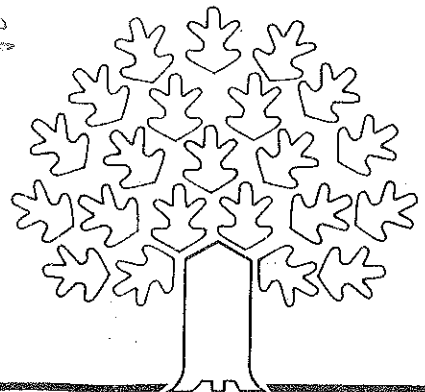


Fall 85



UFM TEACHING LEARNING GROWING

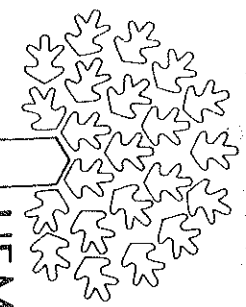
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UFM TEACHING LEARNING GROWING

STAFF:
Sue Maess, Executive Director
Julie Coates, Director, Campus/Community Programs
Neil Schanker, Assistant Director, Campus/Community Programs
Karen Barron, Program Coordinator
Eunice Dorst, Program Coordinator

THE FARM CRISIS

"Technology and the Family Farm" was a project funded in part by a grant from the Kansas Committee for the Humanities, an affiliate of The National Endowment for the Humanities. The project was sponsored by UFM.

Kansans who are concerned about farming as a way of life -- not just a way to make a living -- have discussed in four communities how traditional, rural values have been altered by changing technology.

In discussions led by Jan and Cornelia Flora, rural sociologists, KSU, there was an opportunity for the audience to voice concerns, questions, and problems about the changing farm family.

Emphasis was on the individuality and self-sufficiency that is characteristic of farmers, and the gradual changes in the roles of each family member during this century.

Various Kansas ethnic groups and their contributions and influences were discussed. There was also a focus on the depopulation of rural areas, changing work patterns, the impact of technology on the quality of life, rural institutions, and rural women.

One result of this project has been sixteen radio programs. Produced by KSU with the help of Ralph Titus, these five minute programs will be distributed throughout Kansas. The transcripts of these programs are also available for a small fee.

The radio programs deal with the effect of changing technology on the lives of Kansas farmers. Material was gathered in thirty oral interviews by Carl Magnuson, edited by Sheila Carroll, and narrated by Ralph Titus. For more information or to obtain transcripts, please call 1-913-532-5866.

In this information, we have used photographs, so that you might consider some questions:

- What changes have taken place in farm life due to technology?
- Is technology always progress?
- Is bigger always better?
- How have rural values, ethics, and ideals been affected by these changes?
- What will the loss of the family farm do to America?

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.



TEACHER FEATURE

Jessie Lee Foveaux was born in 1899 and came to Kansas from Missouri when just a girl. Her maternal grandmother taught her to tat when she was nine years old.

Jessie recalls her first efforts produced nothing but knots. Her grandmother said she didn't expect Jessie to be able to do it and that she would teach Jessie's sister instead. With this challenge, Jessie was prompted into action. Jessie took the shuttle under the dining room table and remained there until she could make the stitch. She has been tatting ever since and has taught UFM tatting classes for many years.

Photo Credits: The Manhattan Mercury, Kansas State Historical Society.

Design and layout by Natalya Hall, Earthsign Graphics.

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.

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.

Spin Offs!

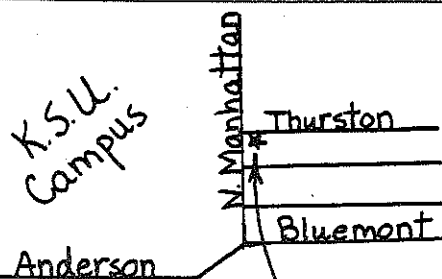
UFM aims to encourage the community to grow with new ideas and programs. The Manhattan Farmer's Market is an excellent example of a very significant program that grew out of a UFM class and now benefits the area economy.

And Much More:

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

LOU DOUGLAS LECTURES ON PUBLIC AFFAIRS:

An annual series featuring nationally known speakers. This series invites dialogue on issues of public concern.



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



This Organization is a Member of THE LEARNING RESOURCES NETWORK (LERN)

a national organization in adult learning.

For more information about LERN, contact:



The Learning Resources
Network (LERN)
1221 Thurston
Manhattan, Kansas 66502
Phone: 913-539-5376

FINE ARTS



Make it yourself

UFM WINTER/CHRISTMAS CRAFT SALE

Karen Barron

FA-1

532-5866

One Time: Saturday, 9:30am-5:30pm, Dec 7
Location: Will be noted on your receipt

For the 10th consecutive year, UFM is sponsoring its annual winter/Christmas craft sale. Sign up now to sell your handmade goods! The booth fee is \$15. After you sign up, we will contact you and provide a form on which you can give us the details of your needs and the types of items you plan to sell. Do not include the booth fee now.

CANDLEWICKING

Monica Dodin

FA-2

539-4987

Organizational Meeting: Thursday, 8-9pm, Sept 12
Location: Will be noted in your receipt Length: as needed
Class Fee: \$4, pay with registration

Candlewicking is so named because the wicks of candles are used as the thread to make French knots. The canvas is then washed in hot water causing the cotton to shrink which makes a tough, neat knot. Come to learn the knot or bring projects you need help with. Candlewicking is easy to learn and makes great Christmas gifts! Bring your own materials. (Monica has done embroidery since she was six and currently runs a professional tailoring business.)

BEGINNING ORIGAMI

Georgia Monte

FA-3

One Time: Sunday, 1pm, Nov 17
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: 50¢, pay at class Limit: 10

For beginners only. We will make the flying crane, sitting crane, basket and several other common forms as time allows. Every student will receive origami paper and instruction sheets on designs. These make great party favors and place card holders! (Georgia has been teaching folk arts for over 20 years.)

DRIED FLOWER ARRANGING

Lynn Doxon

FA-4

532-5866

One Time: Tuesday, 7-9pm, Oct 15
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class Limit: 10

Make dried flower arrangements to last the winter, or even several seasons. Learn how to preserve plant material, make attractive arrangements, and care for them so they will last. (Lynn is the UFM horticulturalist and is working on a PhD in horticulture.)

GUIDELINES TO BASIC DECORATING AND SILK FLOWER ARRANGEMENT

Barbara Beck

FA-5

1-784-2393

Section I: Thursday, 7-10pm, Sept 19
Section II: Tuesday, 7-10pm, Sept 24 One time each section
Location: Will be noted on your receipt
Class Fee: \$4/section, pay with registration
Materials Fee: \$6/section, pay at class Limit: 6/section

Each person will make lace, ribbon and a wicker basket with silk floral arrangements. We will also discuss decorating ideas for the home. (Barbara has attended training and seminars on wall decorating accessories and silk floral arrangements.)

ORIGINAL RIBBON WREATH

Susan Toy

FA-9

537-2084

One Time: Wednesday, 7pm, Oct 23
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$13, pay at class Limit: 6

Twenty yards of ribbon in crisp fall colors are used in the production of this attractive decoration. Embellish with delicate dried flowers in your colors and you have completed a wreath for your door or wall.

FOLKART WELCOME GOOSE

Susan Toy

FA-10

537-2084

One Time: Wednesday, 1-4pm, Sept 25
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$12.50, pay at class Limit: 5

Make a large welcome goose to welcome your friends and guests this holiday season! Folkart is one of the more popular art forms that even beginners can learn very easily.

WOVEN MARKET BASKET

Susan Toy

FA-11

537-2084

Section I: Tuesday, 1-4pm, Sept 17
Section II: Thursday, 7-9:30pm, Oct 3
Location: Will be noted on your receipt
Class Fee: \$4/section, pay with registration
Materials Fee: \$11/section, pay at class Limit: 4/section

Woven baskets are very popular these days - especially handmade ones! We will make a woven 12"x18" basket that is great to take to the market!

DECORATE A HAT

Susan Toy

FA-12

537-2084

One Time: Tuesday, 7pm, Oct 15
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$13, pay at class Limit: 5

Learn to make silk and dried flowers or choose dried natural flowers to adorn a straw hat that will be a fresh accent for your home. Choose flower and ribbon colors to match your entry, kitchen or bedroom. All materials provided. (Susan is owner of The Containery, a local arts and crafts shop.)

CREATE A PUNCHED AND CUT LAMPSHADE

Susan Toy

FA-13

537-2084

One Time: Wednesday, 9:30am, Oct 9
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$5.50-10.50, pay at class Limit: 5

and is the perfect size for a bedside table or entry hall light. You choose the color and we'll spend the morning creating one of the brightest new decorator items. All materials provided.

LINOLEUM PRINTING FOR KIDS (AGES 6-8)

Ellen Gehring

FA-6

532-5866

One Time: Tuesday, 3-5pm, Oct 15
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class

This will be a demonstration and hands-on experience with linoleum block printing. Everyone will be able to choose a design to their liking and will be able to take all artworks home. This could become very messy so please wear old clothes. (Ellen has been a teachers' helper and worked in church camps as crafts director.)

DECORATE A GRAPEVINE WREATH

Susan Toy

FA-7

537-2084

One Time: Saturday, 9:30-12n, Oct 5
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials: According to supplies used Limit: 6

Decorate for fall, or Christmas! Used wood cut-outs, dried or silk flowers, ribbon and many other materials can be used to spruce up a grapevine wreath. Fun! Fun!

KITCHEN WREATH

Susan Toy

FA-8

537-2084

One Time: Friday, 9:30am, Sept 20
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$12, pay at class Limit: 6

Decorate a wreath with dried flowers, herbs and ribbons. Heart and round wreaths will be available.

WATER COLOR DEMONSTRATION

Sue Atchison

FA-67

537-1443

One Time: Saturday, 2-3:30pm, Oct 26
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Some techniques and tricks of watercolor will be demonstrated in this class. Materials and tools and ways to use them will be discussed. Bring any questions or problems along and we'll work on them together. (Sue is a professional artist and is a member of the Kansas Watercolor Society and the Oregon Watercolor Society.)

Needle know-how

CROCHETED HAWAIIAN BUTTERFLIES

FA-16

Doris Swartz

539-9377

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

Limit: 5

A special gift for a special person. Learn to crochet a charming "Hawaiian Butterfly." Stunning as an applique, unique as a window hanging. Crochet more than one and you have a colorful mobil or decorations for a tote bag. Use your imagination. (This is not a class for beginners.) Each participant needs to bring a size 7 steel crochet hook and any color bedspread weight crochet cotton. (Doris enjoys sharing handmade items with friends all over the world from cross-stitch to candlemaking to Christmas angels.)

BEGINNING KNITTING

FA-17

Jean Johnston

776-3292

Wednesdays, 7-9pm, Sept 18, 25, Oct 2, 9 (4 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration

Limit: 10

KNIT. PURL. KNIT. PURL. Learn these two basic stitches and you can, by varying their order be on your way to a lifetime of scarves, hats, afghans and sweaters. After the first few classes you will begin individual projects. The instructor will contact you with a list of materials needed. (Jean has been knitting for over 20 years.)

INTERMEDIATE KNITTING

FA-18

Jean Johnston

776-3292

Wednesdays, 7-9pm, Oct 16, 23, Nov 6, 13 (4 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration

Limit: 10

This class will be for the person who knows how to knit, but would like to expand their knitting know-how. Pattern reading, finishing work and knitting with different designs will be addressed. Come with your questions and projects. The instructor will contact you before the first class.

MACHINE KNITTING

FA-19

Carole Schultz

1-258-2921

Tuesday, 7-10pm, Sept 24
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Limit: 10

The basics of machine knitting will be covered in this class. With basic techniques, any garment can be made quickly and easily. You can machine knit a vest in 45 minutes and a sweater in 3 hours! (Carole has been machine knitting for 3 years with very little hand-knitting experience and with 5 children under foot!)

EUROPEAN KNITTING

FA-20

Elizabeth Glowacki

539-7200

One Time: Wednesday, 7pm, Sept 25
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Limit: 10

Learn to knit European style! Some people think that the European technique of picking up the yarn is quicker than the American style of throwing the yarn over. In this class you will learn and master the European technique. Please bring 2 knitting needles and yarn. (Elizabeth has been knitting since she was 5 years old.)

SOCK KNITTING

FA-21

Betty Banner

776-1887

Wednesdays, 7:30pm First Meeting: Sept 18 Length: as needed
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Sport socks, hunting socks, argyle socks. Have you ever wished you could make them? Betty will teach you to knit socks using 4 needles. You need only to know basic knitting - knit, purl, increase and decrease to learn to make socks. For the 1st class bring yarn and a set of double-pointed needles. If you have questions call in the evening. (Betty has been knitting for at least 20 years. She has made at least 2 dozen pairs of socks.)

CROCHET A SIMPLE AFGHAN OR SWEATER

FA-15

Sharon Tessendorf

539-7671

Tuesdays, Thursdays, 7-9pm First Meeting: Oct 8 Length: 6 times
Location: Will be noted on your receipt
Class Fee: \$8, pay with registration

Limit: 6

Now's the time to start your winter projects! Sharon will have a couple of very simple patterns that you can choose from, either a basic afghan or sweater. Some crocheting experience is required. You will be contacted about what materials you will need to bring. (Sharon has been a 4-H crocheting and knitting instructor and has crocheted as long as she can remember.)



Other yarns

TATTING - THE ART OF MAKING LACE

FA-26

Jessie Foveaux

Section I: Mondays, 3-5pm, Sept 16, 23, 30 Length: 3 times/section
Section II: Mondays, 7-9pm, Sept 16, 23, 30
Location: Will be noted on your receipt
Class Fee: \$6/section, pay with registration

Limit: 3/section

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

WEAVING STUDIO TIME

FA-24

Susan Lala

537-9610

Time available after October 21 Limit: 3
Class Fee: \$10, pay with registration

Know how to weave and yearn for a place to weave? Looms in the UFM Weaving Studio will be available. Plan your projects now. (No instruction is provided.) You will need to sign up for use of the looms. (Susan enjoys weaving.)

RAG RUGS

FA-27

Fran Walter

539-2961

One Time: Friday, 7pm, Oct 18
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Limit: 12

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

RUG-HOOKING USING PERSIAN AND ORIENTAL DESIGNS DEMONSTRATION

FA-28

Elizabeth Glowacki

539-7200

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

If you like Persian rugs but don't like the high prices, learn to make authentic-looking replicas! Elizabeth has enjoyed making her own "imitation" Persian rugs for years and will demonstrate her art to you. Questions will be entertained and information on where to order supplies to start one of your own will be addressed. (Elizabeth learned to make Persian rugs in the old style but now enjoys working with the modern conveniences such as pre-cut yarn.)

HANDSPINNING YARN DESIGN SEMINAR

FA-24

Kathy LeFevre

1-784-4448

One Time: Saturday, 10am-3pm, Oct 19
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$10, pay at class

Limit: 10

This class will stress appropriate design of yarn in relationship to fibers used and intended use of finished yarns. Students need not be advanced, but basic spinning ability is essential. Students must provide their own spinning equipment plus fiber for spinning. Kathy will also have a variety of other fibers to incorporate with your own. If you are unable to bring spinning fiber, Kathy will have some on hand for sale. (Kathy has been spinning over 7 years and was chosen by the National Endowment For the Arts and the Kansas Arts Council as a master craftsman in their apprentice program. She is a member of the local fiber arts/guilds and the National Weaving and Spinning Council.)

BEGINNING WEAVING

FA-76

Susan Lala

Wednesdays, 1-3:30pm
First Class: Sept. 18, 5 Times
Location: Will be noted on your receipt
Limit: 4 FEE: \$10

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POCKET BILLIARDS FOR BEGINNERS

R-30

Jerry Riggs

776-6338

Saturdays, 10:30am First Meeting: Sept 14 Length: 6 times
Location: Will be noted on your receipt
Class Fee: \$4, 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.)

TRIVIAL PURSUIT

R-31

Ron Pavelka

539-6235

Organizational Meeting: Wednesday, 7:30pm, Sept 25 Length: Indefinite
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

If you're interested in testing your knowledge of trivia, this is the class for you. Trivial Pursuit is a board game in which participants are asked trivia questions in entertainment, sports, history, literature, science and geography categories. There are 6,000 questions. The purpose of the game is not necessarily to win, but to have fun. All ages are welcome. (Ron has played with family and friends and has gotten this Manhattan group going.)

STAMP COLLECTING

R-32

Tim Lindemuth

532-6415

Mondays, 7:30pm, Oct 7, 14, 21 (3 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: 50¢, pay at class

This class is for beginning, intermediate and advanced stamp collectors of all ages. A field trip is planned to the 1985 Mid-America Philatelic Exhibition in Kansas City, Saturday, Oct 19. Three slide shows will be presented on the basics of collecting, how to grade stamp centering and cancellations, and how to determine perforations and watermarks. You will receive an 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.)

BICYCLE REPAIR DEMYSTIFIED

R-27

Donald Graber

539-5639

One Time: Wednesday, 7-9pm, Oct 16
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 20

The class will cover basic repair and maintenance of the bicycle, including lubrication, flat repair, adjustment of brakes and derailleurs, and, especially becoming aware of mechanical problems. The class will not include hands-on experience. (Don is a bike mechanic at The Pathfinder.)

LEARN TO FLY AT LOW RATES

R-28

Hugh Irvin

532-6311 539-3128

Saturdays, 9-10:30am First Meeting: Sept 14 Length: Indefinite
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

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

MODEL ROCKETRY AND MODELING

R-29

David White

532-6786

Thursdays, 7pm First Meeting: Oct 3 Length: continuing
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

David will discuss how to build and fly model rockets from kits and scratch. He'll also cover models. David says, "When you complete one and you've done your best to make it look real, you can really be proud of it." This class is for people of all ages and is extremely safe. With enough interest, a club might be started. (David likes to build and fly large scale rockets and to build and collect model tanks, etc. He is a distributor for Estes Flight Systems and Competition Model Rockets.)

A TASTE OF THE MIDDLE AGES

R-34

Shire of Spinning Winds Society for Creative Anachronism, Inc. 238-6625

Tuesdays, 7-9pm First Meeting: Sept 17 Length: 5 times
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

What you always wanted to know about medieval times but didn't know who to ask...Join us for some really old-fashioned activities such as tournament fighting, feasting, dancing, costumery, heraldry, and other arts as practiced in the current middle ages! (The SCA is a world-wide educational organization whose members study and selectively recreate the middle ages, enjoying themselves in the process.)

WEDNESDAY MORNING PLAY GROUP

R-35

Linda Irwin, Barb Stork

537-1084 539-1379

Wednesdays, 10am-12n First Meeting: Sept 11 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$2/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 nice weather we will be meeting outside and during colder months we will meet in homes of participants. The group has been in existence for about nine years. (Linda and Barb are mothers of young children.)

CLOWNING WORKSHOP

FA-35

Ron Clingenpeel/Easom Bond

537-0593

One Time: Saturday, 10am-2pm, Sept 14
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$4, pay at class Limit: 12

Learn to juggle in 10 minutes! This workshop will include all aspects of clowning such as magic tricks (how to and where to find your magic supplies), costuming, make-up artistry, story-telling and for the daring, fire-eating at no extra cost! Participants will receive their own set of juggling scarves, make-up and a sheath of handouts on clown-related material. Bring a sack lunch and we'll brown bag it together at noon. (Ron, producer/director, and Easom, assistant producer and leading juggler, have taken their minstrel show to the far corners of Kansas and around the world.)

DUNGEONS AND DRAGONS FOR BEGINNERS

R-33

Bob Argent

539-4549

Wednesdays, 6-9:30pm First Meeting: Sept 11 Length: 6 times
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration
Materials Fee: \$1, pay at class Limit: 8

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

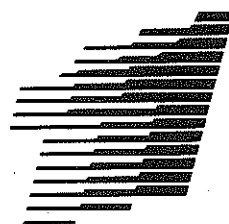
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		Record Keeping, Home	14	Trivial Pursuit	29
		Recovery, Inc.	17	Tropical Medicine	19
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Makeovers: Women Only	20	Reincarnation — Fact or Fiction	18	Tuttle Creek Hike	24
Massage, Basic	19	Riverside Parkway Tour	24		
Medicine Wheel, Native American	17	Roof Repair, Basic	21	Venison, A Variety of Recipes	10
Mental Health, Maintaining Your	17	Rug-Hooking	4	Volleyball	26
Middle Ages	29	Rugs, Rag	4		
Milford Lake	24	Running, Year-Round	28		
Model Rocketry	29				
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		Sailing, Beginning	27	Water Color Demonstration	3
Office Etiquette	13	Schnaaps and Kaluha, Home-made	11	Waterfowl Identification	22
Origami, Beginning	3	Schooling, Home	13	Wealth Accumulation/Estate Planning	12
Outdoor Extravaganza	24	Self-Defense for Women	14/28	Weaving Studio	4
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		Skills Exchange Co-op, Home	21	Wine Appreciation	11
		Snakes Alive	23	Winfield Warmup: Fiddling Around	9
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P.M.S. — We Can Help	19	Social Work as a Profession, Considering	13	Woodshop Co-op, UFM	5
Painting Applications, Basic	21	Solar Collectors	25	Word Processing, Intro to	14
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Pepper Soup	11	Step-Parent in the 80's, Making it as a	16	Writers, Feminist Support Group	8
Perennials	23	Story Time	8	Writing, Novel/Fiction	8
Perry Lake Trail	24	Stress Ills and Stress Skills	18		
Philosophy of Gurdjieff and Ouspensky	18	Stress Management	18		
Photography, Beginning	6	Sufi Dancing	17		
Photography, Co-op UFM	6	Supervision, Tips on Successful	13		
Photography, Through the Mind's Eye	6	Sweet Potato Leaf Soup	11		
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Picture Framing, Introduction to	5			Yoga	17
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Problem Solving at Work or at Home	13			Zen Meditation — Introduction to	17
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Registration Form

PLEASE PRINT ★★ ONE FORM PER PERSON

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

SURVEY— Please check all that apply.

I am a:

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

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

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

I am interested in teaching for UFM.

I would like to see offered next term: _____

Please indicate where you obtained catalog _____

If KSU student, list ID # _____

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

Have you taken a UFM class before? _____

I hereby authorize the use of my Visa/MasterCard:
 Card # _____ Visa MC
 Expiration Date _____

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

Priority Registration Period: Aug 19-Sept 8

After Sept 8, you can still register if space is available.

WALK-IN:

Tuesday	Aug 20	Public Library	5pm-7pm
Wednesday	Aug 21	KSU Union	9am-2pm
Sunday	Aug 25	Wal-Mart	2pm-4pm
Monday	Aug 26	KSU Union	9am-2pm
Tuesday	Aug 27	KSU Union	9am-2pm
Wednesday	Sept 4	KSU Union	9am-2pm
Thursday	Sept 5	Public Library	11am-2pm
Thursday	Sept 5	Public Library	5pm-7pm
Saturday	Sept 7	Cico Park, Pottorf Hall	10am-2pm

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):

- under 13 years of age
- over 60 years of age
- handicapped
- 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:

- the limited class you paid for has been filled
- the class you paid for has been cancelled or significantly changed
- you have overpaid

UFM will only give a CREDIT voucher (redeemable for UFM classes) in these instances:

- you are unable to attend a class and you have notified UFM and the teacher a minimum of three days before the first meeting
- 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

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

SURVEY— Please check all that apply.

I am a:

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

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

Have you taken a UFM class before? _____

I hereby authorize the use of my Visa/MasterCard:
 Card # _____ Visa 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.

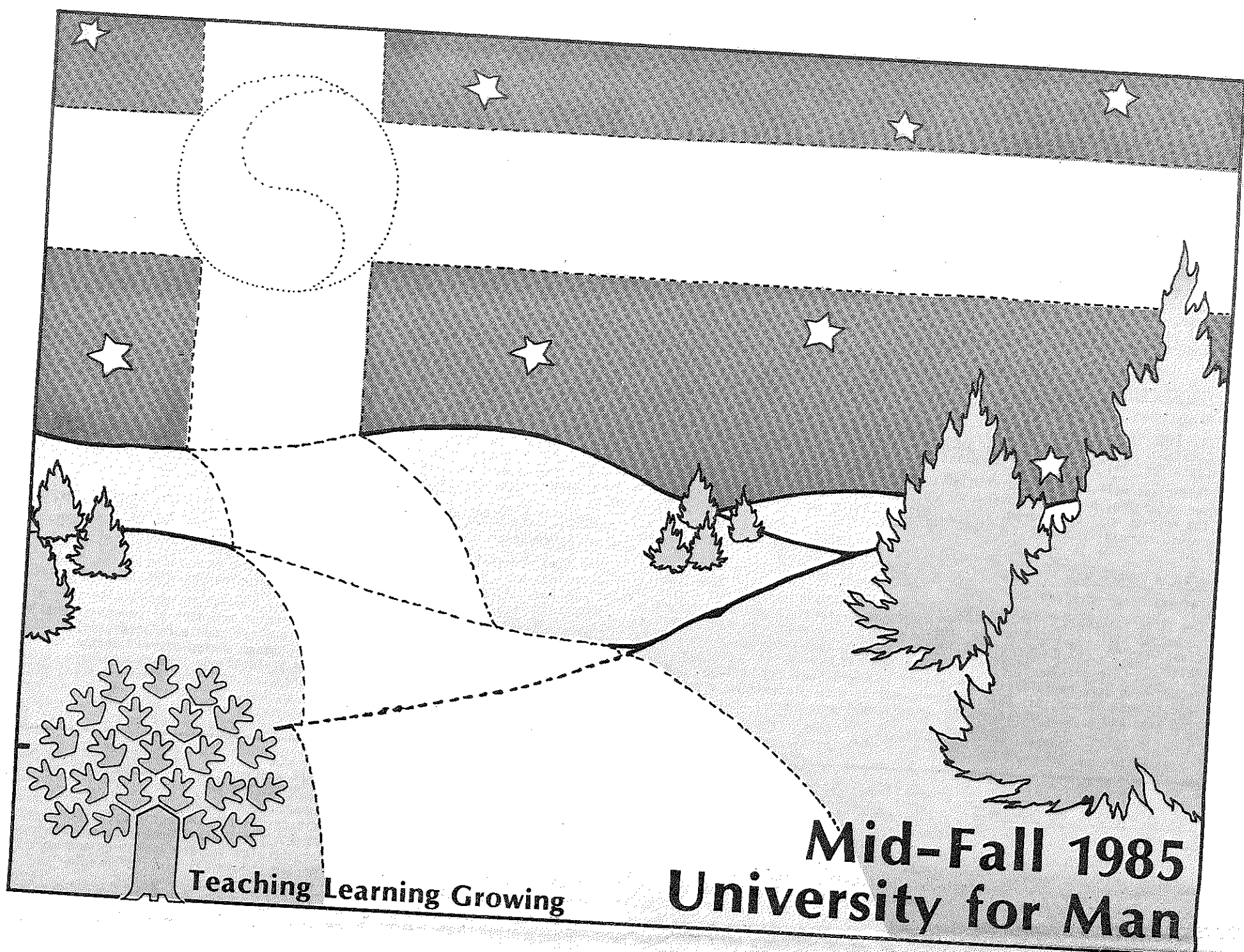
Great gift idea! Encourage others to learn at UFM by giving our gift certificates!

GIFT CERTIFICATE

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

* Good for one UFM class up to \$5.00

EXPIRES _____



Holiday favorites

ENGLISH CHRISTMAS PUDDING & ROASTED CHESTNUTS

Miranda Mortlock

MF-1

537-4397

One Time: Thursday, 6:30-8:30pm, Nov 21
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$1, pay at class

Limit: 10

Learn how to make traditional English holiday foods! Recipes will be provided and a "hands-on" demonstration will be given so come prepared to create in old English style. (Miranda is a native of England.)

SPICED BEEF AND YULE LOGS

Amanda Price

MF-2

537-2034

One Time: Monday, 7-9pm, Nov 18
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$1, pay at class

Limit: 10

Years ago in Wales, the Welsh people used spices to preserve their beef. Since that time the spiced beef flavor has been preserved and enjoyed by families today. We will be preparing the beef with the traditional recipes, which you will receive in class. The Yule Log as a custom will also be discussed and demonstrated. (Amanda, a native of Wales, enjoys sharing her family recipes with others.)

GERMAN CHRISTMAS GOOSE, MEAT ROULADEN AND CHRISTMAS STOLLE

Monica Dodin

MF-3

539-4987

Organizational Meeting: Tuesday, 7pm, Nov 12 Length: several
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: Will be determined at first meeting

Meat Rouladen is beef meat filled with ground beef and then rolled together with red cabbage, sauerkraut or mashed potatoes. Goose is a German dish prepared especially during the holidays and filled with prunes, mandarins or oranges, hazelnuts, almonds and kale. Christmas stolle is Germany's traditional Christmas cake made with aged dough, fruits and nuts. Come to this meeting and we'll discuss what you would like to learn to make. (Monica's great-grandmother has passed down these traditional German recipes and Monica would like to share them with you.)

SUGAR BELLS

Georgia Becker

MF-21

537-1987

Please register and you will be contacted for day, time and date
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration

Limit: 10

Sugar bells are easy and fun to make and are really nifty for decorating holiday cakes, cupcakes or cookies. Please bring a small paring knife or pocket knife and a small box to carry your bells home. (Decorating cakes and cookies has been one of Georgia's lifelong hobbies.)

CHINESE HOLIDAY COOKING CLASSES

Lee Shih Wu

539-7841

An exploration of the many types of Chinese holiday cooking and methods used in each. Lee Shih will demonstrate how to choose ingredients, how to cut and prepare them, and which cooking procedures to use. Then comes the eating. Yum!

Section I: Friday, 6:30-8pm, Nov 15

MF-5/I

Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$3, pay at class
 Smoked chicken-Peking style!

Section II: Friday, 6:30-8pm, Nov 22

MF-5/II

Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$5, pay at class
 Stewed beef with brown sauce and quick fried beef with Sa-De sauce!

Section III: Friday, 6:30-8pm, Dec 6

MF-5/III

Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$4.50, pay at class
 Duck and stuffing!

(Lee Shih is a native of China and graduated from the Chinese Cooking Institute in Taiwan.)

HOLIDAY NAPKIN FOLDING AND HOLIDOME TOUR

David Baldwin

MF-8

539-5311

Section I: Monday, 8pm, Nov 18

Section II: Monday, 8pm, Nov 25

Location: Will be noted on your receipt
 Class Fee: \$4/section, pay with registration

Fancy napkin folding can make a holiday table! Come and learn several special ways to fold napkins and other holiday table decorating ideas as well. You'll also be treated to a tour of the holiday facilities. (David is currently the banquet manager of the Holiday.)

HOLIDAY BISCUITS FOR YULE DOGS

Karen Barron

MF-9

532-5866

One Time: Tuesday, 7pm, Dec 3
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: 50¢, pay at class

Limit: 12

For the dog that has everything...delicious, healthful, whole-wheat dog biscuits! We will be making a batch of all natural, "traditional shaped" biscuits but you're welcome to bring cookie cutters of your dog's favorite shapes. (This is Karen's dogs' favorite item class.)

More Eats!

CANDYMAKING EXTRAVAGANZA!

MF-10

Julie and Meriam 776-9506

One Time: Sunday, Dec 8, 2pm
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$4, pay at class Limit: 4

Make your own gifts of candy for those special friends and family this holiday season. From divinity, peanut brittle, fudge and peanut butter cups - this class will be a great chance to get some ideas on holiday candymaking and have fun too. For those who wish to learn to "dip" chocolate, arrangements can be made at the class for a later date and recipes will be given at the class for these sessions. (Julie and Meriam are candy eating and candymaking connoisseurs.)

VENISON, DEAR?

MF-11

Randy Lowry 537-8267

One Time: Monday, 6pm, Nov 18
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 15

This class will provide you with a variety of ways to prepare your venison. Cleaning, preparing, oven-cooking, outdoor barbecuing and tasting the results will be covered. (Randy enjoys hunting and cooking wild game meats, especially deer.)

AFRICAN PEPPER SOUP

MF-7

Fatmata Sesay Harrison 539-3186

One Time: Saturday, 2-4pm, Nov 16
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$2, pay at class Limit: 10

Pepper soup is a hardy African soup that is nutritious and filling and is said to even help colds! This is an especially nice winter-time dish so come over and warm up! (Fatmata Sesay is from Sierra Leone, West Africa.)

ITALIAN CARBONARA AND MATRICIANA

MF-4

John Falsetto 539-3830

One Time: Wednesday, 7pm, Nov 13
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 10

Matriciana is the pasta dish of Rome. Carbonara is a specialty dish from Naples. Both of these Italian recipes are a blend of exotic flavors yet very easy to prepare. Come learn the cooking secrets of Old Italy. (John studied in Italy, has been in the Italian food business for 13 years and is currently making his pizzas in Aggieville.)

EBELSKIVER

MF-6

Karen Barron 532-5866

One Time: Wednesday, 1:30pm, Nov 13
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$1, pay at class Limit: 5

Ebelskiver is a Danish dessert enjoyed during the winter season. It's a simple recipe to make and can be filled with a variety of different fruits or rolled in powdered sugar. The Ebelskiver pan is rather original looking - it's cast iron usually with golf-ball size craters in it which makes the round Ebelskiver shape. (Karen lived in Denmark in 1977 and learned to make Ebelskiver from her Danish "mother.")

HOME-MADE SCHNAAPS AND KALUHA

MF-12

Joyce Parthemer 539-4630

One Time: Tuesday, 7pm, Nov 19
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$5, pay at class Limit: 5

There's nothing like a little nip of peppermint schnaaps or smooth Kaluha to warm up an icy winter day! Come to this class and learn some simple recipes for both of these cold weather delights. Bring a small bottle to take home a sample! Participants must be of legal age. (Joyce grew up making schnaaps with her father.)

Merry Making

FOLKART WOODLETS AND ORNAMENTS

MF-24

Susan Toy 537-2084

One Time: Wednesday, 1pm, Nov 13
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$3, plus cost of woodlets, pay at class Limit: 6

For a special yet inexpensive gift or an extravagant one folkart woodlets are just the thing this holiday season. We will have a variety of shapes in all sizes which you can decorate or you may bring something from home. Woodlets make lovely additions to wreaths or you can hang them on your tree as ornaments. (Susan is co-owner of The Containery and enjoys sharing her craft ideas with others.)

HOLIDAY WREATH

MF-25

Susan Toy 537-2084

One Time: Tuesday, 7pm, Nov 19
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: Varies according to supplies used Limit: 5

Just in time for the holidays...a Christmas wreath out of eucalyptus, straw, baby's breath, willow or grapevine! You can choose and create from our variety of supplies and we'll help you put it all together.

KITCHEN WREATH

MF-26

Susan Toy 537-2084

One Time: Friday, 1pm, Nov 22
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$12, pay at class Limit: 6

Decorate a wreath with dried flowers, herbs and ribbons. Heart and round wreaths will be available.

GRAPEVINE WREATH

MF-27

Susan Toy 537-2084

One Time: Monday, 9:30am, Nov 18
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: Varies according to supplies used Limit: 5

Decorate for Christmas or match your home decor! Use wood cut-outs, dried or silk flowers, ribbon or a variety of other materials to spruce up your grapevine wreath.

WOVEN MARKET BASKET

MF-28

Susan Toy 537-2084

One Time: Friday, 9am, Nov 15
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$12, pay at class Limit: 4

Woven baskets are very popular these days - especially handmade ones! We will make a woven 12"x18" basket that is great to take to the market!

HOLIDAY SLEIGH

MF-23

Susan Toy 537-2084

One Time: Wednesday, 1pm, Nov 20
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$12, pay at class Limit: 6

Paint a traditional holiday sleigh with two reindeer or a country Christmas sleigh with two willing equine. All supplies included.

CROCHETING AND COUNTED CROSS STITCH HELP SERVICE

MF-22

Meriam Kierstead 776-9506

Are you making a crocheted or counted cross stitch project for Christmas and are stuck? This is a one-on-one "help" service designed just for you! Give Meriam a call with your stitchery problem and she'll set up a time to get together and work with you. (Meriam enjoys all kinds of needlework and has had several years experience solving problems.)

BOW MAKING

MF-20

Sandy Barnett 537-3838

One Time: Tuesday, 7:30pm, Nov 19
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 10

Bow making is a skill and a fine art and, with the holidays coming up, a necessity! In this class you'll learn how to dress up a package, a table, a Christmas decoration or a seasonal door ornament with bows. (Sandy has worked in a flower shop for several years and has been bow-making ever since.)

HOLIDAY TREATS AND TREASURES

MF-16

Paula Boyd 539-1983

Section I: Thursday, 7-7:50pm, Nov 14
 Section II: Thursday, 7-7:50pm, Nov 21
 Section III: Thursday, 7-7:50pm, Dec 5
 Location: Will be noted on your receipt
 Class Fee: \$4/section, pay with registration
 Materials Fee: \$1.50/section, pay at class Limit: 8/section

Class content will vary based on the age of participants, Christmas tree decorations, holiday songs and holiday snacks will be the focus. We will use scissors, glue, paints and crayons. Parents do not need to stay unless the child cries if unattended.

Section I - 2½-3 years old; Section II, 3-4 years old; Section III, 4-5 years old. (Paula is a parent interested in child's play, and who likes to play herself!)

CHRISTMAS CALENDAR MAKING

MF-19

Susanne Step1 539-1571

One Time: Wednesday, 7-9pm, Nov 20
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$6, pay at class Limit: 10

In Germany during the month of December, children are given a special calendar by their parents to shorten and sweeten the days while they are anxiously waiting for Santa Claus to visit in the late afternoon of the 24th of December. This calendar counts the days from December 1st until Christmas and contains a special little surprise for each day. For parents only! Please get the \$6 materials fee to Susanne by Nov 10. (Susanne is a native of Germany and has been in Manhattan for a little more than one year.)

STAINED GLASS - PROJECT I

MF-14

Steve Stewart 776-6687

Saturdays, 10am-12n, Nov 9, 16, 23, Dec 7, 14 (5 times)
 Location: Will be noted on your receipt
 Class Fee: \$10, pay with registration
 Materials Fee: \$35, pay at class Limit: 4

Practice on window glass and then design, cut, assemble and finish your own stained glass panel. Using the copper foil method, you will acquire all the basic skills of leaded glass work. The materials fee, which is non-refundable after the first class, covers glass and copper foil, a glass cutter, and the text, Stained Glass Primer I. (Steve owns and operates a local stained glass studio, Glass Works Studio.)

Flicks

Studio Stuff

UFM PHOTOGRAPHY DARKROOM COOPERATIVE (BLACK & WHITE & COLOR) MF-34
Neil Schanker 532-5866

Organizational Meeting: Monday, 5-5:30pm, Nov 11 (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.

Black & White only:

Fees:	8 weeks	\$20, new members	\$15, renewals
	1 semester	30, new members	25, renewals
	2 semesters	40, new members	35, renewals (pay with registration)
	3 semesters	50, new members	45, renewals

Black & White & Color:

Fees:	8 weeks	\$25, new members	\$20, renewals
	1 semester	35, new members	30, renewals
	2 semesters	45, new members	40, renewals (pay with registration)
	3 semesters	55, new members	50, renewals

The color equipment enables you to develop film or slides and to make prints from negatives or from slides (Cibachrome). There is no additional hourly use charge. For those who wish to use the darkroom but who do not wish to purchase a membership, space is available at the rate of \$2/hr. (Neil is coordinator of the UFM darkroom.)

TAKING BETTER PICTURES MF-32

Bob Habiger 532-5866

One Time: Tuesday, 7pm, Nov 19
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Are your holiday photos overexposed in the front, underexposed far back, with only the holiday turkey in focus? Is Aunt Mildred's head missing in your family photo? Do the relatives look like they're lined up for a firing squad? Everything you wanted to know about taking pictures (in one short evening) but were afraid to ask. We will cover composition, filters, film choices, camera and lens selection and lighting techniques. If you are considering the purchase of a camera this Christmas, this class could save you lots of wasted film and unhappy friends. (Bob is an instructor at KSU and has worked as a commercial photographer.)

THE FOURTH ANNUAL UFM BLACK & WHITE PHOTO CONTEST -- KANSANS ON KANSAS MF-33

Prizes will be awarded. The twelve winning black and white entries will be published in the summer 1986 UFM catalog. They will be exhibited at the Manhattan Public Library April 21-May 2 and displayed in the K-State Union second floor showcase June 9-20.

Reading & Writing

STUDY SKILLS MF-87

Mike Linch, Judith Bennett 532-6492

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

Students from all classes and majors can benefit from this workshop on study skills. Topics will include reading and summarizing text books, note taking and preparing for exams. (Mike is director and Judith, assistant director of the KSU Academic Assistance Center.)

HOW TO GO BACK TO SCHOOL (WHEN YOU DON'T KNOW WHERE TO BEGIN, YOU DON'T KNOW WHO TO ASK, AND YOU'RE NOT EIGHTEEN ANYMORE) MF-88

Ruth Hoeflin, Beverly Laskey 532-6432

Wednesday, Nov 13; Monday, Nov 18, Wednesday, Nov 20, 7-8:30pm
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Going to college as an adult can be exciting, but are you wondering whether you have the time, money, ability or physical energy to do so? Does the educational institution confuse you? Do you know how to study, to take exams? We'll help you find the answers, think through decisions, take the first steps, learn how to cut red tape, and know where to find help on the campus. (Ruth is director of Fenix, a program for students over 25. She is the former dean of home economics, has conducted research on adult students, and is a firm believer in lifelong learning. Beverly was formerly director of admissions and records and a financial aid officer, as well as advisor to international students. Recently, she is a member of the Fenix office staff.)

"A.E." - THE PERSON BEHIND THE LEGEND MF-29

Rix Shanline 539-3407

One Time: Tuesday, 7pm, Nov 19
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

The life and adventures of Amelia Earhart thrilled America in the 1930's! The character and personality of this exciting daughter of Kansas was inspiring to a whole generation of young women. This one-act play, "A.E.," is an intimate and accurate look at the person behind the legend. This class will deal with what went into creating this piece including the participation of her family and friends, as well as examine interesting facts about Amelia Earhart. (Rix is a local, amateur playwright who has a particular interest in plays about the heritage of Kansas.)

SECOND ANNUAL FRIENDS OF EDUCATION FAIR

Saturday, 11am-3pm, Nov 23
Location: City Auditorium
No Class Fee

Come and learn about all the educational programs in Manhattan - from pre-school to adult -- formal and non-formal. Over 50 groups will have exhibits and the fair will feature a puppet show, dance performances, music, hand-made items from the third world and traditional Mennonite holiday foods. Door prizes will be given, donated by local businesses.

BEGINNING CERAMICS MF-36

Sharon Spiller 537-9157

Thursdays, 7-9pm, Nov 14, 21, Dec 5, 12, 19 (5 times)
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: \$8, pay at class Limit: 6

From raw clay to finished glazed pieces, learn to make your own pottery. The class will concentrate on hand-built pottery as plain or fancy as you want. They can be functional or purely decorative. Come try your hand at making pottery!! (Sharon has taught this class before with exciting results in finished products.)

CLAY CHRISTMAS ORNAMENTS MF-37

Sharon Spiller 537-9157

Wednesdays & Tuesdays, 6:30-8:30pm, Nov 13, 20, 26, Dec 3 (4 times)
Location: Will be noted on your receipt
Class Fee: \$8, pay with registration
Materials Fee: \$3, pay at class Limit: 8

Trimming the tree is always a special event of the Christmas season. Why not use special handmade ornaments? We will make simple attractive tree trimmings that can be used for years to come. All ages welcome.

UFM POTTERY STUDIO CO-OP MF-35

Sharon Spiller 537-9157

Wednesday, 7-8pm, Nov 13, Mandatory organizational meeting
Location: UFM Pottery Studio

Membership in studio: \$20, 8 weeks
30, 16 weeks
40, 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, 12 1/2 pounds of clay, plus all the recycled clay you produce, kiln space, and glazes. UFM has recently purchased a sophisticated slab roller for use in sculptural handbuilding, and electric wheel to augment its studio equipment. (Sharon is the pottery studio coordinator for UFM.)

UFM WOODSHOP CO-OP MF-38

Brian Hobbs, Woodshop Coordinator 537-1714

Mandatory Organizational Meeting: Monday, 7pm, Nov 18

Location: Will be noted on your receipt
Membership Fee: \$40 for 4 months
\$20 refundable deposit
\$60, pay with registration

Located in the UFM solar addition, the woodshop is equipped with a wide variety of power and hand tools, including a radial arm saw, table saw, jointer, 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. (Brian is a woodworking instructor at a local high school.)

UFM WEAVER'S STUDIO - OPEN WEAVING TIME MF-39

Susan Lala 537-9610

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

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

BEGINNING ORIGAMI MF-30

Georgia Nonte

One Time: Sunday, 1pm, Nov 17
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: 50¢, pay at class Limit: 7

For beginners only. We will make the flying crane, sitting crane, basket and several other common forms as time allows. Every student will receive origami paper and instruction sheets on designs. These make great party favors and place card holders! (Georgia has been teaching folk arts for over 20 years.)

TANNING HIDES MF-31

Georgia E. Nonte

One Time: Sunday, 1pm, Dec 15
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class Limit: 15

This will be a discussion on the three basic forms of tanning most commonly used. Every student will get printed instructions for the three forms and a small sample of tanned and cured hide for samples. (Georgia has been working with hides for many years. She recently had some of her work on display at the K-State Union showcase.)

PRAIRIE FIRE

From the Flint Hills of northeast Kansas we at Prairie Fire are pleased to announce our Fall 1985 catalog.

A common desire to create has brought the following artists together in an effort to bring directly to you some of the finest handcrafted items available.

Mal Rooks Hoover - illustrations	June Anderson Schnittker - natural wreaths
Marty Hartford - rag weaving	Rick J. Johnson - wood turned bowls
Norman Lally - pottery	Jane Elias Elliott - quilted clothing
Latifa Barbara Nelson - windsocks	

Prairie Fire t-shirts also available

If you would like our Fall '85 catalog write to: Prairie Fire
P.O. Box 12
Olsburg, Ks. 66520

Feathered Forays

AUDUBON CHRISTMAS BIRD COUNT

MF-63

John Zimmerman 532-6659

One Time: Saturday - all day, Dec 21
Location: Will be noted on your receipt
No Class Fee

The best way to learn to identify our feathered friends is to birdwatch with experienced birders. The Christmas Bird Count, conducted in Manhattan since 1949, is the yearly highlight of birdwatchers and a great opportunity for beginners. On Dec 21, spend all or part of the day counting ducks, hawks, woodpeckers and songbirds. Everyone is also welcome to join the Junction City Bird Count on Dec 29. For more information call John Zimmerman (Manhattan) 532-6659 or Bob LaShelle (Junction City) 1-238-2887.)

WINTER BIRDS FIELD TRIP: CHRISTMAS COUNT WARM-UP

MF-61

Audubon Society Members 1-456-2771

One Time: Saturday, 7am-12n, Dec 7
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

If you're new or a little rusty at birdwatching and want to go on the annual Christmas Count, here's a chance to get acquainted with many of the species that will be seen on December 21. Bring your binoculars and we'll try to come up with a wide assortment for you to study.

CAMPUS BIRDS THROUGH THE SEASONS

MF-60

Audubon Society Members 1-456-2771

Fridays (every second and fourth) First Meeting: Nov 8
Time: early morning - you'll be contacted for exact time
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration Length: Continuing

There has been interest expressed in local weekday field trips for birdwatchers. We plan to meet at a central location on campus and walk to suitable bird habitat. This will be loosely structured to accommodate those that must leave at various times. Beginners are welcome. Bring your binoculars.

PLATTE RIVER SANCTUARY SLIDE SHOW

MF-65

Ken Strom

One Time: Thursday, 7:30pm, Jan 16
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

Share the beauty and grandeur of the Platte River and its annual migration of stopover sandhill cranes. The spectacle of hundreds of thousands of cranes settling in to roost at sunset on the river, once witnessed, is remembered a lifetime. The significance of the Platte River as a prairie resource in the central flyway will be the focus of this slide presentation, highlighting the monthly meetings of the Northern Flint Hills Audubon Society. In March, a trip to the Platte River is planned. (Ken is manager of the Lillian Annette Rowe National Audubon Society Sanctuary.)

The Greenhouse Effect

PASSIVE SOLAR HOME CONSTRUCTION

MF-67

Bob Habiger 532-5866

Mondays, 7-9pm, Nov 4, 11 (2 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class Limit: 20

Great, you have decided to build a solar home. Now what do you do? We will look at questions and decisions that can help make this dream come together. How do you pick a contractor? Do you need an architect? Codes, what is required in home construction? Do you want to act as the prime contractor? What about contract agreements between contractor and homeowner? This class will look at how to put together all this information and much more. (Bob is director of the UFM Appropriate Technology Program.)

SOLAR SPACE HEATING COLLECTORS

MF-68

Dean Denner, Bill Dorsett 776-5589 539-1956

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

Using a renewable energy resource, decreasing utility bills and a 70% tax credit are reasons for utilizing space-heating solar construction. Design and construction will be explained. Site-built and manufactured collectors will be shown. Solar tax credits are likely to end December 31, 1985, so now is the time to solarize!

HOLIDAY BLOOMING PLANTS FROM AROUND THE WORLD: KSU CONSERVATORY TOUR

MF-54

Richard Mattson 532-6170

One Time: Monday, 7-8:30pm, Dec 9
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

Norwegian begonias, Jerusalem cherries, Christmas peppers, poinsettias, crown-of-thorns and much more! The historic KSU Conservatory Greenhouse is divided into desert, temperate and tropical habitats so you can see plants in their natural environment. Learn selection, care and maintenance of plants under the exotic artificial lighting. (Dick is a professor of horticulture at KSU.)

SOLAR GREENHOUSES AND SUNSPACES

MF-69

Dean Denner, Bill Dorsett 776-5589 539-1956

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

If your family can use additional living space, the capability to grow food in winter, and/or supplemental solar heat, a solar greenhouse or sunspace may fill your needs. Numerous local examples will be used to explain how to design and build such a room to best meet individual as well as energy needs. Solar tax credits are likely to end December 31, 1985, so now is the time to go solar! (Custom-designing and constructing solar greenhouses is a major part of Dean and Bill's work as Sunwrights of Manhattan.)

THIRTY-SIXTH ANNUAL CHRISTMAS BIRD COUNT SLIDE SHOW PREVIEW

MF-62

John Zimmerman, Dave Rintoul 532-6659

One Time: Wednesday, 7:30-9:30pm, Dec 11
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

What in the name of Audubon is a Christmas Bird Count? That's where teams of naturalists set aside a day in December to try and enumerate the birds located in a 7 1/2 mile radius of campus. Whether or not you plan to join the hordes of birdwatchers on the count, make plans to attend this monthly meeting of the Northern Flint Hills Audubon Society. (A slide presentation and some surprises await.) (John and Dave, sometimes mistaken for crazed birdwatchers, are actually professors in the Biology Division at KSU.)

EAGLE EXCURSION

MF-66

Duane Kerr 1-456-2771

One Time: Saturday, 8-11am, Jan 18
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Bald eagles, the majestic symbol of our nation can regularly be seen quite close to Manhattan. Join in this expedition as we check several of the more likely areas for these birds and other hardy species that winter in Kansas. We'll have spotting scopes so you can get a close-up view, but bring binoculars if you can. Dress warmly!

WILD GOOSE CHASE

MF-58

Duane Kerr 1-456-2771

Saturday, 7:30am-Sunday, late evening, Nov 2 & 3
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

Visit two great places in one weekend! We'll go to Indian Cave State Park (SE Nebraska) on Saturday for a day of hiking in the woods along the Missouri River. Sunday morning we'll head for Squaw Creek National Wildlife Refuge (NW Missouri) to see snow geese (250,000 or more) and other waterfowl. Bring a sack lunch for Saturday, money for meals and camping fee (\$10 should do for these), and we'll split transportation costs. (Sponsored by N.F.H.A.S.)

BIRD FEEDER PARADE

MF-64

Duane Kerr 1-456-2771

One Time: Saturday, 9:30am-12n, Jan 11
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10

Would you like to attract birds to your yard in winter, but really don't know how to do it? Go on this tour of local backyard feeding stations and discover how it's done. We'll discuss and see the kinds of birds that can be attracted, what and how to feed them and how to avoid "problem guests." Dress warmly and bring your binoculars if you have them.

WATERFOWL IDENTIFICATION

MF-59

Duane Kerr 1-456-2771

One Time: Saturday, 7am-11am, Nov 9
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

If you can't get away for the waterfowl trip in Nebraska and Missouri, plan to go on this local excursion to Tuttle Puddle & Pott. Lake 2. We'll have spotting scopes to give you super-close looks at green-winged teal, buffleheads, redheads and other ducks and geese, but bring your binoculars too. This trip will be especially helpful to novice bird watchers. (Duane, president of the Northern Flint Hills Audubon Society, is very experienced at identifying waterfowl.)

Winter/Christmas Craft Sale
Dec 7 - 9:30-5:30 - UFM
Three floors of fine hand made goods for
your Christmas shopping pleasure

<i>Demonstrations</i>	<i>Refreshments</i>
Gem Stone Jewelry	Roasted Chestnuts
Porcelain Art	Ham Sandwiches
Sheep to Shawl	Christmas Candy
Stained Glass	Hot Spiced Cider
Pottery	Coffee

Childrens Xmas Craft Room
Children will be supervised in making Xmas
ornaments while their parents shop

Children's Shop
For children only -- All items under \$1.00

DOOR PRIZES EVERY HALF HOUR
SPECIAL DRAWING FOR HANDSPUN, HANDWOVEN
WOOL SHAWL

UFM'S LARGEST CRAFT SALE EVER!

HOLIDAY CHEESE SALE

HOLIDAY SHOPPING MAKE YOU FEEL LIKE A MEUNSTER? WELL,
WHY NOT HAVE A GOUDA TIME THIS YEAR WITH HOLIDAY
CHEESES FROM THE PEOPLE'S GROCERY CO-OP AND UFM?

See Back Page for Order Form
Orders must be received on or before Nov.8, 1985

Naturally

BASIC GUN DOG TRAINING

MF-56

John Torrence

539-2170

Tuesday and Wednesday, 7:30pm, Dec 3 and 4 (2 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Got your first dog and want to train it right? Need some advanced training for that special bird dog? Unhappy with your dogs' performance this season? John will cover basic care, obedience, handling and blind retrieves. John's specialty is retrievers, but he can give some pointers on pointers too. Don't miss this class! (John professionally trained bird dogs for several years and was successful on the field trial circuit.)

ICE FISHING

MF-57

Steve Kraxberger

537-7667

Register and you will be contacted for day, time and date (One time)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Limit: 6

Take an axe. Cut a hole in the ice. Sit on your 5-gallon plastic bucket and try to catch fish. That's what Steve does and continues to do, even though he has yet to hook one. If you'd like to try, register and Steve will call you for a Saturday or Sunday afternoon when the ice is thick enough. (Steve thinks ice fishing is a fun experience, fish or no fish.)

CUTTING KANSAS GEM STONES

MF-52

F.C. Lanning, Benjamin G. Mullinix, Sr.

537-7599 539-3846

One Time: Thursday, 7:30pm, Nov 7
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Various ways of cutting and polishing gem stones will be demonstrated. This will include sawing, cabochon cutting, faceting and tumbling. Participants are welcome to bring specimens found on the UFM field trip or otherwise. This class is sponsored by the Manhattan Mineral, Gem and Fossil Club. (Francis and Benjamin have acquired many lapidary skills.)

USING KANSAS GEM STONES IN JEWELRY

MF-53

W.L. Lala

537-9610

One Time: Thursday, 7:30pm, Dec 12
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Jewelry making, designs, findings, bezel settings, cabochons, sprues, casting. If you have some interest in gem stones and jewelry, this class is for you. Bring your questions. This class is sponsored by the Manhattan Mineral, Gem and Fossil Club. (Dr. Lala learned wax-casting in dental school and has been making jewelry for 16 years.)

GEOLOGY OF THE FLINT HILLS LECTURE

MF-51

Charles Walters

539-4805

One Time: Wednesday, 7:30-9:30pm, Nov 20
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

Kansas has been under water 50% of the time for the past 1/2 billion years. The ancient oceans left us on top of 1/2 mile of ocean sediment. This deposit of mud and fossils leaves Manhattan 1000 ft. above sea level. Join the Northern Flint Hills Audubon Society at their monthly meeting and find out why one of their members says, "I learned more about how the Flint Hills developed from one of Dr. Walters' talks than I did in a whole semester." (Charles is retired from the KSU Department of Geology where he's widely acclaimed for fascinating lectures and slide presentations.)

HALLEY'S COMET: SEE IT NOW OR WAIT 76 YEARS

MF-50

Larry Paris

537-3221

One Time: Friday, 7pm, Nov 15 (rain/cloud date: Monday, Nov 18)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

First, a slide show on the basic physical structure of the known universe, with emphasis on comets. Then we'll carpool to a rural site to view the comet, the big chunk of frozen gas, water and dust that is unprocessed matter left over from the beginning of the solar system. This is truly a once-in-a-lifetime experience. We'll also observe various stars and constellations. Dress warmly and bring a flashlight and binoculars if you have them. (Larry has been an avid stargazer for years.)

HERB LORE

MF-55

Carol Ebert

1-456-2841

Section I: Wednesday, 1:30-3pm, Dec 11 (One time each section)
Section II: Wednesday, 7:30-9pm, Dec 11

Location: Will be noted on your receipt
Class Fee: \$4/section, pay with registration
Materials Fee: \$2/pay at class Limit: 18/section

In December our Country Store is literally piled to the ceiling with the sights, tastes and scents of Christmas, and what's left of our harvest of domestic and wild flora. We will share craft and potpourri ideas, cooking tips and gardening information. We will show an excellent reading list of books and newsletters for herb lovers, good for beginners and experienced herbalists alike. Bring your questions too. (Carol is a lifelong student of herblore and is proprietor of Ebert Farm Store which has specialized in herbs, spices and wheat for seven years.)

Take Your Pick

MOUNTAIN DULCIMER

MF-17

Linda Teener

537-0508

One Time: Tuesday, 7-9pm, Dec 3
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: 50¢, pay at class Limit: 8

Christmas music sounds very nice on the mountain dulcimer. Come spend an evening playing together. We will work on both melodies and chords. Music to several popular Christmas songs will be provided. Bring any music you would like to share. (Linda has played mountain and hammered dulcimer for several years.)

BEGINNING GUITAR

MF-18

David Buser

539-0112

Saturday, 1pm, Nov 16 (organizational meeting) Length: 5 times
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration

For those who would like to learn to play the guitar, we'll have an organizational meeting first and go from there. Skills learned will include chording, strumming and possibly picking. The instructor will provide music but you'll need to bring your guitar. (David has taught guitar to both children and adults and enjoys working with beginners and intermediates.)

Holiday Style

COLOR MAGIC

MF-71

Bonnie Hanson

776-3438

One Time: Thursday, 7:30-9:30pm, Nov 21
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Limit: 12

Everything you've always wanted to know about color and its use in personal enhancement. We will explore the uses and importance of color, but this class does not include an individual color analysis. (Bonnie is an expert with over 18 years experience in color. She is certified with all major color companies as well as holding training classes in color and its application.)

MAKE-OVERS: WOMEN ONLY

MF-72

Deanna Pierson and Hair Dimensions

539-8920 1-485-2790

One Time: Monday, 7pm, Nov 25
Location: Will be noted on your receipt
Class Fee: \$35, pay with registration

Limit: 8

A very in-depth workshop that includes a total makeover for each participant. You will discover your best colors, including your colors for business and leisure. Then, you will get ideas on hairstyles to complement your facial shape. All will receive a color packet of 30 swatches to take home. A second session will be by appointment to cover makeup application.

COLOR OPULENCE: THE FASHION LOOK FOR FALL

MF-70

Deanna Pierson & Hair Dimensions

539-8920 1-485-2790

One Time: Thursday, 6:30-8:30pm, Dec 5
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$3, pay at class

Limit: 10

Color opulence, the fashion look for fall '85. If you follow the fashion trends and want to have the look and style created just for you, this is the class. If you have had your seasonal colors done, you will especially enjoy color opulence. We will show you the latest colors and fashions for your fashion portfolio. We will round off the look of fashion with a makeover, personality expression and hair style suggestions. (Deanna is a certified fashion and color consultant with Color For All Seasons. Her many years of color experience and image improvement are complemented by the staff at Hair Dimensions to create a total look.)

MAKE-UP: COORDINATING COLORS WITH COMPLEXION

MF-73

Crums Beauty College

776-4794

One Time: Tuesday, 7pm, Nov 26
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Learning basic makeup application is a must for those who wish to continue improving their appearance. Once you understand these basics, corrective procedures may be applied to minimize flaws and enhance those features of significance. As trends in hairstyles and fashions change, makeup trends are adjusted to complement each. Learn basic application, corrective procedures, and the latest in makeup trends with two professional instructors with makeup expertise. (Sheila and Sherry are instructors with Crums Beauty College.)

DOES YOUR HAIR COMPLEMENT YOUR FACIAL SHAPE?

MF-74

Crums Beauty College

776-4794

One Time: Monday, 7pm, Nov 25
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Maximizing features and minimizing flaws are what the professional beauty industry is concerned with. Knowledge in this area of achieving the right style for your particular face shape can make you look and feel your best in whatever your profession may be. We can help you discover your ultimate best with the right combination for each facial shape. (Starr is director of education and Kay is an instructor with Crums Beauty College.)

HAIRBRAIDING

MF-75

Crimpers Salon

539-7621

One Time: Monday, 7-9pm, Dec 2
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Limit: 12

Creatively braided hair - a neat and stylish way to wear your hair. Professional hair stylists will demonstrate different types of braiding and knotting, using some participants as models. Come learn the newest techniques and some old favorites. (Crimpers Salon has taught this class before.)

❖❖❖ Christmas Crisis Control ❖❖❖

WEDDINGS, FORMAL DINNERS AND CEREMONIES: PROTOCOL AND ETIQUETTE MF-86

Shirley McClintock 537-7013

One Time: Monday, 7-9pm, Dec 2
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: 50¢, pay at class

Do you know how to organize a formal social gathering? The correct protocol? What it is and why we use it? This class will answer these questions and more, including receiving lines, introductions and invitations. (Shirley is the wife of a career military officer and a member of Flint Hills International Training in Communication.)

REVIEW OF POPULAR REDUCING DIETS MF-94

Gina Tomelleri 539-9588

One Time: Wednesday, 7:30pm, Nov 13
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Choosing a weight loss program is an important step toward achieving your desirable weight. We will review popular weight reducing programs in order to help you choose the diet most appropriate for you, such as W/W, TOPS, Herbalife, and more. (Gina has taught weight reduction and sports nutrition, has a B.S. in foods and nutrition and will receive her M.S. in December.)

AVOIDING PROCRASTINATION MF-92

Kay Stewert 532-6180

One Time: Wednesday, 7-9pm, Nov 13
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Don't wait until its too late to take this class! A practical approach to managing time better, to make more opportunities to enjoy your work, your home, your friends. This class will explore possibilities for positive changes and new directions. (Kay is assistant to the Dean and Director, Student Personnel Services in the College of Business Administration. She has conducted many professional growth seminars.)

HABIT CONTROL FOR THE NEW YEAR MF-93

Greg Potter 537-0076

One Time: Tuesday, 7-10pm, Nov 19
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15

Have you ever made a New Year's resolution that you didn't keep? This year you can change that. We are creatures of habit. Habits sometimes are self-defeating (i.e., smoking, overeating, alcohol abuse, procrastination, etc.). Discussion on the theory of habit includes: 5 levels of habit; 5 emotional factors; 4 stages of learning, and 3 steps to self-synchronization. (Greg is a national certified counselor in private practice and specializes in habit control.)

BARTENDING WITHOUT ALCOHOL MF-89

Bill Arck 532-6432

One Time: Tuesday, 7-8:30pm, Dec 10
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$3, pay at class

Appealing drinks that offer an alternative to alcoholic beverages will be sampled using juices, carbonated beverages, ice cream, fruit, etc. A wide variety of non alcoholic drink recipes and ingredients will be available for you to do your own "bartending." Bring your own recipe thoughts, a bit of imagination, and an appetite for creative and new non alcoholic beverages (Snacks will be provided also.) (Bill is the director of alcohol and other drug education services at KSU and is interested in encouraging personal choice in individuals' drinking practices.)

FLEA MARKET! FLEA MARKET! FLEA MARKET!

Do you live in an apartment and have no place to store those treasures you have accumulated over the years? Do you need some place to offer them to someone who would like to have them and someone who might need what you have to offer? Here's the chance to rent a table for one day at the low, low price of just \$10 and bring all those things you no longer need. This will be inside the UFM building - no rain - no cold weather and there will be plenty of room for you to show your items. Please call Julie at 532-5866 and reserve your table for the first sale on NOVEMBER 9 from 9am-5pm. We'll have another sale in December and January will be a great time to offer something that Jonathan and Josie sent that you can't possibly use! Let us hear from you!

GOAL SETTING WORKSHOP MF-90

Ben Sillimon 532-5642

One Time: Wednesday, 7-9pm, Nov 13
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Just about any project - individual or group - can benefit from careful planning ahead: recognizing priorities, setting goals, and finding methods for accomplishing goals. This workshop will focus on how to plan and how to keep track of goal accomplishments with a project of your choice. (Ben is a learning skills specialist for the Center for Student Development at KSU.)

VISUALIZATION - A TOOL TO ACHIEVE YOUR GOALS MF-91

Eunice Dorst, Donna Allen 532-5866

One Time: Tuesday, 7:30-9pm, Dec 3
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Are you going to make New Years resolutions this year? Lose weight - quit smoking - study harder - stop procrastinating - work on relationships? Visualization is a very positive and effective way of achieving your goals. We will practice the technique and look at various ways you can apply this to your life to produce positive changes. (Eunice and Donna use visualization techniques in their own lives and wish to share the benefits with you.)

QUICKIE-MINI STRESS MANAGEMENT STRATEGIES MF-77

Cliff Schuette 532-6927

One Time: Tuesday, 7:30-9pm, Nov 19
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

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 ourself 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, works in the K-State Counseling Center conducting training in stress management, biofeedback and wellness training for students.)

COPING WITH "HOLIDAY BLUES" MF-78

Don Fallon 539-4451

One Time: Saturday, 9:30am-12n, Dec 7
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Most of us experience sadness, depression, loneliness or guilt during the holiday season - for some there is deep depression, difficulty sleeping, stress and fatigue. This workshop will explore causes and share coping skills in providing support to work through these feelings. Confidentiality and trust will be emphasized. (Don is a campus minister, trained and experienced in pastoral counseling.)

WHY BE SHY? WHAT ARE THE ALTERNATIVES? MF-79

Michael Weinberg 539-7758

Monday & Wednesday, 7-9:30pm, Nov 18 & 20 (2 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15

Michael will share with the class why so many people choose to be shy and withdrawn. Alternatives to being shy will be presented, with a specific step-by-step approach to learning a more effective way of relating to people. This class is low keyed and very non threatening. So, don't be too shy to sign up. (Michael is a nationally certified counselor. He has a masters degree in family and child development, a PhD in adult education and 14 years experience in the mental health profession.)

HOW TO DEAL WITH SEXUAL HARRASSMENT MF-80

Mary Holm, Eunice Dorst 532-5866

One Time: Tuesday, 7-9pm, Nov 19
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 16

Do you know how to deal effectively with someone who pesters you at parties or other public places? Are you sometimes at a loss for words when someone makes sexual suggestions, puts their hand on your knee or their arm around you? We will discuss sexual harrassment and practice techniques for dealing effectively with difficult situations. (Mary and Eunice have both been trained in effective techniques for handling sexual harrassment.)

DRESSING FOR THE HOLIDAYS MF-76

Barbara Stultz/Karle Bridwell 537-7078

One Time: Monday, 7-8:30pm, Nov 25
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Parties coming up and you have nothing to wear? We will show you how you can dress up for the holidays using what you own and adding accessories to update the look. Samples of holiday clothing and accessories will be available to see. (Barbara and Karle have been involved in the fashion industry for many years.)

SANTA CALLING — PERSON TO PERSON

WATCH YOUR CHILD'S FACE LIGHT UP WHEN SANTA CALLS
A great way to start out the Christmas Holidays!
Tax deductible contribution - \$2.00 per child for telephone call or letter. Please add \$1.00 for long distance calls.

Complete the coupon below and mail to:
UFM, 1221 Thurston, Manhattan, Kansas 66502, or
call 532-5866 and use your Visa or MasterCard.

Child's Name/Nickname _____ *AGE* _____
Names of brothers/sisters _____
Name(s) of pet(s) _____
Other information that might be helpful to Santa _____

PARENTS NAME _____
ADDRESS _____
TEL. NO: _____

Please mark your preference, 1st and 2nd for the day and hour of the call.

_____ *Mon. Dec. 16* _____ *Tues. Dec 17*
_____ *Wed. Dec 18* _____ *Thurs. Dec 19*
Please circle one: 6-7pm or 7-8pm

_____ *I prefer a letter to be sent to the address shown above.*

GIVE A GIFT OF LEARNING
GIVE A UFM GIFT CERTIFICATE - THE PERFECT GIFT FOR
YOUNG AND OLD
For details call: UFM - 532-5866
Certificates \$5.00 ea. Great stocking stuffers!

Fun & Games

DIAL-A-PARTNER (CARDS, CHESS/CHECKERS, BOARD GAMES, TABLE TENNIS/ BILLIARDS ETC.) MF-41

Neil Schanker 532-5866

Register and a list will be mailed to you Class Fee: \$1

Want to get up a game of bridge or gin rummy? Need a chess partner? Want to make some new friends? At registration, indicate your indoor game and UFM will compile a list which will be mailed to you. (Neil is a UFM staff member.)

GENERAL FITNESS EXERCISES TO MUSIC: AEROBIC EXERCISE FOR EVERYONE MF-42

Susan Grecu 776-9574

Mondays, Tuesdays, Thursdays, Fridays, 5-6pm
Location: Will be noted on your receipt First Meeting: Nov 14
Class Fee: \$10, pay with registration Length: Ongoing

Come four days a week or only a couple, whatever fits your schedule. 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.)

VOLUNTEERS NEEDED MF-13

UFM Staff 532-5866

Want to volunteer 2 hours of your time for a free UFM class? We need help in presenting the UFM Winter Christmas Craft Sale - designing and distributing posters, cooking and selling Christmas food, helping with children's activities, etc. We even need "Santas" to call children. Just sign up at registration or call us at UFM, 532-5866.

INTRODUCTION TO MAGIC MF-15

Ken Garwick 539-1519

Thursdays, 6:30pm, Nov 14, 21 (2 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class Limit: 10

This class is an introduction to the world of close-up magic. Ken will demonstrate several of his favorite effects and teach how to do at least 2 effects. All ages welcome. (Ken has performed magic for 14 years and has won several close-up magic contests over the last several years.)

COPING WITH CHANGE IN THE COUNTRY/WORKING WITH FAMILIES SEMINAR
for professionals and para-professionals concerned with family wellness. Nov. 8, 9. Call 532-5575 for registration information.

Business Banter

SMALL BUSINESS WORKSHOP MF-84

Thomas A. Hintz

One Time: Tuesday, 7-9pm, Nov 26
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$4, pay at class

This workshop is for small businesses, the self-employed and for those who are considering starting their own business. We will discuss planning and management, tax requirements (including payroll tax, income tax planning and documentation requirements), record keeping and how to be successful in business. (Tom is a CPA and has been involved in all aspects of business consulting since 1973.)

STOCK MARKET BASICS MF-81

Greg Barron 776-1066

Tuesdays, 7-9pm, Nov 19, 26, Dec 3 (3 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration

We will examine the fundamentals of the stock market, with emphasis on stock analysis, trading techniques, new issues market, the short sale and stock options. (Greg is a stock broker for Stifel, Nicolaus & Co.)

1985 INCOME TAXES AND YOU MF-82

Gil Gillespie 776-7531

One Time: Tuesday, 7:30-9:30pm, Dec 3
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 30

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

IRA'S -- HOW TO REDUCE YOUR TAXES MF-83

Sandi Burgess 537-4400

One Time: Thursday, 7:30pm, Nov 7
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

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

VOLLEYBALL FOR FUN (16 AND OVER) MF-43

Lois Morales 539-8867

Tuesdays, Thursdays, 6:30-8:30pm First Meeting: Nov 14
Location: Will be noted on your receipt Length: Ongoing
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class

Indoor 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.)

INTERMEDIATE KAYAKING WORKSHOPS MF-44

Paul Sodamann 539-3655

Sundays, 9am-12n, Nov 17, Dec 8, 15 (3 times)
Location: Will be noted on your receipt
Materials Fee: \$2.50, each Sunday, pay at class

These workshops are for those kayakers with some experience who desire to improve their skills. Informal critiques will be provided on rolls and strokes in indoor pools. Boats are available for rent at the pool or you can bring your own. Come as many times as you want and pay \$2.50 per Sunday at the class. (Paul is a certified Red Cross Fundamentals of Kayaking instructor.)

BEGINNING KUNG FU (PAI TE LUNG STYLE) MF-45

Stan Wilson, Bob Johnson 539-7723 537-4199

Tuesdays and Thursdays, 8-9pm First Meeting: Nov 14 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration

Pai Te Lung is a Kung Fu style combining hard, soft and internal methods. Beginners will learn basic techniques, some self-defense, drills, one-step sparring, and if we have time, the three short forms. Wear comfortable clothing. (Stan has studied martial arts for 15 years and is an adopted member of the Pai family. Bob has four years of martial art experience.)

ADVANCED KUNG FU (PAI TE LUNG STYLE) MF-46

Stan Wilson, Bob Johnson 539-7723 537-4199

Tuesdays, Thursdays, 9-10pm First Meeting: Nov 14 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration

This class is a continuation of the beginning class. Participants will learn kata, application of kata, self-defense, awareness drills and sparring.

TAI CHI CH'UAN FOR HEALTH AND SELF-DEFENSE MF-47

Lee Shih Wu 539-7841

Wednesdays, 7pm First Meeting: Nov 13 Length: 10 times
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: \$5/month, pay at class

Tai chi ch'uan is a very slow moving series of classic Chinese postures which enable the practitioner to develop grace, poise, and inner strength. This is a very popular exercise practiced in Taiwan by all age groups. (Lee Shih is from Taiwan and learned her art from her master. She has been associated with this class for over a year.)

ALL STYLE KARATE WORKOUT MF-48

Richard Bammes 1-485-2480

Mondays, Wednesdays, Fridays, 8-9:30pm First Meeting: Nov 13
Location: Will be noted on your receipt Length: Ongoing
Class Fee: \$10, pay with registration
Materials Fee: \$2, pay at class

Have martial arts experience and want to work out with fellow enthusiasts? All styles welcome. Join us! (Richard is a first degree black belt.)

INTERMEDIATE FENCING MF-49

Doug Varney 539-1510

Tuesdays, 5:30-7pm First Meeting: Nov 12 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration

Does the play of the blades make you want to dig out your foil, epee, or sabre? We are looking for fencers with previous experience who want to become involved again. Practices will include a combination of drills and free fencing. Traveling to USFA meets and circuit events are planned. On Guard, Pres..Allez! (Doug has been fencing for several years.)

LAS VEGAS NIGHT! MF-40

Will Sego 539-2832 (6-9pm)

One Time: Thursday, 7:30pm, Nov 14
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Learn to increase your chances at Las Vegas. Get the best odds, avoid the bad bets and have lots of fun. Learn the ins and outs of Vegas-style blackjack and craps and play several rounds using chips. We'll be using genuine Las Vegas cards and dice so bring your gambling fever. (Will visits Las Vegas once or twice each year and always manages to make a little money after expenses.)

EUROPE ON A BUDGET: LOW COST TRAVEL TIPS MF-85

David Garvin 539-0531

One Time: Wednesday, 7-9pm, Nov 13
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Now is the time to plan next year's European trip. It does not have to be expensive. Come learn about cheap ways to get to Europe, low-cost ways of traveling around Europe and fun places to stay. Plan that once-in-a-lifetime trip now while the dollar is at an all-time high in Europe. (David and his wife own Creative Travel, a local travel agency. He has been in the travel business 7 years.)

Registration



Registration Form



Priority Registration Period: Oct 28-Nov 10

Registrations after Nov 10 accepted on a space-available basis.

WALK-IN:

Tuesday	Oct 29	Public Library	11am-2pm
Tuesday	Oct 29	Public Library	5pm-7pm
Wednesday	Oct 30	KSU Union	9am-2pm
Sunday	Nov 3	Wal-Mart	2pm-4pm
Monday	Nov 4	KSU Union	9am-2pm
Tuesday	Nov 5	KSU Union	9am-2pm
Thursday	Nov 7	Public Library	11am-2pm
Thursday	Nov 7	Public Library	5pm-7pm
Sunday	Nov 10	Wal-Mart	2pm-4pm

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):

- under 13 years of age
- over 60 years of age
- handicapped
- 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:

- the limited class you paid for has been filled
- the class you paid for has been cancelled or significantly changed
- you have overpaid

UFM will only give a CREDIT voucher (redeemable for UFM classes) in these instances:

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

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

PLEASE PRINT ONE FORM PER PERSON

Name _____

Street _____ Apt. # _____

City _____ Zip _____

Home Phone _____ Work Phone _____

SURVEY— Please check all that apply.

I am a:

KSU Student (_____ credit hours this semester)

Student Spouse Fort Riley Personnel

KSU Faculty/Staff Townsperson (non-KSU)

Faculty/Staff Spouse Rural Riley County

Public School Age Geary or Pott. County

Senior Citizen Handicapped

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

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

I am interested in teaching for UFM.

I would like to see offered next term: _____

Please indicate where you obtained catalog _____

If KSU student, list ID # _____

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

PLUS \$2.00 REGISTRATION FEE (See Exemptions) **\$2.00**

TOTAL DUE _____

Have you taken a UFM class before? _____

I hereby authorize the use of my Visa/MasterCard:

Card # _____ Visa MC

Expiration Date _____

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

PLEASE PRINT ONE FORM PER PERSON

Name _____

Street _____ Apt. # _____

City _____ Zip _____

Home Phone _____ Work Phone _____

SURVEY— Please check all that apply.

I am a:

KSU Student (_____ credit hours this semester)

Student Spouse Fort Riley Personnel

KSU Faculty/Staff Townsperson (non-KSU)

Faculty/Staff Spouse Rural Riley County

Public School Age Geary or Pott. County

Senior Citizen Handicapped

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

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I am interested in teaching for UFM.

I would like to see offered next term: _____

Please indicate where you obtained catalog _____

If KSU student, list ID # _____

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

PLUS \$2.00 REGISTRATION FEE (See Exemptions) **\$2.00**

TOTAL DUE _____

Have you taken a UFM class before? _____

I hereby authorize the use of my Visa/MasterCard:

Card # _____ Visa MC

Expiration Date _____

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

HOLIDAY CHEESE SALE

Name _____

Address _____

Phone _____ (Home) _____ (Work)

Orders Due by Nov. 8

Payment Due with Order

Please order in full pounds

FRANCE:

___lb. Brie de Meaux 3.47 lb.

___ea. Brie L'Excel (8 oz.) 1.80 ea.

___lb. Camembert 3.68 lb.

___ea. Camembert L'Excel (8 oz.) 1.80 ea.

___lb. Explorateur 5.58 lb.

___lb. Port Salut S.A.F.R. 3.48 lb.

___ea. Roquefort 5.58 lb.

___ea. Roquefort mini (3 oz.) 2.27 ea.

CANADA:

___ea. Black Diamond Aged White Cheddar (8 oz.) 3.15 ea.

DENMARK:

___lb. Cream Havarti Plain 3.00 lb.

___lb. Havarti with Dill 3.06 lb.

Duke 60% Spiced Cream Cheese—

___lb. Herb & Spice 3.20 lb.

___lb. Peach Melba 3.20 lb.

You will be contacted after Dec. 7th to pick up your order.

ENGLAND:

___lb. Cheshire 3.52 lb.

___lb. Cotswold 4.67 lb.

___lb. Stilton 4.32 lb.

GERMANY:

___lb. Butter Kase 3.00 lb.

___lb. Tilsiter 3.20 lb.

GREECE:

___ea. Feta (1 lb. jars) 3.09 ea.

HOLLAND:

___lb. Edam 4.12 lb.

___lb. Red Gouda 3.48 lb.

___ea. Baby Gouda (10 oz.) 3.36 ea.

___lb. Smoked Gouda 3.34 lb.

ITALY:

___lb. Fontina 3.76 lb.

___lb. Grated Parmesan 4.32 lb.

___lb. Grated Romano 4.32 lb.

NORWAY:

___lb. Gjetost 3.62 lb.

___lb. Jarsberg 3.34 lb.

SWEDEN:

___lb. Farmers Plain 3.06 lb.

SWITZERLAND:

___lb. Emmenthal 3.28 lb.

___lb. Gruyere 3.90 lb.

UNITED STATES:

Alma (KS) Cheddar

___lb. Mild Yellow 1.87 lb.

___lb. Sharp Yellow 2.01 lb.

___lb. Extra Sharp Yellow 2.07 lb.

___lb. NYS Sharp White 2.01 lb.

___lb. Smoked Cheddar 3.62 lb.

___lb. Monterey Jack 1.87 lb.

___lb. Tescott (KS) Mild Longhorn 1.98 lb.

___lb. Tillamook Salt-Free Cheddar 3.71 lb.

___lb. American White Sliced 3.03 lb.

___lb. Bieu 3.20 lb.

___lb. Cheddar, Garlic (raw milk) 3.20 lb.

___lb. Colby, White (raw milk) 3.19 lb.

___lb. Colby, Yellow 3.10 lb.

___lb. Brick (raw milk) 2.96 lb.

___lb. Cream Cheese 2.01 lb.

___lb. "Natural" Cream Cheese 2.72 lb.

___lb. Garden Salad 2.78 lb.

___lb. Goat Cheddar, Mild (raw milk) 4.91 lb.

___lb. Hot Pepper Jack 3.10 lb.

___lb. Mozzarella 2.78 lb.

___lb. Muenster (raw milk) 2.64 lb.

___lb. Neufchatel 2.91 lb.

___lb. Provalone 2.65 lb.

___lb. Provalone, Smoked 3.45 lb.

___lb. Swiss, Mild 3.41 lb.

___lb. Swiss, Baby 3.64 lb.

___lb. Date Pieces with oat flour 2.22 lb.

___lb. Halawi Dates 2.54 lb.

___lb. Medjool Dates, organic 3.72 lb.

___lb. Zahidi Dates 2.50 lb.

___lb. Black Mission Figs, organic 3.30 lb.

___lb. Calmyrna Figs, organic 4.27 lb.

___lb. Dried Pineapple, unsweetened 4.85 lb.

___lb. Dried Peaches, organic 3.85 lb.

___lb. Dried Pears, organic 4.13 lb.

___lb. Dried Prunes 1.66 lb.

___lb. Thompson Raisins, organic 1.87 lb.

___lb. Monukka Raisins, organic 3.13 lb.

___ea. Ak Mak Crackers 1.14 ea.

___ea. Bremner Sesame Biscuits (4 oz.) 1.51 ea.

___ea. New Zealand Cracked Pepper Crispbread (7 oz.) 1.49 lb.

___ea. New Zealand Sesame Crispbread (7 oz.) 1.49 ea.

___ea. Weston Stoned Wheat Thins (20 oz.) 2.73 ea.

___ea. Bread Sticks 2.03 ea.

___lb. Cafe Altura Coffee, organic beans 6.67 lb.

___lb. Almonds 2.39 lb.

___lb. Cashews, large pieces 2.81 lb.

___lb. Peanuts, raw shelled 1.27 lb.

___lb. Pecans, shelled 4.64 lb.

___lb. Pistachio, natural 4.59 lb.

___lb. Pumpkin Seeds (Pepitas) 2.95 lb.

___lb. Sunflower Seeds, raw shelled 1.14 lb.

___lb. Walnuts, shelled 3.41 lb.

___lb. Dried Apples, organic 2.99 lb.

___lb. Dried Apricot Halves, organic 4.59 lb.

___lb. Dried Apricots, unsulphured turkish 3.29 lb.

___lb. Dried Cherries, organic unpitted 4.50 lb.

___lb. Dried Black Mission Figs, organic 3.30 lb.

___lb. Banana Chips 2.62 lb.

___lb. Currants 1.63 lb.

___lb. Tescott (KS) Mild Longhorn 1.98 lb.

___lb. Tillamook Salt-Free Cheddar 3.71 lb.

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___ea. Bremner Sesame Biscuits (4 oz.) 1.51 ea.

___ea. New Zealand Cracked Pepper Crispbread (7 oz.) 1.49 lb.

___ea. New Zealand Sesame Crispbread (7 oz.) 1.49 ea.

___ea. Weston Stoned Wheat Thins (20 oz.) 2.73 ea.

___ea. Bread Sticks 2.03 ea.

___lb. Cafe Altura Coffee, organic beans 6.67 lb.

___lb. Almonds 2.39 lb.

___lb. Cashews, large pieces 2.81 lb.

___lb. Peanuts, raw shelled 1.27 lb.

___lb. Pecans, shelled 4.64 lb.

___lb. Pistachio, natural 4.59 lb.

___lb. Pumpkin Seeds (Pepitas) 2.95 lb.

___lb. Sunflower Seeds, raw shelled 1.14 lb.

___lb. Walnuts, shelled 3.41 lb.

___lb. Dried Apples, organic 2.99 lb.

___lb. Dried Apricot Halves, organic 4.59 lb.

___lb. Dried Apricots, unsulphured turkish 3.29 lb.

___lb. Dried Cherries, organic unpitted 4.50 lb.

___lb. Dried Black Mission Figs, organic 3.30 lb.

___lb. Banana Chips 2.62 lb.

___lb. Currants 1.63 lb.

___lb. Tescott (KS) Mild Longhorn 1.98 lb.

___lb. Tillamook Salt-Free Cheddar 3.71 lb.

___lb. American White Sliced 3.03 lb.

___lb. Bieu 3.20 lb.

___lb. Cheddar, Garlic (raw milk) 3.20 lb.

___lb. Colby, White (raw milk) 3.19 lb.

___lb. Colby, Yellow 3.10 lb.

___lb. Brick (raw milk) 2.96 lb.

___lb. Cream Cheese 2.01 lb.

___lb. "Natural" Cream Cheese 2.72 lb.

___lb. Garden Salad 2.78 lb.

___lb. Goat Cheddar, Mild (raw milk) 4.91 lb.

___lb. Hot Pepper Jack 3.10 lb.

___lb. Mozzarella 2.78 lb.

___lb. Muenster (raw milk) 2.64 lb.

___lb. Neufchatel 2.91 lb.

___lb. Provalone 2.65 lb.

___lb. Provalone, Smoked 3.45 lb.

___lb. Swiss, Mild 3.41 lb.

___lb. Swiss, Baby 3.64 lb.

___lb. Date Pieces with oat flour 2.22 lb.

___lb. Halawi Dates 2.54 lb.

___lb. Medjool Dates, organic 3.72 lb.

___lb. Zahidi Dates 2.50 lb.

___lb. Black Mission Figs, organic 3.30 lb.

___lb. Calmyrna Figs, organic 4.27 lb.

___lb. Dried Pineapple, unsweetened 4.85 lb.

___lb. Dried Peaches, organic 3.85 lb.

___lb. Dried Pears, organic 4.13 lb.

___lb. Dried Prunes 1.66 lb.

___lb. Thompson Raisins, organic 1.87 lb.

___lb. Monukka Raisins, organic 3.13 lb.

___ea. Ak Mak Crackers 1.14 ea.

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