. Local gemstones including jasper and Blue Valley agates will be found along with catlinite, the pipe-making stone of the Plains Indians. Fossils will include petrified wood and marine invertebrates. (Dr. Lanning is a long-time member of the Manhattan Mineral, Gem & Fossil Club which is leading this tour.)

BASIC ASTRONOMY

E-28

Larry Paris

776-5989

One Time: Friday, 9pm, June 29
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration Limit: 15

Larry will first discuss the basic physical structure of the known universe. After dark, we'll look at planets, stars and constellations including Lyra, Hercules, Pegasus, Sagittarius, Scorpius, Libra, Virgo, Draco the dragon, Cygnus the swan, and others. Please bring a flashlight. (Larry is an avid stargazer.)

DENALI-THE HIGH ONE

E-30

Terry and Tina Callender

One Time: Wednesday, 7:30pm, June 20
 Location: Will be noted on your receipt
 Class Fee: \$2.00, pay with registration

Cool off in the Alaskan wilderness of Mt. McKinley as Terry and Tina show their slide program set to music. See wildlife, wildflowers, forests and the beauty of one of the largest wilderness areas in the United States. Come to this monthly meeting of the Northern Flint Hills Audubon Society. (Terry and Tina really enjoy the wild lands of Alaska.)

GET TO KNOW MILFORD LAKE

E-31

Greg Wurst

776-0532

One Time: Sunday, 1pm, June 24
 Location: Will be noted on your receipt
 Class Fee: \$2.00, pay with registration Limit: 5

Let an experienced ranger show you Milford's popular fishing holes, camp sites and attractions, including the new fish hatchery. The tour will be adapted to meet the interests of the participants. You will be driven in a Corps of Engineers' vehicle. (Greg has been a ranger at Milford for six years and knows the lake inside and out.)

TUTTLE CREEK TOUR

E-32

Paul Weidhaas

539-8511

One Time: Sunday, 9:30-11am, July 1
 Location: Will be noted on your receipt
 Class Fee: \$2.00, pay with registration Limit: 40

Discover how much Tuttle Creek Lake has to offer. A corps park ranger will present a slide show, answer your questions, and take you on a tour of the intake tower. (Tour not recommended for small children or those afraid of heights. (Paul has been a park ranger at Tuttle Creek Lake for four years.)

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INDOOR BLOOMING PLANTS: CHOOSING, GROWING AND PROPAGATING

E-17

Anne Marchin

Third Thursday of each month, 7-9pm First Meeting: June 21
 Location: Will be noted on your receipt Length: Indefinite
 Class Fee: \$4.00, pay with registration

Learn to grow roses, orchids, gesneriads and other indoor blooming plants using south or east windows. Anne will discuss potting mixes, seeds, cuttings, sources and beginning flowers. Meetings will include cutting, seed and plant exchanges. (Anne has been experimenting with blooming plants indoors for eight years. She is a member of the Indoor Light Gardening Society of America and would like to start a local chapter.)

ROSES: EVERYTHING YOU NEED TO KNOW

E-18

Dorothy Westervelt

539-2671

One Time: Saturday, 10:30am, June 23
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration

After Blueville Nursery's Second Annual Rose Show, Dorothy will discuss floribundas, grandifloras, hybrid teas and everything you need to know to select, plant, prune and care for your roses. Bring your questions and prepare for a beautiful treat - both by sight and by fragrance. (Dorothy has grown roses for more than 20 years and has grown to love them.)

FLOWER ARRANGING

E-20

Lynn Doxon

537-0938

One Time: Tuesday, 7-10pm, July 24
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration
 Materials Fee: \$1.00, pay at class Limit: 20

The basic principles of flower arranging will be covered including shape, color, containers and proportion. Japanese style arranging will be discussed. Each participant should come with two containers, one upright and one bowl or dish, and ten to fifteen stems of flowers, and will go home with two arrangements. (Lynn is a graduate student in horticultural therapy. She learned flower arranging as a child from one of Colorado's most prominent floral designers and in Japan from the founder of the Kobe school of flower arranging.)

GRAPE GROWING IN KANSAS TOUR

E-21

James Fair

537-1880

One Time: Tuesday, 7-9pm, June 26
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration

The Hiney Winery may be fictitious but there really is a three-year old 20-acre vineyard just nine miles east of Manhattan. Jim, who claims he owns the largest vineyard in Kansas, is experimenting with 11 different types of grapes. In this walking seminar, Jim will discuss irrigation, soils, grape types, cultural practices, winemaking and how to get started. (Jim is a retired Manhattan businessman who says, "Kansas is on the verge of becoming a very good wine state.")

MULCHING AND COMPOSTING

E-22

Harlan J. Trennepohl

532-5923

One Time: Tuesday, 7-9pm, June 26
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration Limit: 20

Experience is often the best teacher. In this class, you'll meet a teacher with loads of experience. Come on an on-site visit to an "almost organic" garden to see berries, rhubarb, asparagus, horseradish, corn, peanuts, potatoes, melons and squash. The techniques of mulching and composting will be discussed. (Gardening has been Harlan's avocation for 26 years and at this location for 11 years.)

FALL GARDENING AND SEASON EXTENDING

E-23

Ira Harritt

532-5866

One Time: Tuesday, 7:30-9pm, Aug 7
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration

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

SAND-DRYING FLOWERS

E-24

Georgia Becker

537-1987

One Time: Day, time and date to be announced
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration
 Materials Fee: 50¢, pay at class Limit: 12

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

CHILDREN'S 4-H GARDENING CLUB

E-25

Kay Sylvester

532-5866

Register and you will be contacted for time and date
 The instructor will call you for location

As a member, children between the ages of 6 and 12 will be able to have their own garden. They will learn to grow and prepare vegetables and flowers. The club will meet once a week as a group. (Kay is coordinator of the Manhattan Community Gardens and a junior in Horticulture Therapy at K-State.)



ACCESSIBLE GARDENING PROGRAM FOR THE PHYSICALLY DISABLED

E-26

Lynn Doxon

537-0056 ext. 265

Section I: May 20-July 31 \$10.00/section
 Section II: Aug 1-Oct frost

Location: You will be contacted by the instructor

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.)

EDIBLE LANDSCAPE: INTERNSHIPS AND VOLUNTEER PROGRAM

E-36

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 annual and perennial plant care? Here is your chance. We are looking for a few people to participate with us in learning and caring for our demonstration site. We require a commitment of time and interest. Come to our Intern and Volunteer meeting and find out what you can learn or how you can help.



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summer specials

POULTRY BARBECUING CLASS AND PICNIC

F-10

Myron Lawson

539-5041

One Time: Monday, 6pm, July 9
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration
 Materials Fee: \$3.00, pay at class

Where's the beef? Not here. We will be finding out the proper way to barbeque poultry. It's inexpensive, nutritious and so good to eat! After the class we will have a picnic with the chicken halves prepared. Please plan to bring chips or other picnic go-alongs to enjoy with your chicken. (Myron has been barbequing poultry for 15 years and cooks about 3,000 chickens annually.)

A JUG OF WINE, A LOAF OF BREAD AND . . . PICNICS FOR 2

F-11

Judy Blodig

456-7200 776-9164

One Time: Tuesday, 7:30pm, June 26
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration

Limit: 15

Picnic - an outing with food provided by members of the group, usually eaten in the open. We will explore some taste sensations in gourmet foods, cheeses and wine and help you make that next picnic for two something special. (Judy has worked for Bit-O-Gold 3 years and was instrumental in the expansion of their gourmet line. She has picnicked since she was a child.)

SUPER SUMMER SALADS

F-12

Terry Nelson

776-1579

One Time: Wednesday, 7pm, July 25
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration
 Materials Fee: \$5.00, pay at class

Limit: 8

An evening preparing three different cool summer salads, taking advantage of in-season fruits and vegetables. Amateurs only! (Terry is the Eastside & Westside Market owner/operator and fruit and vegie enthusiast.)

FISH AND SEAFOOD BONANZA-SUMMER SESSION I BARBECUE

F-13

Sharon Staples

537-1147

One Time: Monday, 7-9pm, June 25
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration
 Materials Fee: \$2.00, pay at class

Limit: 12

Summertime and the living is easy...and the easy way to prepare fish from those summer fishing expeditions is to grill them outdoors. We will be barbequing salmon, a variety of fish fillets and shrimp. A way to smoke fish at home will also be discussed.

FISH AND SEAFOOD BONANZA: SUMMER SESSION II COLD SEAFOOD SALADS

F-14

Sharon Staples

537-1147

One Time: Monday, 7-9pm, July 23
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration

Shrimp and other seafoods are quick and can be prepared in so many exciting ways. Isn't that just what is wanted on these hot summer days when spending time in the kitchen can be a chore? Join us as we explore the variety of cold, taste-tempting summer seafood salads available including cold spiced shrimp and avocado shrimp salad. (Sharon is owner of the Fish Shoppe in Manhattan and has taught other popular seafood classes for UFM.)

FRUIT SOUPS AND GAZPACHO

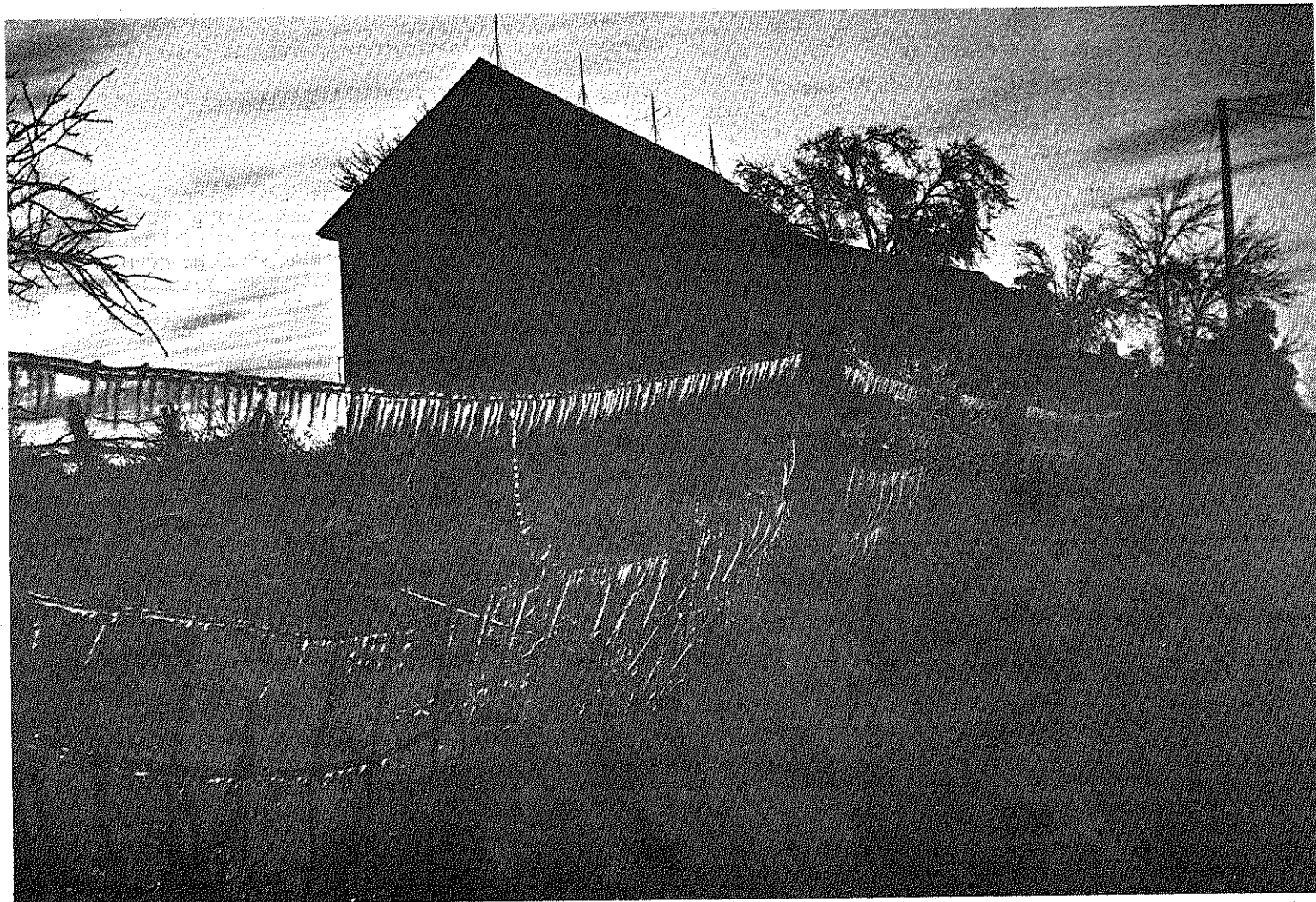
F-16

Doris Swartz

One Time: Thursday, 7:30pm, July 19
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration
 Materials Fee: \$2.00, pay at class

Limit: 10

Cold soups? Yes and if you haven't tried them you have been missing one of the true treats of summer. Gazpacho - a crisp, savory soup that uses a variety of summer garden vegetables. Fruit soup uses your favorite summer fruits in a slightly sweet, tangy base. Cool ways to eat on those hot summer days. (Doris majored in home economics, has traveled to 14 countries collecting recipes along the way and has 25 years of experience in the kitchen.)



Glenn Hoover 1st, Scenery "Winter Weaving"

fabulous foods

IF YOU KNEW SUSHI

F-1

Akihiro Noma

532-5970

One Time: Wednesday, 7-9pm, July 18
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration
Materials Fee: \$7.00, pay at class

Limit: 10

Sushi is a tradition in Japanese Cuisine. We will concentrate on the makizushi and nigirizushi forms of this healthy, low calorie dish made with rice. Students will participate in learning the techniques of preparing, stuffing, and wrapping the various ingredients used to create this Oriental delicacy. (Aki, born in Japan, learned to prepare sushi from his mother.)

BEERMAKING

F-2

Greg Love

537-3588

Tuesdays, 7-9pm First Meeting: July 17 Length: 3 times
Location: Will be noted on your receipt
Class Fee: \$7.00, pay with registration
Materials Fee: \$5.00, pay at class

Limit: 8

Homebrewed beer - the beer for discriminating palates. Come learn the brewer's art. We will make, bottle and taste different varieties of beer. (It is legal to make up to 200 gallons a year for a two-adult family) (Participation subject to state laws.) (Greg has taught this class many times and finds brewing enjoyable and affordable.)

COTTAGE CHEESE

F-3

Ron Pauli

539-6569

One Time: Monday, 7-9pm, June 25
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration

Limit: 10

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

FOOD BUYING COOPERATIVE

F-4

Mary K. Brinker

Saturday, 9:30-10:30am, June 23
Location: Will be noted on your receipt
Class Fee: \$2.00, 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.)

VEGETARIAN COOKING

F-15

Julie Coates, Mary K. Brinker

532-5866

One Time: Tuesday, 7:30pm, June 26
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration
Materials Fee: \$3.00, pay at class

Limit: 10

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 tastetreats. (Mary K and Julie both love to cook and have years of experience with meatless diets.)

SUPERMARKET TOUR: SPECIALTY AISLES AND BEHIND THE SCENES

F-17

Virgil Smith, Jim Peterson

539-7631

One Time: Tuesday, 10am, June 26
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration

Have you been down the gourmet, health food and specialty aisles of your local food stores and wondered what in the world you would do with what you see, or, do you just pass those aisles by? This is your chance to find out about these and other departments in a local grocery store. We will be going behind the scenes to visit the produce department, new fish and seafood section, meat cutting, deli and bakery. Find out how your food is handled from truck to display shelf. (Virgil, manager, and Jim, assistant manager of the Westloop Dillon's store are looking forward to expanding your knowledge of the food industry.)

WHAT'S IN THE PACKAGE?

C-27

Mindy Bunjes-Wilson

776-9294

One Time: 7:30-9:30pm, July 16
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

A brief history of food preservation and processing techniques, along with cultural and health-related basis for these. The types of food preservation (ie: dehydration, cold and heat preservation, chemical preservation, and irradiation) will be covered, along with the reasons these methods have come about. Emphasis will be on chemical preservation of foods, the safety of current food processing techniques, and documented effects of these on human health. Hand-out materials supplied. (Mindy, a registered dietician, is the Assistant Director of Mid-Kansas Senior Services Nutrition Program.)

LESS SUGAR IN YOUR BAKING

F-8

Karen Penner

532-5773

One Time: Monday, 7:30-9:30pm, June 18
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration

What are the functions of sugar in baked products? What happens to product quality when sugar is decreased in a recipe? Or when nutritive sweeteners are used instead of sucrose? Answers to these questions plus calorie contributions from various sugars and cost comparison of sweeteners will be given. (Karen is an Extension Specialist in Food Science, Extension Home Economics, KSU.)

BAKING BREAD

F-9

Denise Hebert

539-5778

Tuesdays, 7-9pm First Meeting: June 26 Length: 4 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Materials Fee: \$3.00, pay at class

Limit: 6

We'll learn some basics - such as mixing and kneading the dough, rising, and baking yeast breads. Recipes used will include white, whole wheat, and rye flours. Some time-saving techniques will also be demonstrated. (Denise has been baking bread for about 12 years and finds it very satisfying and a lot of fun.)

SAUERKRAUT

F-5

Charles Marr

532-6173

One Time: Wednesday, 7:30pm, June 27
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration

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

CREPES

F-6

Wanetta Boyle

One Time: Saturday, 5-7:30pm, July 14
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration
Materials Fee: \$5.00, pay at class

Limit: 12

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

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

F-7

Carol Nogy

539-8298

One Time: Saturday, 10am-12n, July 28
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration
Materials Fee: \$3.00, pay at class

Limit: 10

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.)



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skills

skills for jobs

BASIC RESUME WRITING AND INTERVIEWING SKILLS

SK-8

Bob Weber

Wednesdays, 6-8pm, July 11, 25 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration
 Materials Fee: \$2.00, 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.)

HOW TO SUCCESSFULLY INTERVIEW FOR A JOB

SK-9

Susan Scott Angle

532-6927

One Time: Tuesday, 7-8:30pm, June 26
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration

Many people believe that interviewing for a job just comes naturally - they're wrong! Understanding the interview process, practicing and knowing what to say and how to say it will increase participants' chances of interviewing successfully. (Susan is a counselor at the KSU Counseling Center.)

"SUPERSITTER" A RED CROSS COURSE

SK-7

Linda Frey, Tim McHenry, Darroll Marr

537-2180

Saturdays, 9am-2pm, May 26, June 2 (2 times)
 Location: Will be noted on your receipt
 Materials Fee: \$1.00, 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.)

TRAINING EMPLOYEES: A COURSE FOR SUPERVISORS

SK-10

Elias Saig

539-9960

Thursdays, 7:30pm, June 28, July 12 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration

Sharpen your skills in orienting and training employees. We will discuss effective approaches and techniques for training both new and current employees. Philosophy and principles will be touched on. This class is for supervisors, group leaders and those who train employees. (Elias is a student and practitioner of training and supervision techniques.)

GETTING YOUR REAL ESTATE LICENSE

SK-13

Craig King

537-2151

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

A look at state licensing requirements including pre-license education and testing, monetary investment, start-up time and what a licensed agent can expect to earn in the real estate business. (Craig is General Manager for Fireside Realty/Better Homes and Gardens.)

CAREERS IN TRAVEL

SK-15

Thea Garvin

539-0531

One Time: Tuesday, 7-9pm, July 17
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration Limit: 15

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

wood work

WOODSHOP CO-OP

SK-11

Dan Brabec

537-0459

Wednesday, 7-8pm, June 20, Mandatory organizational meeting
 Location: Will be noted on your receipt
 Membership Fee: \$25.00, 4 mos
 40.00, 8 mos Pay with registration
 60.00, 12 mos

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

BASIC CARPENTRY SKILLS FOR WOMEN

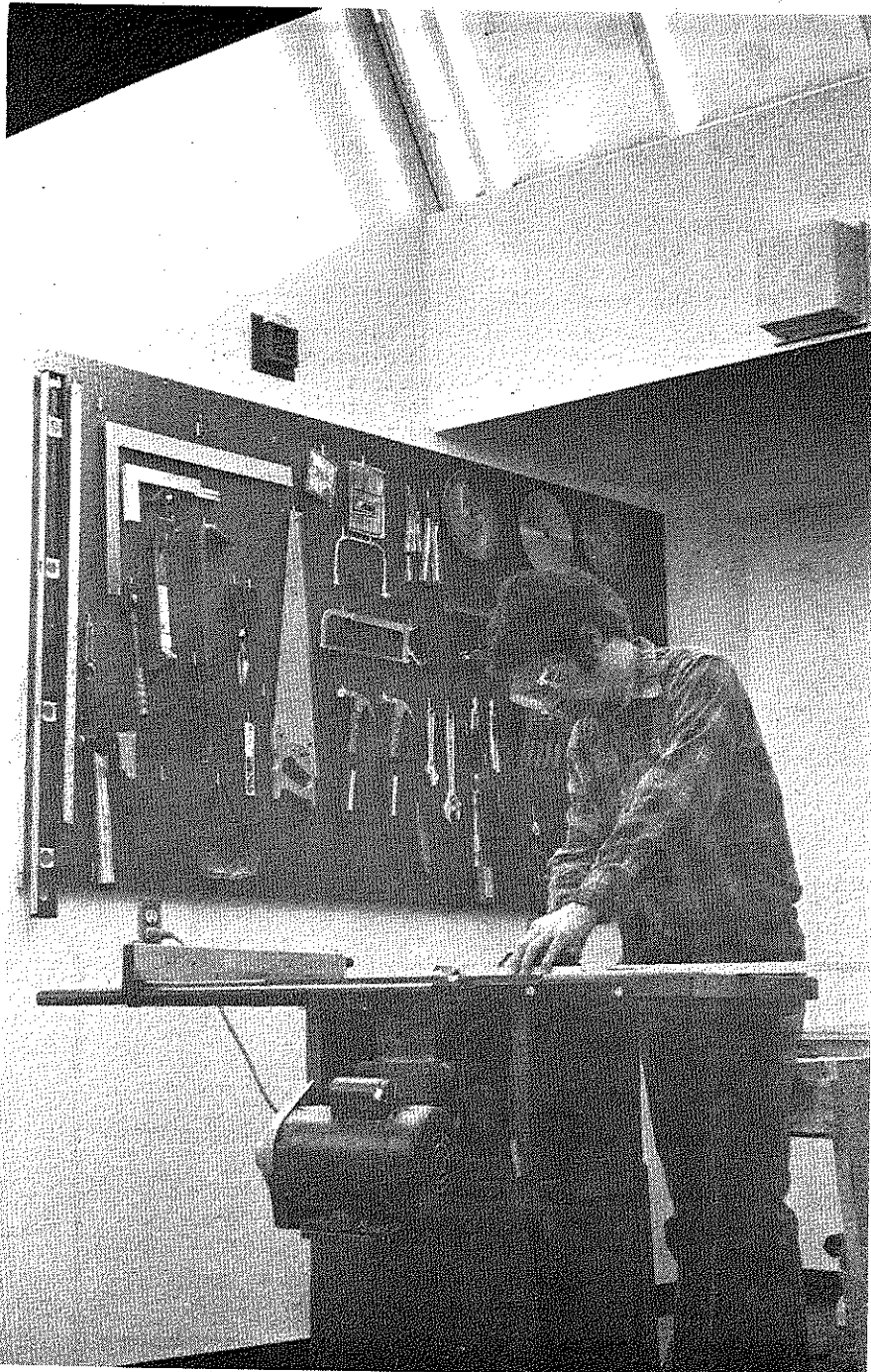
SK-12

Dan Brabec

537-0459

Mondays, 7pm, July 9, 16, 23 (3 times)
 Location: Will be noted on your receipt
 Class Fee: \$10.00, pay with registration Limit: 8

There are so many small carpentry jobs to do around the house, but where do you gain the skills to take care of them? Here! You will be instructed in the use of a handsaw, mitre box, driving nails and screws and use of assorted power tools like drills, table saw and belt sander. We will complete a woodworking project for UFM as we practice our new found skills. (Dan is the coordinator of UFM's Woodshop Co-op.)



variety: the spice of life

CPR

SK-1

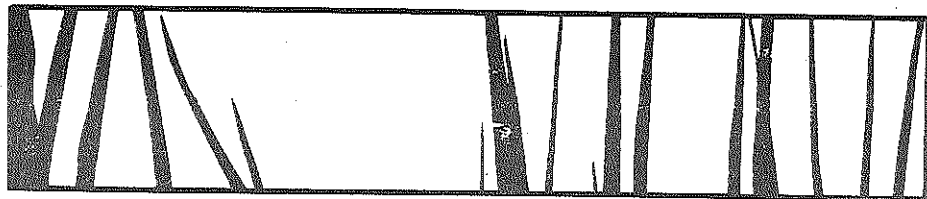
Joyce Halverson 532-6980
 Monday, Tuesday, Thursday, 7-10pm, June 25, 26, 28 (3 times)
 Location: Will be noted on your receipt
 Materials Fee: \$8.00, pay at class

The CPR Modular course is designed to familiarize participants in mouth-to-mouth resuscitation, single-rescuer CPR, obstructed airway, and CPR on an infant. The final class session is used primarily for test-out purposes. A written test and a practical test will be administered in order to certify competence. (Joyce is Assistant Director of Recreational Services, KSU Recreation Complex.)

SINGLES BARTER/EXCHANGE SK-14

Here's what a class fee of \$1.00 will do for you!

You live alone. You're very talented and versatile, but there's one task that gets your goat. You'd trade anything to get someone to do it for you. You know that person exists, but how do you find him/her? This is the place. Indicate your skill, services, possessions and hobbies available for barter and a list of your "wants." You receive a list and perhaps comments, evaluations, etc. If you've ever needed a plumber, babysitter, cook, Mr/Ms Fixit, mechanic, someone to clean or help buying a used car this exchange is for you. It's so logical!



taking care of things

BASIC AUTO MAINTENANCE

SK-2

John Edmonds
 Thursdays, 6:30-8:30pm, June 21, 18 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration Limit: 10

Want to save money and be sure the job is done right? Do it yourself! John will discuss the basics of auto maintenance. In the first class, John will demonstrate how to change the oil and oil filter. The following session, bring your car, oil and oil filter and you will get a chance to do your own. (When his water pump went out, John was able to purchase the needed tools with the money he saved by doing the job himself.)

LAWNMOWER AND GARDEN TOOL CARE SK-3

Jim Taylor 539-2120
 One Time: Monday, 7-9pm, June 25
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration

Aimed at the do-it-yourselfer, this class will cover lawnmower and garden tool care. We will cover blade sharpening and balancing, changing oil and other simple maintenance tasks involved in the care of your home rotary lawnmower and how to sharpen and maintain garden tools to lengthen their working life. (Jim owns a small engine repair and tool sharpening shop.)

OLDER HOME RENOVATION SK-4

T. Russell Reitz 539-4173
 One Time: Monday, 7pm, June 25
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration

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

BASIC MOTORCYCLE MAINTENANCE SK-5

Richard Harris, George Sellens 776-0247
 One Time: Tuesday, 7pm, July 17
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration

From fouled spark plugs to rusty chains, this course will cover things beginning motorcyclists need to know about bike maintenance. We will discuss how to inspect a used motorcycle and how to choose the cycle that's best for you. If there is class interest we will discuss riding safety. Bring your motorcycle if you have one and a notebook and pencil. (Richard has been involved with motorcycling since 1967 and previously owned the Parts Merchant. George has been enjoying motorcycling most of his life.)

BASIC BICYCLE MAINTENANCE SK-6

Steve Dennis 537-8832
 One Time: Tuesday, 7-9pm, July 10
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration Limit: 12

Whether for basic transportation or recreation, the way you take care of your bike can effect 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.)

INTRODUCTION TO COMPUTERS

SK-16

John Radenberg, Mark Gorman 537-1075
 One Time: Sunday, 2-4pm, June 24
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration

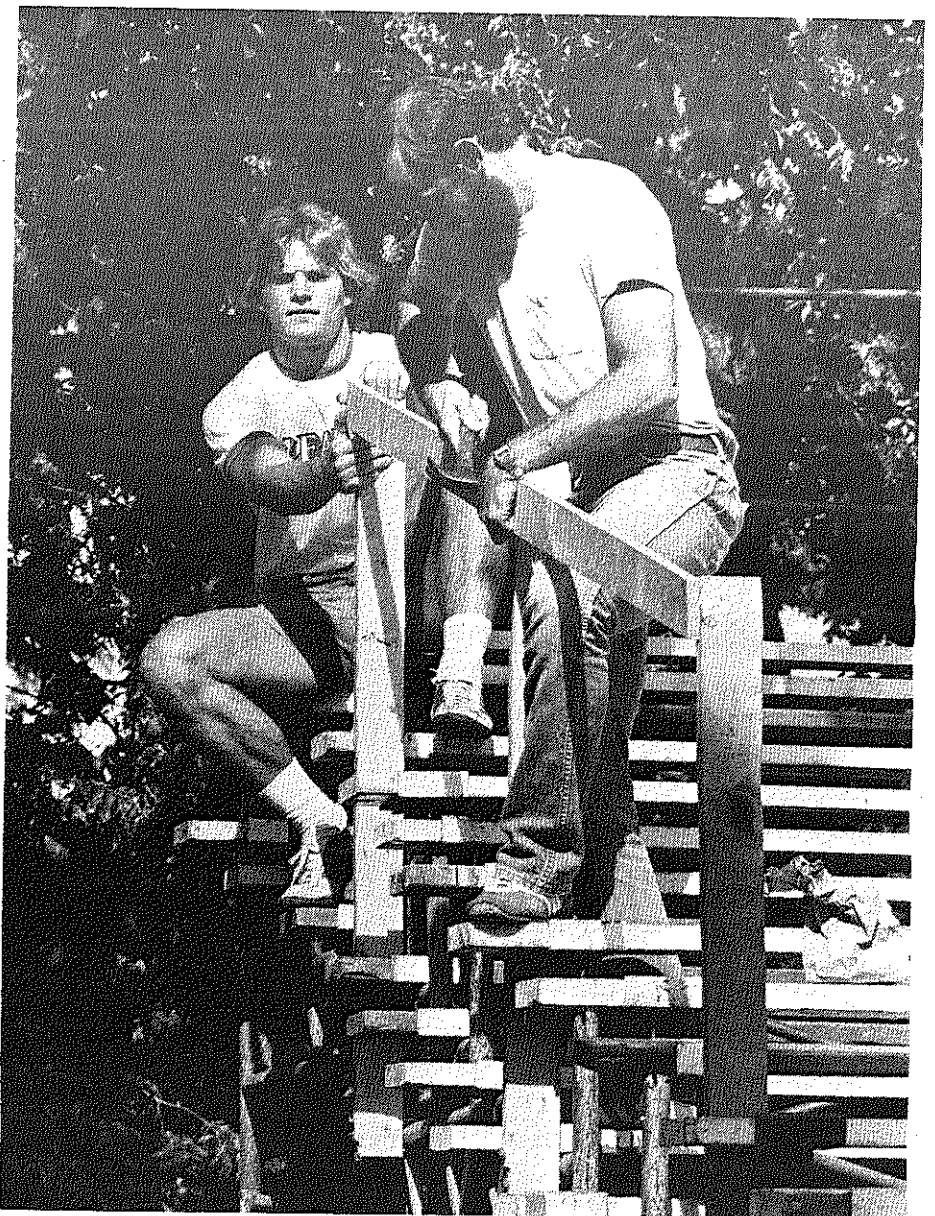
Computers are becoming a part of our daily lives. Let us help you better understand the magic and potential of computers. A class planned with those who have little knowledge of computers in mind. (Mark owns Compu-type. John is a freelance software developer.)

PLANNING YOUR WEDDING

SK-17

Dawn and Al Rookstool 539-3436
 Section I: Monday, 7pm, July 9
 Section II: Thursday, 7pm, July 12 (This class in Junction City)
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration Limit: 15 couples

Come and learn about different types of weddings: casual, informal and formal. We will cover in detail the proper procedures for writing announcements and invitations. Different styles of tuxedos and bridal dresses will be shown. Also, we will cover choosing flowers, cake and a photographer, and other aspects of wedding planning. (Dawn and Al, after having a successful wedding and cutting costs would like to share these skills with others. They are the new owners of Dawnal's Ruffles and Romance, a bridal shop.)



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BEGINNING PEN AND INK DRAWINGS FA-43

Rand Gaston 776-6358
 Wednesday, 7-9pm First Meeting: June 27 Length: 7 times
 Location: Will be noted on your receipt
 Class Fee: \$10.00, pay with registration Limit: 10

Learn to draw with a quill and ink. Techniques of foreshortening, balance and shading will be stressed. After our first class we will be going to locations about town like the lake, zoo, cemetery to work. Please bring your own pad and board on which to draw. (Rand, a serious artist, loves to draw. He hopes to be a cartoonist, science fiction/fantasy are his specialties.)

BEGINNING CHARCOAL SKETCHING FA-44

Rand Gaston 776-6358
 Tuesdays, 7-9pm First Meeting: June 6 Length: 6 times
 Location: Will be noted on your receipt
 Class Fee: \$10.00, pay with registration Limit: 10

Still life drawing and portraits will be included in this beginning class on drawing with charcoal, with emphasis on blending techniques. We will be going to a few sites to do landscapes. Please bring your own pad and board on which to draw.

ORIGAMI FA-46

Akihiro Noma 532-5970
 Wednesday, 7-9pm, July 11 (one time)
 Location: Will be noted on your receipt
 Class Fee: \$4.00, 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.)

CALLIGRAPHY FA-47

Linda Salmon 776-2148
 One Time: Tuesday, 1:30-3:00pm, June 26
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration
 Materials Fee: \$1.00, pay at class Limit: 15

Calligraphy - the art of beautiful lettering will be introduced in this one time class. We will learn one calligraphy alphabet and discuss lettering tools, materials and references. (Linda has been practicing calligraphy for over four years.)

...and crafts

APPLE HEAD DOLLS FA-53

Fran Fox
 One Time: Saturday, 1-3pm, July 14
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration Limit: 15

Participants in this workshop will learn how to make a 12" apple head doll. Fran will introduce the class to the basic techniques involved in carving a face and creating a doll body. She will share her experience with creating figures of different types such as the traditional "granny." All materials will be provided. (Fran is the president of Topeka's Treasured Doll Club and a member of the United Federation of Doll Clubs. She has been carving faces on peeled apples for over 25 years.)

INTRODUCTION TO WHEAT WEAVING FA-31

Paulette Schaller 776-7017
 One Time: Wednesday, 7-9:30pm, June 20
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration
 Materials Fee: \$2.00, pay at class Limit: 8

Wheat weavings are based on an ancient English custom of weaving grain stalks into designs which were believed to preserve the goddess of fertility. This class will teach you how to select wheat and prepare it as well as the basic weaving techniques. (Paulette has been wheat weaving 4 years. She attends workshops annually to learn new weaves and techniques.)

COUNTRY "WELCOME" SIGN FA-50

Susan Toy 537-2084
 Section I: Saturday, 1:30-3:45pm, July 14
 Section II: Monday, 9:45-12n, July 23
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration
 Materials Fee: \$5.00, pay at class Limit: 5

Your home is a special place! Welcome people in with a folkart painted wooden welcome sign. All supplies will be provided for this special project class.

PADDED PICTURE FRAMES FA-51

Susan Toy 537-2084
 Section I: Thursday, 9:30-11:30am, July 12
 Section II: Monday, 1:30-3:30pm, July 16
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration
 Materials Fee: \$5.00, pay at class Limit: 5

That wedding picture of Grandma and Grandpa will look just perfect in a Victorian or padded picture frame. Simple to make but oh so special! All materials will be provided to help you fabricate a frame for that special someone's picture. (Susan, one of the owners of the Containery Etc. enjoys sharing her skills with others.)

RUGMAKING: BRAIDING, WEAVING, CROCHETING, TOOTH BRUSH HANDLE FA-28

Fran Walter 539-2961
 Section I: Fridays, 1:30-4pm, June 22 & 29
 Section II: Fridays, 7-9:30pm, June 22 & 29
 Location: Will be noted on your receipt
 Class Fee: \$7.00, pay with registration
 Materials Fee: 10¢/page, 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. In the second class, bring materials needed to work on the kind of rug you wish to learn. (An early interest in rugmaking has led Fran to learn many ways to create rugs from rags.)

TATTING - THE ART OF MAKING LACE FA-29

Jessie Foveaux
 Wednesdays, 7-9pm, June 20, 27, July 11 Length: 3 times
 Location: Will be noted on your receipt
 Class Fee: \$7.00, pay with registration Limit: 6

Tatting, or "Frisolite" as the French call it, is a very old art. This process of making lace by looping and knotting a single strand of thread on a small shuttle seems to have originated in Europe. Years ago tatters used very fine thread and many long "picots," to create a lacy effect. Modern tatting has shorter and fewer picots, uses heavier thread, and will outwear the cloth it is on. Please bring a plastic tatting shuttle, spool of tatting thread, crochet hook or needle and a basic tatting instruction booklet. (Jessie has been tatting 74 years. She learned this art from her grandmother.)

BEGINNING CROCHETING FA-30

Cindy Bieler 539-6087
 Mondays, 7-8pm, June 25, July 2 Length: 2 times
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration Limit: 10

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

PADDED BASKETS FA-49

Susan Toy 537-2084
 Section I: Tuesday, 1:30-3:30pm, July 31
 Section II: Tuesday, 7-9pm, July 31
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration
 Materials Fee: \$7.00, pay at class Limit: 5

Country or Victorian baskets are one of the hottest decorative accessories - seen in all the country living magazines! Each class member will complete a basket with furnished materials in the fabric of their choice.



that wonderful mud

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

FA-1

Amy Jo Gatschet

776-3135

Wednesday, 7-8pm, June 20, Mandatory organizational meeting
Location: UFM Pottery Studio
Membership in studio: \$20.00, 8 weeks
30.00, 16 weeks
40.00, 24 weeks

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

UFM POTTER'S GUILD

FA-2

Norm Lally

1-468-3696

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

BEGINNING POTTERY

FA-3

Joel Kells

776-7400

Thursdays, 7:30-9:30pm First Meeting, June 21 Length: 8 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration Limit: 8
Materials Fee: \$10.00, pay at class

Learn how to make your own wheel-thrown and handbuilt pottery - starting from raw clay to the finished glazed piece. Produce functional mugs, bowls, lidded containers, or sculptural forms. Various techniques will be demonstrated, and you will have the opportunity to work on projects of your own choosing. (Joel has 3 years experience with ceramics, and has taught this class previously at UFM.)

ADVANCED POTTERY

FA-4

Zoraida Rivera

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

A small class for those who already know how to throw pots on the wheel, but would like to work on detail and experiment with new techniques. This is for those interested in functional pottery. (Zoraida has taught for UFM several years and looks forward to seeing former students in this class.)

RAKU POTTERY

FA-7

Amy Jo Gatschet

776-3135

1st meeting: Wed 6:30-8:30pm, July 18
2nd meeting: Wed 6:30-8:30pm, July 25
3rd meeting: Saturday 9am-12n, Aug 4, firing date
Location: UFM Pottery Studio
Class Fee: \$7.00, pay with registration
Materials Fee: \$6.00, pay at class Limit: 6

Raku, originating with the ancient Japanese Tea Ceremony, is a very spontaneous and exciting experience. This class will form, glaze and fire their own pieces. UFM has a very nice gas kiln for use by this class. You will learn how to set it up and fire it when you load your own pieces. This Raku technique of reduction firing is unique in that each piece only takes about 20 to 30 minutes to completion so that you are able to see the finished results without waiting - unlike an oxidation firing.

CERAMIC MASKS

FA-8

Steven Johnson

537-8354

Mondays, 7-9pm First Meeting: June 25 Length: 4 times
Location: Will be noted on your receipt Limit: 8
Class Fee: \$10.00, pay with registration
Materials Fee: \$6.00, pay at class

This class will cover basic sculptural techniques in ceramics, emphasizing individual creativity through various mask-making projects. (Steven has designed and sculpted his own masks for years, and has taught this class at UFM before.)

creative kids

PLAY WITH CLAY (4-6 YEARS OLD)

FA-5

Janet Chamberlain

776-8133

Saturdays, 10-11am First Meeting: June 23 Length: 4 times
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration
Materials Fee: \$3.00, pay at class Limit: 6

Want to get messy and not get yelled at? Come join us for a good time making funny shapes out of clay. (Janet is an active member of the UFM Pottery Co-op, and enjoys playing with children and clay.)

CERAMICS FOR CHILDREN AGES 7-10

FA-6

Amy Gatschet

776-3135

Wednesdays, 9:30-11:00am First Meeting: June 20 Length: 6 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Materials Fee: \$10.00, pay at class Limit: 6

In this class we will make useful and decorative items from clay. The children will experience their work from a mere ball of clay to a finished piece. (Amy enjoys working with clay and children and hopes the class will be fun.)

STENCILING FOR CHILDREN (AGES 8 OR OLDER)

FA-52

Susan Toy

537-2084

Section I: Friday, 9:30-11:30am, Aug 3
Section II: Saturday, 9:30-11:30am, Aug 4
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration
Materials Fee: \$3.00, pay at class Limit: 5

Stenciling is both fun and easy! We will practice cutting a stencil and then find out how to apply the design to a wood basket that we make in class. All materials provided.

DELIGHTFUL PUPPETS FOR CHILDREN (2-6 YEARS OLD)

FA-45

Jeanne L. Yang

539-1514

Section I: Monday, 10-11:15am, July 9
Section II: Wednesday, 10-11:15am, July 11
Section III: Friday, 10-11:15am, July 13
Location: Will be noted on your receipt
Class Fee: \$3.00/section, pay with registration
Materials Fee: \$1.00, pay at class Limit: 12

Puppets can be used in many ways in songs, poems and stories. Students will participate in these and the activities associated with making the puppets. Jeanne will present several delightful puppet shows. Parents must accompany. (Jeanne holds a teaching degree, is a member of PIE (Puppetry in Education), has taught several years in public and runs a private nursery school.)

INTRODUCTION TO THE SUZUKI METHOD OF VIOLIN

FA-25

Vicki Shult

776-9911

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

If you have been curious about the Suzuki violin method for young children and whether it would suit your child, this session is for you. Explanation of the philosophy behind the method, description of how and why the method works and the parental involvement required. We will have a demonstration by some of the Westron Wynde Suzuki Players and an opportunity to talk to parents whose children have begun.

WEAVING FOR CHILDREN

FA-9

Susan & Lisa Lala

537-9610

Tues, Weds, Thurs, June 12, 13, 14, 10-11:30am Length: 3 times
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration Limit: 8

Weaving for 10, 11, and 12 year olds. Each person will weave a small wall hanging on a cardboard loom and a placemat on a floor loom. (Susan and Lisa are a duo who like to weave together and share the fun with others.)

PAINT YOUR T-SHIRT (AGE 7 AND UP)

FA-41

Susan Toy

537-2084

Section I: Friday, 1:30pm, July 6
Section II: Saturday, 9:45am, July 14
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration
Materials Fee: \$3.00, pay at class Limit: 5

Have a message you want to tell the world? Susan can help you express yourself! Bring your own T-shirt and decorate it with a rainbow, your name, hearts, or your special design using permanent glass, glitter, and puffy paints. Enough paint will be provided to do 3 T-shirts. (Susan, owner of The Containery Craft Shop, has shared this skill with UFM participants and many local clubs and groups.)



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UFM PHOTOGRAPHY DARKROOM COOPERATIVE (BLACK & WHITE & COLOR)

FA-12
532-5866

Neil Schanker

Organizational Meeting: Monday, 5-5:30pm, June 18 (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	\$10, renewals	
1 semester	25, new members	20, renewals	(pay with registration)
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	\$15, renewals	
1 semester	30, new members	25, renewals	(pay with registration)
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 \$2.00/hr. (Neil is coordinator of the UFM darkroom.)

BLACK & WHITE DARKROOM

FA-13

Mary Ward

539-2016

Thursdays, 7-10pm, July 12, 19, 26 Length: 3 times

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

Materials Fee: \$1.00, pay at class Limit: 4

An introductory class to familiarize you with the basic techniques of the darkroom. You will learn how to process your own black and white film and make your own prints. We will provide everything but exposed film and a camera. (Mary has been interested in photography for several years and enjoys sharing her skill with others.)

BLACK & WHITE DARKROOM

FA-14

Brad Skaggs

537-7764

Wednesdays, 7-10pm, July 11, 18, 25 Length: 3 times

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

Materials Fee: \$7.00, pay at class Limit: 5

This class will show you how to develop and print the pictures you shoot. Come discover the fun of this hobby, all you need is a camera (preferably a 35mm SLR). (Brad has been working in the dark for about 3 years.)

BEGINNING COLOR PRINTING FROM SLIDES

FA-15

Dan Ray

776-4240

Wednesdays, 7:30-10pm First Meeting: June 27 Length: 6 times

Location: Will be noted on your receipt (no July 4 class)

Class Fee: \$10.00, pay with registration
Materials Fee: \$25.00, pay at class Limit: 10

The basics of color printing including discussions of the equipment and supplies needed to make color prints from color slides. No darkroom experience is necessary. Each student will have the opportunity to make 2 or 3 prints from slides they bring to class. (Dan, a local businessman for 4 years, has been a professional photographer for 15 years and has many years of darkroom experience.)

SAY IT WITH PICTURES: INTRODUCTION TO PHOTOGRAPHY

FA-16

Denis Hancock

776-3246

Tuesday, 7-9pm June 26 (one time)

Location: Will be noted on your receipt
Class Fee: \$4.00, 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.)

BEGINNING PHOTOGRAPHY

FA-17

Ernie Peck

537-9883

Class: Tuesday, Wednesday, Thursday, 7pm, June 26, 27, 28

Shooting: Saturday, 8:30am-4:30pm, June 30

Critique: Tuesday, 7pm, July 3

Location: Will be noted on your receipt

Class Fee: \$10.00, pay with registration

Materials Fee: \$25.00, pay at class Limit: 12

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

16 fine arts

at the end

NATURE PHOTOGRAPHY LECTURE AND FIELD TRIP

E-29

Doug Scheule

539-3667

Wednesday, 7-10pm, June 27; Saturday, 9am-12n, June 30

Location: Will be noted on your receipt

Class Fee: \$4.00, pay with registration

Materials Fee: \$1.00, pay at class

Limit: 7

This class will touch on some of the many aspects of nature photography, and its scope will ultimately be defined by the interests and the collective experiences of its participants. Discussion will include techniques/equipment used, especially in the areas of close-up/macro and wildlife photography. Please bring along any equipment/photographs that may be illustrative and stimulate discussion or questions. In the second class we will travel to nearby wild places for some practice in photographing nature. (Doug has read about and dabbled in the area of nature photography for the past couple of years and has concentrated on birds and macro work.)



Gregg Matthews 3rd., Animals "Jimmy"

under and over

HANDWOVEN SWEATER

FA-10

Susan Lala

537-9610

Tuesdays, 6:30-9pm First Meeting: July 10 Length: 3 times

Location: Will be noted on your receipt

Class Fee: \$10.00, pay with registration

Limit: 4

Materials Fee: \$40.00-\$60.00, pay at class (depending on size and type of yarn)

Weave a sweater for the coming winter. This will be in double weave. You will need to plan extra time to weave between classes. Mohair and wool yarn will be provided - come to UFM to make your color selection.)

WEAVING STUDIO TIME

FA-11

Susan Lala

537-9610

Organizational Meeting: You will be contacted

Studio Time: June 18-July 6

Location: Will be noted on your receipt

Class Fee: \$10.00, pay with registration

Limit: 4

Choose your own time to weave on your own. Plan your own projects using the looms in the UFM weaving studio. We will meet one time to assign looms and discuss your weaving plans. Susan will help you plan projects if desired. Previous experience is necessary.

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song and dance routine

FLINT HILLS DULCIMER PLAYERS

FA-19

Linda Teener

537-0508

Wednesdays (every other week), 7-8:30pm First Meeting: June 20
 Location: Will be noted on your receipt Length: indefinite
 Class Fee: \$2.00, pay with registration
 Materials Fee: \$4.00, pay at class

Flint Hills Dulcimer Players is a group of mountain dulcimer players who meet to play together, share tunes, and learn new techniques. We play primarily traditional American music. There are no skill requirements. Come join the fun! (Linda plays both mountain and hammered dulcimer and likes to play with others.) (Bring your own Dulcimer.)

HAMMERED DULCIMER GET TOGETHER

FA-20

Linda Teener

537-0508

Saturday, 1-4pm, June 23 (one time)
 Location: Will be noted on your receipt
 Class Fee: \$2.00, pay with registration

Much of the joy of playing the hammered dulcimer comes from learning with others. Bring your dulcimer and let's share some tunes and playing ideas. If one dulcimer sounds good, imagine what four, five or six together would sound like!!

BANJO

FA-21

Dave Verschelden

539-4160

Wednesdays, 7:30-8:45pm, July 11, 25, Aug 8 Length: 3 times
 Location: Will be noted on your receipt
 Class Fee: \$7.00, pay with registration Limit: 5

Learning to play banjo is like climbing a great, ice covered mountain; you will need 3 picks (2 aluminum finger picks and one plastic thumb pick). This instruction will be non-formal (I don't read or write music.) It will include instruction on reading banjo tablature, chords, picking patterns and a little theory which will enable one to accompany folk and bluegrass music and singing. A portable cassette recorder will be useful. Oh yeah, you'll need a 5-string banjo. (Dave has turned people on to (and off) the banjo for several years.)

INTRODUCTION TO GUITAR

FA-22

Bill Evans

776-9911

One Time: Thursday, 7-8:30pm, June 14
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration Limit: 6

If you've recently acquired a new guitar, a garage sale bargain or have one collecting dust in the closet, bring it in and get a few tips on the basics - to get you started right or to rekindle your old enthusiasm. This one-time session will include a few simple chords, fingering, picking, strumming and practice tips as well as tuning and how to change strings. (Bill is a K-State business major who runs a DJ service and has had considerable experience playing and teaching guitar.)

YOU CAN LEARN TO PLAY KEYBOARD

FA-23

Vicki Shult

776-9911

One Time: Sunday, 11:30am-1pm, June 10
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration Limit: 5

An introduction to keyboard instruments, like the piano, for adults who know little or nothing about note reading or playing. Find out how easy it can be to get started making music yourself. A one-time session to help you find out what you can do. (Vicki is not a keyboard teacher but can help you take the 'can't do it' out of getting started.)

RECORDER GROUP

FA-24

Vicki Shult

776-9911

Sundays, 6:30-8pm, June 10, 17 and one in July to be arranged
 Location: Will be noted on your receipt Length: 3 times
 Class Fee: \$2.00, pay with registration Limit: 12

This group offers a chance for people who play recorder to get together and enjoy a few group sessions. Please indicate what recorders you play or own and level of proficiency. (Vicki has studied, played, performed and taught recorder and has led recorder groups for many years.)

MUSIC AND ELECTRONICS

FA-26

Curt Gunther

776-9911

One Time: Sunday, 4:30-5:30pm, July 8
 Location: Will be noted on your receipt
 Class Fee: \$3.00, 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 slip your primary interest.

USE OF EFFECTS WITH ELECTRIC GUITAR

FA-27

Curt Gunther

776-9911

One Time: Sunday, 2-3:30pm, July 8
 Location: Will be noted on your receipt
 Class Fee: \$4.00, 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 "Oui 3.")

ISRAELI FOLK DANCING

FA-39

Paul Weidhaas

539-4805

One Time: Friday, 7:30-9:30pm, June 15
 Location: Will be noted on your receipt
 Class Fee: \$2.00, pay with registration

Join the Flint Hills Folk Dancers at a special Israeli evening of horas, line and couple dances. No partners needed. Beginners always welcome! (Paul has particularly enjoyed Israeli folk dancing for ten years.)

BARN DANCE

FA-40

Enid Cocke

539-6306

One Time: Friday, 7:30-10pm, June 29
 Location: Will be noted on your receipt
 Class Fee: \$2.00, pay with registration

Join the Flinthills Folkdance Fellowship for an evening of traditional American and English dancing. We'll dance contras, squares, and couple dances. No experience or partner necessary. (Enid has performed with exhibition folk dance groups, taught at university dance workshops, and served on the staff at dance camps.)



Michael Bleich 1st, People "Untitled"



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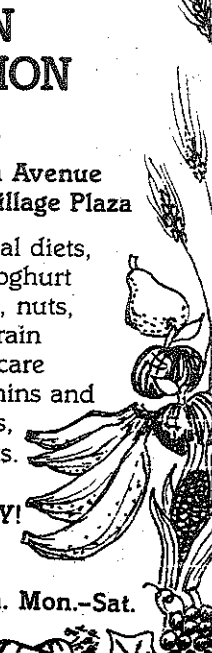
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words of wisdom

SIGN LANGUAGE

FA-32

Natalie Smith 532-5478

Tuesdays, 7-9pm First Meeting: June 26 Length: 7 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Materials Fee: \$1.00, pay at class Limit: 25

Say it in sign language. Experience the world of non-verbal communication in which the hearing-impaired live. This class will cover the basic sign alphabet and some conversational phraseology (with multiple signs). Come prepared to re-learn your own language. (Natalie learned sign language from her parents who are both deaf.)

BOOKS BY AND ABOUT WOMEN

FA-33

Lorrie Cross 539-5337

Wednesdays, 7:30-9pm First Meeting: June 20 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration

Women writers say special things. Women readers often hear them. This class provides time for women to talk with each other about novels, non-fiction works, humor and satire. Dimensions of self-image shaped by literary models are examined as we discuss books selected by group members. Suggested books for this summer are Sisters by Elizabeth Feinshell, Little Women by Louisa May Alcott, Crucial Conversation by May Sarton. (Lorrie has been a member of the group since 1978 and is interested in women's issues.)

WOMEN'S SOCIAL NOVELS

FA-34

Flossie Snyder 776-7608

Tuesdays, 7:30-10pm First Meeting: June 19 Length: 7 times
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration Limit: 15

Are women who want to change society crazy? Is society crazy? Topics include child-rearing, education, violence, madness, heroines of historical social movements. Possible readings: The Convert, The Living Is Easy, Woman on the Edge of Time, The Mill on the Floss, Mary Barton. (Flossie teaches English at KSU and has a special interest in women's literature.)

CLOSET O'NEILLS

FA-35

Ramona Lucius 539-7190

Saturdays, 2-4pm First Meeting: June 23 Length: Indefinite
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration Limit: 10

For all those people who have been writing plays in the closet, now is the time to come out and share them. People interested in the process of play writing should also attend. We will discuss dramatic techniques, write some plays of our own and possibly look at some professional plays. (Ramona is working on a masters degree in play writing and has had her play "Flying" produced at KSU.)

PROFESSIONAL NOVEL WRITING

FA-36

Leonard Bishop 1-258-2066

Thursdays, 7-10pm, June 21, 28 (2 times)
Location: Will be noted on your receipt
Class Fee: \$7.00, pay with registration Limit: 12

We'll be reading and critiquing manuscripts and sample chapters students bring, something you've written recently, three to ten pages. Leonard will answer questions you have on novel writing, and questions about the publishing world and literary agents. (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, The Butchers.)

SHARING PRE-SCHOOL BOOKS

FA-37

Anita Shores 776-4741

One Time: Tuesday, 7-8:30pm, June 19
Location: Manhattan Public Library Limit: 30

A talk about children's books - past and present. Included will be a tour of the children's room, a discussion of reference books available on children's literature and time for group discussion. (Anita has been the children's librarian at Manhattan Public Library, for 4 years and has worked with children for 20 years.)

PUBLIC LIBRARY SERVICES FOR ADULTS

FA-38

Fred Atchinson 776-4741

One Time: Tuesday, 7-8:30pm, June 26
Location: Manhattan Public Library Limit: 30 (minimum 10)

What does the Manhattan Public Library have to offer you? Come for a tour of the library, a review of how to use the public library, a listing of adult services offered and a discussion of the purpose of the public library in our community. (Fred is the Head of Reference, Manhattan Public Library.)

18 fine arts

so it seams

DESIGNER JEANS

FA-56

Eloise Brown 537-8919

One Time: Thursday, 7-9pm, June 7
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration

Calvin Klein - move over! Your secret is out. Tips on constructing designer jeans will be presented. You can have great looking jeans designed to fit you at a fraction of the cost. (Eloise loves to sew and has made numerous pairs of jeans for herself and her family.)

MACHINE THREAD PAINTING

FA-57

Judy Nelson 537-8919

Tuesdays, 7-9pm First Meeting: June 5 Length: 3 times
Location: Will be noted on your receipt
Class Fee: \$7.00, pay with registration
Materials Fee: \$15.00, pay at class

Make your own patches, pictures and appliques. All you need is a zigzag sewing machine to enjoy thread painting. If you don't have one, we will provide one for class. Materials fee includes instruction sheets and materials. (Judy teaches this and other sewing classes at Bernina of Manhattan.)

SEWING LINGERIE

FA-54

Marie Jackson 776-6738

One Time: Tuesday, 10am-12n, June 26
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration
Materials Fee: \$4.00, pay at class Limit: 10

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.)

SEWING SWIMSUITS

FA-55

Marie Jackson 776-6738

One Time: Thursday, 10am-12n, June 28
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration
Materials Fee: \$4.00, pay at class Limit: 10

All bodies are not created equal! Make a swimsuit that is really you and no one else. See, discuss and ask questions at this demonstration of sewing techniques using the stretchy swimwear fabrics.

FINISHING YOUR NEEDLECRAFT (THIS CLASS MEETS IN JUNCTION CITY)

FA-18

Diana Gauntt, Jean Parker 238-1301

One Time: Thursday, 7:30pm, June 21
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration

Use your needlecraft in inventive ways. Learn to prepare, mount and display your needlecraft projects. Cleaning, stretching, matting and assembly techniques will be demonstrated. If you have a project that needs that finishing touch, bring it along. (Diana, a leader with Creative Circle Needlecraft Company and Jean, a long-time Home Economics Agent and teacher are both lifelong needlecrafters who currently operate Sunrise Hill, a matting and finishing business.)

SHADES, SHADES, SHADES

FA-42

Nadine Innes 539-5221

Saturdays, 10:30am-12n First Meeting: July 14 Length: 3 times
Location: Will be noted on your receipt
Class Fee: \$7.00, pay with registration
Materials Fee: 60¢, pay at class Limit: 10

You can do it! Even if you can't make clothes you can make window shades you will be proud of. We will learn how to make Roman Shades, Austrian Shades and Balloon Shades. (Nadine makes all kinds of window treatments and loves to share what she knows.)

POLO SHIRTS

FA-48

Marie Jackson 776-6738

One Time: Tuesday, 10am-12n, July 10
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration
Materials Fee: \$3.50, pay at class Limit: 10

"IZOD" type shirts for the whole family. Easy to make and add your own special touch. Who needs an "alligator," "polo pony," "lion," "fox," or "dragon" anyway?

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QUICKIE-MINI STRESS MANAGEMENT STRATEGIES

S-3

Cliff Schuette, Mary Jones 532-6927

One Time: Wednesday, 7pm, June 20
 Location: Will be noted on your receipt
 Class Fee: \$4.00, 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. (Cliff, an assistant professor and Mary, a nurse, work in the K-State Counseling Center conducting training in stress management, biofeedback and wellness training for students.)

WAKE THE SLEEPING GIANT

S-5

Carolyn Sanko 776-1978

Wednesdays, 7:30pm June 20 & 27 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration

Experts agree, the average person rarely utilizes but 10-15% of his/her ability. That means 85-90% of our potential remains dormant, asleep. This workshop can help individuals recognize latent abilities and unfold, develop and grow. Explore yourself and gain self-confidence and determination to achieve more of the things you want out of life each day. (Carolyn is dedicated to motivating people to tap more of their ability and sees a need among all of us to continue to grow and develop.)

STRESS MANAGEMENT

S-8

Michael Weinberg, PhD 537-2244

Wednesday & Thursday, 7-8:30pm, June 20 & 21 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration Limit: 10

Ways to overcome the stresses that are put upon us by ourselves and others. We will explore the motivation for our behaviors when dealing with stress. Michael will also share with you alternative ways of thinking and behaving that can efficiently diminish stress in our lives.

DIVORCE - HOW TO STOP FEELING LIKE A VICTIM

S-9

Michael Weinberg, PhD 537-2244

Tuesday & Wednesday, 7:30-9pm, June 26 & 27
 Location: Will be noted on your receipt
 Class Fee: \$5.00, pay with registration Limit: 10

Divorce is often an emotionally devastating experience that reinforces the feeling of being victimized. We will discuss the options available that will diminish these painful feelings by substituting them with actions that build emotional strength. (Michael is a National Certified Counselor and has taught this course numerous times for UFM.)

"SELF-ESTEEM: YOUR OWN WORST ENEMY"

S-10

Gregory W. Potter, PhD 537-0076

One Time: Tuesday, 7-10pm, July 17
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration Limit: 10

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.)

MAINTAINING YOUR MENTAL HEALTH

S-30

Don McCullough 539-5337

One Time: Thursday, 7-9pm, July 12
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration Limit: 15

Maintaining good mental health is becoming increasingly difficult for everyone in our changing, complex society. Economic pressures, changing sex roles, social mobility, and family breakdown all contribute to feelings of isolation, identity issues, poor communication, and extreme stress. This course deals with when and how to choose the most appropriate mental health service available in Manhattan. (Don holds a B.B.A., M. Ed. and is Director of Administrative Services and Interim Executive Director at Pawnee Mental Health Services in Manhattan.)

"DISARMING STRESS: A RATIONAL EMOTIVE APPROACH"

S-11

Gregory W. Potter, PhD 537-0076

One Time: Tuesday, 7-10pm, July 10
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration Limit: 10

Why manage stress when you can disarm 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 disarming process.

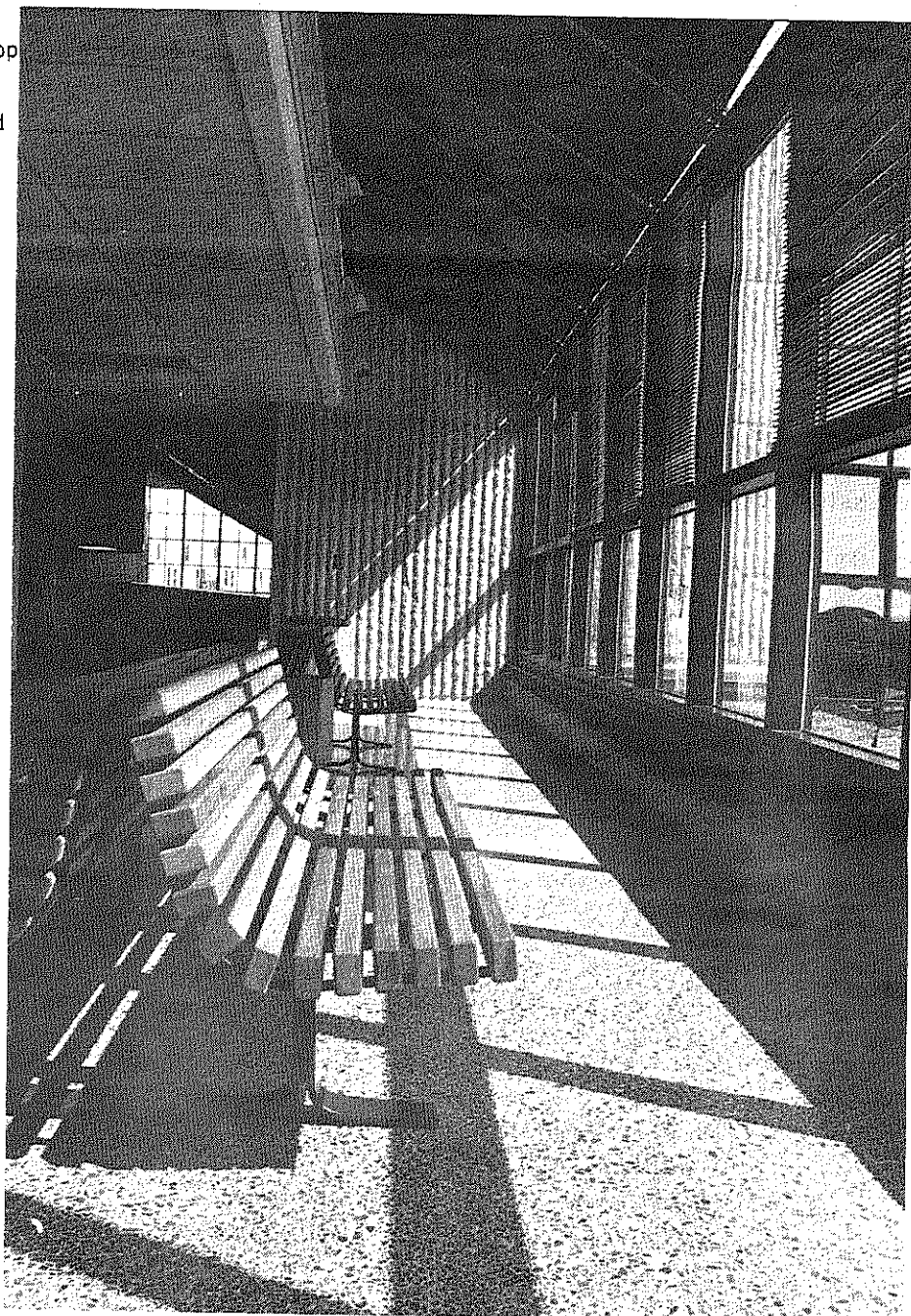
"THE HAPPINESS PURPOSE"

S-13

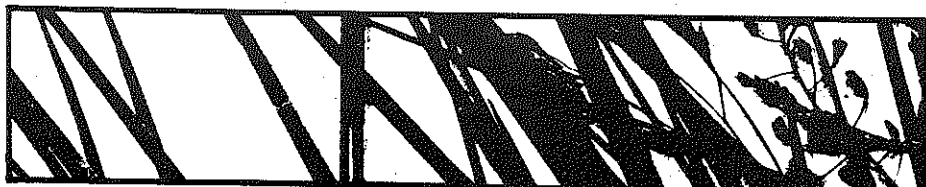
Gregory W. Potter, PhD 537-0076

One Time: Tuesday, 7-10pm, July 24
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration Limit: 10

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.



Cheryl May 1st, Architecture "Benched"



HYPERTENSION: "IT'S UP TO ME"

S-6

Elise Dreher

776-4779

Tuesdays, 5:30-6:30pm First Meeting: July 10 Length: 4-6 times
Location: Will be noted on your receipt
Class Fee: \$2.00, pay with registration Limit: 10

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

REFLEXOLOGY

S-4

Russell Gillespie

776-8768

One Time: Monday, 7-9pm, June 25
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration Limit: 21

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

MINIMAL INCISION FOOT SURGERY - HELP FOR YOUR ACHING FEET

S-7

Dr. Joe Svoboda

539-1863

One Time: Saturday, 12n, June 30
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Are you bothered by painful bunions, corns, callouses, ingrown toenails or heel spurs? These are the types of problems that can be helped by minimal incision foot surgery. Joe will discuss facts and misconceptions concerning this type of surgery. Bring your questions. (Joe is a Podiatrist and on staff at St. Mary and Memorial Hospitals.)

"HYPNOSIS FOR THE SERIOUSLY CURIOUS"

S-12

Gregory W. Potter, PhD

537-0076

One Time: Tuesday, 7-10pm, June 26
Location: Will be noted on your receipt
Class Fee: \$4.00, 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.)

HOW TO CUT YOUR MEDICAL BILLS

S-27

Carolyn Gregov

539-3334

One Time: Wednesday, 7-9pm, June 20
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration

Medical bills continue to skyrocket. Is it possible to have quality health care without going into debt to get it? Yes! We will discuss alternatives to drugs and surgery, give 100 practical tips for cutting bills - suggestions that are working, and recommendations from the People's Medical Society. (Carolyn is a member of the People's Medical Society.)

MASSAGE

S-19

Rebecca Brownson

532-5866

Fridays, 7-10pm, July 13, 20 (2 times)
Location: Will be noted on your receipt
Class Fee: \$5.00/person - \$10.00/pair, pay with registration
Materials Fee: \$3.00/person Limit: 6 pairs

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

first impressions

SKIN CARE AND GLAMOUR

S-17

Anna Prockish

537-4246

Beginning:

Section I: Thursday, 1-3pm, June 21
Section II: Thursday, 7-9pm, June 21 (One time each section)

Advanced:

Section III: Thursday, 1-3pm, June 28
Section IV: Thursday, 7-9pm, June 28
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration Limit: 10/section

Personalized skin analysis plus step-by-step instruction in skin care and make-up application. The advanced sections will cover skin care and concentrate on glamour and special occasion looks of make-up. (Anna is a professional beauty consultant with Mary Kay Cosmetics.)

HAIR AND MAKEUP MAKEOVERS

S-22

Crimpers

539-7621

One Time: Monday, 7-9pm, June 25
Location: Will be noted on your receipt
Class Fee: \$4.00, 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. (Stylists at Crimpers have recently completed training in the hair and makeup trends for spring and summer.)

COLOR: THE ESSENCE OF YOU!

S-25

Bonnie Hansen

776-3438

Section I: Monday, 7:30-9pm June 25
Section II: Thursday, 7:30-9pm, July 12 (One time each section)
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration
Materials Fee: \$1.00, pay at class Limit: 12/section

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.

SKIN CARE (This class meets in Junction City)

S-29

Gayle Summers

238-1285

One Time: Tuesday, 7-9pm, June 26
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration Limit: 10

Summer skin care is important to year 'round beauty. Thorough cleansing and moisturizing help give you clean, clear skin so necessary to proper makeup application. Join us for an evening of instruction using the newest protein-based products that can be custom tailored to your skin type. (Gayle, a trained beauty consultant, owns her own studio in Junction City.)

20 self

MEN'S DRESS FOR SUCCESS

S-23

Bonnie Hansen

776-3438

One Time: Thursday, 7:30-9pm, July 19
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration
Materials Fee: \$1.00, pay at class Limit: 12

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.

WOMEN'S DRESS FOR SUCCESS

S-24

Bonnie Hansen

776-3438

One Time: Thursday, 7:30-9pm, June 28
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration
Materials Fee: \$1.00, pay at class

A basic 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 certified Professional Color Analyst and with Beauty for All Seasons. She has 17 years experience.)

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Manhattan



Philip Green 3rd, Architecture "Door To Minas Tirith"

focus on women

WOMEN & WORK: COPING WITH TWO CAREERS S-14

Dr. Frank Saal 532-6850

One Time: Wednesday, 12n-1pm, June 27
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Do you work and maintain a home? What kind of stress does this place on you, your children, your marriage? How does it affect your work performance, your family income and standard of living? What can employers do to help? Join us as we explore the answers to these and other questions affecting your everyday life and well being. (Frank is a KSU psychology professor.)

SEXUAL HARASSMENT S-15

Dr. Frank E. Saal 532-6850

One Time: Tuesday, 12n-1pm, July 10
Location: Will be noted on your receipt
Class Fee: \$3.00, pay with registration

Discussion will focus on sexual harassment in work and in academic environments. Emphases placed on the reasons for such behavior, and the options available to those victimized, including social and legal remedies. (Frank is currently conducting research on the topic: "resource person" for KSU's recent educational campaign regarding sexual harassment.)

WOMEN'S HEALTH ISSUES S-16

Judy Schrock, Elise Dreher

One Time: Wednesday, 7:30pm, July 25
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration

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.)

APPROPRIATE ASSERTIVENESS S-21

Caroline Peine 532-6432

Thursdays, 3:30-5pm, First Meeting: June 21 Length: 4 times
Location: Will be noted on your receipt
Class Fee: \$5.00, pay with registration Limit: 10

Being assertive does not mean being aggressive. But, you do have rights and should express your feelings about them. This class will present to you some basic skills in effective, assertive communication. (Caroline has given presentations on this subject for the past 7 years.)

RAPE SURVIVORS SUPPORT GROUP S-26

Tonya Edmond 539-2785

You will be contacted for date, time and location

All women who have experienced rape or attempted rape, regardless of the time elapsed, are encouraged to attend. Members share support and coping strategies. (Tonya is doing an internship at the Crisis Center and has studied the issue of violence against women for a number of years.)

eastern outlook

INTRODUCTION TO ZEN MEDITATION PRACTICE S-20

Al Potter 532-5650 532-5634

Section I: Wednesday, 8-10pm, July 20 & 27 (2 times/section)
Section II: Wednesday, 7-9pm, July 11, 18 (Junction City)
Location: Will be noted on your receipt
Class Fee: \$4.00/section, pay with registration

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

YOGA S-1

Bert Franklin 539-0495

Tuesdays, 5:30-6:30pm First Meeting: June 12 Length: 4 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Materials Fee: \$5.00, pay at class Limit: 10

The principle classic asanas, breath control, introduction to meditation, as taught by T. K. Krishnamacharya of Madras. (Bert studied Yoga with Krishnamacharya in Madras.)

YOGA S-2

Rob Sheridan 776-6949

Mondays, 5-6pm First Meeting: June 25 Length: 5 times
Location: Will be noted on your receipt
Class Fee: \$10.00, pay with registration
Materials Fee: \$2.00, pay at class Limit: 10

We will study the basic asanas (postures) and pranayama (breathing techniques). Please wear comfortable clothing (shorts, leotards, etc.) and come on an empty stomach. (Rob has been studying with Dr. Albert Franklin since 1974.)

discovering

MONTESSORI S-18

Betty Aldridge 539-8014 776-0461

One Time: Monday, 8-9:30pm, Aug 6
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration

What would you like to know about Montessori, but have not yet asked? The Montessori philosophy of learning with pre-school children will be explained and we will have a question and answer period. The class will include a tour of the classroom area and display of learning materials. (Betty has owned and directed the Manhattan Montessori School for Children since 1976.)

GENEALOGY (THIS CLASS MEETS IN JUNCTION CITY) S-28

Thomas Todd 238-2831

One Time: Tuesday, 7pm, June 26
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration Limit: 20

Where are the roots of your family tree? Do you know anything about your ancestors back past your grandparents? Learn the tricks of the trade as we find out where and how to research the elusive past. (Thomas, a retired civil service employee, has been interested in genealogy for over 50 years.)

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making waves

SWIMMING LESSONS - ALL CLASSES:

Location: Will be noted on your receipt
 Class Fee: \$6.00, pay with registration
 Teachers are Red Cross Certified Water Safety Instructors
 Length: 6 times

CHILDREN'S BEGINNING SWIMMING (AGE 5 AND UP) P-17
 Joan Robinson 776-1731

Saturdays, 9-10am First Meeting: June 23 Limit: 8

ADULT BEGINNING SWIMMING P-18
 Joan Robinson 776-1731

Saturdays, 10-11am First Meeting: June 23 Limit: 10

LAND-OF-AHS SLALOM AND DOWNRIVER CANOE/KAYAK RACE P-23
 T.J. Hittle 539-7772

Saturday and Sunday, Sat, 1pm, Sun, 9am, June 9 & 10
 Location: Will be noted on your receipt
 Materials Fee: \$6.00, pay at class

The Land-Of-Ahs Slalom and Downriver Canoe/Kayak Race offers both novice and advanced paddlers an opportunity to test their skills. All interested canoeists and kayakers are invited to scenic Pillsbury Crossing, four miles from Manhattan, where events include races for young and old. Awards will be given by the Kansas Canoe Association. Come and join the fun! (Both Kansas Fish & Game and the Kansas Canoe Association are sponsoring this event.)

SAILING BASICS P-20
 Jay Kim 537-8431

One Time: Saturday, 9am-12n, June 23 and a second date to be agreed upon
 Location: Will be noted on your receipt Length: 2 times
 Class Fee: \$4.00, pay with registration

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

INTERMEDIATE KAYAKING WORKSHOPS P-21

T.J. Hittle 539-7772

Sundays, 9am-12n, June 24, July 1 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.)

LAND-OF-AHS BEGINNER CANOE CLINIC P-22
 T.J. Hittle 539-7772

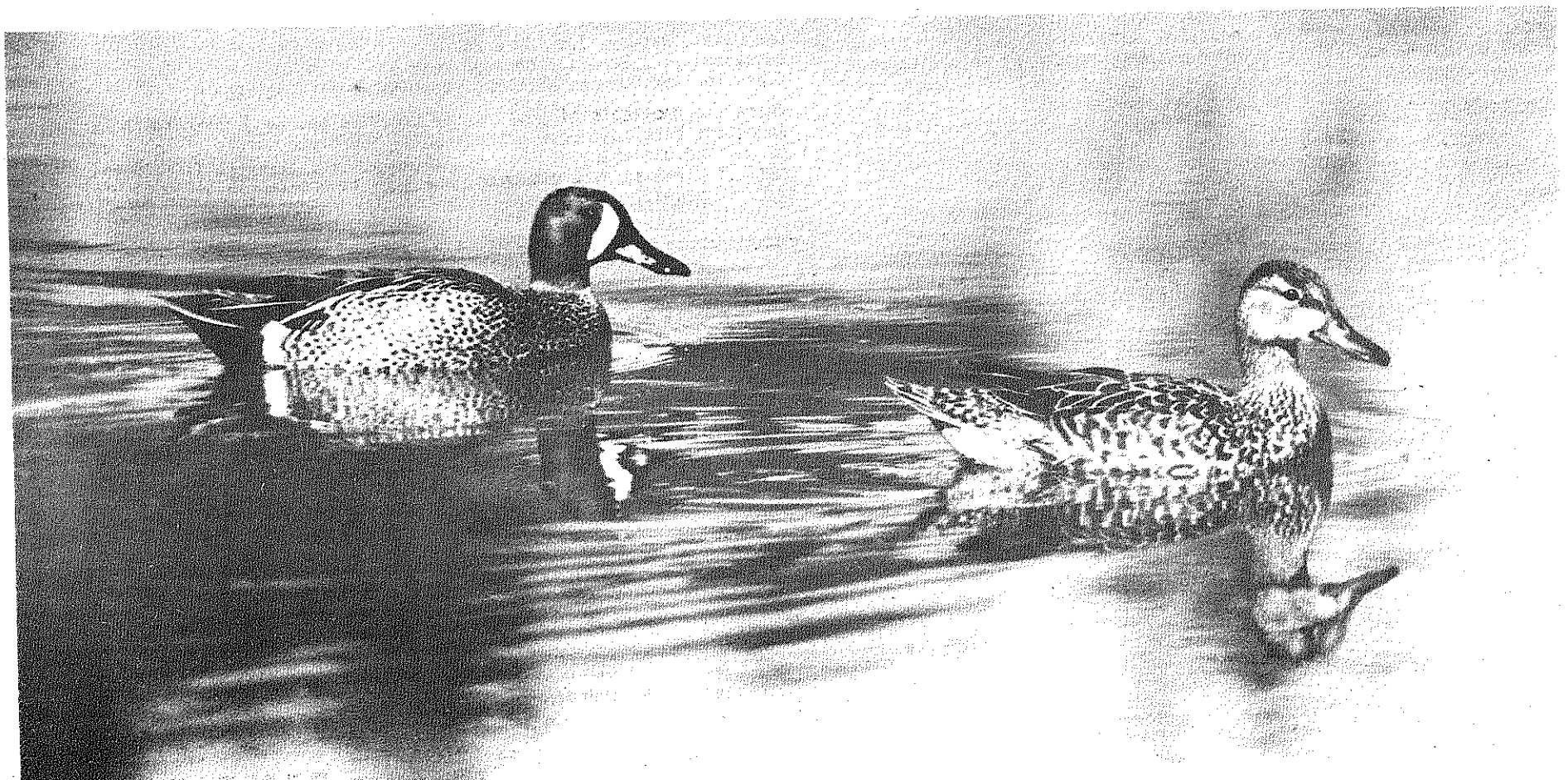
One Time: Saturday, 3-5pm, June 9
 Location: Will be noted on your receipt
 Class Fee: \$5.00, per person, pay with registration

If you've never been in a canoe or do not consider yourself proficient in turns or steering, this class will give you lots of practice. Instruction will be given in basic steering and paddling skills. Information will be given about canoeing equipment and local places to canoe. A limited number of canoes, paddles and life-jackets will be available, but if you have access, please bring your own. When you arrive, please check in at the Land-Of-Ahs booth. (Instruction will be provided by expert canoeists in the Kansas Canoe Association.)

TINY TOT SWIMMING (18 MONTHS TO 3 YEARS OLD) P-19
 Barb Stork 539-1379

Saturday, 11am-12n, July 14
 Location: Will be noted on your receipt Limit: 12
 Class Fee: \$4.00, per parent-child pair, pay with registration

This class will deal with methods of teaching the very young child the basics of swimming and personal water safety, for example, backfloating and survival floating. Emphasis will be placed on parent and child relaxing and enjoying the water. Activities will include blowing bubbles, going under, dipping, torpedoes, jumping, floating and others. Important tips and do's and don't's will be covered. A parent must accompany each child in the water. (Barb is a Red Cross Certified Water Safety Instructor (WSI). She has spent lots of pool time with her 6-year old son, Bryan and 3-year old daughter, Kathy.)



Carol Gulker 1st., Animals "Blue-Winged Teal"

WEDNESDAY MORNING PLAY GROUP

P-34

539-2468 539-1379

Kay Ring, Barb Stark

Wednesdays, 10am-12n First Meeting: June 20 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$2.00/family, pay with registration

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 the summer, we will be meeting outside with maybe a dip in the pool. 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.)



Carol Gulker 3rd, People "Window on the World"

getting together

BICYCLE TOURING AND CAMPING

P-24

776-7693

Gregg Scircle

Mondays, 7:30-9pm, June 25 and July 2 (2 times)
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration

Class will present the basic skills needed for a successful cycle touring experience. Basic maintenance, packing, equipment, cycling techniques, and camping will be covered. Possible overnight trip will be planned to a nearby camping area. (Date to be determined.) (Gregg has been cycling since the late 60's, has led numerous cycling trips across much of the eastern U.S.)

ZEN AND THE ART OF MOTORCYCLING (WITHOUT THE ZEN)

P-25

539-7535

David Baldwin

Saturdays, 9am First Meeting: June 23 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration

This class is for those already riding motorcycles who would like to get together with some others to ride and enjoy some fun and fellowship. It's hoped we can meet monthly and form a club in the Manhattan area. (Dave, new to the Manhattan area, has belonged to other motorcycling clubs and has been riding for over seven years.)

INTRODUCTORY BACKPACKING

P-26

539-5857

Bob Klapthor

One Time: Wednesday, 7pm, June 27
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration Limit: 15

This course will introduce the beginning or prospective backpacker to the basic equipment, clothing and supplies needed; and the basic techniques needed to be a safe, conservation-minded backpacker. There will be ample opportunity to practice through trips available via the Outing Club. (Bob has backpacked, hiked and climbed from Indiana on west to Colorado and the Grand Canyon.)

OUTING CLUB

P-27

776-4043

Mike Elledge

First Wednesday of each month, 7:30pm First Meeting: June 6
Location: Will be noted on your receipt Length: All semester
Class Fee: \$3.00, pay with registration

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

FIELD HOCKEY

P-14

776-2499

Rizwan Khan

Mondays and Thursdays, 8:30-10pm First Meeting: June 25
Location: Will be noted on your receipt Length: Indefinite
Class Fee: \$4.00, pay with registration

Field hockey lessons for the beginner will teach game rules, field positions and skills needed to perform the game. Field hockey is a popular game in Australia, Pakistan, W-Germany, Holland, India, England, New Zealand, Spain, U.S.S.R., Japan, Malaysia, etc. (Rizwan was the captain of his school hockey team, captain of St. Patrick's College hockey team, captain of D.J. Sc. College Karachi, captain of Statistics Dept. University of Karachi and was a member of Karachi University faculty hockey team.)

SUMMER SOCCER

P-15

532-6121 539-4760

Charles Hedgcoth

Sundays, 5:30-8:30pm First Meeting: June 24
Location: Will be noted on your receipt
Class Fee: \$2.00, pay with registration

For the novice and the experienced player from 15 - ?? No practices - just matches for fun among ourselves and other area teams. Classes will run through Aug 5. (Charles has been involved in soccer for more than 10 years and is a coach, player and referee.)

VOLLEYBALL FOR FUN (16 AND OVER)

P-16

539-8867

Lois Morales

Tuesdays, Thursdays, 6:30-8:30pm First Meeting: June 19
Location: Will be noted on your receipt Length: All semester
Class Fee: \$4.00, pay with registration
Materials Fee: \$1.00, pay at class

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

BEGINNING TENNIS

P-7

Judy Sasse

Sundays, 8-10am First Meeting: June 24 Length: 6 times
Location: Will be noted on your receipt
Class Fee: \$6.00, pay with registration Limit: 20

Tennis lessons for the beginner will teach forehand, backhand, serves, court tactics, equipment selection and game rules. Bring a can of marked balls and a racquet. (Judy is an avid tennis player.)

RACQUETBALL FOR BEGINNERS

P-8

539-6235

Ron Pavelka

Sundays, 8-10am First Meeting: June 24 Length: 5 times
Location: Will be noted on your receipt
Class Fee: \$6.00, pay with registration Limit: 16

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

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

P-9

532-5866

Neil Schanker

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

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

GOLF FOR BEGINNERS

P-13

539-3085

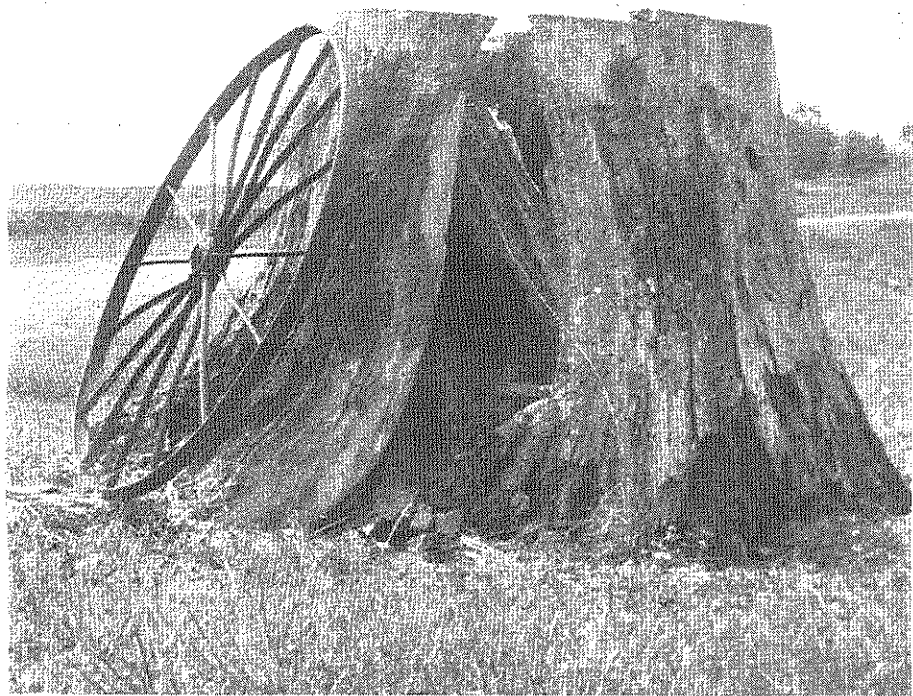
Lila Levin

One Time: Tuesday, 5:45-7pm, July 10
Location: Will be noted on your receipt
Class Fee: \$4.00, pay with registration
Materials Fee: \$1.00, pay at class Limit: 12

For those who have little or no experience, Lila will cover the basics including grip, stance and club selection. You will get a chance to try putting, chipping and pitching. Bring \$1.00 for a basket of golf balls and a putter, seven-iron, nine-iron or wedge or rent them (inexpensively) at the golf course. (Lila is the K-State Women's Golf Coach.)

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Jeffrey Rickson "A Piece of the Past"

going places

KANSAS MUSEUM OF HISTORY GRAND OPENING IN TOPEKA P-35

Judy Portuese 537-1318

One Time: Saturday, 8am-6pm, June 23
 Location: Will be noted on your receipt
 Class Fee: \$10.00, pay with registration Limit: 46

Goodnow Museum and UFM are sponsoring a trip to the dedication ceremonies of the new Kansas State Historical Society Museum. The day's events feature tours of the museum, craft and agricultural demonstrations, ethnic food booths and stage performances throughout the day on the museum grounds. Transportation by Abbott Coach Tours. Join us for a fun-filled day.

K.C. ROYALS VS BOSTON RED SOX AT ROYALS STADIUM P-36

Judy Portuese 537-1318

One Time: Wednesday, 12:30pm, Aug 15
 Location: Will be noted on your receipt
 Class Fee: \$17.00, pay with registration Limit: 46

Let us take you to the ballpark where you will become part of the excitement when the Kansas City Royals play the Boston Red Sox. We'll depart at 12:30pm and stop at Independence Mall so you'll be able to dine before attending the game. We'll return immediately after the game. Price is \$17.00 which includes Plaza Reserved ticket (first base side) and motor coach transportation by Abbott Coach. Bring the family and enjoy the day!

OZARK MOUNTAIN VACATION P-37

Judy Portuese 537-1318

Friday, Saturday, Sunday, October 12, 13 & 14 (Leave at 6am)
 Location: Will be noted on your receipt
 Class Fee: \$170.00, 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 \$170.00 per person based on double occupancy. This includes admission to all attractions, cookout, group photo, lodging, full-time guide and transportation by Abbott 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 14th UFM bus trip.)

24 play

oriental arts

JUJITSU FOR BEGINNERS

P-5

Stan Wilson

539-7723

Tuesdays & Thursdays, 8-9:30pm First Meeting: June 21
 Location: Will be noted on your receipt Length: Indefinite
 Class Fee: \$10.00, pay with registration Limit: 30

Jujitsu is the parent art of Judo. Japanese in origin, Jujitsu stresses hand-to-hand combat featuring throwing, sweep kicks and wrist and arm locking. The class will include the Hakko Ryu Basic Waza form which is self-defense oriented, not exercise oriented. Participants must be age 15 or over. (Stan has a black belt in Jujitsu and has taught martial arts for six years.)

TAI CHI EXERCISE

P-6

Tom Graham

776-0780

Saturdays, 8:30-10:30am, Wednesdays, 7-9pm First Meeting: June 20
 Location: Will be noted on your receipt Length: All semester
 Class Fee: \$10.00, pay with registration
 Materials Fee: \$5.00/month, pay at class

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

TANG SOO DO KARATE

P-4

Joel Cederberg, Richard Bammes

537-7090 539-6570

Mondays, Wednesdays, Fridays, 7-9:30pm First Meeting: June 20
 Location: Will be noted on your receipt Length: All semester
 Class Fee: \$10.00, pay with registration
 Materials Fee: \$2.00, pay at class Limit: 25

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



Carol Gulker 3rd, Scenery "January Thaw"

take wing

STUDENT PILOT GROUND SCHOOL

P-28

J. Van Swaay

537-0132

Two Times: Days, times and dates to be announced
 Location: Will be noted on your receipt
 Class Fee: \$4.00, 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 F.A.A. written exam, it will provide a solid background for the potential student pilot. Call the instructor for more information. (J. is a commercial pilot and certified flight instructor. He also owns his own aircraft.)

LEARN TO FLY AT LOW RATES

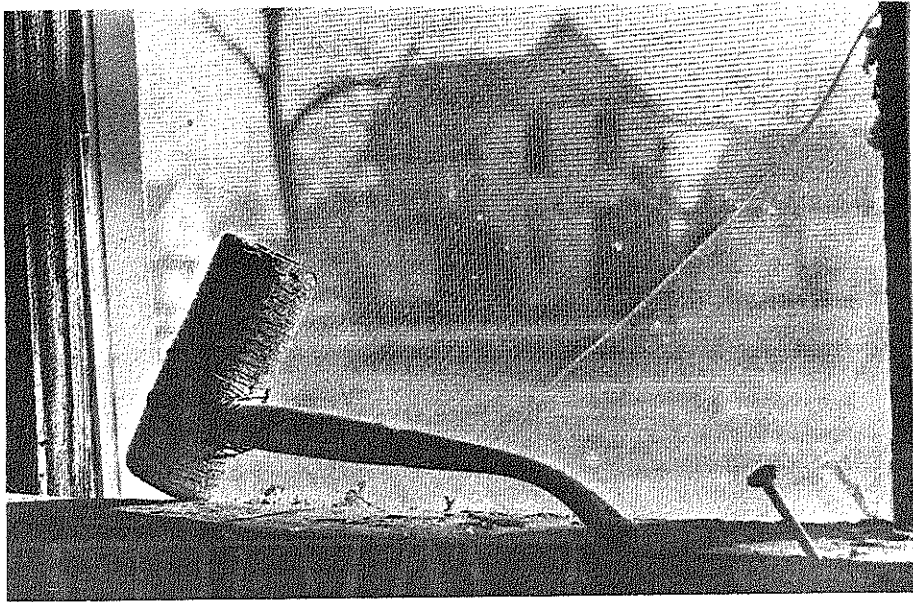
P-29

Hugh Irvin

532-6311 539-3128

Saturdays, 9-10:30am First Meeting: June 23 Length: Indefinite
 Location: Will be noted on your receipt
 Class Fee: \$4.00, 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.)



Glenn Hoover 2nd, Scenery "Recollections In The Window"

fit for fun

AEROBICS

P-1

Meg Justis

537-9230

Mondays, Tuesdays, Wednesdays, Thursdays & Fridays, 3:30-4:30pm
 First Meeting: June 20 Length: All semester
 Location: Will be noted on your receipt
 Class Fee: \$10.00, pay with registration

A full fitness workout including: 10-minute stretch and warmup, 15-minute all-over exercise, 15-minute standing cardiovascular conditioning and 10-minute cooldown. We will learn to monitor heartrate to get maximum benefit and will work into "aerotonics" using 1-½ lb arm and leg weights to tone up more. Participants may bring their own music to add to current top-40 tunes. Each class will feature different routines. (Meg taught aerobics for over a year in Lynchburg, Virginia.)

DANCERCIZE

P-2

Nancy Lynch

Tuesdays & Thursdays, 5:30-6:30pm First Meeting: June 26
 Location: Will be noted on your receipt Length: 10 times
 Class Fee: \$10.00, pay with registration Limit: 30

Do you want to look good in your swimsuit but hate to exercise? Dancercize is a fast paced, aerobic exercise class for men and women. We will tone muscles and improve cardiovascular fitness, all to enjoyable music. (Nancy is a graduate student with aerobics experience here in Manhattan as well as in Delaware and Pennsylvania.)

GENERAL FITNESS EXERCISES TO MUSIC: AEROBIC EXERCISE FOR EVERYONE

P-3

Susan Greco

532-5731

Mondays, Tuesdays, Wednesdays, Thursdays, 5-6pm First Meeting: June 20
 Location: Will be noted on your receipt Length: All semester
 Class Fee: \$10.00, pay with registration

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

ATTENTION RUNNERS AND JOGGERS: SHOES, ORTHOTICS, INJURIES, WHY?

P-10

Dr. Joe Svoboda

539-7664

One Time: Saturday, 12n, June 23
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration

"A person starting out with less than quality shoes is at a disadvantage, according to podiatrist Dr. Svoboda. He will discuss how to select shoes for all sports and will discuss why paying a lot does not automatically guarantee you the right shoe. Uses and abuses of orthotic devices will be covered and prevention of injuries will be summarized. Bring your questions. (Joe is a sports podiatrist, runner and consultant to KSU.)

WEIGHT TRAINING FOR WOMEN

P-11

Larry Noble

532-6765

Section I: Tuesdays, 7-8:30pm, June 5, 12 (2 times each section)
 Section II: Wednesdays, 7-8:30pm, June 6, 13
 Location: Will be noted on your receipt
 Class Fee: \$4.00/section, pay with registration Limit: 30/section

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

INTRODUCTION TO NAUTILUS

P-12

Larry MacPhee

776-1654

Section I: Thursday, 8-10pm, July 12 (One time each section)
 Section II: Tuesday, 8-10pm, July 17
 Location: Will be noted on your receipt
 Class Fee: \$2.00/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.)

out of the sun

POCKET BILLIARDS FOR BEGINNERS

P-30

Jerry Riggs

776-6338

Saturdays, 10:30am First Meeting: June 23 Length: 6 times
 Location: Will be noted on your receipt
 Class Fee: \$4.00, pay with registration Limit: 12

This class will start with a brief history of the game. Included will be an introduction to playing equipment, basic stance, aiming, English, and control. The different games - 8-ball, 9-ball and snooker will be covered as well as the theory and mental game. Also, we will watch a video-tape trick shot demonstration and championship match. (Jerry has played in several World Pocket Billiard Championships in New York City, finishing 33rd in 1979, 16th in 1980 and 20th in 1981.)

PANTOMIME

P-31

Beth Clark

537-4367

Wednesdays, 7-9pm First Meeting: June 20 Length: 6 times
 Location: Will be noted on your receipt
 Class Fee: \$6.00, pay with registration Limit: 10

We will deal with basic and advanced pantomime techniques including illusions and skits. The last class will be a street performance and will be announced later as to date and time. (Beth has taken a workshop with Claude Kipnis and taught this class before at the University of Iowa.)

DELIGHTFUL PUPPETS FOR CHILDREN (2-6 YEARS OLD)

FA-45

Jeanne L. Yang

539-1514

Section I: Monday, 10-11:15am, July 9
 Section II: Wednesday, 10-11:15am, July 11
 Section III: Friday, 10-11:15am, July 13
 Location: Will be noted on your receipt
 Class Fee: \$3.00/section, pay with registration
 Materials Fee: \$1.00, pay at class Limit: 12

Puppets can be used in many ways in songs, poems and stories. Students will participate in these and the activities associated with making the puppets. Jeanne will present several delightful puppet shows. Parents must accompany. (Jeanne holds a teaching degree, is a member of PIE (Puppetry in Education), has taught several years in public and runs a private nursery school.)

STAMP COLLECTING

P-32

Tim Lindemuth

532-6415

Mondays, 7-9:30pm First Meeting: June 25 Length: 3 times
 Location: Will be noted on your receipt
 Class Fee: \$2.00, 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.)

KNIFE COLLECTING

P-33

Nick Penland

494-2588

Thursdays, 7:30pm First Meeting: June 28 Length: Ongoing
 Location: Will be noted on your receipt
 Class Fee: \$2.00, pay with registration

We are starting a club dealing with all aspects of knife collecting. Beginning investors, collectors, accumulators, serious dealers, knife-makers and other appreciative people of all ages are welcome. Bring samples of your collection if you like. (Nick is a member of the National Knife Collectors Association and American Blade Collectors.)

Shop at

Sears

Downtown
Manhattan

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

776-8886

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Registration Form

Priority Registration Period: May 28-June 15

Registrations after June 15 accepted on a space-available basis.

PLEASE PRINT	ONE FORM PER PERSON	CLASS #	SEC. #	TITLE	CLASS FEE
Name _____		1.			
Street _____ Apt. # _____		2.			
City _____ Zip _____		3.			
Home Phone _____ Work Phone _____		4.			
SURVEY—Please check all that apply.		5.			
I am a:		6.			
<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"/> Townsperson (non-KSU) <input type="checkbox"/> Faculty/Staff Spouse <input type="checkbox"/> Rural Riley County <input type="checkbox"/> Public School Age <input type="checkbox"/> Geary or Pott. County <input type="checkbox"/> Senior Citizen <input type="checkbox"/> Handicapped		PLUS \$2.00 REGISTRATION FEE (See Exemptions)			\$2.00
Check here if you require class to meet in 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 # _____		TOTAL DUE			
		Signature _____			<input type="checkbox"/> Check <input type="checkbox"/> MO
		I hereby authorize the use of my Visa/MasterCard:			
		Card # _____			<input type="checkbox"/> Visa <input type="checkbox"/> MC
		Expiration Date _____			
		UFM — 913-532-5866 1221 Thurston • Manhattan, Kansas 66502			

WALK-IN:

Tuesday, May 29	Public Library	5 p.m.-7 p.m.
Saturday, June 2	Wal-Mart	10 a.m.-11 a.m.
Saturday, June 2	Westloop Dillons	12 p.m.-1 p.m.
Saturday, June 2	Junction City Dillons	2 p.m.-3 p.m.
Monday, June 4	UFM House	7 a.m.-8 a.m.
Monday, June 4	KSU Union	9 a.m.-4 p.m.
Tuesday, June 5	KSU Union	9 a.m.-4 p.m.
Saturday, June 9	Wal-Mart	10 a.m.-12 p.m.
Saturday, June 9	Westloop Dillons	1 p.m.-3 p.m.
Monday, June 11	KSU Union	9 a.m.-2 p.m.
Wednesday, June 13	KSU Union	9 a.m.-2 p.m.
Thursday, June 14	Public Library	11 a.m.-2 p.m.
Thursday, June 14	Public Library	5 p.m.-7 p.m.

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
- B. MAIL-IN:** 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-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	ONE FORM PER PERSON	CLASS #	SEC. #	TITLE	CLASS FEE
Name _____		1.			
Street _____ Apt. # _____		2.			
City _____ Zip _____		3.			
Home Phone _____ Work Phone _____		4.			
SURVEY—Please check all that apply.		5.			
I am a:		6.			
<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"/> Townsperson (non-KSU) <input type="checkbox"/> Faculty/Staff Spouse <input type="checkbox"/> Rural Riley County <input type="checkbox"/> Public School Age <input type="checkbox"/> Geary or Pott. County <input type="checkbox"/> Senior Citizen <input type="checkbox"/> Handicapped		PLUS \$2.00 REGISTRATION FEE (See Exemptions)			\$2.00
Check here if you require class to meet in 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 # _____		TOTAL DUE			
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		I hereby authorize the use of my Visa/MasterCard:			
		Card # _____			<input type="checkbox"/> Visa <input type="checkbox"/> MC
		Expiration Date _____			
		UFM — 913-532-5866 1221 Thurston • Manhattan, Kansas 66502			

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.

