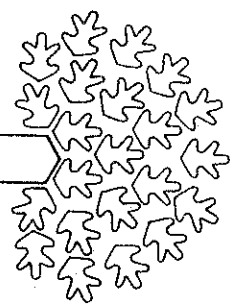
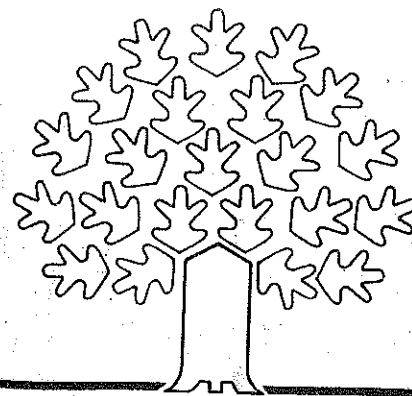


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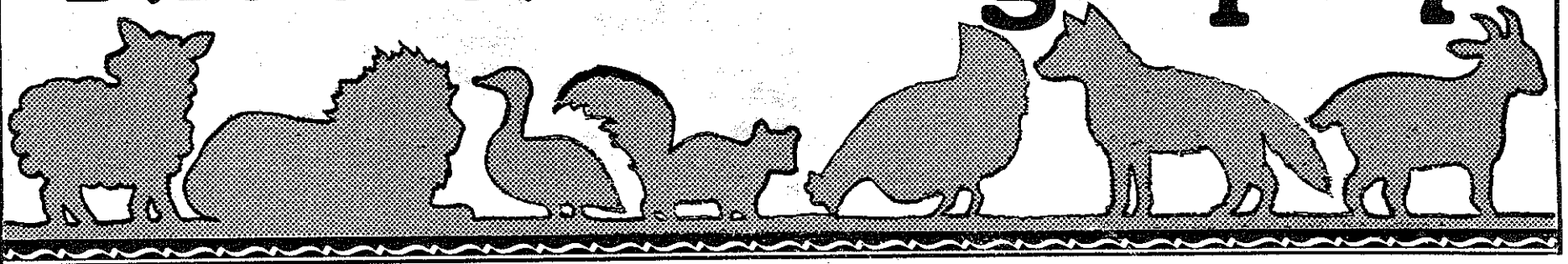
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Sue Maes, Executive Director  
Julie Coates, Director, Campus/Community Programs  
Neil Schanker, Assistant Director, Campus/Community Programs  
Rebecca Brownson, Program Coordinator  
Pat Kittian, Program Coordinator

# Kids & Photography



Kids . . . and photography . . . a natural combination for picture-taking; but how about the kids taking the pictures? No way: the mind boggles at the idea of a six-year-old operating a high-priced 35mm camera or even a Brownie Instamatic, without massive destruction as the end-product.

It ain't necessarily so, as Audrey Murphy learned from her ten-year-old neighbor. Monica gently handled Audrey's camera and loved taking pictures. Plus, she couldn't wait to print them herself in the UFM darkroom.

How many kids would love to do the same if they had the chance? But how to make photography accessible; kids and cameras??

An intensive search turned up a for-real 35mm format, all plastic camera - the "Sunpet," the \$2 camera.

This catalog features the photography of a bunch of kids and their \$2 cameras.

Warm and special thanks go to:

Jesse Armagost, Melissa Barry, Casey Cosgrove, Christopher Flink, Mark Hall, Emily Hoover, Jeremiah Jensen, Lisa Lala, Christy Myers, Billie Jean Piper, Sebra Stewart, Chris Stroh, Shari William.



## teacher feature

This spring we would like to make a special acknowledgement of the contributions of a relatively new UFM teacher, Audrey Murphy. A versatile photographer, she is also inquisitive and inventive in the darkroom. Although most of her work is color studies of Kansas landscapes and rural life she is experienced in black and white photographic techniques. It is this knowledge she shares with UFM participants. Through her "Beginning Black and White Darkroom" classes and "Photography for Young Folks" she has introduced many people to the wonder and magic of photography. Audrey has been generous with the time she has given to UFM. In addition to teaching for us she has taken slides for the UFM slide show, has done the photographic and darkroom work for two catalogs and the 1985 "Hidden Places" calendar, and is one of this year's judges in the 3rd annual UFM Black and White Photo contest. She currently works at Manhattan Camera and is a freelance photographer. Thanks, Audrey, for being an important part of our program.

## what is ufm?

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

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

## what programs do we offer?

### Community Education:

The Only Prerequisite is Curiosity

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

### Appropriate Technology:

Conserving Our Energy and Resources

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

### Outreach: Preserving the Rural Community

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

### The Needs of the Handicapped Adult

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

### 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:

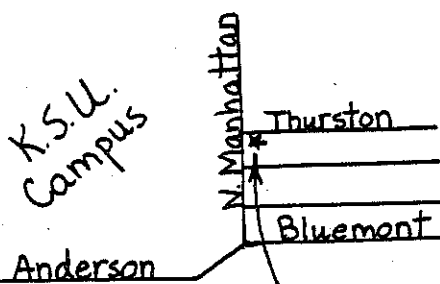
- The Manhattan Community Gardens
- The Solar Demonstration Facility
- Folk Arts Programming
- The Advocacy Project for Rural Adult Postsecondary Education
- The Know-How Network: an educational program for low-income
- Rural Libraries and the Humanities
- A Pottery Studio, Community Darkroom, Woodworking 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. The 1984 Series addressed the issues of U.S. Policy in Central America.

### THANK YOU

To Rebecca Brownson who is leaving our staff after nearly three years. Good luck to Rebecca who has not only worked as a paid staffer but offered over 20 UFM classes as a volunteer.



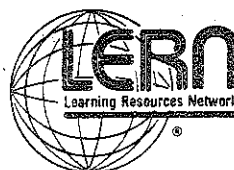
UFM is located at 1221 Thurston, on the east side of campus.



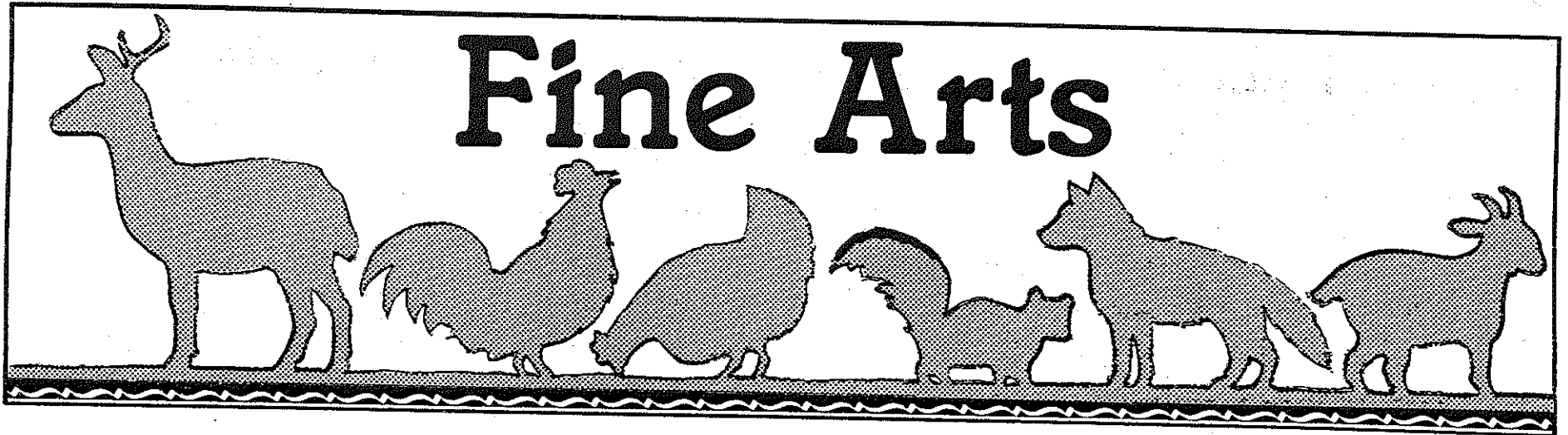
This Organization is a Member of  
**THE LEARNING RESOURCES NETWORK (LERN)**

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

## Pretty crafty

### RIBBON WREATHS

FA-37

Susan Toy

537-2084

Section I: Saturday, 9:30am, Feb 2  
 Section II: Wednesday, 1pm, Feb 6 (one time each section)  
 Section III: Saturday, 9:30am, Feb 16  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$10.50, pay at class  
 Limit: 6/section

Twenty yards of ribbon - ones that match your color scheme are used in the production of this attractive decoration. Embellish it with delicate dried flowers or pine cones and you have completed a wreath for your door or wall. (Susan, owner of The Containery, Etc., shares her skills with UFM participants, many local clubs and groups.)

### LINED RIBBON BASKETS

FA-41

Susan Toy

537-2084

Section I: Monday, 9:30am, Feb 11  
 Section II: Wednesday, 1pm, March 13 (one time each section)  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$8, pay at class  
 Limit: 6

Trimmed with a ruffle and bows this 4-quart basket is large enough to be practical as well as decorative. It would make a perfect Easter basket for someone special. All materials provided.

### PUNCHED AND CUT LAMP SHADE

FA-38

Susan Toy

537-2084

One Time: Wednesday, 1pm, Feb 13  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$5.50, pay at class  
 Limit: 6

Have you seen them in the decorating magazines? The shade is 5"x6"x4" and is the perfect size for a bedside table or entry hall light. You choose the color and we'll spend the afternoon creating one of the brightest new decorator items. All materials provided.

### SPRING STRAW HATS

FA-39

Susan Toy

537-2084

Section I: Saturday, 9:30am, March 2  
 Section II: Wednesday, 1pm, Feb 27 (one time each section)  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$12.50, pay at class  
 Limit: 6/section

Learn to make silk 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.

### PADDED PICTURE ALBUM

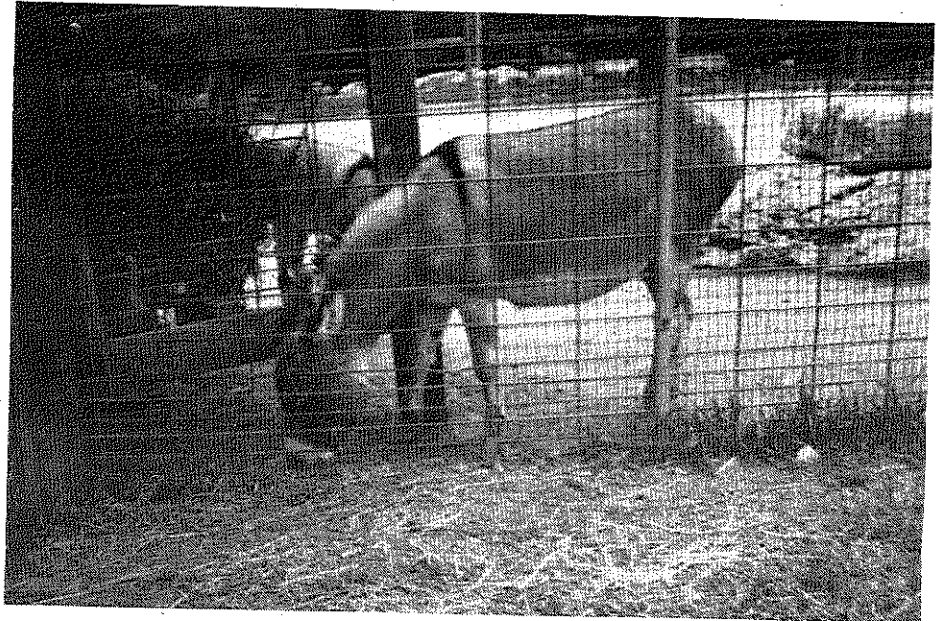
FA-40

Susan Toy

537-2084

One Time: Wednesday, 9:30am, March 6  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$16.50, pay at class  
 Limit: 6

How about one in pastels for the new baby, or stenciled to match your country decor or with lace for the bride to be? However you choose to decorate your album it will be the perfect holder for your most treasured photographs. The album will hold photos up to 11"x14". All materials provided.



Shari William, Age 8, St. George

## Stencil it!

### CHILDREN'S STENCILING

FA-7

Nancy Lynch

One Time: Saturday, 9-11:30am, Feb 2  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$8, pay at class  
 Limit: 6

Stenciling is an inexpensive craft that everyone, including kids, can learn easily. Each child will stencil their own personalized valentine cards and a wooden item. A reusable stencil is theirs to keep.

### STENCILING

FA-6

Nancy Lynch

Section I: Wednesday, 7-9pm, Feb 6  
 Section II: Wednesday, 7-9pm, Feb 27  
 Location: Will be noted on your receipt  
 Class Fee: \$4, each section, pay with registration  
 Materials Fee: \$10, pay at class  
 Limit: 8

Stenciling is an inexpensive craft that is easy to learn. Learn the techniques of stenciling and practice on note paper, a wooden item and a fabric item. Nancy will provide a variety of stencils to use during class and a reusable one for you to keep. (Nancy is a KSU graduate student. She designs stencils and stenciled items which are available in Manhattan and Pennsylvania.)

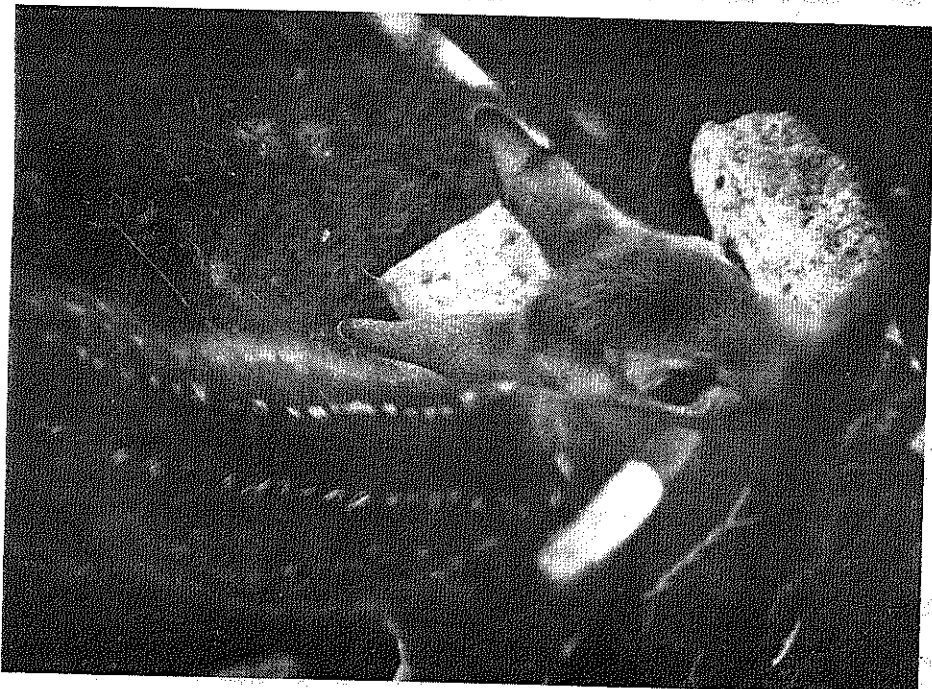
### STENCIL CUTTING

FA-8

Nancy Lynch

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

Learn how to cut your own stencils. You will learn how to design, transfer and cut stencils to create reusable stencils. If you have a wallpaper, china or other pattern you would like to make a stencil from, bring it with you. (Nancy will provide patterns, markers and stencil material. Please bring an exacto knife and several #11 blades with you.)



Christy Myers, Age 10, Manhattan

# Needles . . . . . No needles

## BEGINNERS KNITTING

FA-25

Jean Johnston 776-3292

Wednesdays, 7-9pm First Meeting: Feb 6 Length: 4 times  
Location: Will be noted on your receipt  
Class Fee: \$5, 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 20 years.)

## KNITTING LEG WARMERS

FA-31

Jean Johnston 776-3292

Tuesdays, 7-9pm, Feb 5, 12 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$5, pay with registration  
Materials Fee: \$1.75, pay at class Limit: 10

Leg warmers are a great fashion accessory that are also practical. They can be expensive, though. But why buy? Jean will show you how to make your own. The pattern uses 2 to 3 skeins of yarn. Size 5 or 9 straight needles are used for legwarmers with a seam up the back or 5, 8 or 9 circular needles can be used for seamless legwarmers.

## CUSTOM FINISHES FOR CHILDREN'S CLOTHES

FA-13

Angela Ott 539-6335

Thursdays, 7-9pm, Feb 28, March 7 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$5, pay with registration  
Materials Fee: 25¢, pay at class Limit: 10

Learn to add designer touches to home-sewn children's clothes. Basic techniques for pocket design, machine applique, creative trim finishes, making bias tape, and more. This class is intended to inspire confidence and creativity in beginning and intermediate seamstresses. Bring a notebook to class. (Angela enjoys creating imaginative, sturdy, and inexpensive clothes for her preschooler, often using techniques learned in other craft areas.)

## BEGINNING WEAVING

FA-14

Susan Lala 539-9610

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

Learn to weave in your choice of a daytime or evening class. You will learn how to get a loom ready for weaving and then practice a variety of weaving techniques. Completion of this course will allow you to take advanced weaving courses offered and sign up for open weaving times. (Susan is a professional weaver, and currently president of the local weaver's guild.)

## OPEN WEAVING TIME

FA-15

Susan Lala 537-9610

March 13-April 10  
Location: Will be noted on your receipt  
Class Fee: \$10, pay with registration Limit: 4

Know how to weave but have no loom? Looms in the UFM Weaving Studio will be available for your use. We also have warping boards and swifts. Plan your projects now. (No instruction is provided.) You can sign up for use of the green, table, skill or Hammett loom.

## TATTING

FA-11

Lillie Tryon 776-6749

Saturdays, 2-3:30pm, March 23, 30 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$5, pay with registration Limit: 10

Tatting, like knitting, is an ancient needlecraft that has been practiced in Europe and the Far East for centuries. It is made with one or more shuttles or a shuttle and a ball. The shuttle with a sharp blade-like "pick" at one end is the most practical type. Please bring your own shuttle and #5 crochet thread. (Lillie is a very experienced person in the art of tatting which she has enjoyed for the last 75 years. A very special person indeed.)

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

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## Seeing sights

### UFM PHOTOGRAPHY DARKROOM COOPERATIVE (BLACK & WHITE & COLOR) FA-26

Neil Schanker 532-5866  
 Organizational Meeting: Monday, 5-5:30pm, Jan 28 (or by individual appointment)  
 Location: Will be noted on your receipt  
 Located just one block east of campus in the UFM House, the UFM darkroom is available to anyone who needs access to a well-equipped facility. Equipment is capable of handling up to 11x14 prints and 6cmx6cm negatives as well as 35mm. The fee includes everything but paper. For those who need instruction in darkroom techniques, UFM is offering a course "Beginning Darkroom" where you can have your questions answered.

#### Black & White Only:

Fees:	8 weeks	\$15, new members	\$10, renewals	
	1 semester	25, new members	20, renewals	(pay with registration)
	2 semesters	35, new members	30, renewals	
	3 semesters	45, new members	40, renewals	

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

#### Black & White & Color:

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

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

#### ANNOUNCEMENT!!

Watch our mid-spring catalog, available March 17, for "Photography for Young Folks" an introduction to use of the camera using a 'Sunpet' camera your child can keep and enjoy. Photos for this catalog were taken in our fall class.

## Sharing stories

### STORYTELLING FOR THE YOUNG FA-12

Mary Lou Lanchbury 539-1694  
 One Time: Tuesday, 7-8:30pm, Feb 19  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration Limit: 15

How many times have you heard "Tell me a story?" This class will look at some of the instructor's favorite stories and some new ways of telling stories. Come prepared to have fun and participate. (Mary Lou, a mother of two children, substitute teaches at a preschool and does storytelling for preschools.)

### THE MOVIE GOERS FA-16

Dave Stewart 539-3051  
 Saturdays, 6:30pm First Meeting: Feb 2 Length: 6 times  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration  
 Materials Fee: Price of movie tickets, pay at class Limit: 15

We will view selected movies or plays in the community and follow with discussion on what and how they relate to our experiences, meanings, visions and questions. (Dave is a lover of movies and plays, who believes they reflect back to us a lot of messages about ourselves and our society.)

### GREAT BOOKS FA-20

Doris Grosh 539-7864  
 Second Sunday of each month beginning Feb 10, 7:30-9pm  
 Location: Will be noted on your receipt Length: Ongoing  
 Class Fee: \$2, pay with registration  
 Materials Fee: \$6.25, pay at class

This is the Great Books curriculum which grew out of Adler's classes at the University of Chicago years ago. Meetings provide lively discussions with other nifty people who love to read. We will cover Series 10, which has short stories and essays by Freud, Thucydides, Chekhov, Adam Smith, Gorky, de Tocqueville, Conrad, and Flannery O'Connor. The book containing the selections will be ordered by the leader from the Great Books Foundation. Since delivery is slow, the order will be placed ahead of time; call her to reserve your copy if you plan to enroll. (Doris loves to read.)

### LA TRAVIATA AND RIGOLETTO: A NIGHT AT THE OPERA FA-23

Joel Justesen 532-6875  
 Wednesdays, 7pm, Feb 6, 13 (2 times)  
 Location: Will be noted on your receipt  
 Class Fee: \$5, pay with registration

A brief introduction to opera for those who want to increase their appreciation of this great but often misunderstood art form: the music (overtures, arias, ensembles, choruses), the history, the conventions (why the deep voices are almost always the bad guys), the characters (a lecherous barber, a hunchbacked jester, a star-crossed poet, a biblical king) ... In short, everything you've always wanted to know about opera but were afraid to ask! In the first class we will also view and listen to taped excerpts from *La Traviata*, (to be presented by KSU on Feb 28, March 1-2). The second class will see excerpts from *Rigoletto*, (to be presented by the New York City Opera Touring Company on March 9 at McCain). (Joel is a former stage director with New York City Opera and has a PhD in Theater History and Opera from City University of New York.)

### BEGINNING PHOTOGRAPHY FA-28

Ernie Peck 537-9883

Section I: Tuesday, Wednesday, Thursday, 7pm, Mar 26, 27, 28  
 Shooting: Saturday, 8:30am-4:30pm, Mar 30  
 Critique: Monday, 7pm, Apr 1  
 Section II: Tuesday, Wednesday, Thursday, 7pm, Apr 2, 3, 4  
 Shooting: Saturday, 8:30-4:30pm, Apr 6  
 Critique: Tuesday, 7pm, Apr 9  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration Limit: 12/section  
 Materials Fee: \$25, pay at class

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

### BLACK & WHITE DARKROOM FA-29

Audrey Murphy 776-4240

Section I: Tuesday, 7-10pm, Feb 5, 12 (2 times each section)  
 Section II: Tuesday, 7-10pm, March 5, 12  
 Location: Will be noted on your receipt  
 Class Fee: \$7, pay with registration Limit: 2/section

A basic darkroom course covering black and white film development, contact sheets and negative printing. Bring an exposed roll of Ilford black and white film and a package (25 sheets) of Ilford Multigrade II (RC) paper to class. (Audrey is the UFM staff photographer and has years of darkroom experience.)

### INTRODUCTION TO BLACK & WHITE DARKROOM FOR KIDS FA-30

Audrey Murphy 776-4240

Time, dates, to be arranged with students and parents Length: 4 times  
 Location: Will be noted on your receipt  
 Class Fee: \$7, pay with registration Limit: 4  
 Materials Fee: Bring one package (25 sheets) Ilford Multigrade II (RC)

If your child enjoys photography, help their creativity grow by introducing them to the darkroom. In a one-on-one situation film developing, printing and enlarging will be practiced in the darkroom. There will be time for special projects. (Audrey is offering this class because she was so excited by the interest shown by kids in her photography class.)

### THE THIRD ANNUAL UFM BLACK & WHITE PHOTO CONTEST -- KANSANS ON KANSAS FA-27

Prizes will be awarded. The twelve winning black and white entries will be published in the summer 1985 UFM catalog. They will be exhibited at the Manhattan Public Library April 22-May 4 and displayed in the K-State Union second floor showcase June 3-14. Judges are Don Holt, KSU Journalism Department; Audrey Murphy, Manhattan Camera Shop; Holly Miller, The Manhattan Mercury; and Julie Coates, UFM.

#### RULES:

1. There is no entry fee.
2. Minimum size is 5x7 inches, maximum size 11x14 inches.
3. Entries should be mounted on matt board.
4. The contest theme is Kansans On Kansas. Categories are scenery, people, architecture and animals.
5. Judges will select first, second and third-place winners in each of the four categories. Selection of honorable mention entries will be at the discretion of the judges.
6. On the back of matt board write name, phone number, category and optional title.
7. Submit entries to UFM, 1221 Thurston. Deadline is 4:30pm, Friday, April 12.
8. Non-winning entries may be picked up at UFM after May 6.
9. Winning entries may be picked up at UFM after June 17.

## TREMENDOUS SELECTION OF BOOKS

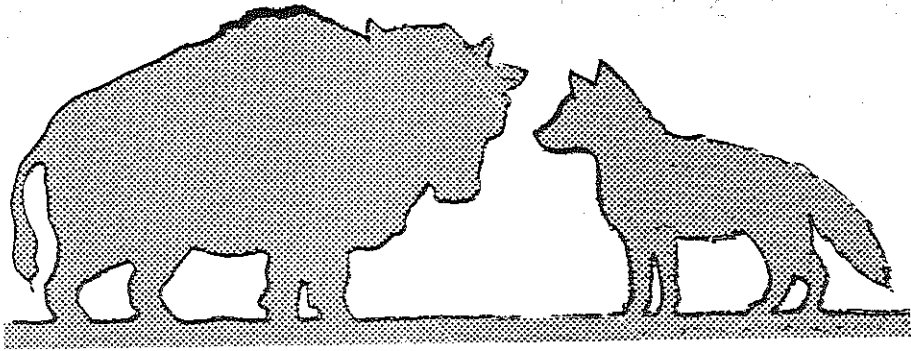
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## A step in time

### FLINT HILLS FOLKDANCERS

FA-22

Enid Cocke, Paul Weidlaas 539-6306 539-4805

Fridays, 7:30pm, Feb 15, March 1 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

Join the Flint Hills Folkdancers in celebrating dances from many nations. Two evenings of dancing will be held: an Israeli night Feb 15 and a barn dance March 1. Partners are not necessary and beginners are always welcome. (Enid and Paul have been enjoying the fun, fellowship, music, and dance with this group for several years.)

### BEGINNING SWING DANCE, TWO STEP, TEN STEP

FA-24

Kelli Park, Larry Park 776-2051

Mondays, 7-9pm, Feb 25, Mar 4 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$5, pay with registration Limit: 12 couples

We will demonstrate and teach the basics of swing dance, two step and ten step. No previous experience necessary -- this is for beginners -- so grab a partner and join us! Couples only. (Both Kelli and Larry are experienced swing dancers.)

### BREAK DANCING

FA-36

Terry Jones 537-0056

One Time: Monday, 7-10pm, March 11  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration Limit: 20

The two basic styles of street dancing are "Breaking," flashy gymnastic moves performed close to the ground like the back spin, and "Electric Boogie," fluid body movements like moonwalk, popping, locking and the wave. Get in on this newest dance form that is sweeping the nation. (Terry is one of the top local break dancers whose exciting style is pleasing crowds at competitions.)

## Looking back

### TRACING YOUR ROOTS

FA-32

J. Harvey Littrell 539-2646

Mondays, 7-9pm, Feb 4, 11 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$5, pay with registration Limit: 10

Where are the roots of your family tree? Do you know anything about your ancestors back past your grandparents? Learn the tricks of the trade as we find out where and how to research the elusive past. This class is for beginners who want the basic knowledge needed to make a genealogical study of their families. We will go beyond just names and dates. Bring the names and dates of ancestors you already possess. (Harvey is a retired KSU professor. He is currently the president of the Riley County Genealogical Society.)

### DOMESTIC LIFE ON THE PLAINS CIRCA 1870

FA-33

Ft. Riley Historical Society 239-2737

Day, and date in Feb-March, 7-8:30pm to be announced  
Location: Will be noted on your receipt  
Class Fee: \$1, pay with registration

This class is a series of 3 meetings of lectures and films sponsored by the Ft. Riley Historical Society to aid them in training guides for the Custer House. The information is general to Kansas focusing on family life and period furnishings. This class is open to anyone interested. There is no obligation to participate as a guide. (Stephanie Keitel is a Custer House guide.)

### THE LOG HOME TRADITION IN KANSAS

FA-34

Bill Koch 532-6716

Sunday, 2-4pm, Feb 24 (one time)  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

Many thousands of Kansans built and lived in comfortable log houses. Hundreds are still standing today - many were moved into town parks. The session will cover types of log houses, types of corner timbering, tools needed, etc. Handouts, slides, poetry, and songs will be utilized to show this tradition. Bill has studied and photographed over 100 log homes still existing in Kansas and has published on this subject. (Bill is emeritus professor of English and Folklore. His latest book, Folklore from Kansas, Customs, Beliefs and Superstitions, has recently been released in paperback.)

## 6 Fine Arts

## Taking form

### UFM POTTERY STUDIO FACILITY

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

### UFM POTTERY STUDIO CO-OP

FA-1

Amy Jo Gatschet 776-3135

Thursday, 7-8pm, Jan 31, Mandatory organizational meeting

Location: UFM Pottery Studio  
Membership in studio: \$20, 8 weeks  
30, 16 weeks  
40, 24 weeks

Limit: 6

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

### UFM POTTER'S GUILD

FA-2

Norm Lally 1-468-3696

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

### BEGINNING CERAMICS

FA-4

Jennifer Anderson 539-1597

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

Limit: 8

From raw clay to finished glazed pieces, learn to make your own hand-built and wheel thrown pottery. Produce functional ware like mugs and bowls or decorative sculptural forms. A variety of techniques will be demonstrated and you will have the opportunity to work on projects of your own choosing. (Jennifer is a new member in the UFM pottery co-op and enjoys teaching and meeting people.)

### INTERMEDIATE CERAMICS

FA-5

Sharon Spiller 776-2363

Wednesdays, 7-9pm First Meeting: Jan 30 Length: 6 times  
Location: Will be noted on your receipt  
Class Fee: \$10, pay with registration  
Materials Fee: \$10, pay at class

Limit: 6

This class is for those who have some experience in ceramics and want further instruction to improve their craft. Students will work on projects of their own choice in a studio which is well equipped to accommodate the advanced potter's needs. (Sharon is currently a ceramics major at K-State and is looking forward to sharing her expertise with her students.)

### PLAY WITH CLAY (8-10 YR. OLDS)

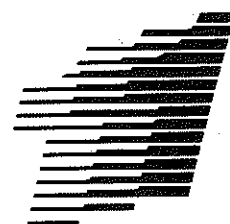
FA-3

Zoraida Rivera 776-3512

Tuesdays, 4-5pm, Feb 5, 12, 19, 26 Length: 4 times  
Location: Will be noted on your receipt  
Class Fee: \$5, pay with registration  
Materials Fee: \$3, pay at class

Limit: 6

Want to get dirty and not get in trouble? Then let's play with clay! We'll do several projects which have in the past included chimes, piggy banks, animals or name plates for your room. Whatever we do we'll have fun! (Zoraida has taught many adult ceramics classes for UFM and is anxious to teach children for a change.)



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### FLINT HILLS DULCIMER PLAYERS

FA-9

Linda Teener

539-5337

Organizational Meeting: Thursday, 7-8:30pm, Feb 7

Location: Will be noted on your receipt

Length: indefinite

Class Fee: \$2, pay with registration

Mountain and hammered dulcimer players! Help get this organization back together! Let's find a time to play together, share tunes and learn new techniques. Come give us your input! (Linda plays both mountain and hammered dulcimer and has convened this group for six years.)

### MAINTENANCE OF MUSICAL INSTRUMENTS

FA-19

Christopher Banner

776-6562

One Time: Saturday, 10am, Feb 16

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Chris will demonstrate general preventive maintenance for your musical instrument. He will cover techniques for replacing strings, cleaning, and polishing, as well as special needs and peculiarities of each instrument. Please indicate on your registration card what musical instrument you need to maintain. (Chris has been an instrument repairman for ten years and repairs KSU instruments.)

### AUTOHARP WORKSHOP

FA-10

Linda Teener

537-0508

One Time: Saturday, 1-3pm, Feb 16

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Do you have an autoharp gathering dust somewhere? You got it but never learned how to play? Come learn the basics. Tuning, use of finger picks, rhythm backup and picking melody lines are some of the topics to be covered in this class. We will also practice several strum patterns.

### WOMEN OF THE HEARTLANDS

FA-21

Christy Simpson

776-7573

You will be contacted for day, time and date

Length: Ongoing

Class Fee: \$1, pay with registration

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

### FOLKSONGS

FA-35

Bill Koch, Pat Killian

532-6716

One Time: Sunday, 2-4pm, March 24

Location: Will be noted on your receipt

Class Fee: \$2, pay with registration

An afternoon of folksongs and anecdotes with emphasis on old-time historical and cowboy traditional songs such as "Old Paint," "Red River Valley," "Lane County Bachelor," "The Willow Tree," "Down in the Valley," "Farther Along," and more. Included also will be several humorous songs like "The Frozen Logger" and "Lavender Cowboy." (Bill and Pat both play the guitar and sing. They encourage their audiences to sing along, clap, or cheer. No booing allowed, not even at the jokes.)

## Calligraphy

### BEGINNING CALLIGRAPHY

FA-17

Ernie Peck

537-9883

Mondays, 7-9pm First Meeting: Feb 4

Length: 5 times

Location: Will be noted on your receipt

Class Fee: \$10, pay with registration

Materials Fee: \$7.50, pay at class

Limit: 12

Calligraphy - the art of beautiful lettering - will be introduced. We will learn about lettering tools, materials, references and one calligraphy alphabet. Felt-tipped calligraphy pens and necessary paper will be provided. (Ernie has been lettering since he was 13 years old and has taught many others the skill.)

### ADVANCED CALLIGRAPHY

FA-18

Ernie Peck

537-9883

Wednesdays, 7-9pm First Meeting: Feb 6

Length: 5 times

Location: Will be noted on your receipt

Class Fee: \$10, pay with registration

Materials Fee: \$7.50, pay at class

Limit: 12

This course is not for beginners! Students must demonstrate proficiency in at least one alphabet. Emphasis on use and care of dip pens, fountain pens and other tools on a variety of surfaces. Lettering layout, illumination and flourishes will be demonstrated and practiced. Bring your lettering pens to the first session.

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**"Your decisions should be made carefully in a relaxed atmosphere — not hurried or pressured."**

**"Equipment should be selected to fill individual needs and desires — not prepackaged or impersonalized."**

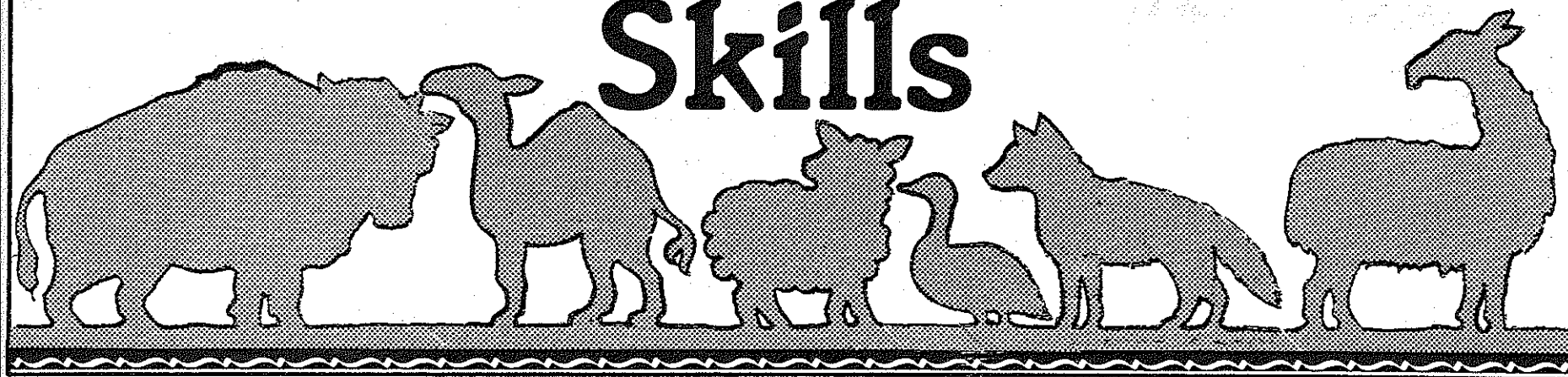
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# Skills



## Skills for jobs

### 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)

**SK-1**  
**Ruth Hoeflin** 532-6993  
 One Time: Wednesdays, 7-9pm, March 20, 27, Apr 3 (3 times)  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$1, pay at class  
 Limit: 15  
 Going to college as an adult can be exciting. We will discuss why you should return or start to college, how to make that big decision, and how to take the first steps. Following two weeks, we'll help each other through a maze of paperwork and discover how to cut red tape and where to find help on campus. (Ruth is director of Fenix, a program for students over 25. She is a former dean of home economics, has conducted research on adult students, and is a firm believer in lifelong learning.)

**JOB SEARCH TECHNIQUES** SK-2  
**Steve Cunningham, Ph.d.**  
**Mary Lou Albracht** 532-6561  
 One Time: Thursday, 7-9pm, Feb 7  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$2, pay at class Limit: 12  
 This session is designed to help adults to: 1) identify a need for change of employment; 2) identify your personal skills and abilities; 3) locate and research potential employers; and 4) plan job changing strategies. (As a faculty member of KSU, Steve works with well over a hundred undergraduate and graduate students on resume development each year. Mary Lou is the coordinator of the north central Kansas Displaced Homemaker program at KSU.)

**RESUME WRITING** SK-4  
**Steve Cunningham, Ph.d., Mary Lou Albracht** 532-6561  
 One Time: Thursday, 7-9pm, Feb 21  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$2, pay at class Limit: 12  
 The importance of a skillfully developed resume cannot be minimized. This course was designed for people who want to learn how to analyze and develop the skills for successful personal resume development. Upon completion each person will have the understanding of the principles of skillful resume development and will be able to complete a personal resume.

**RESUME WRITING** SK-5  
**Patty Sloan**  
 One Time: Saturday, 1-3pm, Feb 9  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$1, pay at class Limit: 15  
 The basics of resume writing will be presented with examples and helpful tips. Participants will write a rough draft of their personal resume and the instructor will offer suggestions and comments for improving the resume's quality. (Patty is a recent KSU graduate who has done research in resume writing.)

**CAREERS IN REAL ESTATE: GETTING LICENSED AND ENTERING BUSINESS** SK-7  
**Bill Fogerson** 537-2151  
 One Time: Thursday, 7:30-9pm, Feb 21  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration

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

**INTERVIEWING SKILLS** SK-3  
**Steve Cunningham, Ph.d., Mary Lou Albracht** 532-6561  
 One Time: Thursday, 7-9pm, March 7  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Materials Fee: \$2, pay at class Limit: 12

Interviewing is the most important step to getting hired. The interview is an irrational subjective process, but most jobs require one before hiring. However, you can greatly increase your chances of getting a job offer if you understand the interview process. This session will identify behaviors that win job offers.

**CAREERS IN TRAVEL** SK-6  
**Thea Garvin** 539-0531

One Time: Tuesday, 7-9pm, March 5  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration Limit: 15  
 In this class we will learn about a career as a travel agent, including skills assessment, means of acquiring training, career goals as owner or employee and what to expect in a typical day's work. (Thea and her husband own and operate Creative Travel, a local travel agency.)

**INTRODUCTION TO COMPUTERS** SK-23  
**Bill Jahnke** 532-5950 539-8536

Thursday, 7-10pm, March 21 (one time)  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration Limit: 30  
 In the next few years small personal and business computers will become commonplace in many homes and offices. What can they do? Who can use them? Why do I need one? Come to this meeting and find out. (Bill is an avid Apple user and incorporates the Apple Computer in his home, school work and his consulting engineering work. He also teaches computer application in the College of Architecture.)



Chris Stroh, Age 7, Manhattan

**UFM WOODSHOP CO-OP** SK-8  
**Dan Brabec** 776-2731 537-0459

Saturday, 1:30pm, Feb 2, Mandatory organizational meeting  
 Location: Will be noted on your receipt  
 Membership Fee: \$39 for 4 months. \$5 refundable deposit  
 Located in the UFM Solar addition, the wood shop is equipped with a wide variety of power and hand tools, including a radial arm saw, table saw, jointer, lather, band saw, and most common woodworking tools. The membership fee is for equipment and facility use only. No materials are included. The mandatory organizational meeting will include instruction in safe equipment use and conduct in the woodshop. (Dan is the woodshop coordinator.)



# Around the house **Broaden your horizons**

## MAKING A HOUSE A HOME - INTERIOR DECORATING

SK-14

Kathy Colvig

293-5343

One Time: Wednesday, 6:30-8:30pm, March 20  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

Limit: 10

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

## BEGINNING BICYCLE MAINTENANCE

SK-9

David Colburn

539-5639

Section I: Tuesday, 7pm, Jan 29 & Wednesday, 7pm, Jan 30  
Section II: Tuesday, 7pm, Feb 12 & Wednesday, 7pm, Feb 13  
Location: Will be noted on your receipt  
Class Fee: \$4/section, pay with registration  
Materials Fee: \$1, pay at class

Limit: 10/section

We will identify all the parts of a bike, explain how those parts work together, and discuss how to keep them running smoothly. Age limit of 14. (Dave has been riding and repairing bikes for 15 years. He is the assistant manager of The Pathfinder.)

## CHAIR CANING

SK-11

Barbara Poresky

539-2967

Tuesdays, 7:30-9:30pm First Meeting: Feb 5 (6 times)  
Location: Will be noted on your receipt  
Class Fee: \$7, pay with registration  
Materials Fee: Depends upon project size

Limit: 10

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

## BASIC AUTO MAINTENANCE FOR WOMEN AND MEN

SK-10

Joe Pittle

539-1860

Section I: Monday, 7-9:30pm, Feb 11  
Section II: Wednesday, 7-9:30pm, Feb 13  
Section III: Tuesday, 7-9:30pm, Feb 26  
Location: Will be noted on your receipt  
Class Fee: \$4/section, pay with registration

Limit: 12/section

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

## A COMPLETE GUIDE TO PLANNING AND ENJOYING YOUR WEDDING

SK-15

Christie Irish

776-7387

Section I: Wednesday, 7-9:30pm, Feb 6  
Section II: Wednesday, 7-9:30pm, Feb 13  
Location: Will be noted on your receipt  
Class Fee: \$4/section, pay with registration  
Materials Fee: 50¢, pay at class

Limit: 25/section

From the most lavish wedding to an informal ceremony your wedding must be organized. We will discuss the different styles of bridal gowns and headpieces and will go through the 6-month wedding calendar. With an emphasis on color coordinating. We will also discuss invitations, flowers, accessories, tuxedos as well as expenses. (Christine has worked in the bridal industry for three years designing silk wedding bouquets and doing consulting and wedding planning.)

## EUROPE ON A BUDGET: LOW COST TRAVEL TIPS

SK-13

David Garvin

539-0531

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

Limit: 15

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

## ELEMENTARY MAP READING

SK-12

Richard Harris

537-1383

One Time: Tuesday, 7:30-9pm, Feb 12  
Location: Will be noted on your receipt  
Class Fee: \$3, pay with registration  
Materials Cost: \$1, pay at class

Do you feel inadequate trying to read a road map? Maybe you just never learned how. This class will teach basic map-reading skills, with an emphasis on road maps and a cursory look at other types of maps. (Richard has always loved maps and learned to read them almost before learning to read words.)

## A PEACE CORPS EXPERIENCE IN AFRICA

SK-18

Karen Barron and Dorothy Miller

532-5866

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

Would you like to learn more about life in the Peace Corps? Karen and Dorothy will discuss what it's like to live as a volunteer in Niger, West Africa and Nepal. Karen lived in a mud house in the Sahara Desert, taught English to the children of the nomads, and helped to deliver babies. She took over 500 slides (and has at least as many stories) and will share some. There will be time for questions about Africa, Nepal, and the Peace Corps. (Karen was a Peace Corps volunteer from 1980 to 1982. Dorothy was a Corps worker in Nepal.)

## GERMAN FOR TOURISTS

SK-16

Barbara McLeod

776-3293

Wednesdays, 7pm First Meeting: Feb 6 Length: 3 times  
Location: Will be noted on your receipt  
Class Fee: \$6, pay with registration

Limit: 10

An introduction to German language and culture with an emphasis on greetings, hotel and restaurant vocabulary, currency and travel tips. This is a good opportunity to prepare for a trip or move to Germany, or to reminisce about a previous trip and brush up on your German! (Barbara lived in Germany for three years when she worked for IBU. She taught German for the U.S. Army and to high school students in England and Virginia.)

## CONVERSATION FOR SPEAKERS OF GERMAN - DEUTCH STAMMTISCH

SK-17

Carine Ullom

539-8329

Organizational Meeting: Tuesday, Feb 12 (time to be announced)  
Location: Will be noted on your receipt Length: continuing  
Class Fee: \$4, pay with registration

Limit: 8

New to Manhattan, Carine would like to keep up her German with others who also enjoy speaking German. The organizational meeting will be Tuesday, Feb 12. Further meeting times and places will be discussed at this meeting. The idea is to meet on a regular basis over a meal to "quatsch auf Deutsch." If you are unable to attend this meeting, please call and suggest times that would be best for you. (Carine spent the 1982-83 school year studying at Philipps-University in Marburg, West Germany.)

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# Home

The Home Owners Maintenance and Energy (HOME) Program is sponsored by the U.S. Department of Housing and Urban Development and the City of Manhattan. HOME serves city residents with educational services, repair projects, homeowner design assistance, and home energy-related programs. The following classes are offered through HOME and UFM. For more information on HOME, call UFM at 532-5866.

## Assessments

**FREE HOME ENERGY AUDIT** H-1 776-8893  
 Stacy Kohlmeier, Marvin Rodriguez  
 Worried about winter energy bills? Call KP&L and schedule a free home energy audit. They will inspect your insulation, water heating, windows, air conditioner, shading, settings, weatherstripping and caulking. Recommendations will be made and possible ways of financing will be discussed. (Stacy and Marvin work at Kansas Power & Light Company.)

**CHEAP HEAT: SAVING WINTER ENERGY DOLLARS** H-2 539-0858  
 Danny Boatright  
 One Time: Thursday, 7-9pm, Feb 21  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration Limit: 15  
 Do you want to save up to \$100 or more per year on your heat-energy bills, yet only invest \$10-15? Low cost/no cost weatherization techniques will be discussed including weatherstripping, pipewraps, caulking, outlet insulators, simple window treatments and others. Energy-saving lifestyle habits will be presented and each participant will receive an information kit. (Danny works for the HOME Program as Technical Consultant.)

**FINANCING YOUR DREAM HOME** H-3 537-2298  
 Jerry Lowenstein  
 One Time: Tuesday, 7-9pm, Feb 12  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration

Do you want to buy or improve your dream house? Jerry will discuss methods available to finance acquisition and home improvement of older residential properties. Problems with purchase contracts, methods to assure bills are paid, and neighborhood preservation will be included. (Jerry has worked for Manhattan Federal as a mortgage loan officer since 1966 specializing in financing acquisition and rehabilitation of homes.)

**OLDER HOME RENOVATION** H-4 539-4173  
 Russell Reitz  
 One Time: Monday, 7-9pm, Feb 18  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration Limit: 15

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

## Practical skills

**INSULATING YOUR HOME** H-5 532-6026  
 Bruce Snead  
 One Time: Thursday, 7-8:30pm, March 14  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration Limit: 15  
 There are many ways you can personally make your home energy-efficient. Learn why you should or should not insulate your floors, attics and walls, what products are available, the costs involved and installation tips. Each participant will receive an information kit. (Bruce works for the Kansas Energy Extension Service.)

**MAINTAINING YOUR HOUSE FOUNDATION** H-6 776-8908  
 Tom Hammes  
 One Time: Wednesday, 7-8:30pm, Feb 13  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration Limit: 15  
 Learn how to assess your foundation and take the appropriate steps to preserve it or make needed repairs. Questions about leakage and other problems will be discussed. (Tom has 11 years experience working with foundations and owns Second Life Restoration.)

**IT'S OVER YOUR HEAD - BASIC ROOF REPAIR** H-7 776-5882  
 Gerald Walters  
 One Time: Saturday, 2-4pm, April 13  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration Limit: 20  
 Do you need to repair your roof but don't know how to go about doing it? Gerald will discuss the basic steps and problems involved, what city codes are relevant, available types of materials and tools needed to complete a job. (Gerald works at Keys Roofing & Insulation Co. as the roofing department foreman.)

**BASIC ELECTRICAL WIRING** H-8 537-9095  
 Paul Burke  
 Wednesdays, 7-9pm First Meeting: Feb 27 Length: 3 times  
 Location: Will be noted on your receipt  
 Class Fee: \$8, pay with registration Limit: 15  
 This class is a MUST for anyone who does their own home repair work! We will discuss different kinds of electrical problems and how they can be solved. Supervised hands-on instruction and kits will be provided to actually learn how to change light fixtures and worn-out cords, install dimmers, switches and receptacles and florescent lights and photo cells for outdoor lighting. (Paul has over 30 years experience in electrical work and is currently working in USD #383's maintenance department.)

**BASIC PLUMBING REPAIRS** H-9 537-1340  
 Greg Stahl  
 One Time: Thursday, 6:30-9pm, Feb 14  
 Location: Will be noted on your receipt  
 Class Fee: \$5, pay with registration Limit: 20  
 Are you unfamiliar with plumbing but would like to learn how to repair basic plumbing problems that occur in the average home? Such topics as faucets, drains, commodes, water heaters and related safety tips will be discussed. Greg will provide individual information kits and you will provide individual problems/questions to solve. (Greg works at Waters True Value Hardware Store as head of the plumbing department.)

## Investments

**SOLAR HOMES TOUR** H-10 539-1956 776-5589  
 Bill Dorsett, Dean Denner  
 One Time: Saturday, 12n-4pm, March 16  
 Location: Will be noted on your receipt  
 Class Fee: \$5, pay with registration

Increasing numbers of solar buildings in the Manhattan area are available to visit. This tour will feature solar homes, sunrooms, greenhouses and collectors with some owners and designer/builders available for discussion. Information kits will be provided for each solar example. NOTE: Detailed discussions of the different solar examples shown on this tour will be provided in the following two courses. (Bill and Dean have been designing and building solar collector systems in Manhattan for the past 6 years.)

**SOLAR GREENHOUSES AND SUNROOMS** H-11 776-5589 539-1956  
 Dean Denner, Bill Dorsett  
 One Time: Tuesday, 6:30-9pm, March 19  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration Limit: 15

Does your family want additional living space, to grow food in winter and/or use supplemental solar heat? Maybe a solar greenhouse or sunroom can fill these needs. Numerous examples will be used to explain the different designs possible to best meet individual as well as energy needs.

**SOLAR SPACE-HEATING COLLECTORS** H-12 539-1956 776-5589  
 Bill Dorsett, Dean Denner  
 One Time: Thursday, 6:30-9pm, March 21  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration Limit: 15

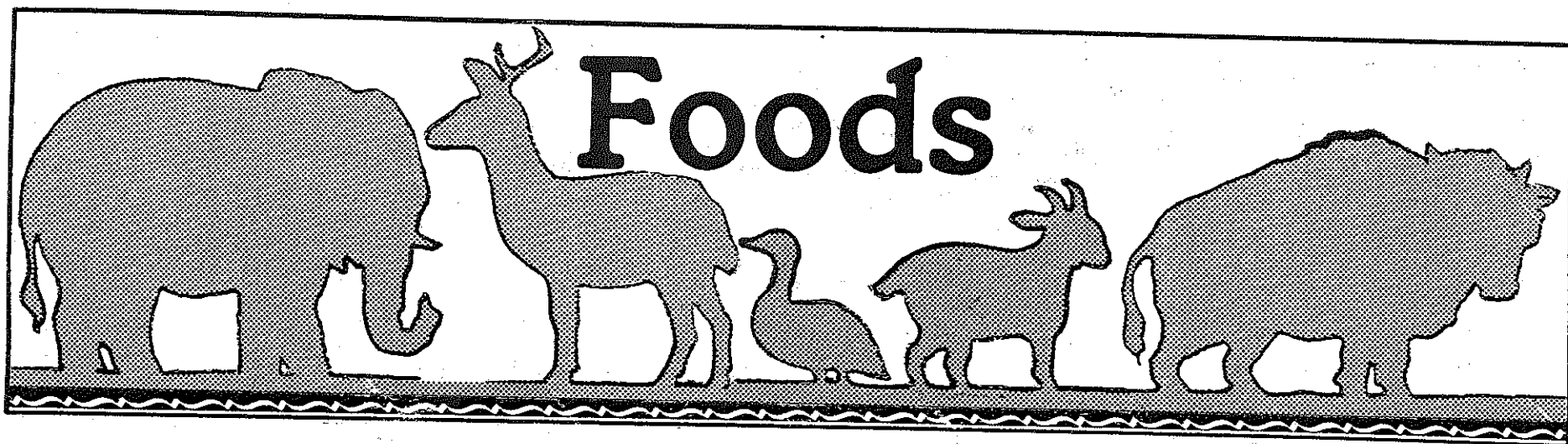
Do you want to decrease utility bills, take advantage of a 70% Kansas tax credit and use a renewable energy resource? Maybe a solar space-heating collector is your answer. Discussion will cover design, construction and operation using site-built and manufactured collectors as examples.

**A SOLAR ROOM FOR YOUR HOME** H-13 532-5866  
 HOME Staff  
 One Time: Wednesday, 7-9pm, Jan 30  
 Location: Will be noted on your receipt  
 Class Fee: \$2, pay with registration Limit: 15

Are you planning a home addition? This informational meeting will explain the HOME Solar Design service which provides free custom-solar plans for Manhattan homeowners. This service includes a detailed design, cost estimates, site monitoring and construction advice. It is a valuable service and will only be available for a limited time.

**UNDERGROUND HOMES** H-14 537-1581  
 Keith Christensen  
 One Time: Thursday, 7-9:30pm, March 7  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration Limit: 30

With the potential of massive electrical power costs, earth-sheltered homes have become increasingly important to new and older homeowners. This brief discussion will cover a basic understanding of appropriate design and construction concepts, various types of problems/solutions that tend to occur and the new concept of earth-sheltered retirement homes. Keith is looking forward to lots of questions! (Keith has taught in the KSU Department of Architecture for 16 years and has lectured on earth-sheltered home design throughout the state through the KSU Extension Energy Service.)



## Favorites for all

### HAMBURGER FOR CHAMPAGNE TASTE

F-1

Nancy Kaler

539-9518

One Time: Thursday, 7pm, Feb 28

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$4, pay at class Limit: 7

We all get tired of the same old hamburger dishes. Nancy will help us broaden our repertoire with Netherland meatballs, mozerella meatloaf and ..... If you have a favorite hamburger recipe, bring it to the class for exchange. Come hungry, and we'll eat what we make. (Nancy has taught cooking classes in Germany and enjoys sharing her skills with others.)

### VALENTINE COOKIES

F-2

Nancy Kaler

539-9518

One Time: Saturday, 11am, Feb 9

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$3, pay at class Limit: 7

It's that season of the year. Come to this class prepared to take home sweets for your sweet. We'll bake and decorate a variety of valentine yummys. (Nancy taught a Christmas cookie class and is back by popular demand.)

### WINE APPRECIATION

F-3

Michael Goldschmidt

539-0316

Tuesdays, 7-9pm First Class: Feb 5 Length: 5 times

Location: Will be noted on your receipt

Class Fee: \$10, pay with registration

Materials Fee: \$15, pay at class

Feel embarrassed in restaurants when you don't know which wines are appropriate? Having trouble reading wines in their native languages? This class will cover reading a wine label in any language, understanding world wine regions, and other aspects of the world's finer wines. Each evening you will get to taste several wines of the world. Please bring a glass. (Participants must be 21 years or over.) (Mike has studied wine for 3 years and is a member of many wine organizations.)

### INTRODUCTION TO WINE

F-4

Lloyd Davenport

539-1823

Fridays, 7-9:30pm First Meeting: Feb 1 Length: 4

Class Fee: \$10, pay with registration

Materials Fee: \$25, pay at class Limit: 14

Meeting February 1 is a short session to allow discussion of class structure and collect material fees. Meeting dates can be changed if class desires. A study of wine from vine to glass -- this will include history, geography, chemistry and viticulture accompanied by tasting of foreign and domestic wines. Bring an all purpose wine glass to all meetings. Participants must be 21 years of age. (Lloyd is retired from KSU. He tends a small experimental vineyard, is a winemaker and a member of the Society of Wine Educators.)

### HOMEMADE NOODLES

F-7

Larry Shubert

537-8743

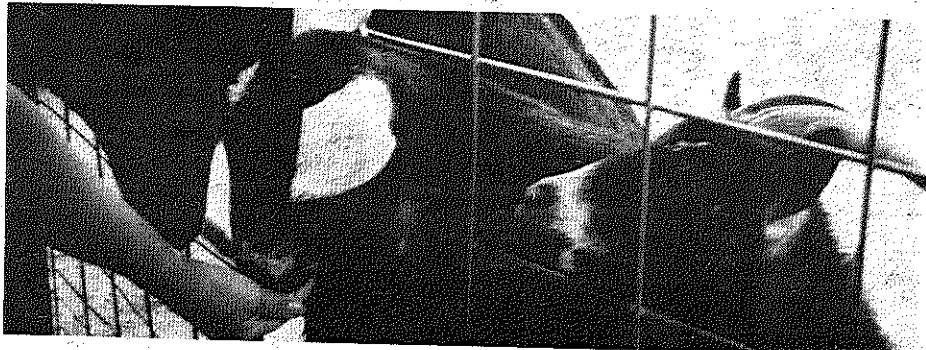
One Time: Saturday, 1:30-3:30pm, Feb 2

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$3.50, pay at class Limit: 8

Tired of bland store noodles? Homemade noodles are SO much better and are easy to make. We will each make a batch and cook them in turkey and beef broths. You will be sent a list of kitchen utensils to bring including 2, 32-oz containers to carry some home. in. (Larry learned to make homemade noodles from his mother-in-law.)



Sebra Stewart, Age 8, Wamego

### MARVELOUS MUFFINS

F-6

Eileen Schofield Barkley

532-6147

One Time: Thursday, 7-9pm, Feb 21

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$1.50, pay at class Limit: 10

Are you tired of the tasteless muffins sold in stores? Here's a chance to learn how quick and easy it is to make your own muffins. We will cook several kinds in class and share other recipes -- each one different and delicious. (Growing up in New England, Eileen learned to appreciate hot, homemade muffins on a cold winter day and would like to share her enthusiasm.)

### CARIBBEAN DELIGHTS

F-5

Ivette Martinez-Munoz and Alexander Skutlartz

537-3187

Saturday, 2pm, March 9

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$4, pay at class Limit: 7

In this class you will learn the secrets of Caribbean-style food. Well-seasoned but never hot, sometimes exotic, this cuisine will excite any palette. In the first class we'll prepare a banquet of pinon, pernil, gandules, yucca, and tostones and a special dessert custard with coconut and rice. If there is interest, a second class will be scheduled. If the meeting time is not convenient for you, please contact UFM and we will try to schedule another class. (Ivette is a native of Puerto Rico. Alexander, her husband is from Germany and has learned the fine points of Caribbean cuisine from his wife.)

### CHINESE COOKING CLASSES

Lee Shih Wu

539-7841

All classes meet Friday, 6:30-8pm

Class Fee: \$4, pay with registration

Materials Fee listed with each class, pay at class

An exploration of the many types of Chinese cooking and methods used in each. You can learn ways to use the whole chicken, make fresh tofu, try new seafoods, all from a native who graduated from the Chinese Cooking Institute in Taiwan.

### Sweet and sour chicken with pineapple and

F-8

### Sweet and sour pork with green peppers

Feb 1. Materials Fee: \$5

### Fried crab legs (meat) with golden mushrooms

F-9

### Fried squid with dry fungus (a mushroom)

Feb 15. Materials Fee: \$5.50

### Using egg roll skins - sauteed won ton

F-10

### Deep fried egg roll

March 1. Materials Fee: \$4.50

### Shredded chicken breast with sweet corn

F-11

### Kung paou chicken with hot seasoning

March 15. Materials Fee: \$4.50

### Fried beef with garlic and celery

F-12

### Fried beef with oyster sauce

March 29. Materials Fee: \$5

### Making tofu, using tofu with stir fried Chinese cabbage

F-13

### With fried bean threads

April 5. Materials Fee: \$4.50

### Stir fried shrimp with cashew nuts

F-14

### Steamed seasoned fish

April 19. Materials Fee: \$6.

### Chicken legs with fresh mushroom mix-stir fried

F-15

### steamed chicken thighs with green onion and ginger

May 3. Materials Fee: \$4.50

### Shredded pork loin with red bean paste

F-16

### steamed pearl balls (ground pork with sweet rice)

May 10. Materials Fee: \$4.50

### Egg roll skin wrapped around egg, rice, brown sauce

F-17

### mixture - a traditional snack

### Fried noodles with a variety of vegetables

May 17. Materials Fee: \$4.

# Community



## Planning ahead

### IT'S YOUR MONEY: A FINANCIAL SERIES

Sherl Prawl 537-3700

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

Location: Will be noted on your receipt  
Class Fee: \$4./session (please indicate those you plan to attend)

#### Investment Basics C-15

One Time: Tuesday, 7:30-9:30pm, March 21

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

#### Investing for Income Today C-16

One Time: Thursday, 7:30-9:30pm, March 28

"What will give me income now?" For those who ask this question we will discuss money market funds, bonds (corporate, government and municipal), income stocks, income-producing real estate and other alternatives.

#### Investing for Growth and/or Retirement C-17

One Time: Tuesday, 7:30-9:30pm, April 4

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

### PERSONAL AND FAMILY FINANCIAL PLANNING C-23

E. Saig 539-9960

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

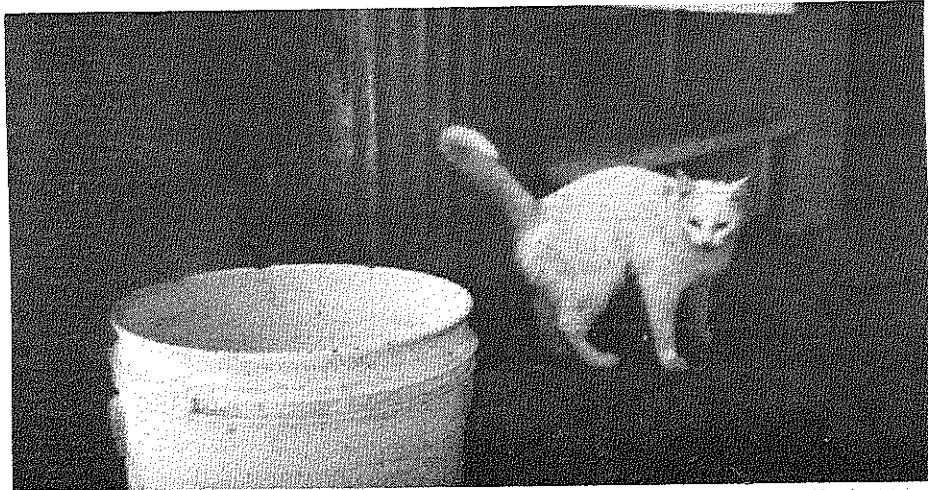
A potent source of all learning is family or peer modeling; and the financial practices of many families are poor models. This class emphasizes: the many means of obtaining financial resources; activities for developing plans; and examines specific elements such as spending and borrowing, saving and investing, and protecting and using financial resources in ways that contribute to family stability and personal fulfillment. (Saig has taught personal finance on the college level.)

### YOUR BEST YEARS: HOW TO PLAN (ALL AGES) C-12

Darlene Jorgensen 537-1098 537-0567

Tuesdays, 7:30pm, Feb 5, 12 (2 times)  
Location: Will be noted on your receipt

Statistics show that unprecedented numbers of Americans are enjoying or anticipating their retirement years. Whether you intend to start a second career, travel, or simply pursue new interests, experts agree that careful pre-retirement planning is important to maximize your enjoyment of these years. In this class we will examine the number of ways which you should plan, insurance needs, and investment opportunities for increased financial security. Clips from Marlin Perkins and Helen Hays will be shown. (Darlene is an agent with Mutual of Omaha and an expert on retirement planning.)



Billie Jean Piper, Age 10, Manhattan

### IN YOUR BEST INTEREST: MAKING THE MOST OF YOUR SAVINGS C-22

Donna Edwards 776-0885

One Time: Monday, 7-9pm, Feb 11  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$2, pay at class Limit: 8

Is your savings earning the most for you? Confused about interest rates, finance charges and when interest is paid? This class will demonstrate how to use a financial calculator to verify your checking and saving accounts and discuss what questions to ask when opening an account. You will also learn how to determine which interest rates will give you the best return on your savings. (Donna is a graduate student in Family Economics and works as an assistant with the Displaced Homemaker Program at K-State.)

### MONEY MANAGEMENT SEMINAR C-19

Fred Freeby 537-4505

Section I: Tuesday, 7:30pm, Feb 5  
Section II: Tuesday, 7:30pm, Feb 12 (one time each section)  
Section III: Tuesday, 7:30pm, Feb 19  
Location: Will be noted on your receipt Class Fee: None

The time is gone when providing for tomorrow's needs meant simply working hard and putting a little bit away each month. Financial planning is important for everyone, regardless of income. Subjects to be covered include: tax shelters, setting financial goals, investment opportunities, retirement planning, money market funds, IRA's and Keogh. (Fred is division manager of Waddell and Reed.)

### IRA'S (INDIVIDUAL RETIREMENT ACCOUNTS) C-13

Allan Elliott, CLU 776-0576

One Time: Wednesday, 7-10pm, Feb 13  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration Limit: 15

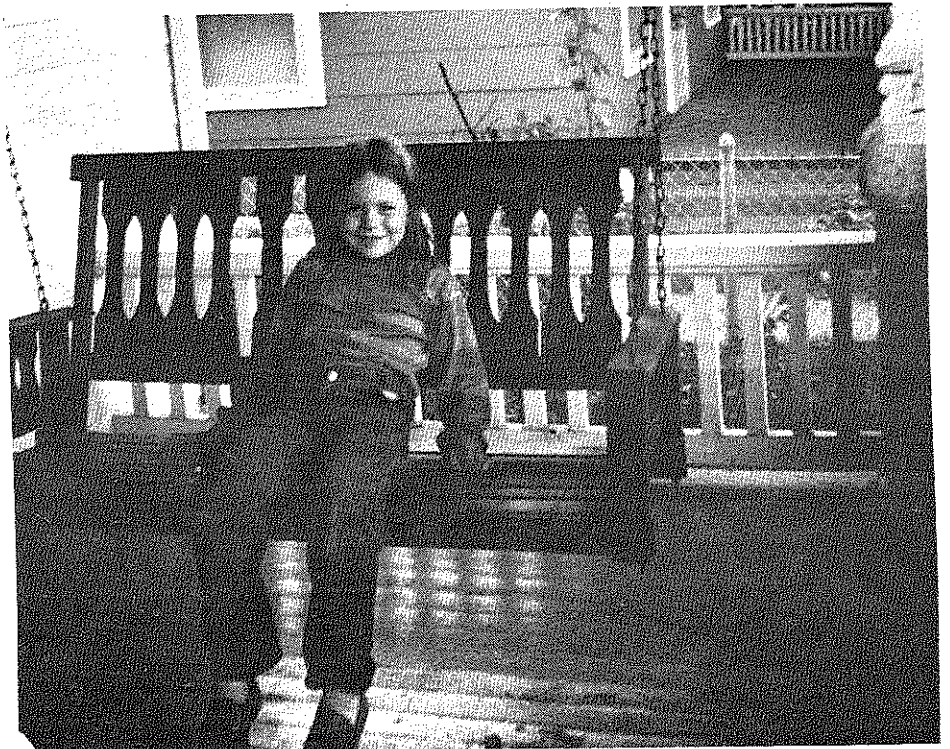
Will you have enough money when you retire? What is an IRA? What is meant by "tax sheltered?" Who can qualify? When should I start my IRA? What if I need the money before I retire? This course is for all wage-earners, whether you have already established an IRA or not.

### INDIVIDUAL INCOME TAX ASSISTANCE C-9

E. Saig 539-9960

Wednesdays, 7-9pm, Feb 13, 20, 27, Mar 6, 13, 20, 27, Apr 3, 10  
Location: Will be noted on your receipt (One meeting each date)  
Class Fee: \$5, pay with registration

This class will provide assistance to enable you to accurately prepare your individual federal (forms 1040, 1040A, 1040EZ) and state income tax returns for 1984. It will point out what is new in the law this year, answer your questions, and whatever else you need. Bring your 1983 tax records. (Saig is certified by IRS at assist taxpayers.)



Billie Jean Piper, Age 10, Manhattan

# Investigating

## STARTING YOUR OWN BUSINESS

C-25

Terry Ray, Bill Edison

537-8482 537-1234

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

Do you dream of being your own boss? Are you really ready to start your own business? Lots of people think so. In fact, thousands of new businesses are started every year. And most of them fail within the first year. The problem is that most folks don't stop to consider what's involved before they get started. Learn the strategies and plans for a successful business. We'll cover the problems that can hurt the new business, research on location, choice of business, employee/employer problems, customer/owner relations, and community relations. Terry will share ideas and experiences of successful entrepreneurs, including how to get started and market a new venture. Bill will discuss how to finance your new business through loans or other capital. There will be time for questions. (Terry is a Manhattan businessman and Bill is the president of Union National Bank.)

## COMMON SENSE INVESTING

C-20

Greg Barron

776-1066 456-7336

Tuesdays, 7pm First Meeting: Feb 25 Length: 3 times  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

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

## INVESTMENT PORTFOLIO PLANNING

C-18

Kelly Edgar

776-1066

Tuesdays, 7:30-9pm, Feb 5, 12 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$8, pay with registration

Learn how to construct an investment portfolio to meet your specific needs and goals. We will discuss stocks, bonds, limited partnerships, mutual funds, options, warrants, IRA's CD's, and the tax implications of these different investments. (Kelly is a broker with Stifel, Nicolaus and Company.)

## HOW TO INVEST YOUR (TAX) DOLLARS

C-21

Thomas S. Parish

Tuesdays, 7-9:30pm, Feb 12, 21  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

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

## HOME BUYER'S SEMINAR

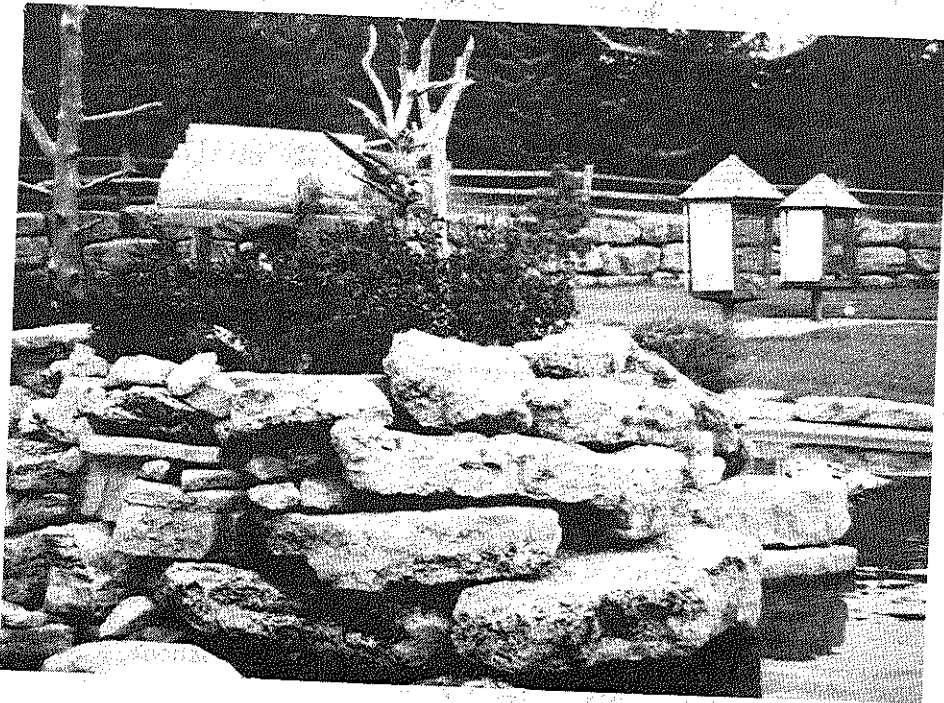
C-14

Duane McKinney

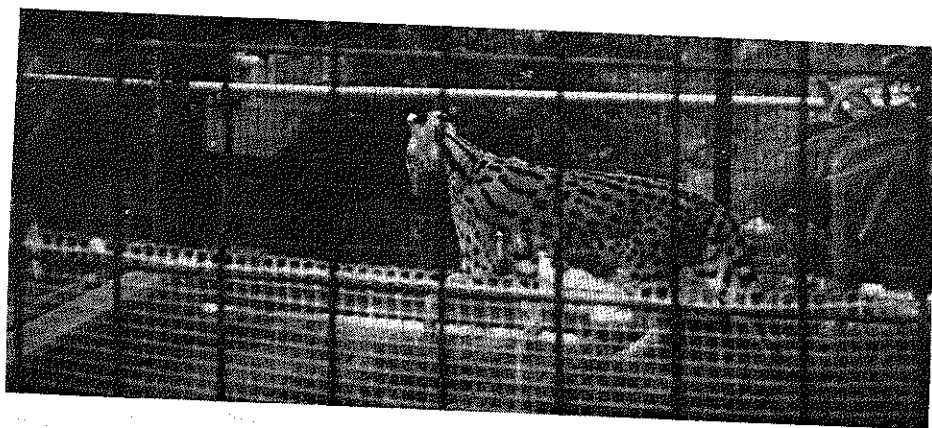
539-2356

One Time: Monday, 7-9pm, March 25  
Location: Will be noted on your receipt  
Class Fee: \$5, pay with registration

This is a seminar designed for the first-time homebuyer or the homeowner who wants to make a change. You will learn about different options for home financing, tax implications, purchase contracts, rent vs buy, and how to make a realtor work for you. You will also learn about the current market in Manhattan and how to make choices on cost, location, size of home, resale potential and more! (Duane is a licensed broker with Century 21.)



Sebra Stewart, Age 8, Wamego



Chris Stroh, Age 7, Manhattan

# For women

## MIDWIFERY

SK-19

Shirley Morrill

537-0258

One Time: Tuesday, 7:30-9:30pm, March 26  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

An informative discussion of what midwives and consumers are doing to bring about the legalization of midwifery in Kansas so that home births continue to be a choice in Kansas. (Shirley is a member of Kansas Association for the Legalization of Midwifery.)

## SELF-DEFENSE FOR WOMEN

SK-20

Christy Simpson, Sue Rieger

776-7573

Saturdays, 10am-12n, Feb 2 & 9 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$6, pay with registration

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

## CONFRONTATION TRAINING

SK-21

Christy Simpson

776-7573

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

This class, especially for women, will help you learn how to deal with both verbal and physical sexual harassment. A feminist perspective on how confrontation can be a preventive measure for violence against women will be explained and discussed.

## WOMEN IN TRANSITION - CAREER/LIFE PLANNING GROUP

SK-22

Susan Scott-Angle

532-6927

Mondays, 3:30-5pm First Meeting: Feb 4 Length: Ongoing  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

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

## WOMEN OF THE HEARTLANDS

FA-21

Christy Simpson

776-7573

You will be contacted for day, time and date Length: Ongoing  
Class Fee: \$1, pay with registration

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

## WORKING MOM'S SUPPORT GROUP

S -24

Jennifer Kendall

494-8256

Tuesdays, 11:30am-1pm First Meeting: Feb 5 Length: Ongoing  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

A noon hour get-together for moms and moms-to-be who work because you have to or because you want to. Discussion of our unique problems, solutions, getting the maximum time with our families, setting priorities, finding good care, coping with our feelings and coping with others. Bring your lunch. Kids are optional. (Jennifer is a new mom (Jamie is 9 months old) who works and would like to meet other new moms who need support on their decision to work.)

*Charlson and Wilson*

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Christopher Flink, Age 10, Manhattan

## Ideas & issues

### LET'S STOP HUNGER

C-7

Lynn Ellen Doxon

537-0938

One Time: Tuesday, 7-10pm, Feb 12  
Location: Will be noted on your receipt

The briefing is a 3-hour presentation about the facts of hunger and an examination of the assumptions that most of us have grown up with about why hunger persists. In summary,

- \* Hunger exists: 13-18 million people die each year as a consequence of hunger; 35,000 each day, 24 per minute, 18 of whom are children.
- \* It doesn't need to be: We now have the resources and technology to end hunger on the planet.
- \* Individuals make the difference: Individual commitment is the key to ending hunger.

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

### FAITH AND ECONOMICS

C-8

Don Wissman and Dave Stewart

Dates: See below

Time: 11:30am-1pm

Location: KSU Union

The purpose of these discussions is to explore ways in which faith and economics inform and interact with each other and to exchange concerns and ideas that increase our understanding of these two critically important areas of human experience.

- Wednesday, Jan 9: Rich Nations and Poor Nations - Wayne Nafziger
- Wednesday, Jan 23: Economics, Faith and the Family - Mary Clarke
- Wednesday, Feb 6: Aid and Development - Pat Gormeley
- Wednesday, Feb 20: Economics and Faith in the United States --
- Wednesday, March 6: Faith and Economics: Let's Be Practical - Barry Flinchbaugh
- Wednesday, March 20: Economics, Faith & the Environment - Lloyd Hulbert
- Wednesday, April 3: Faith and Economics in the Business Community --
- Wednesday, April 17: Faith, Economics and the Future --

### FROM YIPPIES TO YUPPIES?

C-1

Instructors: Julie Coates and Dave Stewart

Fridays, 3:30-5:30pm, Feb 15, 22, March 1

Location: UFM House, 1221 Thurston

Time Magazine says that those of us who were activists in the '60's are now more conservative, less committed to social change, more concerned with traditional measures of success. Where have you been since the sixties? What has happened to the visions and motivation you had then? Where are you now? Where are you going in the eighties and nineties? Julie and Dave are interested in bringing folks together to see if Time's assessment is accurate. This will be a reunion of the activists of the sixties to reflect on what has happened in their journeys since those days. Bring your own refreshments in the UFM living room on Fridays, February 15, 22, March 1 at 3:30-5:30pm. No limit. (Julie, a UFM staff member and Dave, a campus minister, remember well the chaos and the creativity of the sixties.)

### THE DRINKING AGE: SHOULD IT BE INCREASED?

C-28

Brett Lambert

532-6541

One Time: Monday, 7:30-9pm, Feb 4

Location: KSU Union, Rm 206

In the early 1970's hundreds of thousands of young people gathered, many forfeiting their own freedom to fight for the passage of the 26th amendment to the Constitution which was to give 18-year-olds the right to vote. Since that time 18-year-olds have both been treated as adults and been held responsible as the same in every area but one -- drinking. The Congress of the United States passed a bill this year which all but forces states of this union to raise their legal drinking ages. Do they have the right to do this? Was it fair and well thought out? What are the ramifications of their actions? These are the questions this forum hopes to address. We will also help those of you who wish to contact your legislator about this important issue. (Brett is a junior in political science and history this year. He has been campus director of the Associated Students of Kansas which led the fight for the maintenance of the drinking age at 18.)

## 14 Community

### PEACE CONFERENCE

C-26

First United Presbyterian Church, 537-0518

801 Leavenworth, Manhattan

One Time: Saturday, March 2

Keynote Speaker: James Watkins, Associate Director, Presbyterian USA Peace Making Committee

This conference will examine peace issues from the family and personal levels to the international level. Speakers will lead over 20 workshops that explore peace and justice issues from a moral and religious perspective. Topics include arms control, human rights issues in Nicaragua, the Middle East and Africa, race relations in the U.S. and other types of conflict management. There will also be discussion of local peace and justice issues. For more information contact the First United Presbyterian Church or watch The Manhattan Mercury for details.

### FORUM ON THE FEDERAL BUDGET

C-2

Feb 11 or 12, evening

Location: To be announced

(Sign up and you will be contacted or watch for details in The Manhattan Mercury.)

The federal deficit is a critical problem we all need to face. The question is, how can we reduce the deficit in the most productive, least damaging way? UFM is taking the lead in providing an opportunity for you to talk with the legislators you sent to Washington about your concerns relating to the federal budget.

Representative Jim Slattery has accepted an invitation to participate in this forum, and we are awaiting response from other invited congress members. Along with local community leaders, the forum will consider:

- 1) How proposed budget changes in Washington will affect our social service programs;
- 2) How proposed reductions in federal revenue sharing, industrial revenue bonds and community development block grants will affect the quality of life in small cities and rural communities;
- 3) The impact of proposed farm policy on the economy of the state, potential loss of existing farms and financial implications for farmers.

These issues will affect all of us directly. Come and talk to community leaders and your congressional representatives about your opinions and questions.

(Sponsors: UFM, Riley County Council of Social Agencies, United Way of Riley County and the KSU Chapters of Young Democrats and Young Republicans.)

## VOLUNTEERS—WE NEED YOUR HELP

UFM's Program Planning Committee needs a few good workers to help in any and all phases of program planning.

No experience necessary.

CALL JULIE AT 532-5866.

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Dorothy Nickel Friesen, Pastor

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Sunday School 9:30

Worship 10:45

# == Lou Douglas Series ==

## LOU DOUGLAS LECTURES ON PUBLIC AFFAIRS

The Lou Douglas Lecture Series is UFM's tribute to the late Louis H. Douglas. In a time of social upheaval and change in our country, Lou stood firmly on the side of human rights, equality and the democratic process. A distinguished professor of political science, Lou's contribution to the political legislative processes in our state and community have had a lasting impact.

## 1985 LOU DOUGLAS SERIES

The Lou Douglas Series has emerged as a significant forum on such topics as human rights, the economy, international arms control and U.S. policy in Central America.

The 1985 Series, Standing Tall: US Interests and Global Realities will examine U.S. policy as it relates to international political, social and economic order.

Speakers include:

Feb 19. Selig Harrison--U.S. Foreign Policy and Third World Nationalism.

Selig Harrison, senior associate with the Carnegie Endowment for International Peace; managing editor, New Republic; author of numerous books including The Widening Gulf: Asian Nationalism and American Policy, In Afghanistan's Shadow, and China, Oil, and Asia.

Feb 25. Hyman Minsky--U.S. Banks, Latin American Debt and the End of Laissez-Faire

Professor Minsky is a professor of Economics and author of books and articles on government policy, the banking system and capitalist instability.

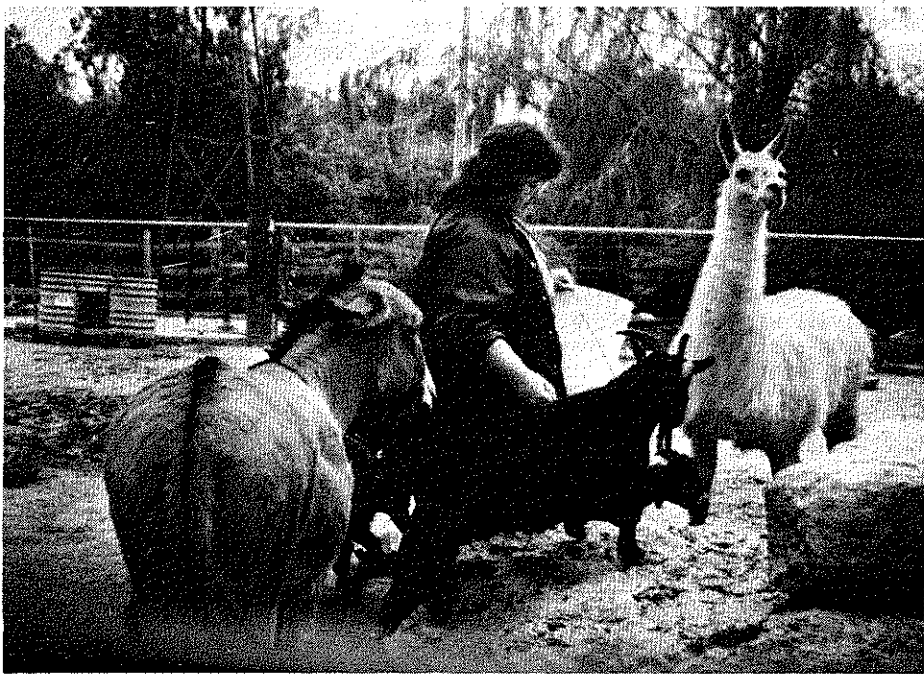
March 5. Esther Peterson--U.S. Companies and International Consumerism

Esther Peterson, International Organization of Consumers Unions representative to the United Nations, former Assistant Secretary of Labor; Special Assistant for Consumer Affairs to Presidents Johnson and Carter, served with Eleanor Roosevelt on the renowned "Status of Women" report.

March 26. Pat Mishi--The End of Foreign Policy: The Beginning of Earth Policy

Pat Mishi, author of Toward A Human World Order; Beyond the National Security Straitjacket; Director of Institute on Education for Peace, Justice and Human Value.

All lectures are in Forum Hall at KSU Union at 7:30pm.



Jeremiah Jensen, Age 7, Manhattan

## CLOSE TO HOME: TOURIST ATTRACTIONS IN YOUR OWN BACKYARD

C-11

Owen R. Jones

537-7976

One Time: Wednesday, 7pm, March 20  
Location: Will be noted on your receipt  
Class Fee: \$3, pay with registration

It is the time of year to identify attractive places to visit in and around Manhattan. After two years of exploring such places in the three-county area around Tuttle Creek dam, an evening of sharing such information is in order. This will be the first in a series. (Owen has been picking up brochures about places to see since becoming a Kansas State Historical Society member a year ago.)

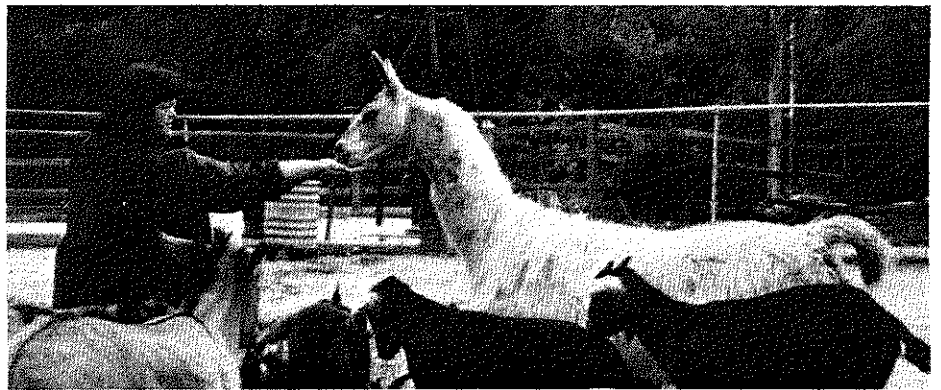
## TOUR OF THE McCALL PATTERN COMPANY

C-24

Sherrri

Section I: Monday, 10-11am, March 11  
Section II: Thursday, 1-2pm, March 14  
Location: Will be noted on your receipt  
Class Fee: \$1, pay with registration

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



Lisa Lala, Age 11, Manhattan

# == Helping & sharing ==

## HELPING YOUNG PEOPLE

C-10

E. Saig

539-9960

Tuesdays, 7-8:30pm, April 9, 16, 23, 30 (4 times)  
Location: Will be noted on your receipt  
Class Fee: \$1, pay with registration

If you are a volunteer, 4-H and scout leader, school teacher or parent of young people ages ten and over, these classes are for you. A series of color TV/film programs, together with a written text, are designed to help you help students understand their place in our market and economic system. A booklet on teaching techniques will also be provided. The material is recommended and provided by Dr. Vera Freeman of K-State. Class topics will be: How to make choices; a producer, you are; what do you do with what you produce; who is the government and what does it do? (Saig is an experienced college teacher of social studies.)

## OVEREATERS ANONYMOUS INTRODUCTORY WORKSHOP

C-6

Mary

776-7055

Sunday evening, Feb 10  
Location: St. Mary's Hospital Ground Floor Meeting Rm

Is food a problem, eating too much or too little, for you or a loved one? Do you counsel people for their weight problems? Have you lost weight only to gain it back? This introductory workshop of Overeaters Anonymous will help you understand what is meant by "compulsive overeater." You'll see an OA film "One Day at a Time" and hear members of Overeaters Anonymous tell of their success using what they have learned in Overeaters Anonymous. For information call Mary 776-7055. No sign up necessary.

## HOME GROWN KIDS

C-5

David and Carolyn James

539-6110

Tuesday, 7pm, Feb 12  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

Teach your child at home? What are the advantages and disadvantages? How long should home schooling continue? What about state truancy laws? Can a parent be an adequate teacher and is home schooling for everyone? (David and Carolyn are 2 people who have wrestled with these questions and want to share their experience.)

## FLINT HILLS BREADBASKET

C-4

Atina Hanna

776-9294

One Time: Saturday, 10am, Mar 10  
Location: Will be noted on your receipt

Kansas is known as the "Breadbasket of the World" and now Manhattan has a breadbasket of its own -- the Flint Hills Breadbasket. You're invited for a tour of the Manhattan area's food bank and to find out how you can be involved in solving the problem of hunger right in your own back yard.

## VALENTINES 50'S PARTY

C-27

Friday, Feb 8

Location: UFM Fireplace Rm

UFM is sponsoring an authentic 50's sock-hop for Valentine's day. We'll have REAL 50's music and decor. Bring your favorite party snack and be prepared to meet some new people and have a be-bopping good time. Especially geared toward singles, you're invited to come in authentic shoo-by-do dress (bobby socks and the works) or in more "contemporary" style. Non-alcoholic beverages will be provided.

## AMERICAN BAPTIST CAMPUS MINISTRY

BAPTIST CAMPUS CENTER

1801 ANDERSON

539-3051

Weekly worship, Spiritual guidance, Bible study, UFM Classes  
Call for specific times and dates

CAMPUS MINISTER — DAVE STEWART

# Community bulletin board

## Toll free numbers

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

## Used clothing

Used Clothing, Household Goods, etc.  
Clothing Center, 10th & Pierre, Tues. & Fri. 2:30-4:30pm 537-7425  
Home & School Shop, 728 Colorado, Mon-Sat, 1-4pm 776-9427  
Encore Shoppe, 611 Poyntz Ave. 1-238-7875  
Salvation Army (Junction City - will pick up)

## Local recycling programs

Campbell Distributors, Inc. (collect aluminum) 776-2337  
Junction City Distribution Company (collects aluminum cans in the Westloop parking lot on 1st, 2nd & 4th Wednesdays of each month from 3-5pm)  
Refuse Control Company (provides deposit bins for newspapers in parking lots of Wal-Mart, Dutch Maid Stores, Mercury, Westloop Skelly Service Station)  
Riley County 4-H Club (sponsors newspaper drives) 776-4781

## KANSAS CHILDREN'S SERVICE LEAGUE

Kim Menard 539-3193

Kansas Children's Service League has opened a local office to better serve the Manhattan community. The mission of Kansas Children's Service League is caring about children. We offer four types of services:

Emergency Foster Care - short-term placement for children, 0-17 years, who are removed from their homes because of abuse and neglect or behavioral problems. This program is offered in conjunction with SRS.

Temporary Foster Care - short-term placement for children, 0-17 years, when the parents must be away for some length of time, due to illness or a crisis in the family.

Respite Foster Care - planned short-term family living for handicapped children whose parents need a relief from their care. Parents must meet the family in the family's home before the actual stay of the child.

Pregnancy Counseling - decision making exercises and case management services for parents-to-be on an individualized basis.

Our agency's efforts are to improve conditions under which children grow up in Kansas. We cannot do this all alone, we need foster parents. If you have an interest in using our services or want to foster children on a short-term basis, please call.

## GOODNOW MUSEUM AND HISTORICAL SITE

Glen Lojka, 2224 Stone Post Rd 539-3731

COFFEEHOUSE to celebrate the birthday of Susan B. Anthony. Friday, February 15, UFM Fireplace Room, 7-9:30pm. All are welcome to attend and no reservations are needed.

## WOMEN'S WORKSHOP SERIES

Susan Boswell 532-6444

Section I: Monday, 7-9pm, Jan 21 Length: 7 consecutive weeks/  
Section II: Tuesday, 7-9pm, Jan 22 each section  
Location: Women's Resource Center, Holton Hall, Rm 111  
Limit: 15/section

A seven-week program of structured activities with an emphasis on communication, issues relating to women and self-exploration. An area of concentration throughout the sessions will be how what we eat affects how we feel. Please call for details.

## MHA (MENTAL HEALTH ASSOCIATES, PA)

217 Southwind Place, Manhattan, Kansas 66502  
Telephone: (913) 539-8934 or (913) 539-6561  
If no answer, call (913) 776-9425

The Children's Academy is a private elementary school for 4-7 year olds. The strong academic individualized program emphasizes love of learning, creativity, and high self-esteem. 9am-3pm, Monday-Friday, parallels public school schedule. \$150/month tuition; local before and after school day care available. Michael Cody, Director. 539-8657; 537-0294.

The Children's Academy Enrichment Program is for the bright inquisitive 8-13 year old who seeks a place to express natural curiosity, love of learning, and adventures in creativity. We foster research skills, enrich core subjects, use higher level thinking skills, and delve into the arts. 6-8:30pm, sack supper. Mondays, \$30/month tuition. Michael Cody, Director. 539-8657, 537-0294.

Drop-in/tutoring program. An opportunity for 8-13 year old students to work on projects with an adult resource person. 6:30-8:30pm. Free to students enrolled in the Enrichment Program. All others \$5/hour. Michael Cody, Director. 539-8657, 537-0294.

## 16 Community Bulletin Board

## LET'S HIRE QUALIFIED DISABLED EMPLOYEES

Nancy Westling 776-4011

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

## WOMEN'S RESOURCE CENTER OF KSU

532-6432

WRC has resource materials, information for personal and class use related to women's issues. Contact Caroline Peine for more information.

## UNIVERSITY LEARNING ENHANCEMENT AND RESOURCE NETWORK

Holton Hall 02 532-6442

U-Learn (the University Learning Enhancement and Resource Network) is a unique center offering personal and phone-in assistance to K-State students and faculty. Operated entirely by trained students, U-Learn is the place to contact for information on any subject.

Although we try to answer all questions, our knowledge is concentrated in five major areas: career exploration, wellness, sexuality, study skills and general information.

U-Learn staff members also present programs by request. In addition, the following classes will be presented at 12:30pm in room 203 of the K-State Union, free of charge.

Feb 14: Stress Management: Learning to cope with daily stressors and the activities in school

March 21: How to turn those midterm grades around

April 11: Being prepared for finals: Test anxiety management

Hours: Phone lines, 8am-10pm, Monday through Friday  
10am-2pm, Saturday

Resource Center: 10am-4pm, Monday through Friday

## EDUCATIONAL PROGRAMS Sponsored by Pawnee Mental Health Services

### Parenting Your Preschooler

This six week class focuses on the special joys, needs and frustrations of parenting children under six years of age. Topics covered include physical, emotional and intellectual development, discipline, establishing communication, family activities and other related topics. The class will begin January 29 from 7-8:30pm. Contact Linda Teener, 539-5337.

### Stress Management

These workshops are scheduled regularly and meet for eight weeks. Recognizing personal sources of stress and finding ways to cope more effectively are the primary goals. Practice of relaxation skills is also included. For more information, contact Linda Teener, 539-5337.

### Assertive Communication

This six week workshop explores ways to communicate more directly and effectively with other people. Topics include avoiding defensiveness, saying no appropriately, managing anger and giving positive feedback. For more information, call Linda Teener at 539-5337.

## PET HOTLINE

Beverly Hashagen 537-7430

A 24-hour free service that handles all facets concerning pets and their problems.

## UNITED WAY OF RILEY COUNTY

413 Poyntz, Manhattan, Kansas 66502 (913) 776-3779.

Voluntary organization which raises, administers and distributes funds for human service agencies, and plans for community needs.

## VOLUNTEER CLEARING HOUSE

413 Poyntz, in the Mall, P.O. Box 922, Manhattan, Kansas 66502 (913) 776-3779

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

## WORLD FRIENDSHIP

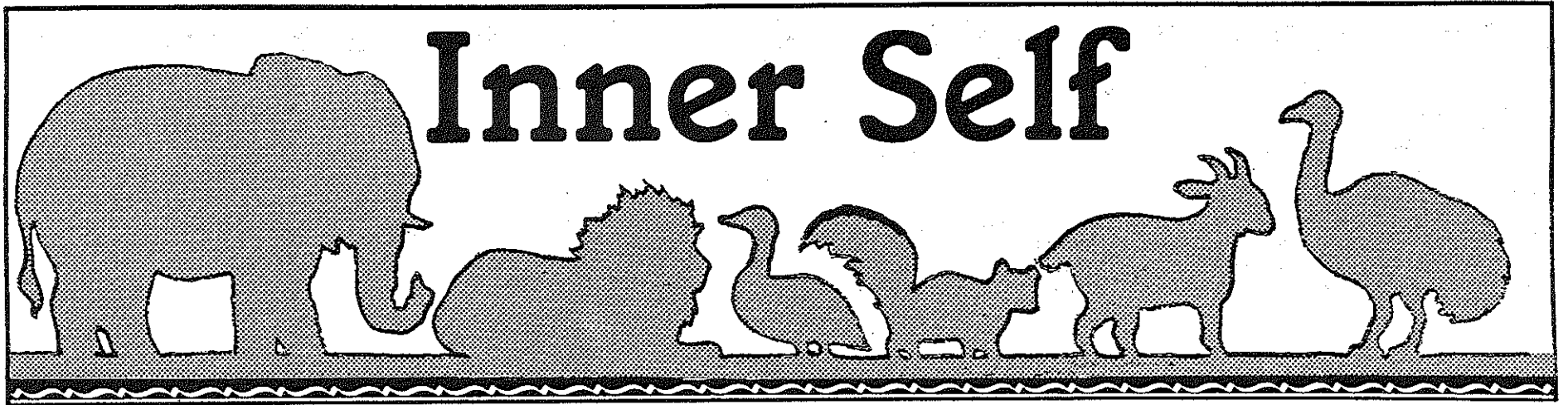
World Friendship is a non-denominational organization devoted to establishing friendships between American and international women of Manhattan. Meetings are held each Tuesday morning from 9:30-11:00 at the First Presbyterian Church at 8th and Leavenworth. A nursery and transportation are provided. Activities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

## GAY AND LESBIAN RESOURCE CENTER

Leave message at 537-8235 or write to PO Box 291, Manhattan, Ks. 66502

We are a service-oriented organization providing peer counseling, educational presentations for groups and classes, support groups, information on a variety of issues and social activities in a supportive and confidential atmosphere. Gay men and women and others who are supportive of alternative lifestyles are welcome to join us occasionally or on a regular basis Mondays, 8-10pm. Call 537-8235 for information.





## Exploring inward

- YOGA** S-1  
 Rob Sheridan 776-6849  
 Mondays, 5-6pm First Meeting: Feb 4 Length: 4 times  
 Location: Will be noted on your receipt  
 Class Fee: \$12, pay with registration  
 Materials Fee: \$2, pay at class  
 The daily practice of yoga improves the quality of one's life. In this class we will practice basic asanas (postures) and pranayama (breathing techniques). Please wear comfortable clothing (shorts, leotards, etc.) and come on an empty stomach. (Rob has been studying yoga with Dr. Albert Franklin since 1974.)
- YOGA** S-2  
 Bert Franklin 539-0495  
 Tuesdays, 5:30-6:30pm First Meeting: Feb 5 Length: 4 times  
 Location: Will be noted on your receipt  
 Class Fee: \$12, pay with registration  
 Materials Fee: \$5, pay at class Limit: 10  
 The principle classic asanas, breath control, introduction to meditation, as taught by T.K. Krishnamacharya of Madras. (Bert studied Yoga with Krishnamacharya in Madras.)
- INTRODUCTION TO ZEN MEDITATION PRACTICE** S-3  
 Al Potter and Leon Rappaport 532-6850  
 Wednesdays, 7-9pm First Meeting: Feb 13 Length: 3 times  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 The aim of this course is to have two meetings within which some preliminary discussion of Buddhist tradition will be held as well as instruction in the Soto way of Zen practice. It is recommended that the participants wear loose fitting clothing and please bring a cushion or medium sized pillow to sit on. Those who have a general interest or questions are welcome to participate. (Al and Leon have been studying with Zen master Katagiri of the Minneapolis Zen Center for a number of years.)
- INTRODUCTION TO THE PHILOSOPHY OF GURDJIEFF AND OUSPENSKY** S-4  
 David Seamon 532-5953  
 Wednesdays, 7:30-9pm First Meeting: Feb 6 Length: 6 times  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 This class explores the psychological system of the two Russian philosophers and teachers, Gurdjieff and Ouspensky. Their philosophy seeks to join Eastern traditions with Western needs, emphasizing a system of self-development grounded in verification through personal experience. Classes will include psychological exercises, discussion, and reading aloud from Ouspensky's *A Psychology of Man's Possible Evolution*. (David has been involved in the Gurdjieff/Ouspensky work for several years. He has studied with John G. Bennett, who worked directly with both Ouspensky and Gurdjieff.)
- SACK LUNCH THEOLOGY: FOLLOWING CHRIST IN A CONSUMER SOCIETY** S-5  
 Dave Stewart 539-3051  
 Mondays, 11:30am-1pm First Meeting: Feb 11 Length: ongoing  
 Location: Will be noted on your receipt  
 Class Fee: \$1, pay with registration  
 Materials Fee: \$6.50, pay at class Limit: 15  
 There is a tendency to equate faith either with a deeply held belief system or with doing acts of justice. The result is a one-sided, domesticated Christianity that becomes a tool of cultural idols. Christianity calls us to both a deeply rooted faith and to activism for justice. We will explore how we resist our culture's tendency to falsely separate faith from justice and how we may integrate a faith that expresses itself in acts of justice and an activism that grounds itself in the vision of faith. (Dave is a campus minister at K-State who has led many sack lunch theology discussions.)
- TUNE IN YOUR SPIRITUAL GUIDANCE** S-6  
 Reid and Dorothy Barnett 776-7274  
 Thursdays, 7-9pm First Meeting: Jan 31 Length: 13 times  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration Limit: 12  
 Become acquainted with your personal spiritual guidance. Learn how to receive answers for your spiritual growth and everyday decisions. (Reid and Dorothy have been working together for 8 years developing methods of receiving guidance, are practicing semi-trance channels and ministers in the Universal Light of the Cross Church.)
- GUIDED INNER QUESTING** S-7  
 Brian Tucker 539-7296  
 Wednesdays, 7-9pm First Meeting: Jan 30 Length: Indefinite  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration Limit: 6  
 Inner questing, a natural part of being/becoming more fully human, is experienced daily through dreams, meditations, time alone, etc. Emphasis here will be on using holographic music, imagery exercises, and others to guide participants towards discovering their own unique quest. (Brian works with the Conscious Living Foundation and is currently directing his inner quest and hopes to encourage others to continue with theirs.)
- SUFI ZIKIR** S-8  
 Allaudin Ottinger, Shankar Harritt 539-2717  
 One Time: Saturday, 7:30-9:30pm, March 23  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 "Zikir" means remembrance of God. We will use meditation, singing, concentration and sound to take us beyond our separateness from God. "The only sin in life is a breath taken without remembrance of God; the only virtue is a breath taken with the remembrance of God." (Allaudin has been leading and studying the sufi zikir in Kansas City for the past four years.)
- SUFI DANCING** S-9  
 Nabiuddin Olsen, Shankar Harritt 539-2717  
 One Time: Thursday, 7:30-9:30pm, March 14  
 Location: Will be noted on your receipt  
 Class Fee: \$4, pay with registration  
 Sufi dancing or Dances of Universal Peace are group meditations involving song, simple dance steps and the breath. Phrases from many of the world's sacred religious traditions are used to kindle a consciousness of love and oneness. (Shankar and Nabiuddin have studied sufism for over 8 years.)



Jesse Armagost, Age 12, St. George

# Ways to grow

## AWAKEN YOUR SLEEPING GIANT

S-10

Eric Muehleisen

776-0262

Wednesdays, 7-9pm First Meeting: Jan 30  
Location: Will be noted on your receipt  
Class Fee: \$10, pay with registration

Length: 10 times

Limit: 12

Creative use of the energy and stress that are inevitable in all human relationships will be applied to expand our capacity to enrich significant relationships (spouse, lover, boss, colleagues, family, etc.) through structured personal growth experiences. (Eric has sixteen years experience in the human relations field conducting countless seminars on personal and spiritual growth, organizational development, and family enrichment.)

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

S-11

Liebe Pellerin

539-3104

Section I: Tuesday, 7-9pm, Feb 12

Section II: Monday, 7-9pm, Feb 18

Location: Will be noted on your receipt

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

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

## PSYCHOTHERAPY WITHOUT TEARS

S-12

Ralph A. Egan

Mondays, 7-9pm, March 18, 25 (2 times)

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

The principles of Rational Emotive Therapy, as taught by Dr. Albert Ellis, will be presented. Learn how to deal with inappropriate, self-defeating and disorganizing emotions. Mad? Sad? Scared? Let's change that. (Ralph is an experienced counselor who has worked in the mental health field.)

## PRE-MARRIAGE T.A. WORKSHOP

S-13

Don Fallon

539-4451

One Time: Saturday, 9:30am-4:30pm, March 23

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Limit: 6 couples

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

## CREATIVE DIVORCE: PAIN AND GROWTH

S-14

Don Fallon

539-4451

Tuesdays, 7:30-9:30pm First Meeting: Jan 29

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Length: Semester

Limit: 12

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

## DIVORCE: HOW TO STOP FEELING LIKE A VICTIM

S-15

Michael Weinberg, PhD

537-2244

Monday & Wednesday, 7:30-9pm, Feb 4, 6

Location: Will be noted on your receipt

Class Fee: \$6, pay with registration

Limit: 10

Divorce is often an emotionally devastating experience that reinforces the feeling of being victimized. We will discuss the options available that will diminish these painful feelings by substituting them with actions that build emotional strength.

## I'M OK - YOU'RE OK WORKSHOP (TRANSACTIONAL ANALYSIS)

S-18

Don Fallon

539-4451

Saturday, 9:30am-4:30pm, Feb 9

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Limit: 15

This workshop is an introduction to Transactional Analysis and the use of TA tools for growth and awareness, self-understanding, ability to relate to other persons in creative ways. It will also provide help in undoing the programmed responses and patterns of the past, and liberating the self for creative and open living in the present.

## "YOU COUNT, TOO!"

S-19

Don Fallon

539-4451

One Time: Saturday, 9am-12:30pm, Feb 23

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Limit: 12

Sometimes we say to ourselves, "I don't count" or "They don't listen to me." Or we feel a lack of confidence, insecurity, or expect to be rejected. At times we demand too much of ourselves -- we're perfectionists -- and we get depressed. This workshop will explain some of the reasons for low self-esteem as well as support and skills in building a positive self-image. We'll look at ways to accept failure and imperfections, faith resources, and how to develop positive internal messages.

## "WHY BE SHY? WHAT ARE THE ALTERNATIVES?"

S-20

Michael Weinberg, PhD

539-7758

Monday & Wednesday, 7:30-9:30pm, Feb 25, 27 (2 times)

Location: Will be noted on your receipt

Class Fee: \$6, 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.

## LOCATIONS

... are provided on your receipt. You should receive it in the mail or when you register in person at UFM.

# Support groups

## PARENTS ANONYMOUS

S-23

Don and Irmie Fallon

539-4451 539-5582

Wednesdays, 7-9pm First Meeting: Jan 30

Location: Will be noted on your receipt

Class Fee: \$1, pay with registration

Length: semester

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

## ADOPTIVE PARENT SUPPORT GROUP

S-25

Marty Steele, Linda Teener

539-5337

Organizational Meeting: Monday, 7pm, Feb 4

Location: Will be noted on your receipt

Class Fee: \$1, pay with registration

Length: indefinite

This group will provide opportunities for adoptive parents to share the joys and frustrations of adopting children. Acceptance by others, work, childcare, legal issues, and the change of role and spouse relationships are potential discussion topics. At the first meeting we will decide when and how often to meet. Childcare will be provided. (Linda has adopted 2 older children and Marty has a racially mixed family.)

## WORKING MOM'S SUPPORT GROUP

S-24

Jennifer Kendall

494-8256

Tuesdays, 11:30am-1pm First Meeting: Feb 5

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Length: Ongoing

A noon hour get-together for moms and moms-to-be who work because you have to or because you want to. Discussion of our unique problems, solutions, getting the maximum time with our families, setting priorities, finding good care, coping with our feelings and coping with others. Bring your lunch. Kids are optional. (Jennifer is a new mom [Jamie is 9 months old] who works and would like to meet other new moms who need support in their decision to work.)

## 8 Inner Self

# Health & well-being

## QUICKI-MINI EXERCISE AND NUTRITION STRATEGIES FOR HEALTH

S-22

Dave Danskin

532-6927

One Time: Wednesday, 7-8:30pm, March 6  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

Exercise and nutrition are more important for health and productivity than most realize. However, many of us do not get involved at the level recommended by experts. We can begin by learning to integrate small changes in exercise and nutrition into our daily lives. (Dave is a counseling psychologist at the KSU Counseling Center who works with stress management programs. He is interested in the wellness and self-care of people.)

## FIRST AID (RED CROSS MULTI-MEDIA)

S-26

Neil Schanker

539-5766

One Time: Saturday, 8am-4pm, March 2  
Location: Will be noted on your receipt  
Materials Fee: \$10, pay at class Limit: 14

This is the American Red Cross Instructional System, featuring filmed demonstrations, guided practice sessions, and programmed workbooks. The student is certified as a standard first-aider upon successful completion of the course. There is a fee of \$10, which covers materials, workbooks and text. If you have the Red Cross Standard First Aid and Personal Safety Textbook (the blue book), the fee will be \$5.25. (Neil is a certified Red Cross First Aid Instructor.)

## FIRST AID

S-27

Dan White

Tuesdays, Thursdays, 7-10pm First Meeting: April 2 Length: ongoing  
Location: Will be noted on your receipt Limit: 15  
Materials Fee: Will vary with price of texts

Times are changing! The American Red Cross knew that vital first aid knowledge was still desired by the American people - but circumstances and time restraints often prevented easy access to courses. So we changed with the times and went to a MODULAR system. Now you can select those topics you wish to know about! Come the first night and look over the materials and talk with our instructor to custom design YOUR COURSE. (Dan is a fireman in Manhattan and has been volunteering as a CPR and First Aid instructor with Red Cross three years.)

## LATCHKEY EDUCATION - "ALONE AT HOME"

S-28

Tim McHenry, Darrell Marr, Lynda Frey

537-2180

Section I: Saturday, 8:45am-12n, April 13 (K-3rd grade)  
Section II: Saturday, 8:45am-12n, April 27 (4th-6th grades)  
Location: Will be noted on your receipt Limit: 12/section

HELP! As working parents, what do we do with the kids after school? Recognizing the fact that parents are often frustrated by day care choices, and that many children are in "self care" on a regular basis, the Red Cross is providing education to these latchkey families. The 3-hour course deals with personal safety and emergency procedures, first aid, and suggests "home rules" which parents and kids work on together.

## RED CROSS BABYSITTING

S-29

Tim McHenry, Darrell Marr, Lynda Frey

537-2180

Saturdays, 9am-12n, March 23, 30 (2 times)  
Location: Will be noted on your receipt  
Materials Fee: \$2, pay at class Limit: 20

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

## IT'S UP TO ME (HIGH BLOOD PRESSURE)

S30

Elise Dreher

776-4779

Mondays, 5:30-6:30pm First Meeting: Feb 4 Length: 4-6 times  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration Limit: 10

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

## YOUR HEALTH AND DIET

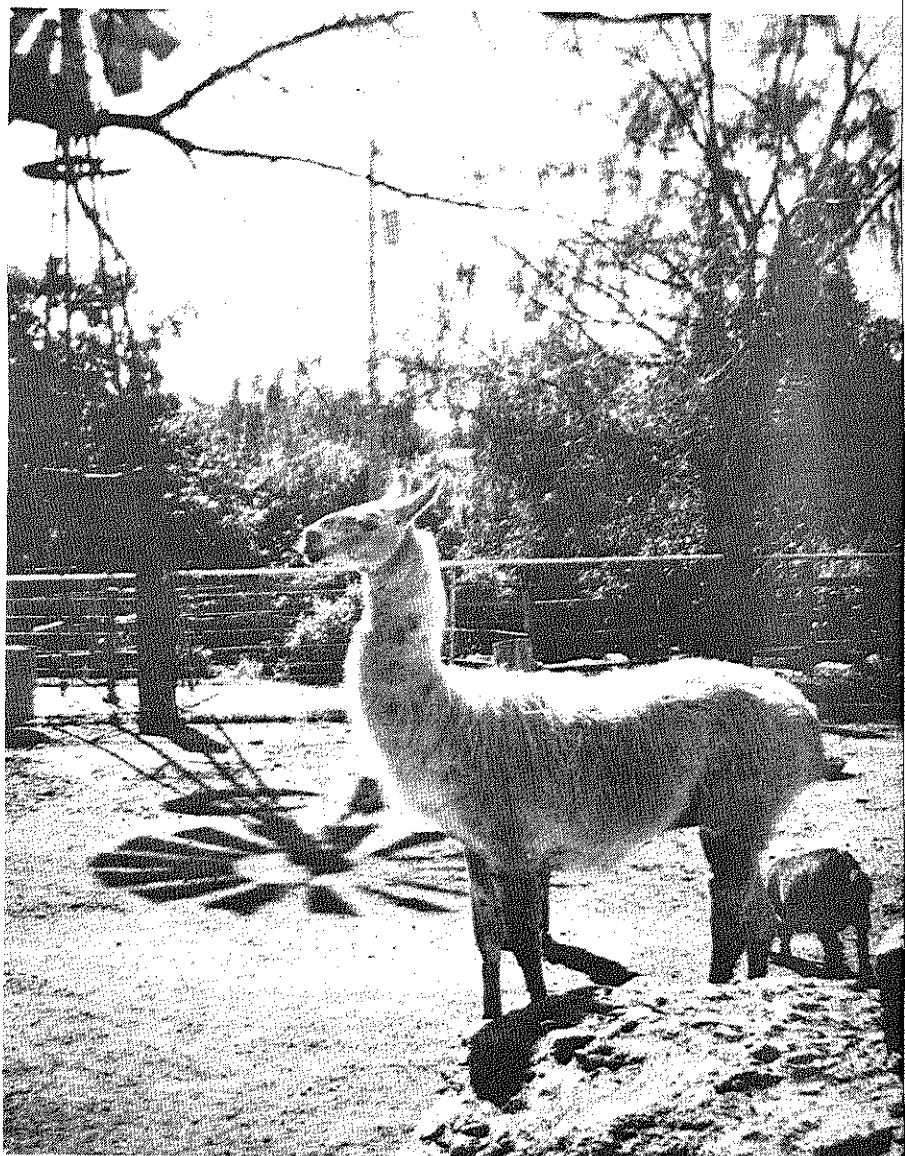
S-31

Eddi Terry

539-0050

One Time: Wednesday, 7-9:30pm, March 6  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration Limit: 8

This is a chance to learn about how your diet affects your good health - or lack of it. We'll discuss foods and vitamins and the reasons why you should eat what, and go over the requirements of a healthy body. We'll also discuss food fads. (Eddi has been involved in health and nutrition for nearly 15 years.)



Jesse Armagost, Age 12, St. George

# Relax . . .

## RELAXATION TECHNIQUES FOR HEALTH AND STRESS MANAGEMENT

S-21

Dave Danskin

532-6927

One Time: Thursday, 7-8:30pm, Feb 14  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

Research and experience are demonstrating that being more relaxed actually improves school or job performance and keeps us healthier. Learn at least 8 techniques for achieving the deeper levels of relaxation we all need. We'll practice several and you'll learn what's best for you.

## STRESS AND WHOLISTIC HEALTH

S-16

Don Fallon

539-4451

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

Stress is a fact of life; studies, exams, relationships, jobs, finances, fear of failure, loss of the future, illness and depression. Our whole person is affected physically, emotionally, intellectually, socially, spiritually. We will focus on evaluating our lifestyle and shaping a practical strategy for coping with stress.

## STRESS MANAGEMENT

S-17

Michael Weinberg, PhD

539-7758

Monday & Wednesday, 7:30pm, Feb 18, 20  
Location: Will be noted on your receipt  
Class Fee: \$6, pay with registration Limit: 10

There are many ways to overcome the stresses put on us by ourselves and others. We will explore the motivation for our behaviors when dealing with stress. Michael will share with you alternative ways of thinking and behaving that can efficiently diminish stress in your life. (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.)



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# Look at you!

## THE POWER OF COLOR INDEPTH IMAGE WORKSHOP

S-32

Lin Broccolo

776-4455

One Time: Wednesday, 8pm, March 27  
Location: Will be noted on your receipt  
Class Fee: \$15, pay with registration

Limit: 10

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

## THE RIGHT LOOK FOR YOUR FACIAL SHAPE

S-33

Hair Experts

776-4455

One Time: Wednesday, 8pm, Feb 20  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

Limit: 15

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

## COLOR CONTROL FOR WOMEN

S-35

Bonnie Hansen

776-3438

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

Limit: 8

Which colors put you in control of your wardrobe and enhance your own personal beauty? Which colors send just the right messages about you? Find out at this exciting COLOR class! Each person will have her colors analyzed using the Four Season concept and also have a complete makeup make-over. Styles and fashions will also be discussed.

## HAIR AND MAKE-UP FOR THE 80'S

S-36

Alicia and Company

537-9825

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

Limit: 10

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

## HAIR AND MAKEUP MAKEOVERS

S-37

Crimpers Salon

539-7621

One Time: Wednesday, 7-9pm, Feb 6  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

Limit: 12

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

## HAIRBRAIDING

S-38

Crimpers Salon

539-7621

One Time: Wednesday, 7-9pm, March 6  
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.

## JUST FOR TEENS

S-39

Deanna Pierson and Hair Dimensions

485-2790 539-8920

One Time: Saturday, 2-5:30pm, Feb 23  
Location: Will be noted on your receipt  
Class Fee: \$30, pay with registration

Limit: 8

Would you like a total makeover in one afternoon? Now's your chance! Everyone will first be color analyzed and given a packet of their best 30 colors. Next, a fresh new makeup look, hair cut if desired, and hair style to complement your face. Manicuring tips will be included and we'll also discuss posture and charm.

## PARKING

For classes meeting at KSU, visitor's permits are required for parking before 7:00 p.m. Acquire one at visitor's booth in the south lot of the KSU Union.

## THE EYES HAVE IT!

S-40

Deanna Pierson, Verna Lee Hayen and Linda Eisenbise 539-8920 485-2790

One Time: Saturday, 4:30-6:30pm, March 2  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$2, pay at class

Limit: 10

Have you always wanted to have those gorgeous eyes we see on models in magazines? Everyone will learn how to enhance her eyes for a variety of day and evening looks. (Deanna, Verna, and Linda are trained in makeup artistry by Beauty for All Seasons.)

## MAKEOVERS: WOMEN ONLY

S-41

Deanna Pierson and Hair Dimensions

539-8920 485-2790

One Time: Thursday, 6:30-9:30pm, Feb 21  
Location: Will be noted on your receipt  
Class Fee: \$35, pay with registration

Limit: 10

A very in-depth workshop that includes a total makeover for each participant. Discover what your best colors are first. Then comes a fresh new make-up look and hairstyle (cut optional) to complement your facial shape. We will also discuss your best colors for business and leisure in both makeup and clothing. All will receive a color packet of 30 swatches to take home. (Deanna Pierson, Verna Hayen, and Linda Eisenbise are coordinating this workshop.)

## COLOR FOR MEN

S-34

Bonnie Hansen

776-3438

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

Limit: 8

Learn which colors make you look your very best using the Carol Jackson method of Four Season analysis. Learn how to select your professional as well as casual clothes in colors which send just the right messages about you! Each person will have his colors analyzed and learn more about dressing for success. (Bonnie is a professional Certified Color Consultant and has taught color concepts for over 17 years. She has given numerous workshops in Dress for Success and Image Awareness.)

## INDEPTH IMAGE WORKSHOP: MEN ONLY

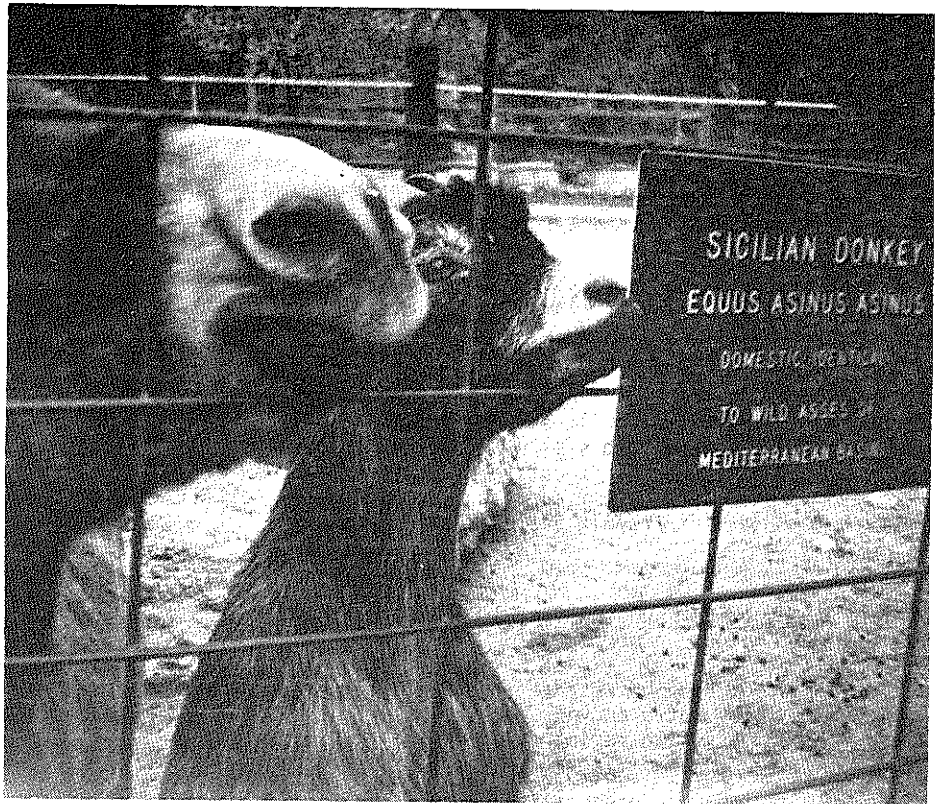
S-42

Deanna Pierson & Hair Dimensions

485-2790 539-8920

One Time: Tuesday, 6:30-9:30pm, March 5  
Location: Will be noted on your receipt  
Class Fee: \$35, pay with registration

Where are you now and where do you want to be 10 years from now? Whether you're just starting out in your career or working your way up to the top, you need to know how to look and dress successfully. Let us help you learn how to choose the colors right for you and coordinate your business and personal wardrobe. All men will be color analyzed, receive a packet of their personal 30 colors, and have their hair styled (cut is optional.)



Mark Hall, Age 7, Manhattan



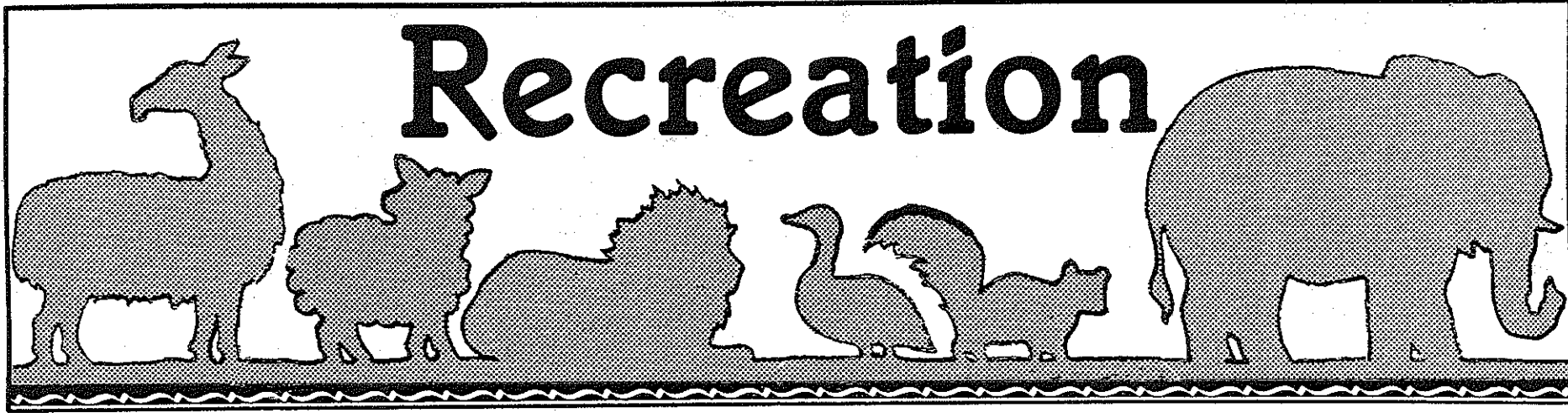
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**776-3600**

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# Recreation

## == Snow fun == Safe from the weather ==

### ICE SKATING

R-1

Terry Ostazeski

776-7468

One Time: Wednesday 8-9pm, Feb 6

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$1.50/session

Limit: 20

Terry will teach basic ice skating skills including proper starting, stops, skating forwards, skating backwards and some basic figure skating moves. If interest warrants, future sessions will be scheduled. Ice skates of all sizes will be available at no cost. (Terry grew up in Northern Minnesota and took figure skating lessons there for over 10 years. She also has over 2 years teaching experience.)

### CROSS COUNTRY SKI CAMPING

R-3

Gregg Scircle

776-7693

Tuesday, 7pm, Feb 12 (one time + outings)

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

You will learn about planning, equipment, clothing, camping, cooking and skiing techniques, all which are needed for enjoyable ski camping. Experience is not required, just a desire to learn. If you want to go on the outing, some equipment will be needed. Skis can be rented from the Pathfinder in Aggieville. The dates of the outings will depend on the availability of snow.

### CROSS-COUNTRY SKIING

R-2

Gregg Scircle

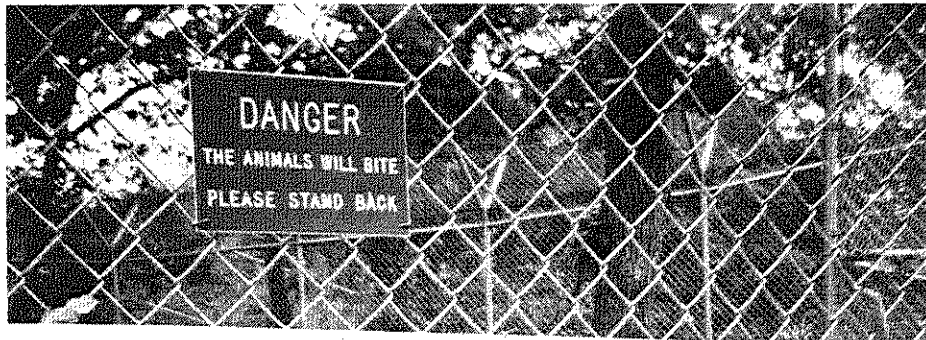
776-7693

Tuesday, 7:30pm, Feb 5 (One time + outings)

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

This class will learn basic cross-country ski techniques. Clothing, boots and skis will be discussed and be provided for inspection and comparison. The group will plan and participate in an outdoor hands-on skiing class on a snow day later in February. Other outings will be planned. This is a good chance to be prepared for that spring break ski trip. (Gregg has led numerous groups on skiing, cycling, backpacking and rockclimbing trips since the early '70's.)



Chris Stroh, Age 7, Manhattan

### THE MAGIC OF SHORT WAVE RADIO

R-36

Doris Grosh

539-7864

One Time: Friday, 7:30pm, Feb 1

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Two topics will be discussed. Topic I: The Broadcast Bands. Learn about the short wave bands which carry non-commercial broadcasts from around the world in both English and foreign languages: VOA, BBC, Deutsche-Welle, Australia, Moscow, Cuba, and many, many more. Perfect for improving foreign language ability as well as supplementing our U.S. news programs. A wonderful hobby for shut-ins with inform bodies and lively minds. Consumer information will be available and a couple of short wave radios displayed. Topic II: Amateur ("Ham") Radio. Learn about the rules for running your own little radio station for talking with other "hams" across town or across the country. There will be a brief visit to the campus ham station. If there is sufficient interest, a class could be organized for helping prospective hams pass the license test for the Novice license. (Doris has enjoyed listening to her all-band radio for several years and has recently become an amateur radio operator.)

### STAMP COLLECTING

R-39

Tim Lindemuth

532-6415

Mondays, 7-9:30pm First Meeting: April 8 Length: 3 times

Location: Will be noted on your receipt

Class Fee: \$2, pay with registration

Materials Fee: 50¢, pay at class

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

### MINIATURE AUTO RACING AND TRACK CONSTRUCTION

R-37

Gregg Scircle

776-7693

Saturdays, 12n-2pm First Meeting: Feb 2

Length: Ongoing

Location: Will be noted on your receipt

Class Fee: \$2, pay with registration

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

### BEGINNING COIN COLLECTING

R-38

Chris Sidorfsky

537-1249

One Time: Friday, 7:30-9pm, Feb 1

Location: Will be noted on your receipt

Class Fee: \$2, pay with registration

This class is for those of all ages who have never seen a coin minted before 1960 or just need a refresher in basic collecting knowledge. Enrollment in the class includes a half year membership in Manhattan Coin Club. (Chris, age 14, has been collecting coins for about 4 years and is a member of Manhattan Coin Club.)

### TRIVIAL PURSUIT

R-35

Ron Pavelka

539-6235

Organizational Meeting: Wednesday, 7:30pm, Feb 6

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 would like to get a Manhattan group going.)

**VOLUNTEER AT UFM**  
Call Julie Coates— 532-5866

# Games for everyone

## INDOOR HANDBALL

R-17

Bob Weber

539-5337

Mondays, 7-9pm, First Meeting: Feb 4 Length: 3 times  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$3, pay at class Limit: 10

Learn basic stroke technique, shot selection, and rules of handball by playing it. Men and women, ages 8 to 98, experienced players to those who've never seen a handball are welcome. Bring a glove and ball if you have them. If you are not a KSU student or do not have a KSU facility use card, a \$2.50 fee per class is required. (Bob has been playing handball for over six years.)

## BEGINNING TENNIS

R-15

Judy Sasse

Sundays, 8-10am First Meeting: March 31 Length: 6 times  
Location: Will be noted on your receipt (no class April 7)  
Class Fee: \$6, pay with registration Limit: 20

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

## POCKET BILLIARDS FOR BEGINNERS

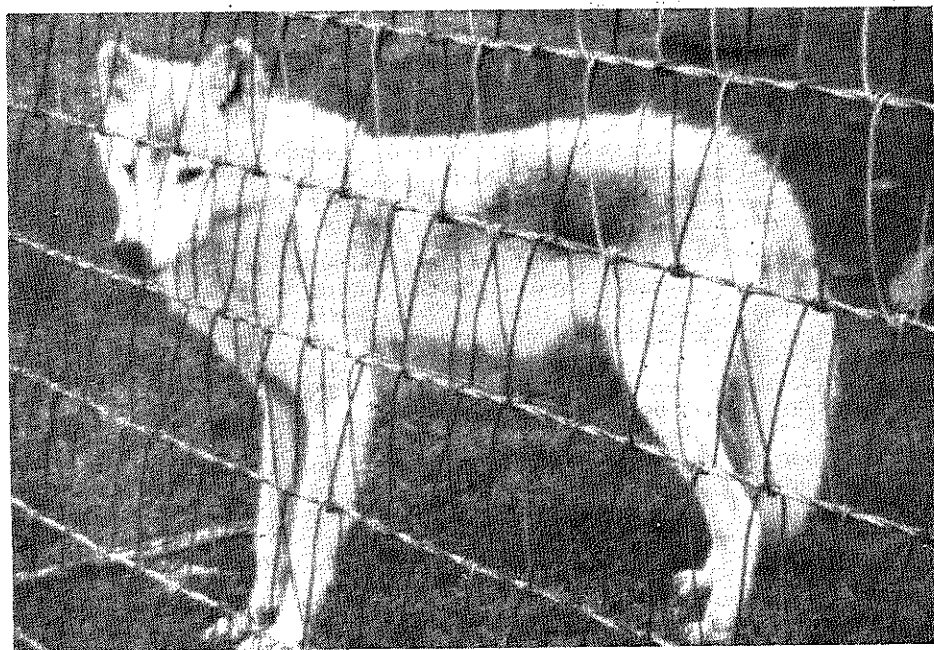
R-34

Jerry Riggs

776-6338

Saturdays, 10:30am First Meeting: Feb 2 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.)



Lisa Lala, Age 11, Manhattan

# Swimming

## SWIMMING LESSONS - ALL CLASSES:

Location: Will be noted on your receipt  
Class Fee: \$8, pay with registration  
Teachers are Red Cross Certified Water Safety Instructors  
Classes will not be held March 9-10, 16-17, April 6-7

### CHILDREN'S BEGINNING SWIMMING (AGE 6 AND OVER)

R-23

Laurie Shepherd

537-1074

Sundays, 11am-12n, Feb 3-April 14 Length: 8 times Limit: 10

### ADULT BEGINNING SWIMMING

R-24

Neil Schanker

532-5866

Sundays, 10am-12n, Feb 3-Feb 24 Length: 4 times Limit: 10

### TINY TOT SWIMMING (PARENT AND CHILD)

R-22

Laurie Shepherd

537-1074

Section I: Sundays 12-12:30pm, Feb 3-April 14 (8 times each section)  
Section II: Sundays 12:30-1pm, Feb 3-April 14 (no classes March 10, 17, April 7)  
Location: Will be noted on your receipt  
Class Fee: \$8 per parent-child pair/section Limit: 20/section

This class will deal with methods of teaching the very young child the basics of swimming and personal water safety, for example, backfloating and survival floating. Emphasis will be placed on parent and child relaxing and enjoying the water. Activities will include blowing bubbles, going under, dipping, torpedoes, jumping, floating and others. Important tips and do's and don't's will be covered. A parent must accompany each child in the water. This is a good primer for ages 18 months to 5 years old. (Laurie has been an instructor or instructor aide in tiny tot swimming for six years. She is a Red Cross Certified Water Safety Instructor.)

## RACQUETBALL FOR BEGINNERS

R-16

Bill Shafer

539-7195

Sundays, 8-10am First Meeting: March 31 Length: 5 times  
Location: Will be noted on your receipt (no class April 7)  
Class Fee: \$6, pay with registration Limit: 16

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

## HORSEBACK RIDING FOR MENTALLY RETARDED YOUNG PEOPLE

R-30

KSU Horsemen's Association

Saturday (times to be announced) Feb 23  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration Limit: 10

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

## VOLLEYBALL FOR FUN (16 AND OVER)

R-29

Lois Morales

539-8867

Tuesdays, Thursdays, 6:30-8:30pm First Meeting: Jan 29  
Location: Will be noted on your receipt Length: All semester  
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.)

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

R-18

Neil Schanker

532-5866

Location: A list will be mailed to you  
Class Fee: \$1, pay with registration

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

## LEARN TO BOWL BETTER

R-33

Jack Connaughton

532-6591

Saturdays, 8:30-10am, Feb 2, 9, 16 (3 times)  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: 85¢/game, rental shoes are free Limit: 25

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

## WEDNESDAY MORNING PLAY GROUP

R-40

Linda Irwin, Barb Stork

537-1084 539-1379

Wednesdays, 10am-12n First Meeting: Jan 30 Length: Ongoing  
Location: Will be noted on your receipt  
Class Fee: \$2/family, pay with registration

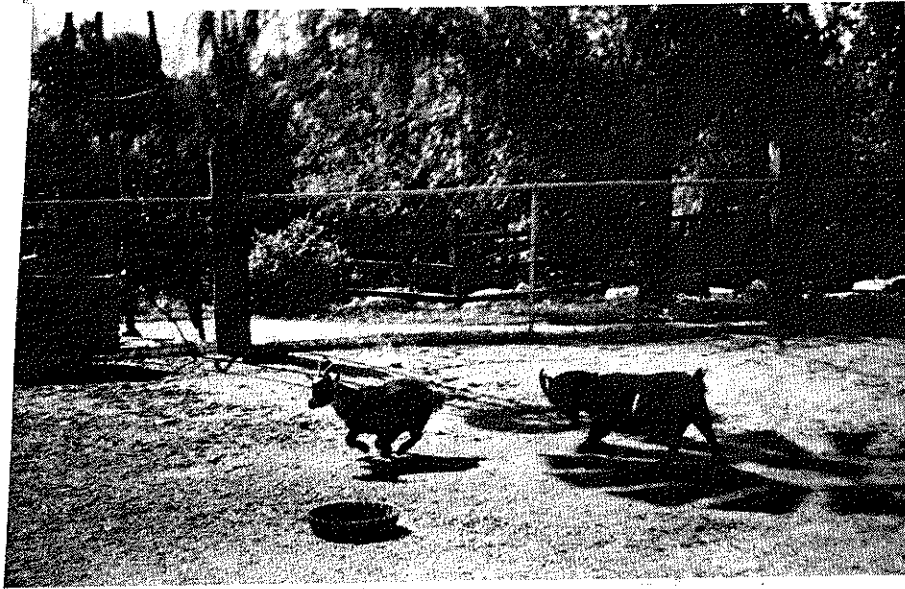
This is an ongoing "Support Group" for at-home mothers and their pre-school-age children, a "Mother's Morning In" with children playing and moms visiting with other adults. Mothers are responsible for their own children, no separation necessary. During nice weather we will be meeting outside and during 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.)

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Jesse Armagost, Age 12, St. George

## Fitness fever

### GENERAL FITNESS EXERCISES TO MUSIC: AEROBIC EXERCISE FOR EVERYONE R-4

Susan Greco 776-9574

Mondays, Tuesdays, Wednesdays, Thursdays, Fridays, 5-6pm  
 Location: Will be noted on your receipt First Meeting: Jan 30  
 Class Fee: \$10, pay with registration Length: All semester

Come five 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. (Visitors can get a parking permit from the control booth on the west side of the south lot of the KSU Union.) (Susan learned this course in West Germany and taught it professionally at the Damascus, Syria Sheraton Hotel.)

### ADVANCED AEROBICS R-5

Teri Thulin 539-1993

Mondays, Wednesdays, Fridays, 9:30am First Meeting: Feb 4  
 Location: Will be noted on your receipt Length: 18 times  
 Class Fee: \$10, pay with registration Limit: 10

Advanced aerobics consists of 30 minutes of freelance aerobics and 30 minutes of cooling down and floor work. A fairly upbeat pace and lots of movements will get your pulse rate up. Everyone can work at their own level. (Teri has been the manager of Magic Mirror Figure Salon for over two years. She is a certified aerobics teacher.)

### FITNESS FOR LADIES IN THE 80'S R-6

Karri McAdams 539-7752

Section I: Sundays, 7-8:30pm, Feb 3-24 Length: 4/section  
 Section II: Sundays, 7-8:30pm, March 3-24  
 Location: Will be noted on your receipt  
 Class Fee: \$6/section, pay with registration Limit: 30/section

The first class will be an introduction to weight training and its benefits (including enhancing a woman's femininity). The second and third classes will include personalized programs with individualized instruction for your goals and desired results. The final class will cover dieting and nutrition as it coincides with an exercise program for the optimal results. (Karri has been weight training for five years and competitive body building for three years. She has been in several contests including the Kansas Bodybuilding Championships of 1982 and 1983 and the Midwest Bodybuilding Championships. She is manager of Wildcat Ironworks Gym.)

### WEIGHT TRAINING FOR WOMEN (I & II) AND FOR MEN (III & IV) R-7

Terry Hooper 539-1039

Section I: Tuesday, Thursday, 7:30pm, Feb 5 & 7  
 Section II: Monday, Wednesday, 7:30pm, Feb 11 & 13 Length: 2 times  
 Section III: Monday, Wednesday, 7:30pm, Feb 4 & 6 each section  
 Section IV: Tuesday, Thursday, 7:30pm, Feb 12 & 14  
 Location: Will be noted on your receipt  
 Class Fee: \$4/section, pay with registration

Terry will introduce you to weight training exercises as a method of developing muscular strength, endurance and a healthy body. Techniques will be taught on how to train with gym equipment and with items found in the home. Learn how to condition yourself while doing everyday activities. All participants will be given a program designed to develop all the major muscles and will have an opportunity to try the gym equipment. (Terry was the 1981 Colorado Powerlifting Champion, 1982 Rocky Mountain Powerlifting Champion and 1982 Mid-Central USA Powerlifting Champion. He has years of experience in training men and women for powerlifting and body-building competition. Terry is the manager and owner of Mr. T's Powerhouse.)

### ADVANCED WEIGHT TRAINING FOR MEN AND WOMEN R-8

Terry Hooper 539-1039

Mondays and Thursdays, 7:30pm First Meeting: Feb 18 Length: 4 times  
 Location: Will be noted on your receipt  
 Class Fee: \$6, pay with registration

Learn the scientific approach to systems and techniques of body conditioning. Training programs for each muscle area will be covered. Isolation exercises will be demonstrated and you'll have ample opportunity to use all the gym equipment. If you've taken a beginning class and want to learn more, this is the class for you!

## Grace & form

### TANG SOO DO KARATE R-9

Joel Cederberg, Richard Bammes 537-7090 539-6570

Mondays, Wednesdays, Fridays, 7-9:30pm First Meeting: Jan 30  
 Location: Will be noted on your receipt Length: All semester  
 Class Fee: \$10, pay with registration  
 Materials Fee: \$2, pay at class Limit: 25

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

### VADHA KEMPO KARATE R-10

Mark Buono 537-2967

Tuesdays and Thursdays, 6-8:30pm First Meeting: Jan 29 Length: All semester  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration

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

### KUNG-FU (PAI TE LUNG STYLE) R-11

Stan Wilson 539-7723

Tuesdays and Thursdays, 7pm, First Meeting: Jan 29 Length: Indefinite  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration Limit: 30  
 Materials Fee: \$5/semester, pay at class

Get a good workout and learn a useful skill at the same time. The Chinese counterpart of Japanese karate, kung-fu involves lots of aerobic exercise and practical self-defense. Participants will learn kicking, punching, striking, hard style and soft style. Stan will teach the pai te lung style (white dragon style).

### JUJITSU FOR BEGINNERS R-12

Stan Wilson 539-7723

Sundays, 7pm First Meeting: Feb 3 Length: Indefinite  
 Location: Will be noted on your receipt  
 Class Fee: \$10, pay with registration Limit: 30  
 Materials Fee: \$5/semester, pay at class

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

### TAI CHI CH'UAN FOR HEALTH AND SELF-DEFENSE R-13

Mrs. Wu and Verna Riles 456-2670

Section I: Wednesdays, 7pm First Meeting: Jan 30 Length: All semester  
 Section II: Saturdays, 8:30am First Meeting: Feb 2  
 Location: Will be noted on your receipt  
 Class Fee: \$10/section, 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. Section I is the Basic 108 Form and Section II is the Slap-Hands Form. (Mrs. Wu is from Taiwan and learned her art from her master. She has been associated with this class for over a year. Verna has been involved with tai chi for about three years.)

### INTERMEDIATE FENCING R-14

Doug Varney 539-1510

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

Improve your fencing skills with foil, epee or saber. Footwork, conditioning and blade play will be emphasized in the first classes followed by practice bouts. We will prepare for the Kansas division tournaments. It is preferred that you have your own weapon. Other equipment will be provided. (Doug has been fencing for three years and is a member of the USFA.)

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### FUNDAMENTALS OF KAYAKING (AMERICAN RED CROSS)

R-19

Paul Sodamann, Rex Replogle, T.J. Hittle 539-3655

Sundays, 9am-1pm Feb 3, 10, 17, 24 Length: 4 times

Location: Will be noted on your receipt

Class Fee: \$5, pay with registration

Materials Fee: \$40, pay at class Limit: 16

Experience the challenge of kayaking!! Through video films, demonstrations, lectures, and lots of hands-on experience, we will study equipment, paddle techniques, fast water maneuvers, and practice American Red Cross safety techniques. The class meets at an indoor pool. All handouts, textbooks and equipment are provided. (Paul, Rex and T.J. are certified Red Cross Fundamentals of Kayaking instructors.)

### INTERMEDIATE KAYAKING WORKSHOPS

R-20

Paul Sodamann 539-3655

Sundays, 9am-12n, Jan 20, 27 Length: 2 times

Location: Will be noted on your receipt

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

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

### FRIENDLY KANSAS CANOEING

R-21

Bob Poresky 539-2967

Organizational Meeting: Wednesday, 7:30-9pm, March 20

Sundays, 1-5pm - dates to be announced at organizational meeting

Location: Will be noted on your receipt Length: 4-6 times

Class Fee: \$4, pay with registration Limit: 20

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



Emily Hoover, Age 8, Manhattan

## Fearless flying

### LEARN TO FLY AT LOW RATES

R-31

Hugh Irvin 532-6311 539-3128

Saturdays, 9-10:30am First Meeting: Jan 26 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.)

### STUDENT PILOT GROUND SCHOOL

R-32

J. Van Swaay 537-0132

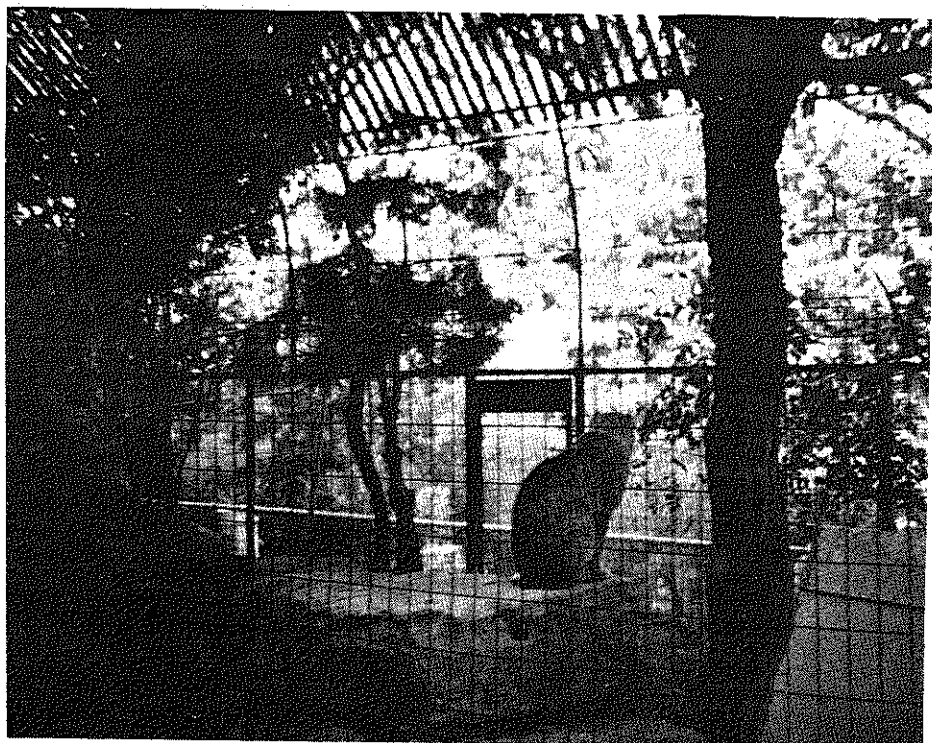
Tuesday and Monday, 7pm, Feb 19 and 25 (2 times)

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration Limit: 17

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

24 Recreation



Lisa Lala, Age 11, Manhattan

## Imagine that!

### ADULT DUNGEONS AND DRAGONS

R-41

Mark Bergman, Mike Finson, Nancy Weidhaas 494-2508

Tuesdays, 7:30-9:30pm First Meeting: Feb 5 Length: All semester

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration Limit: 8

Looking for ADVENTURE? Unlimited treasures? Afraid young people will laugh? It's okay. We're looking for a few good adults with or without experience willing to skulk around in dark corridors and face unspeakable terror. Join us! (It is rumored that these people are over thirty and still adventuring!)

### DUNGEONS AND DRAGONS

R-42

Bob Argent 539-4549

Wednesdays, 6-9:30pm First Meeting: Feb 6 Length: 5 times

Location: Will be noted on your receipt

Class Fee: \$4, 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 six years and has taught the game at other universities.)

### INTRODUCTION TO FANTASY ROLE PLAYING

R-43

Shane Soeken 1-494-2622

Saturdays, 12n-2pm First Meeting: Jan 26 Length: 5 times

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$1, pay at class Limit: 10

Come to the organizational meeting Jan 26 and get ready to play Traveler's World, Call of Cthulu, Morrow Project and Dungeons and Dragons. Participants are welcome to stay after 2pm for the Starriders gaming room in which all indoor games can be played. (Shane, a member of Starriders for three years, has played many role playing games.)

### FUTURISTIC ROLE PLAYING GAMES

R-44

David Chase

Saturdays, 9am First Meeting: Jan 26 Length: 9 times

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$1, pay at class Limit: 20

Are you tired of Dungeons and Dragons and want to try something else? Have you bought a science fiction role playing game that after reading all the instructions, you were totally lost? If so, enroll now for futuristic role playing games. Over 50 games are at our disposal and class members will decide each week what to play. (David has been role playing for about four years and has played or read about every popular game that is out.)

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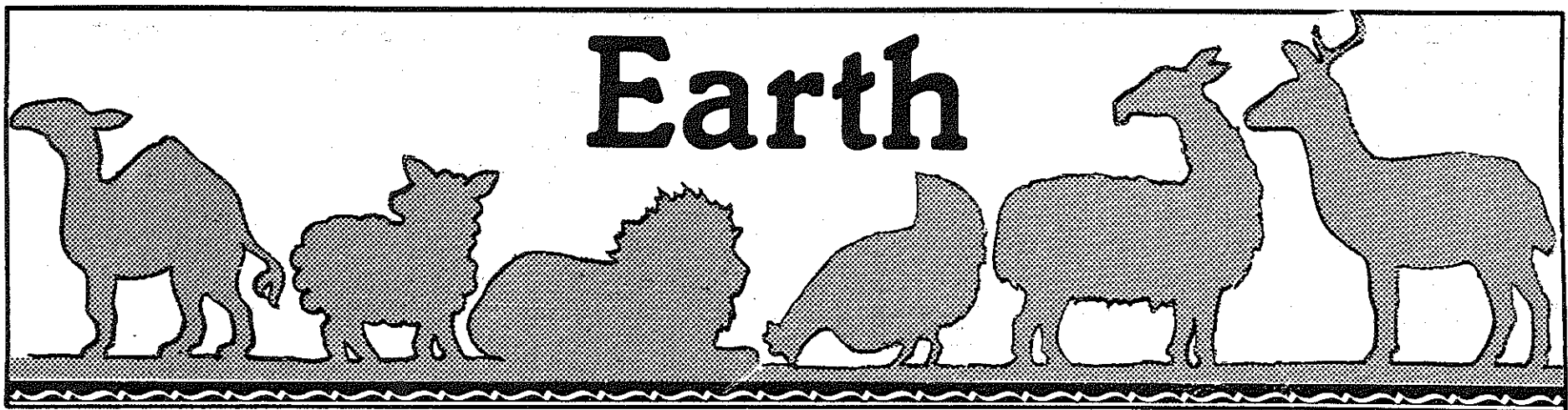
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## Animals in our lives

### CATS ARE PEOPLE TOO: CARE AND APPRECIATION OF CATS

E-32

Maxine Potter

776-4963

One Time: Wednesday, 7:30pm, March 6  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

We will discuss the history of domesticated cats, basic care and health problems, and a brief description of all breeds of pedigreed cats. Also, we'll cover show requirements, a demonstration of proper grooming and a question and answer period. This class will help prepare you for the annual pedigreed and household cat show. 100-150 cats will be competing March 23-24 from 9am-5pm at Pottorf Hall in CiCo Park. (Maxine has been a cat breeder and exhibitor for 27 years. She has been a judge throughout the U.S., Canada and Japan.)

### CARE OF THE FELINE

E-31

Will Novak, Alan Myers

537-8580

One Time: Monday, 7-9pm, Jan 28  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$1, pay at class

Will and Alan will cover general and health care of the cat. Topics include general care, nutrition, vaccination and selected diseases. (Will and Alan are junior veterinary students.)

### BEGINNING PET CARE/BEHAVIOR

E-38

Aine McCarthy, Dave Gantenbein

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

How do I choose a dog or cat? What happens at the veterinarian's office? Aine and Dave will answer these questions and discuss basic health care for cats and dogs, immunization, worming and surgical procedures. Also covered will be why pets act funny including quirks, idiosyncracies and how to cope with them. (Aine and Dave are third-year veterinary students, interested in small animal medicine and training dogs.)

### PREPARING YOUR DOG FOR SHOW

E-29

Kelli D. Park

776-2051

One Time: Saturday, 10am-12n, Feb 23  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$2, pay at class Limit: 10

This class is for the ages of 8-18. It will teach how to prepare your dog for show in the areas of conformation and showmanship. Areas to be covered include grooming, ring procedure and handling tips. Each individual is encouraged to bring their dog since time will be provided to work with their dog. (Kelli has shown Australian Shepherds for nine years and was the winner of several junior handler awards. She was a judge of Junior Showmanship.)

### CANINE HEARTWORMS: PREVENTION AND TREATMENT

E-30

Marc Davis

776-8324

One Time: Thursday, 7-8:30pm, March 14  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

Marc will discuss current methods of prevention and treatment of canine heartworm. Dog owners are encouraged to take this class. (Marc is a junior veterinary student at KSU. He also has a B.S. in microbiology from the University of Wyoming.)

### NUTRITION FOR DOGS

E-27

Dave Allen

537-2882

One Time: Tuesday, 7-8:30pm, Jan 22  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

Dave will discuss proper nutrition for the pet dog, breeding dog, and puppy. Bring your questions. (Dave is currently a junior in veterinary medicine with an interest in small animals.)

### TOURS OF KSU VETERINARY MEDICAL HOSPITAL

E-39

Ruby Coats

776-7072

Day, time and date by appointment

Guided tours of the KSU Veterinary Medical Hospital will be given to interested organizations and school groups. We will see the modern facilities and advanced equipment used in the medical treatment of animals today.

### BIRD DOGS IN THE FIELD

E-28

"Swannie" Swanson, John Gilman, Larry Hedge

Organizational Meeting: Sunday, 3pm, Feb 17 Length: 3 times  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

Got a bird dog puppy for Christmas and want to get off on the right foot? Want to teach an older dog some new tricks? Come to the organizational meeting to arrange some dates for running bird dogs on pen-raised quail at nearby farms. We'll also cover training, conditioning and general dog care. (Swannie has hunted with bird dogs for over 40 years and writes an outdoor column for The Manhattan Mercury.)

### BACKYARD POULTRY KEEPING

E-36

A. W. Adams

532-5654

One Time: Tuesday, 7-9pm, March 5  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration Limit: 20

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

### BASIC CARE OF THE HORSE

E-35

Forrest Lanchbury

539-1694

Thursdays, 7:30-9pm, Feb 14, 21 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration Limit: 20

Horses demand a considerable amount of attention to keep them healthy and productive. This course will address many facets of horse care including nutrition, vaccination, parasite control and hoof care. (Forrest is a junior veterinary medical student at KSU. Horses have always been a significant part of his life while growing up and now as part of his veterinary medical curriculum.)

### HISTORY AND BREEDS OF HORSES

E-34

Curt J. Mann

Wednesdays, 7-8:30pm, Jan 30 & Feb 6  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

The common U.S. breeds will be emphasized. A general exposure to the various breeds, their historical purpose and functions will be covered. (Curt is a third year veterinary student studying large animals with a special interest in horses.)

### AQUARIUMS: A HOBBY FOR EVERYONE

E-37

Mike Mejia

539-9789

Tuesdays, 7:30-9pm, Feb 12, 19 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration Limit: 8

Establish a beautiful aquarium in your own home! We will cover important aspects of maintaining a healthy freshwater aquarium including location, water, filtering, lighting, plants and decorations, compatible fish species, disease control and breeding. Salt water aquaria will also be discussed. (Mike has kept and bred many types of fresh water tropical fish for a number of years.)

### FLEA AND TICK CONTROL

E-33

Ruby Coats/Don Van Walleghen

776-7072

One Time: Tuesday, 7-8:30pm, Feb 19  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

Ruby and Don will discuss flea/tick lifecycles and the products available to control them. We will talk about the pros and cons of powders, shampoos, dips, sprays, oral tablets, house bombs, yard and kennel sprays, etc., and design a control program for your pet. Bring your questions. (Ruby and Don are junior veterinary students.)

### KSU VETERINARY MEDICINE OPEN HOUSE

E-40

Saturday, all day, March 30

There will be a variety of displays, tours, and other activities all day long. Come see the advanced technology used in animal health care today. The SCAUMA auxiliary will have their annual children's petting zoo.

# Wild friends & neighbors

## WINGS ON THE WIND: EAGLES

E-16

Perry Conway

539-4911

One Time: Wednesday, 7:30pm, April 17  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

Come soar with the eagles in the Chilkat Valley of Alaska. Although bald eagles are endangered in 43 states, the Chilkat River has the world's largest congregation of these grand birds. Enjoy Alaskan and Rocky Mountain scenery as you get a close-up view of the daily lives of golden and bald eagles - their portraits taken by Perry Conway, a professional photographer from Boulder, Colorado. Perry's multi-projector presentation is sponsored by Northern Flint Hills Audubon Society. (Perry is a nationally published photographer. We are lucky to have him visit our area.)

## EAGLE WATCH FIELD TRIP

E-15

Audubon Society Members

456-2771

One Time: Saturday, 7-11am, Jan 19  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

Did you know that over 50 bald eagles overwinter in the Manhattan area? Everyone should take this chance to see these majestic birds. Audubon Society members will lead this field trip to Tuttle Lake to see the endangered bald eagles. Bring your family, binoculars if you have them and dress warmly. Hot chocolate and spotting scopes will be provided.

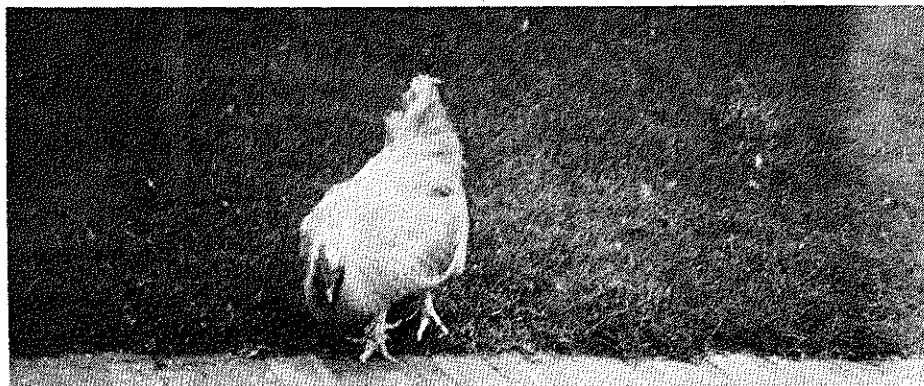
## SANDHILL CRANES, DUCKS AND SHOREBIRDS AT CHEYENNE BOTTOMS AND QUIVERA

Mike Elledge

776-4043<sup>E-23</sup>

Orientation Meeting: Tuesday, 7pm, March 19  
Trip: Saturday and Sunday, March 30-31 (all weekend)  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

The prime time for migratory waterfowl is late March and Cheyenne Bottoms and Quivera, lowland marshes near Great Bend, provide some of the best birdwatching in the mid-west. Sandhill cranes are sometimes seen along with many species of ducks, geese and shorebirds. Participants may come for one day or camp out and stay the weekend. (Mike is a farmer from the Cheyenne Bottoms area and has spent much of the last eight years in the area.)



Shari William, Age 8, St. George

## ATTRACTING WILD BIRDS TO YOUR BACKYARD

E-19

Mike Eubanks

539-9116

One Time: Thursday, 7:30pm, Jan 31  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

Want to attract those cardinals, chickadees, nuthatches and woodpeckers to your backyard? To accomplish this, you must be wise in what foods to offer and how to present them. Mike will discuss pros and cons of how different feeders attract different kinds of birds. We'll also talk about the importance of water, cover and what to do about unwanted visitors (squirrels, etc.). Samples of food and feeders will be on hand. Mike will also discuss attracting springtime birds including the use of bird houses, nesting material and plantings.

## ATTRACTING WILDLIFE TO YOUR HOME

E-20

Bob Berquist

226-7509

One Time: Thursday, 7-9pm, Feb 21  
Location: Will be noted on your receipt

Participants will learn how to attract wildlife to their lawn and home surroundings. Emphasis will be placed on planning, landscaping and plantings for wildlife and feeding and attracting birds and other urban wildlife. You can also learn how to handle the occasional problems encountered. (Bob works for the Kansas Fish & Game Commission.)

## KANSAS WILDLIFE REHABILITATION

E-26

Mike Eubanks

539-9116

One Time: Thursday, 7:30pm, April 4  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

Misguided gunfire of hunters and attempted pet-making of wildlife often result in injured and abused animals. As a wildlife rehabilitator, Mike nurses injured wild animals back to health so they can return to the wild. He will discuss how he provides proper diet and adequate exercise to wildlife and will present a slide show on animals he's worked with. (Mike has been rehabilitating wildlife for nine years and has worked with most animals native to Kansas.)

26 Earth

## BIRDS AND WILDLIFE OF SUDAN

E-17

Laura McKellan

One Time: Friday, 7-8:30pm, Jan 25  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

Catch the flavor of Africa with a slide presentation of birds, crocodiles, hippos, bats and other wildlife occurring in southern Sudan, along tributaries to the White Nile River. The natural history and habitat of birds such as the saddle billed stork, sun bird, bee eater, red bishop and other exotics will be included. The entire family will enjoy this Northern Flint Hills Audubon Society presentation. (Laura collected birds, mammals, reptiles and amphibians in southern Sudan while working with a medical parasitology research group studying river blindness.)

## AFRICAN WILDLIFE

E-18

Don Wixom

537-0135

One Time: Wednesday, 7:30pm, Feb 13  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

Come join Don as he shows us slides taken on a safari to Kenya in east Africa that was sponsored by Sunset Zoo in June of 1984. As we view the wildlife slides, we will hear of the protective measures being attempted in order to avoid extinction of a number of animal species. We will also learn about the cultures of the people and will gain an appreciation of the beauty of the land. Families are especially welcome to attend this monthly meeting of the Northern Flint Hills Audubon Society. (Don is the education director of Sunset Zoo.)

## WILDLIFE AND THE INDIAN OF THE PLAINS

E-25

Thomas Witty, Jr.

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

Join Thomas Witty, Jr., as he shows us with the aid of colored slides how the prehistoric and early historic Indians of the Great Plains interacted with the birds and animals they encountered there. The program will deal with the artifacts made from bone and shell as they are recovered from archeological dig sites in Kansas, and will reveal how these diggings can be used to interpret the dependency of the Indians on the wildlife of the area. This is a monthly meeting of the Northern Flint Hills Audubon Society. (Thomas is the State Archeologist and is employed with the Kansas State Historical Society in Topeka. He is also an adjunct professor at Washburn University.)

## EARLY MIGRATORY BIRDS FIELD TRIP

E-24

Audubon Society Members

456-2771

One Time: Saturday, 6:45am-12n, March 23  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

Late March can be winter-like or spring-like depending on the year's trend, but to migratory birds, its always a time to be heading north. Some of the early migrants have made it as far as Manhattan by then and we'll go out to find them. Emphasis will be on water birds including cormorants, grebes and mergansers, but we'll look for songbirds too. Dress for the weather.

## WILDLIFE IN WINTER

E-21

Audubon Society Members

456-2771

One Time: Saturday, 8-11:30am, Feb 16  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

While humans can retreat to their heated buildings in winter, those wild animals that don't migrate from our area must find ways to adapt to the weather. We'll visit a nearby area with grassy, wooded and marsh habitats to see what signs of wildlife activity can be found. With luck we will see evidence of muskrats, beavers, wood rats, squirrels, cottontails and many birds. Track identification in snow or mud will be attempted. Dress warmly!

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# Happy trails

## KANSAS TRAILS COUNCIL TRAIL CLEARING (I) AND SUPER OUTDOOR WEEKEND (II)

Richard Douthit 316/342-5508 E-2

Weekends: Section I: March and April - Lake Perry  
Section II: April 20-21 - Elk City Lake (Outlet Campground)

The Kansas Trails Council is an organization dedicated to bringing together all those who want to enjoy their sports right here at home in Kansas. Since organizing in 1974 we have built 100 miles of trails in Kansas, and have helped and encouraged hikers, bicyclists, canoeists, horseback riders, and educators. The determined trail users who make up the Kansas Trails Council have become a uniting voice, capable of setting goals, cooperating with state, federal, and private agencies, and organizing volunteers and putting them all to work. Volunteers are currently needed to help extend the 14-mile Lake Perry hiking trail into a 30-mile loop. The purpose of the Super Outdoor Weekend is to give all users of outdoor recreation facilities a chance to get acquainted. Register and you will be given more information. (Richard is the editor of the Kansas Trails Council newsletter.)

## HIKING TRAILS IN KANSAS E-1

Jim Nighswonger 532-5752

One Time: Wednesday, 7:30pm, April 10  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

This spring, hike the beautiful hills and valleys of Kansas. We will discuss what Kansas has to offer in the way of hiking opportunities. Emphasis will be on trail locations and their unique features. Information and guides will be available for handout. Foot trails will be emphasized and canoe trails will be mentioned. (Jim has taught this popular class before.)

## TUTTLE CREEK NATURE HIKE E-22

Paul Weidhaas 539-8511

One Time: Saturday, 8am-12n, March 16  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

While Tuttle Creek Reservoir isn't a natural lake, there are many different natural areas along its shoreline that support a diversity of native plants and animals. We'll have a short slide program and then go outside for some hiking around the lake. Dress for the weather. (Paul has been a park ranger at Tuttle Creek Lake for over four years. He is a Northern Flint Hills Audubon Society member.)



Sebra Stewart, Age 8, Wamego

## COSMOS ABBEY E-14

Ed Urk  
Mondays, 9:15pm First Meeting: April 1 Length: Continuing  
Location: Will be noted on your receipt Limit: 13

Now, a special place for people who have visited other planets and want to meet with others of the same bent. Participants must have actually been on another planet. The moon does not count. (Ed's just kind of an ordinary guy.)

## GEM AND FOSSIL FIELD TRIP IN POTTOWATOMIE COUNTY E-12

F.C. Lanning 537-7599

One Time: Saturday, 8:45am-2pm, March 23 (rain date March 30)  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration  
Materials Fee: \$1, pay at class

Driving the roadways of west Pottowatomie County, we'll find quartzite and Lake Superior agates that were deposited by the glaciers. Local gemstones including jasper and Blue Valley agates will be found along with catlinite, the pipe-making stone of the Plains Indians. Fossils will include petrified wood and marine invertebrates. This trip will cover areas not visited during last summer's UFM class. We will be especially looking for petrified wood with quartz crystals. Bring a sack lunch and drink. (Dr. Lanning is a long-time member of the Manhattan Mineral, Gem & Fossil Club which is leading this tour.)

## OZARK UNDERGROUND LABORATORY E-13

Ed Pembleton 537-4385

Saturday, Sunday, Monday, 8am, March 9, 10, 11  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration  
Materials Fee: \$15, (plus gas and food)

The Ozark Underground Laboratory consists of 286 acres of Ozark hill land in Missouri overlying the 10,000 feet of known passage in Tumbling Creek Cave. The cave is a designated National Natural Landmark primarily because the fauna is the most diverse known for any U.S. cave west of the Mississippi. An above ground orientation will include hydrology and geology as it pertains to cave formation. The underground experience will stress ecology and geology. You will be contacted as to details and what to bring. (Ed works for the National Audubon Society.)

## KANSAS WILDFLOWERS E-5

Craig Freeman 532-6619

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

Wildflowers in January? What better time could there be to think wildflowers than during these bleak winter days? Join Craig as he takes us by color slides through a typical season of wildflowers in the Flint Hills of Kansas. Don't miss this monthly meeting of the Northern Flint Hills Audubon Society. (Craig is a KSU biology student completing his doctorate degree in plant systematics.)

## WILDFLOWERS OF MILFORD LAKE E-4

Gregory J. Wurst  
One Time: Wednesday, 7:30pm, April 17  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration Limit: 15

Join us at Greg's Manhattan home as we learn about prairie anemone, vebena, indigo, spiderwort and many other wild flowers. (Greg has been interested in wildflowers ever since he was too cheap to buy florists' products for his fiance, now his wife.)

## MILFORD LAKE TOUR E-3

Gregory J. Wurst  
One Time: Saturday 9am-1pm, May 18  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration Limit: 5

Milford is only 25 miles from Manhattan. Learn all about the fishing, hunting, recreation facilities, new hatchery and anything you need to know. The course will be tailored to the wants of the participants. Transportation for the tour will be provided. (Greg has the experience of 7 years of being a ranger at Milford to draw on for this tour.)

**NEXT SESSION BEGINS APRIL 3.**  
**Deadline for class descriptions is Feb. 25.**

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# Spring is springing

## ALL ABOUT THE HERBARIUM

E-6

Ted Barkley, Eileen Schofield Barkley 532-6619

One Time: Tuesday, 7:30pm, April 2  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration Limit: 20

Do you know what a herbarium is? Would you like to learn how to press and preserve plants? This tour of the KSU Herbarium, plus a slide show, will take you behind the scenes of plant research and answer all your questions. (Ted is curator of the KSU Herbarium; Eileen was supervisor of the Herbarium at New York Botanical Garden for 9 years.)

## INDOOR PLANTS

E-7

Michael Schnelle, Lynne Teaford 539-0379

Saturdays, 9-10:30am, Feb 2, 9 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration Limit: 10

For healthier, happier houseplants, the care and maintenance of indoor plants will be discussed. Included topics will be lighting, growing media, watering, fertilizing, insect pests, diseases and propagation. All types of indoor plants including cactus, succulents and tropicals will be discussed. (Lynne and Mike are both graduate students in the Department of Horticulture, KSU, with experience in greenhouse gardening.)

## GARDENING THE ORGANIC WAY

E-8

Doug Weyerts

Saturdays, 2pm First Meeting: Feb 2 Length: indefinite  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

A gardener known throughout the Manhattan area, Doug will share his secrets of successful vegetable growing. Using a modified French intensive deep bed approach, Doug grows many vegetables, herbs and flowers, almost all from seed. Come learn about cold frames, compost piles, mulching and many other gardening topics as the gardening season progresses. February is not too early to be planting seeds indoors and organizing your garden! (Doug has been gardening for over eight years. He always tries something new each season.)

## VEGETABLE GARDENING

E-9

Keith Dickerson 537-8895

One Time: Tuesday, 6:30-9pm, March 5  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration Limit: 25

Want some expert advice before you plant your spring or summer garden? Keith will discuss preparation of the soil, fertilizers, vegetable varieties, planting, weed and insect control, harvest and storage. Bring your questions. (Keith is a senior at K-State in Horticulture with 7 years experience in commercial growing and 10 years as a private gardener.)

## RAISING SPRING FLOWERING BULBS

E-10

Tim Lindemuth 532-6415

One Time: Saturday, 1-3pm, April 13 (raindate April 20)  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration Limit: 30

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

## EDIBLE LANDSCAPE: INTERNSHIPS AND VOLUNTEER PROGRAM

E-11

UFM Staff 532-5866

Day, time and date to be announced

Would you really like to know the inner truths of edible landscaping, solar greenhouses and annual and perennial plant care? Here is your chance. We are looking for a few people to participate with us in learning and caring for our demonstration site. We require a commitment of time and interest. Come to our intern and volunteer meeting and find out what you can learn or how you can help.

## WANTED: APPROPRIATE TECHNOLOGY TOUR GUIDES

E-49

UFM Staff

532-5866

Day, time and date to be announced

Are you interested in appropriate technologies, solar energy or edible landscaping? UFM is looking for people to serve as A.T. tour guides for groups visiting our solar energy and landscape demonstrations. Prospective guides, after receiving information and orientation, will lead pre-scheduled tours and receive a minimum of \$4 per hour. Interest and enthusiasm are the only requirements.

## GARDEN PLANNING BY COMPUTER

E-50

Jim Lindquist

537-6350

One Time: Tuesday, 7:30pm, Feb 5  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration Limit: 35

Choose from among 36 vegetables to individually plan your garden by computer. Find out the food production value and determine the space needed for your garden expectations. Steps to a successful garden will be discussed. (Jim is the director of Riley County extension.)



Sebra Stewart, Age 8, Wamego

## HANSEN NUTRITION CENTER

537-4571

9:30-6:00 p.m. Mon.-Sat.  
3112 Anderson Avenue  
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Foods for special diets, dehydrators, yoghurt makers, juicers, nuts, seeds, whole grain products, skin care products, vitamins and minerals, books, Weider products.

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# JANUARY

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27	28	29	30	31		

# FEBRUARY

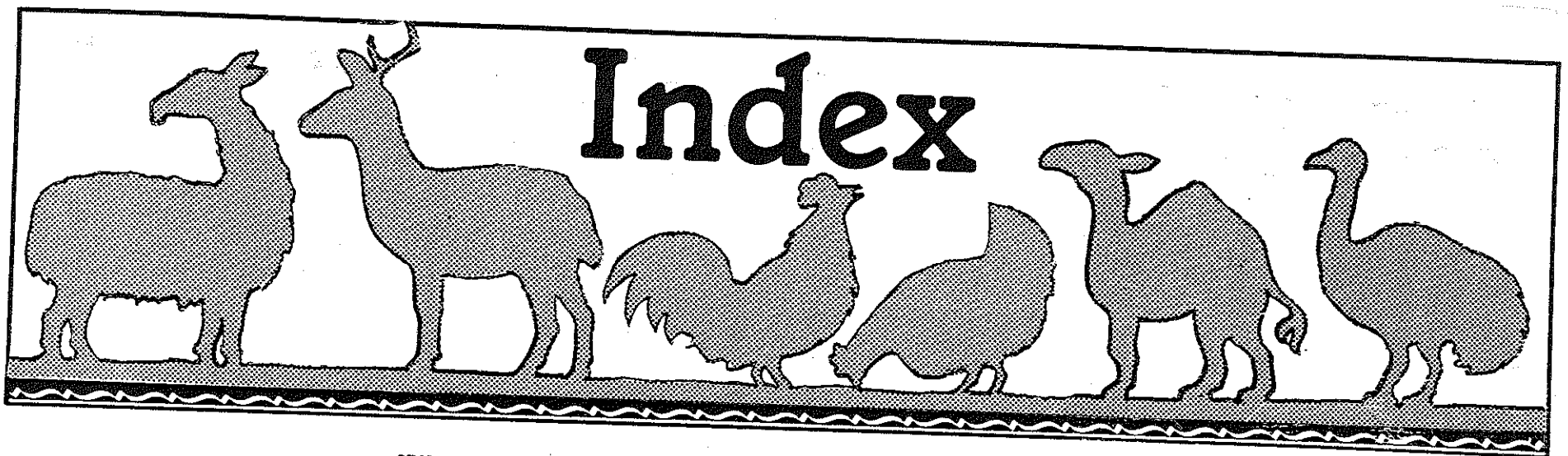
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# MARCH

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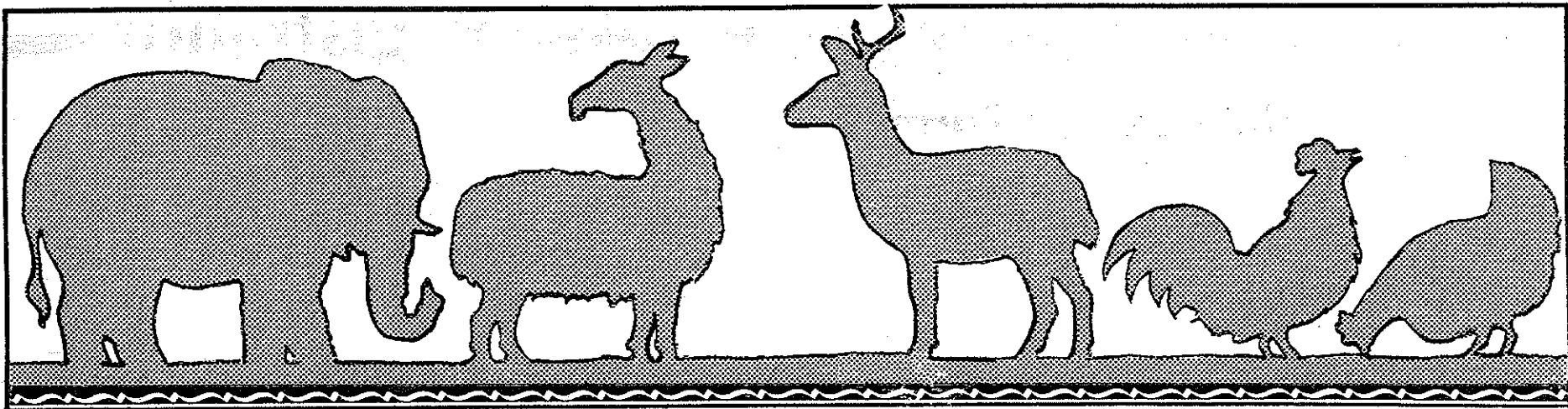
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SECTIONS	
COMMUNITY (Finance, Politics, Issues, Events in Manhattan)	12-15
EARTH (Gardening, Conservation, Energy, Animals)	25-28
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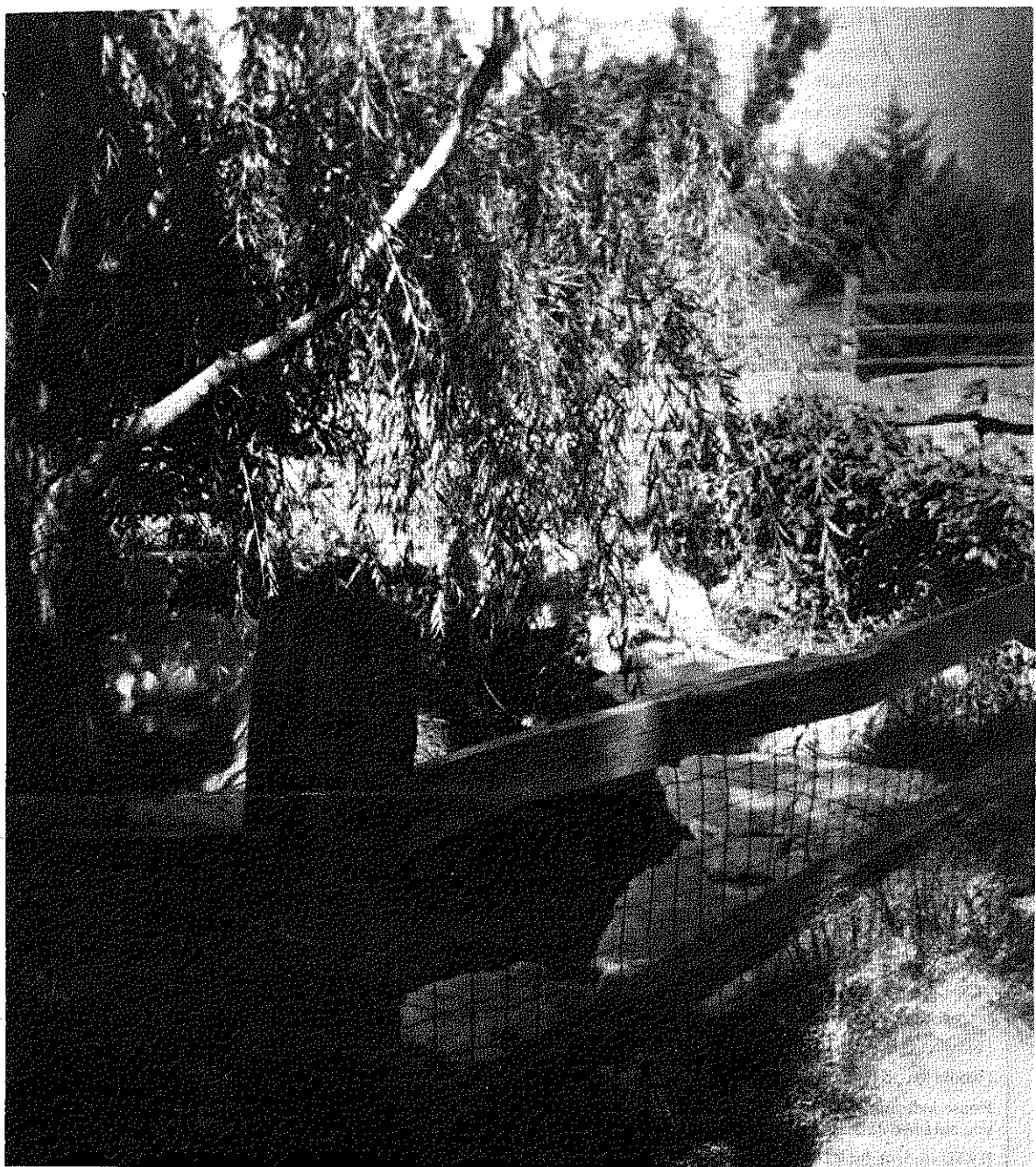
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Billie Jean Piper, Age 10, Manhattan

**THANK YOU**

Joining over 230 donors to our annual fund drive are the following individuals and businesses. We appreciate your support. We couldn't do it without you!

**\$10-25:**

Howard and Jane Barnes  
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Carolyn and Slavko Gregov  
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Michael D. Wangsgaard

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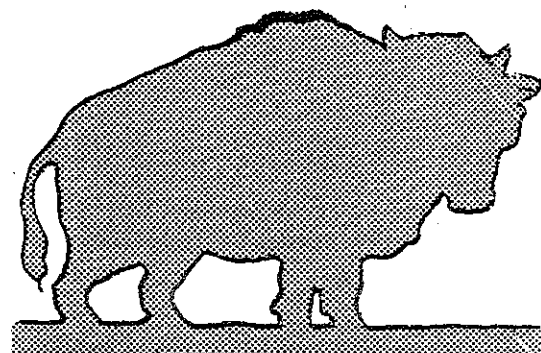
E. Brock Dale  
Lloyd and Jean Hulbert

**\$150-200:**

First Bank of Manhattan

**\$200-275:**

Sam and Yvonne Lacy  
Anonymous



# Registration

## 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
<b>TOTAL DUE</b>			

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: January 7-25.

Registrations after January 25 accepted on a space-available basis.

**WALK-IN:**

Tuesday	Jan 8	Public Library	5pm-7pm
Saturday	Jan 12	Wal-Mart	10am-12n
Wednesday	Jan 16	KSU Union	9am-4pm
Thursday	Jan 17	KSU Union	9am-4pm
Saturday	Jan 19	Wal-Mart	10am-12n
Tuesday	Jan 22	KSU Union	9am-2pm
Wednesday	Jan 23	KSU Union	9am-2pm
Thursday	Jan 24	Public Library	11am-2pm
Thursday	Jan 24	Public Library	5pm-7pm

**THREE WAYS TO REGISTER:**

- A. WALK-IN:** Register in person at one of the above locations
- B. MAIL-IN:** Fill in your registration form and mail it with check, money order, or Visa/Mastercard number to: UFM, 1221 Thurston, Manhattan, KS 66502 (a stamped, self-addressed envelope is appreciated)
- C. PHONE-IN:** With Visa or MasterCard only, you may call 913-532-5866 during business hours to register (minimum: \$5.00)

Late registrations accepted on space-available basis.

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

**RECEIPTS:**

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

**CLASS LOCATIONS:**

When you receive your receipt, the locations of your classes will be included.

**REGISTRATION FEE EXEMPTIONS:**

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

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

**REFUND POLICY:**

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

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

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

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

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

**DISCOUNTS FOR VOLUNTEERS:**

You may work for UFM in exchange for fee discounts. Arrangements will be made on an individual basis. Call UFM at 913-532-5866.

**UFM TEACHER CREDIT:**

All current UFM teachers are entitled to fee discounts when enrolling in UFM classes in either this catalog or in the future. UFM teacher credit will be mailed to our current instructors. This is one way for us to say "thank you" for being a part of UFM.



PLEASE PRINT ★★ ONE FORM PER PERSON

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

**SURVEY—Please check all that apply.**  
 I am a:  
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 Senior Citizen  Handicapped

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6.			
PLUS \$2.00 REGISTRATION FEE (See Exemptions)			\$2.00
<b>TOTAL DUE</b>			

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



# University For Man: A Community Learning Center

## Mid Spring 1985

### The Great Outdoors

#### HIKING TRAILS IN KANSAS

MS-15

Jim Nighswonger

532-5752

One Time: Wednesday, 7:30pm, April 10  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

This spring, hike the beautiful hills and valleys of Kansas. We will discuss what Kansas has to offer in the way of hiking opportunities. Emphasis will be on trail locations and their unique features. Information and guides will be available for handout. Foot trails will be emphasized and canoe trails will be mentioned. (Jim has taught this popular class before.)

#### STARGAZING

MS-16

Chris Sorensen

532-6786

One Time: Tuesday, 7:30pm, April 16 (rain/cloud date: April 18)  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

Limit: 15

We'll look at planets, stars and constellations including Perseus, Orion, Gemini, Cancer, Leo the Lion, Virgo, Draco the dragon and many more. Emphasis will be on stars you can observe with the naked eye or binoculars. Telescopes will be provided. Dress warmly and bring binoculars and a flashlight if possible. If you've been rained/clouded out of previous UFM stargazing classes, please register - clear skies have been ordered way in advance. Suggested reading: SKY & TELESCOPE MAGAZINE or ASTRONOMY MAGAZINE. These both have monthly sky maps. (Chris is a physics professor at KSU.)

#### A VISIT TO ST. KILDA

MS-17

Joseph DiMaio

539-9180

One Time: Wednesday, 7:30pm, April 3  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

Get a taste of a remote North Atlantic archipelago west of Scotland's Outer Hebrides. This slide presentation concentrates on nesting seabirds, including fulmar, gannets, and puffins, but also shows island scenery, endemic wildlife, and a deserted village. (Joe visited St. Kilda with a work party of the National Trust for Scotland.)

#### KANSAS WILDLIFE REHABILITATION

MS-18

Mike Eubanks

539-9116

One Time: Thursday, 7:30pm, April 4  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

Misguided gunfire of hunters and attempted pet-making of wildlife often result in injured and abused animals. As a wildlife rehabilitator, Mike nurses injured wild animals back to health so they can return to the wild. He will discuss how he provides proper diet and adequate exercise to wildlife and will present a slide show on animals he's worked with. (Mike has been rehabilitating wildlife for nine years and has worked with most animals native to Kansas.)

#### FISHING FOR WALLEYE IN KANSAS

MS-19

Paul Miller

539-7154

One Time: Wednesday, 7:30-9:30pm, April 17  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

Limit: 20

Did you know that the Kansas record walleye (13 lbs 1 oz) was caught at Rocky Ford fishing area in Manhattan? Although walleye can be caught year-round, April is a good time to go after "Big Bugeye." A native fish, walleye have been stocked in most Kansas reservoirs and promise a good fight and fine meal. According to experts, Milford Lake is "chock full of walleye" and Tuttle has lots of two to 3.5 pounders. As walleye get larger, they become harder to catch. Paul will share his knowledge of where and when to walleye fish and what baits are effective. (Paul has fished for walleye for many years and is willing to share his skills with you.)

#### KONZA PRAIRIE CHICKEN BOOM

MS-20

Audubon Society Members

456-2771

Section I: Saturday, 4:30-8am, April 6  
Section II: Saturday, 4:30-8am, April 20 (one time each section)  
Location: Will be noted on your receipt  
Class Fee: \$4/section, pay with registration

Limit: 5/section

The courting ritual "booming" of the greater prairie chicken is one of the most interesting displays in nature. Manhattan is in the center of this species' range, and facilities at Konza Prairie allow close observation of a large group of booming males and the attentive females. Get to bed early, bring binoculars, cameras and a thermos of hot drink, and expect to see an event you'll remember forever.

#### WINGS ON THE WIND: EAGLES

MS-21

Perry Conway

539-4911

One Time: Wednesday, 7:30pm, April 17  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

Come soar with the eagles in the Chilkat Valley of Alaska. Although bald eagles are endangered in 43 states, the Chilkat River has the world's largest congregation of these grand birds. Enjoy Alaskan and Rocky Mountain scenery as you get a close-up view of the daily lives of golden and bald eagles - their portraits taken by Perry Conway, a professional photographer from Boulder, Colorado. Perry's multi-projector presentation is sponsored by Northern Flint Hills Audubon Society. (Perry is a nationally published photographer. We are lucky to have him visit our area.)

#### PRAIRIE RAPTOR PROJECT FIELD TRIP

MS-22

Terry Campbell

532-5674

One Time: Saturday, 12n-6pm, April 27  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

Eagles, hawks and owls are raptors. We will drive to the Prairie Raptor Project just outside of Salina, Kansas (approx 2 hrs). We will tour the facilities and discuss the methods used in preparing injured or orphaned birds of prey for release back to the wild. Please bring a sack lunch. (Terry is a veterinarian with five years experience in raptor rehabilitation and has been the director of the raptor rehabilitation program at K.S.U. for the past two years.)

#### EASTERN KANSAS SPRING BIRD MIGRATION TRIP

MS-23

Duane Kerr

456-2771

Saturday & Sunday (weekend) 8am, May 4 & 5  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

Accompany members of the Northern Flint Hills Audubon Society on a weekend trek to a wooded area in extreme eastern Kansas. The emphasis of the trip will be location and identification of songbirds, especially warblers and vireos, but waterfowl and hawks should also be sighted. This is a good chance for beginning birders and experts to see some species that aren't commonly seen in our area. Plan to provide your own camping gear and food and to split transportation costs.

#### CIMMARON BIRD SAFARI

MS-24

Audubon Society Members

456-2771

Saturday, Sunday, Monday, 8am, May 18, 19, 20  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

The Cimmaron National Grassland in extreme southwestern Kansas is suitable habitat for a large number of western bird species that are seldom, if ever, seen near Manhattan. A group of Northern Flint Hills Audubon Society members is travelling to the Cimmaron area to find scaled quail, road-runners, magpies, lesser prairie chickens and numerous other residents and migrants. The group will carpool, the expenses being divided. Plan to provide your own camping gear and food.

# More Outdoors

## GREAT BLUE HERON ROOKERY EXCURSION

MS-25

Marie Dellen 537-4400

One Time: Saturday, 8am-1pm, June 1  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

Great blue herons, those big crane-like birds, group their giant nests in the highest reaches of sycamore trees along streams. We will watch the herons in flight and in care of their eggs and young. Marie will guide us to two rookeries; one at Stockdale, the other northwest of Randolph. Be prepared for two short hikes, bring binoculars, cameras, snacks and sack lunch. (Marie has been a 4-H project leader in Birds Around You, Wildlife Conservation and other various and assorted projects for at least 20 years.)

## NATIVE WOODLAND WILDFLOWERS

MS-26

John Sjo 532-6702

Register and you will be contacted for exact date and time (mid-April)  
Location: You will be contacted  
Class Fee: \$4, pay with registration Limit: 15

Woodland wildflowers bloom when conditions are "just right" and only continue for a few days. Many Kansans are not even aware that we have bloodroot, trout lily, Dutchman's breeches, hepatica, may apple, trillium and others. Join us as we take a wildflower walk through John's property. Some early prairie wildflowers will also be encountered. (Using the natural ecosystems created by a stream, a bog, open prairie, wet woodlands and dry woodlands, John has successfully grown more than 100 species of wild flowering plants on his 10-acre tract near Manhattan.)

## FLORA OF HACKBERRY GLEN

MS-27

Ted Barkley 532-6619

One Time: Saturday, 1-4pm, April 13  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration Limit: 10

Since the 1870's Hackberry Glen has been a field laboratory for KSU biology students and an important site for natural history studies. Now privately owned, access to Hackberry Glen is open only by permission of the owners. Join us as we search out the elusive walking fern, flowering pawpaw trees and other interesting plants. (Ted is a professor in the KSU biology department and is curator of the KSU Herbarium.)

## WILDFLOWERS OF MILFORD LAKE

MS-28

Gregory J. Wurst

One Time: Wednesday, 7:30pm, April 17  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration Limit: 15

Join us at Greg's Manhattan home as we learn about prairie anemone, verbena, indigo, spiderwort and many other wild flowers. (Greg has been interested in wildflowers ever since he was too cheap to buy florists' products for his fiance, now his wife.)

## PRAIRIE FESTIVAL AT THE LAND INSTITUTE IN SALINA

MS-39

Wes and Dana Jackson

Saturday & Sunday, June 1-2 (all weekend)  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

"Pattern and Tradition" is the theme for the 1985 Prairie Festival, June 1 and 2, at The Land Institute. This will be our seventh annual celebration of the prairie ecosystem and prairie folk. The featured speakers will be Gary Snyder and Gene Logsdon. During the two-day event, there will be many other speakers, plus panels, workshops and discussions. There will be art features, music, and prairie-related activities. (Wes and Dana run The Land Institute, a place where students receive college credit for participating in alternative projects with windmills, solar collectors, earth houses, and composting toilets in the search for sustainable alternatives in agriculture, energy, shelter and waste management.)

## LAWNMOWER SAFETY AND OPERATION (FOR YOUNG PEOPLE 8 YEARS AND OLDER)

MS-34

Lynn Doxon 532-5866

One Time: Saturday, 1-3pm, April 20  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

Learn the safe way to start, stop and use a lawnmower, minor lawnmower maintenance and cleaning, plus tips on how to manage a neighborhood lawn-mowing service. Participants are invited to bring their own lawnmower to learn about adjustments and maintenance of that particular model.

## STRAWBERRY BED PLANTING AND RENOVATION

MS-35

Lynn Doxon 532-5866

One Time: Tuesday, 6-9pm, June 18  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

Learn the best varieties of strawberries for Kansas, bed preparation, proper planting techniques and how to maintain the bed over several years. Hands-on experience in the UFM strawberry bed will teach you to renovate an overcrowded bed. Everyone will go home with enough plants to start a small bed and tips on how to nurture them through the summer.

## KONZA PRAIRIE WILDFLOWERS

MS-29

Craig C. Freeman 532-6619

One Time: Saturday, 1:30-4:30pm, May 11 (rain date May 12)  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration Limit: 20

Take a walk on Konza Prairie and get acquainted with some of the flowering plants such as prairie blue-eyedgrass, cobaea penstemon, plains larkspur, blue wild indigo and many more. Learn a little botany as we enjoy the beautiful Flint Hills this spring. (Craig will receive his doctorate degree in botany from KSU this spring.)

## ALL ABOUT THE HERBARIUM

MS-30

Ted Barkley, Eileen Schofield Barkley 532-6619

One Time: Tuesday, 7:30pm, April 2  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration Limit: 15

Do you know what a herbarium is? Would you like to learn how to press and preserve plants? This tour of the KSU Herbarium, plus a slide show, will take you behind the scenes of plant research and answer all your questions. (Ted is curator of the KSU Herbarium; Eileen was supervisor of the Herbarium at New York Botanical Garden for 9 years.)

## RAISING SPRING FLOWERING BULBS

MS-31

Tim Lindemuth 532-6415

One Time: Saturday, 1-3pm, April 13 (raindate April 20)  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration Limit: 25

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

## VEGETABLE GARDENING FOR THE APARTMENT DWELLER

MS-32

Lynn Doxon 532-5866

One Time: Saturday, 1-3pm, May 4  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration  
Materials Fee: \$4, pay at class

Learn about tiered and hanging gardens, container gardens and other techniques for gardening in small spaces. See new, smaller varieties of many vegetables, plant a container or hanging basket to take home to make your patio or balcony into a vegetable or herb garden. (Lynn is the coordinator of the UFM edible landscape.)

## EDIBLE LANDSCAPING FOR THE HOMEOWNER

MS-33

Lynn Doxon 532-5866

One Time: Saturday, 1-3pm, May 11  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration  
Materials Fee: \$3, pay at class

No place for a vegetable garden? Too many trees in the back yard? Learn ways to make attractive and productive beds mixing fruit, vegetables and flowers. Any yard can produce both food and flowers all summer long.

## CHILDREN'S GARDENING

MS-36

Richard Mattson 532-6170

Classes will be held in the evenings from April through fall. Register and you will be contacted for dates, time and place. Children of ages 5-12 will be assigned individual and group gardens. They will learn planting, soil preparation, weeding, harvesting and other cultural practices throughout the gardening season. (Dick is a professor of horticulture at KSU.)

## EDIBLE LANDSCAPE: INTERNSHIPS AND VOLUNTEER PROGRAM

MS-37

UFM Staff 532-5866

Day, time and date to be announced

Would you really like to know the inner truths of edible landscaping, solar greenhouses and annual and perennial plant care? Here is your chance. We are looking for a few people to participate with us in learning and caring for our demonstration site. We require a commitment of time and interest. Come to our intern and volunteer meeting and find out what you can learn or how you can help.

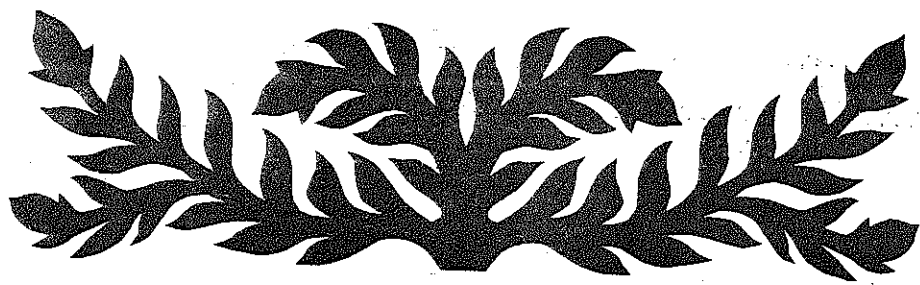
## WANTED: APPROPRIATE TECHNOLOGY TOUR GUIDES

MS-38

UFM Staff 532-5866

Day, time and date to be announced

Are you interested in appropriate technologies, solar energy or edible landscaping? UFM is looking for people to serve as A.T. tour guides for groups visiting our solar energy and landscape demonstrations. Prospective guides, after receiving information and orientation, will lead pre-scheduled tours and receive a minimum of \$4 per hour. Interest and enthusiasm are the only requirements.



## Outdoor Fun

### BICYCLE TOURING AND CAMPING

MS-11

Gregg Scircle

776-7693

Tuesdays, 7-8:30pm First Meeting: April 9 Length: Ongoing  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration

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

### FRIENDLY KANSAS CANOEING

MS-12

Bob Poresky

539-2967

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

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

### BEGINNING TENNIS

MS-5

Judy Sasse

Sundays, 8-10am First Meeting: March 31 Length: 6 times  
Location: Will be noted on your receipt (no class April 7)  
Class Fee: \$6, pay with registration Limit: 13

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

### ULTIMATE FRISBEE

MS-10

Tim Hennessey

537-1960

Tuesdays & Thursdays, 4:30-5:30pm First Meeting: April 4 Length:  
Location: Will be noted on your receipt Ongoing  
Class Fee: \$4, pay with registration

Members of the KSU frisbee club, Aerial Wizards, will be teaching the basics of ultimate frisbee on a low-key recreational level. Men and women, ages 14 and up, experienced players to those who've never seen a frisbee are welcome. Bring a frisbee if you have one and wear running shoes and sweatbands. (Tim has played disc-sports for five years including ultimate frisbee and disc golf.)

### RACQUETBALL FOR BEGINNERS

MS-6

Bill Shafer

539-7195

Sundays, 8-10am First Meeting: March 31 Length: 5 times  
Location: Will be noted on your receipt (no class April 7)  
Class Fee: \$6, pay with registration Limit: 8

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

### VOLLEYBALL FOR FUN (16 AND OVER)

MS-7

Lois Morales

539-8867

Tuesdays, Thursdays, 6:30-8:30pm First Meeting: April 4  
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.)

### GOLF FOR BEGINNERS

MS-8

Jim Gregory

539-1041

Thursdays, 6-7pm, April 11, 18, 25 (3 times)  
Location: Will be noted on your receipt  
Class Fee: \$6, pay with registration Limit: 12  
Materials Fee: \$1, pay at class

For those who have little or no experience, Jim will cover fundamentals of the: 1) full swing; 2) short game - pitching and chipping; 3) putting. Bring a wood, 9-iron and putter. If you don't have any clubs, they will be provided free of charge. Here's a good chance to find out if golf is the sport for you. (Jim is a PGA Golf Professional and is the golf professional at Stagg Hill Golf Course.)

## Hobbies

### STAMP COLLECTING

MS-13

Tim Lindemuth

532-6415

Mondays, 7-9:30pm First Meeting: April 8 Length: 3 times  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration  
Materials Fee: 50¢, pay at-class

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

### MINIATURE AUTO RACING AND TRACK CONSTRUCTION

MS-14

Gregg Scircle

776-7693

Saturdays, 12n-4pm First Meeting: April 6 Length: Ongoing  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

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

## Getting In Shape

### BODY DYNAMICS

MS-1

Jenean LaRoche-Maxwell

537-8506

Tuesdays & Thursdays, 10-11am First Meeting: April 2  
Location: Will be noted on your receipt Length: 18 times  
Class Fee: \$10, pay with registration

Get in shape for summer! Body dynamics centers on the health and vibrancy of the human body. Each class will include a minimum of 40 minutes of exercise to music for body toning and relaxation. Discussions of proper diet for weight loss and health will also be held. This class is for everyone - no previous experience in aerobics is necessary. (Jenean holds a B.S. degree in dance and has instructed in health clubs and studios for the past four years.)

### JAZZERCISE

MS-2

Julie Watson

539-3988

Mondays & Wednesdays, 7:15-8:15pm First Meeting: April 8  
Location: Will be noted on your receipt Length: 6 times  
Class Fee: \$6, pay with registration

JAZZERCISE is a dance-fitness program utilizing joyful jazz dance movements choreographed to all kinds of terrific music. It's a wild and woolly workout that will condition you totally, lift your spirits and put a smile on your face. (A certified franchisee with JAZZERCISE, Inc., Julie has five years experience.)

### VADHA KEMPO KARATE

MS-3

Mark Buono

537-2967

Tuesdays and Thursdays, 6-8:30pm First Meeting: April 4 Length:  
Location: Will be noted on your receipt Ongoing  
Class Fee: \$10, pay with registration

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

### TAI CHI CH'UAN FOR HEALTH AND SELF-DEFENSE

MS-4

Mrs. Wu and Verna Riles

456-2670

Section I: Wednesdays, 7pm First Meeting: April 3 Length: Ongoing  
Section II: Saturdays, 8:30am First Meeting: April 6  
Location: Will be noted on your receipt  
Class Fee: \$10/section, 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. Section I is the Basic 108 Form and Section II is the Slap-Hands Form. (Mrs. Wu is from Taiwan and learned her art from her master. She has been associated with this class for over a year. Verna has been involved with tai chi for about three years.)

### FENCING FOR BEGINNERS

MS-9

Doug Varney, Brigid Amos

539-1510 539-8015

Wednesdays, 7:30-9:30pm First Meeting: April 3 Length: Ongoing  
Location: Will be noted on your receipt  
Class Fee: \$10, pay with registration  
Materials Fee: \$10, pay at class

Learn fencing skills with foil, epee or saber. Footwork, conditioning and blade play will be emphasized in the first classes followed by practice bouts. We will prepare for the Kansas division tournaments. The materials fee pays for rental of all needed equipment. Intermediate and advanced fencers are welcome to join this class as well as beginners. (Doug and Brigid have both been fencing for several years.)



# Baskets & Such

## Pottery

### UFM POTTERY STUDIO CO-OP

MS-60

Amy Jo Gatschet

776-3135

Thursday, 7-8pm, April 4, Mandatory organizational meeting

Location: UFM Pottery Studio

Membership in studio: \$25, 8 weeks

35, 16 weeks

Limit: 6

45, 24 weeks

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

### UFM POTTERY STUDIO FACILITY

MS-61

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

### UFM POTTER'S GUILD

MS-62

Norm Lally

1-468-3696

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

### BEGINNING CERAMICS

MS-57

Anne Brandsberg

532-5302

Tuesdays, 6:30-8:30pm First Meeting: April 16

Length: 6 times

Location: Will be noted on your receipt

Class Fee: \$10, pay with registration

Materials Fee: \$10, pay at class

Limit: 8

From raw clay to finished glazed pieces, learn to make your own hand-built and wheel-thrown pottery. The class will allow you to work on projects of your own choice be they functional objects or those which are purely decorative. (Anne has been doing ceramics since high school and enjoys working with others.)

### INTERMEDIATE CERAMICS

MS-58

Ron Fleming

776-4560

Wednesdays, 7-9pm First Meeting: April 17

Length: 6 times

Location: Will be noted on your receipt

Class Fee: \$10, pay with registration

Materials Fee: \$10, pay at class

Limit: 6

Improve your wheel-throwing and hand-building techniques in a class that will let you explore ceramics further. Students will work on projects of their own choice in a studio which is well equipped to meet their needs. (Ron has enjoyed doing pottery for years and is anxious to teach it.)

## Just For Kids

### INTRODUCTION TO PHOTOGRAPHY FOR YOUNG FOLKS

MS-69

Audrey Murphy, Rebecca Brownson

776-4240

Section I: Saturdays 1-4pm, May 11, 25 (6-8 years old)

Section II: Saturdays, 1-4pm, May 18, June 1 (9 years and up)

Location: Will be noted on your receipt

Class Fee: \$5/section, pay with registration

Materials Fee: \$10, pay at class

Want your kids to experience photography but cringe at the idea of little fingers destroying your costly camera set-up? With the inexpensive 'Sunpet' children can learn the basics: film loading, camera handling and picture taking. Saturday, on location, we will discuss how a camera works and take pictures of a variety of subjects. Two weeks later, we will discuss and enjoy the pictures. Materials fee includes: 'Sunpet' camera (to keep), film, processing and printing. (Audrey has been involved with photography and darkroom work for years and Rebecca is a zoo docent at Sunset Zoo.)

### CLAY MAY BASKETS FOR KIDS (7-10 YEARS)

MS-56

Amy Gatschet

776-3135

Tuesdays, 4-5pm First Meeting: April 16

Length: 3 times

Location: Will be noted on your receipt

Class Fee: \$5, pay with registration

Materials Fee: \$3, pay at class

Surprise someone and celebrate spring with a handmade May basket. We'll learn about the tradition of May baskets and work with clay at the same time, so sign up and join the fun! (Amy has taught several UFM classes and hopes this new class will be as much fun as those of the past.)

### SPRING STRAW HATS

MS-47

Susan Toy

537-2084

Section I: Wednesday, 9:30am, April 3

Section II: Tuesday, 7pm, April 23 (one time each section)

Location: Will be noted on your receipt

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

Materials Fee: \$12.50, pay at class

Limit: 6/section

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.

### RIBBON WREATHS

MS-48

Susan Toy

537-2084

One Time: Thursday, 7pm, April 18

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$11, pay at class

Limit: 6

Twenty yards of ribbon - ones that match your color scheme are used in the production of this attractive decoration. Embellish it with delicate dried flowers or pine cones and you have completed a wreath for your door or wall. (Susan, owner of The Containery, Etc., shares her skills with UFM participants, many local clubs and groups.)

### LEARN TO STENCIL

MS-49

Susan Toy

537-2084

One Time: Monday, 9:30am, April 29

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$3, pay at class

Limit: 6

Stenciling is an inexpensive craft that is easy to learn. Learn the techniques of stenciling and practice on note paper, a wooden item or a fabric item. Susan will provide a variety of stencils to use during class and a reusable one for you to keep. Please bring the item you wish to stencil, such as stationery, rugs, lampshade, hats, or country wood items.

### LINED RIBBON BASKETS

MS-50

Susan Toy

537-2084

One Time: Monday, 10am, May 6

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$8, pay at class

Limit: 6

Trimmed with a ruffle and bows this 4-quart basket is large enough to be practical as well as decorative. It would make a perfect Mother's Day gift. All materials provided.

### PUNCHED AND CUT LAMP SHADE

MS-46

Susan Toy

537-2084

One Time: Monday, 1pm, April 15

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$5.50, pay at class

Limit: 6

Have you seen them in the decorating magazines? The shade is 5"x6"x4" and is the perfect size for a bedside table or entry hall light. You choose the color and we'll spend the afternoon creating one of the brightest new decorator items. All materials provided.

### STITCH AND STUFF

Mary Ann Moody

238-8579

Section I: Saturday, April 20 11am-1pm

Section II: Friday, May 17 7:30-9:30pm (Junction City)

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$2, pay at class

Limit: 8

Trapunto quilting is a unique and easy craft. Beginning and experienced stitchers alike will enjoy learning to make these 3-dimensional kits. We will also frame your finished project. (Mary is a representative of Creative Circle.)

### PLAY WITH CLAY (7-10 YEARS)

MS-59

Bill Higgins

539-8769

Tuesdays, 4:30-5:30pm First Meeting: May 7

Length: 4 times

Location: Will be noted on your receipt

Class Fee: \$5, pay with registration

Materials Fee: \$3, pay at class

Limit: 6

Want to get dirty and not get in trouble? Then let's play with clay! We'll do several projects which have in the past included chimes, piggy banks, animals or name plates for your room. Whatever we do we'll have fun! (Bill has enjoyed teaching this class before and is looking forward to doing it again.)

### MAY BASKETS

MS-42

Marge Davidson

539-5964

One Time: Monday, 7:30pm, April 22

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$1, pay at class

Limit: 10

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

# Photography

UFM PHOTOGRAPHY DARKROOM COOPERATIVE (BLACK & WHITE & COLOR) MS-65  
Neil Schianker 532-5866

Organizational Meeting: Monday, 5-5:30pm, April 1 (or by individual  
Location: Will be noted on your receipt appointment)

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

Black & White Only:

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

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

Black & White & Color:

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

BLACK & WHITE DARKROOM MS-66

John Keim 539-1333

Section I: Wednesdays, 7-10pm, April 3, 10  
Section II: Wednesdays, 7-10pm, April 17, 24

Location: Will be noted on your receipt  
Class Fee: \$7/section, pay with registration  
Materials Fee: \$5/section, pay at class Limit: 6/section

This is a basic hands-on class that will familiarize you with essential darkroom techniques. You will develop your own black and white film, prepare a contact sheet and make several prints. Bring an exposed roll of black and white film to class. The materials fee will cover chemicals and paper. (John was a professional photographer for 5 years in Kansas City, worked in a professional color photo lab for 2 years and has 10 years black and white darkroom experience.)

BEGINNING PHOTOGRAPHY MS-67

Ernie Peck 532-5768 537-9883

Tuesday, Wednesday, Thursday, 7pm, June 4, 5, 6  
Shooting: Saturday, 8:30am-4:30pm, June 8

Critique: Tuesday, 7pm, June 11  
Location: Will be noted on your receipt  
Class Fee: \$10, pay with registration Limit: 12  
Materials Fee: \$25, pay at class

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

BLACK & WHITE DARKROOM MS-68

Audrey Murphy 776-4240

Tuesdays, 7-10pm, April 16, 23 (2 times)

Location: Will be noted on your receipt  
Class Fee: \$7, pay with registration Limit: 3

A basic darkroom class covering black & white film development, contact sheets and negative printing. Bring an exposed roll of Kodak or Ilford black and white film and a package (25 sheets) of Kodak or Ilford Multi-grade II (RC) paper to class. (Audrey has years of darkroom experience and works for Manhattan Camera.)

THE THIRD ANNUAL UFM BLACK & WHITE PHOTO CONTEST -- MS-64  
KANSANS ON KANSAS

Prizes will be awarded. The twelve winning black and white entries will be published in the summer 1985 UFM catalog. They will be exhibited at the Manhattan Public Library April 22-May 4 and displayed in the K-State Union second floor showcase June 3-14. Judges are Don Holt, KSU Journalism Department; Audrey Murphy, Manhattan Camera Shop; Holly Miller, The Manhattan Mercury; and Julie Coates, UFM.

RULES:

1. There is no entry fee.
2. Minimum size is 5x7 inches, maximum size 11x14 inches.
3. Entries should be mounted on matt board.
4. The contest theme is Kansans On Kansas. Categories are scenery, people, architecture and animals.
5. Judges will select first, second and third-place winners in each of the four categories. Selection of honorable mention entries will be at the discretion of the judges.
6. On the back of matt board write name, phone number, category and optional title.
7. Submit entries to UFM, 1221 Thurston. Deadline is 4:30pm Friday, April 12.
8. Non-winning entries may be picked up at UFM after May 6.
9. Winning entries may be picked up at UFM after June 17.



# Weaving

WOVEN SHIRT FOR SPRING MS-51

Susan Lala 537-9610

Wednesdays, 7pm, April 17, May 1 (2 times)

Location: Will be noted on your receipt  
Class Fee: \$6, pay with registration  
Materials Fee: \$18-24, pay at class (depending upon size)

Basic weaving skills are required for this class. Get together to plan shirts one evening. Weave on your own in the studio, then get together on May 1 for tips in construction. Sign up for the loom you want: small table, green, Hammett or large table loom. (Susan is the weaving studio coordinator who has 18 years experience in weaving.)

UFM WEAVER'S STUDIO - OPEN WEAVING TIME MS-52

Susan Lala 537-9610

May 2 - June 10

Location: Will be noted on your receipt  
Class Fee: \$12, pay with registration Limit: 4

Know how to weave and yearn for a place to weave? UFM's weaving studio has four looms and accessory equipment for them. No instruction is provided, but Susan can help you plan projects if you wish. Please indicate which loom you want: small table, green, Hammett or large table loom.

# Arts Potpourri

FOLKLIFE FESTIVAL: MAY 4 MS-83

532-5575

The Kansas Folklife Festival will be May 4 at Ahearn Complex on the K-State campus. It will feature 60 Kansans demonstrating traditional crafts, foods, occupational skills and music. Besides being entertained, people who come to the festival are invited to take the time to learn new skills from festival artists and musicians. Children under six are admitted free. Children 6-12, \$1; senior citizens and KSU students, \$2.50; adults, \$3.50. Additional information about the festival is available from Margie Gittings, 532-5575.

BEGINNING DRAWING MS-43

Marcia Beller

Wednesdays, 7:30-9:30pm, April 3, 10 (2 times)

Location: Will be noted on your receipt  
Class Fee: \$6, pay with registration  
Materials Fee: \$1, pay at class Limit: 12

Drawing is a skill that can be learned by anyone. Don't feel you must be an artist to join our class. We will enjoy ourselves as we explore basic techniques such as contour and gesture drawing using several different media. Participants must supply their own paper (no smaller than 9"x12"). (Marcia is currently a senior Bachelor of Fine Arts candidate in painting at K-State. She has won several awards from K-State and from K-State's art department.)

WALKING TOUR OF KSU ART COLLECTION MS-44

Jessica Reichman 532-6605

One Time: Saturday, 11am-12n, May 25

Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration Limit: 15

On this tour we will be viewing works of art by John Steuart Curry, Thomas Hart Benton, Birger Sandzen, and many others that are housed in campus buildings. Wear your comfortable walking shoes and join us for an hour of art viewing. (Jessica is the curator of the KSU art collection.)

DEPRESSION GLASS COLLECTING MS-45

Pati Casey 776-8618

One Time: Wednesday, 7pm, April 10

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

Let's get together and discuss patterns, colors and ways of collecting Depression glass. The instructor will display numerous patterns and share ideas for displaying, using, and completing a collection by purchasing through various available publications. (Pati and her husband Scott have been collecting Depression glass for 10 years and are interested in meeting others who share this hobby.)

FLINT HILLS FOLKDANCERS MS-63

Enid Cocke, Paul Weidhaas 539-6306 539-4805

Friday, 7:30-9:30pm, April 19

Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration

In its fifth year, the Flint Hills Folk Dancers are a small but active group of townspeople and students who hoof it to music from all over. If you can walk, you can dance. All are welcome, from beginners to advanced dancers. (Enid and Paul are both enthusiastic folkdancers.)

# H.O.M.E.

The Home Owner's Maintenance and Energy (HOME) Program is sponsored by the U.S. Department of Housing & Urban Development and the City of Manhattan. Its purpose is to help homeowners address their home repair needs through low-cost education, technical assistance and volunteer action. The following classes/workshops are offered by HOME through UFM. For more information, call HOME at 532-5866.

## IT'S OVER YOUR HEAD - BASIC ROOF REPAIR

MS-81

Gerald Walters

776-5882

One Time: Saturday, 1-4pm, April 13  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration Limit: 20

Has winter taken its toll on your roof? Would you like to make your own repairs? Learn roofing and guttering basics through hands-on training. Two small roof and gutter projects will be supervised by a professional. (Gerald works at Keys Roofing & Insulation Co. as the Roofing Department foreman.)

## MAINTAINING YOUR HOUSE FOUNDATION

MS-82

Tom Hammes

776-8908

One Time: Wednesday, 7-8:30pm, April 17  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration Limit: 15

Learn how to assess your foundation and take the appropriate steps to preserve it or make needed repairs. Questions about leakage and other problems will be discussed. (Tom has 11 years experience working with foundations and owns Second Life Restoration.)

## UNDERGROUND HOMES TOUR

MS-40

Bruce Snead

532-6026

One Time: Saturday, 12n-4pm, April 20  
Location: Will be noted on your receipt  
Class Fee: \$5, pay with registration

Earth sheltered home design is one energy conservation strategy in home building. Several designs are in the construction process or have already been built within the Manhattan area and are available to visit. This tour will feature 4 different designs with some owners and designer/builders available for discussion. Information packets will be given to each participant. (Bruce works for the Kansas Energy Extension Service.)

## A SOLAR ROOM FOR YOUR HOME

MS-41

Dan Boatright

532-5866

One Time: Thursday, 7-9pm, April 4  
Location: Will be noted on your receipt  
Class Fee: \$2, pay with registration Limit: 15

Are you planning a home addition? This informational meeting will explain the HOME Solar Design service which provides free custom-solar plans for Manhattan homeowners. This service includes a detailed design, cost estimates, site monitoring and construction advice. It is a valuable service and will only be available for a limited time.

# Woodworking

## WOODCARVING WORKSHOP

MS-53

Glen Lojka

539-2919

Tuesdays, 7-10pm, April 23, 30 (2 times)  
Location: Will be noted on your receipt  
Class Fee: \$6, pay with registration Limit: 15

A class in basic wood carving designed for the beginning wood carver and covering materials and techniques through advanced carving. Types of wood, tools, sharpening techniques, carving, and patterns for carving will be covered. (Glen, a Kansas master wood carver, will be assisted by Wilbur Coffee, Duane Higgins, and Larry Wisdom, local woodcarvers.)

## INTRODUCTORY WOODWORKING

MS-54

Lynn Miller

776-2731

Saturdays, 1:30-4:30pm, April 13, 20, 27 (3 times)  
Location: Will be noted on your receipt  
Class Fee: \$10, pay with registration  
Materials: \$20, pay at class Limit: 6

Meet 3 consecutive Saturday afternoons to learn about and use hand tools, the electric drill and the band saw while making small projects. All persons 14 and older welcome. (Lynn, a KSU student, is an experienced woodworker.)

## UFM WOODSHOP CO-OP

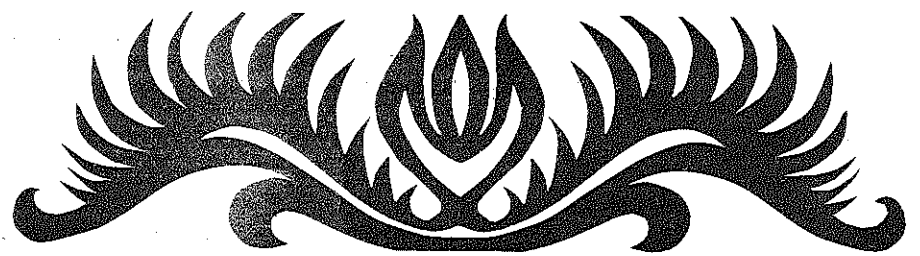
MS-55

Dan Brabec

776-2731 537-0459

Saturday, 1:30pm, April 6, Required organizational meeting  
Location: Will be noted on your receipt  
Membership Fee: \$39 for 4 months, \$5 refundable deposit

Get started on your spring projects. A work area with hand tools, table saw, and other power tools, and limited storage space available. Cost covers wear and tear on equipment and utilities. For those interested in teaching woodworking, teaching can be exchanged for a reduction in co-op membership charges. (Dan is the UFM woodshop coordinator.)



# Images

## HAIRBRAIDING

MS-70

Crimpers Salon

539-7621

One Time: Monday, 7-9pm, May 6  
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.

## HAIR AND MAKEUP MAKEOVERS

MS-71

Crimpers Salon

539-7621

One Time: Monday, 7-9pm, May 20  
Location: Will be noted on your receipt  
Class Fee: \$4, pay with registration Limit: 12

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

## IMAGE CONSULTING: A NEW CAREER!

MS-72

Deanna Pierson

539-8920

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

Are you looking for a part-time job, a change of pace, a new career, or are you just curious about the possibilities of being an image consultant? The image field offers a variety of services from color analysis, wardrobe consulting, fitness, or personal shopping. We'll focus on how to get into this business, cash outlay for start-ups, and problems to anticipate. (Deanna, a beauty consultant with Beauty for All Seasons, operates a professional image business.)

## MAKEOVERS: WOMEN ONLY

MS-73

Deanna Pierson and Hair Dimensions

539-8920 485-2790

One Time: Thursday, 6:30-9:30pm, April 18  
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. Discover what your best colors are first. Then comes a fresh new make-up look and hairstyle (cut optional) to complement your facial shape. We will also discuss your best colors for business and leisure in both makeup and clothing. All will receive a color packet of 30 swatches to take home. (Deanna Pierson, Verna Hayen, and Linda Eisenbise are coordinating this workshop.)

## DRESS TO WIN: INDEPTH IMAGE WORKSHOP

MS-74

Bonnie Hansen

776-3438

One Time: Thursday, 7:30-10pm, April 18  
Location: Will be noted on your receipt  
Class Fee: \$15, pay with registration  
Materials Fee: \$1, pay at class Limit: 8

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

## COLOR CONTROL FOR WOMEN

MS-75

Bonnie Hansen

776-3438

Section I: Wednesday, 10am-12n, April 10  
Section II: Wednesday, 1:30-3:30pm, April 10  
Section III: Wednesday, 7:30-9:30pm, April 10  
Location: Will be noted on your receipt  
Class Fee: \$15/section, pay with registration Limit: 4/section

Which colors put you in control of your wardrobe and enhance your own personal beauty? Which colors send just the right messages about you? Find out at this exciting COLOR class! Each person will have her colors analyzed using the Four Season concept and also have a complete makeup make-over. Styles and fashions will also be discussed.

# People

## TRACING YOUR ROOTS

MS-76

J. Harvey Littrell 539-2646

Mondays, 7-9pm, April 15, 22 (2 times)

Location: Will be noted on your receipt

Class Fee: \$5, pay with registration Limit: 10

Where are the roots of your family tree? Do you know anything about your ancestors back past your grandparents? Learn the tricks of the trade as we find out where and how to research the elusive past. This class is for beginners who want the basic knowledge needed to make a genealogical study of their families. We will go beyond just names and dates. Bring the names and dates of ancestors you already possess. (Harvey is a retired KSU professor. He is currently the president of the Riley County Genealogical Society.)

## STRESS MANAGEMENT

MS-77

Michael Weinberg, PhD 539-7758

Monday & Wednesday, 7:30pm, April 22, 24

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration Limit: 10

There are many ways to overcome the stresses put on us by ourselves and others. We will explore the motivation for our behaviors when dealing with stress. Michael will share with you alternative ways of thinking and behaving that can efficiently diminish stress in your life. (Michael is a nationally certified counselor. He has a Master's Degree in Family and Child Development, a PhD in Adult Education and 14 years experience in the mental health profession.)

## INTRODUCTION TO THE PHILOSOPHY OF GURDJIEFF AND OUSPENSKY

MS-78

David Seamon 532-5953

Wednesdays, 7:30-9pm First Meeting: April 3 Length: Ongoing

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

This class explores the psychological system of the two Russian philosophers and teachers, Gurdjieff and Ouspensky. Their philosophy seeks to join Eastern traditions with Western needs, emphasizing a system of self-development grounded in verification through personal experience. Classes will include psychological exercises, discussion, and reading aloud from Ouspensky's A Psychology of Man's Possible Evolution. (David has been involved in the Gurdjieff/Ouspensky work for several years. He has studied with John G. Bennett, who worked directly with both Ouspensky and Gurdjieff.)

## ADOPTIVE PARENT SUPPORT GROUP

MS-79

Marty Steele, Linda Teener 539-5337

You will be contacted for time and date Length: Indefinite

Location: Will be noted on your receipt

Class Fee: \$1, pay with registration

This group will provide opportunities for adoptive parents to share the joys and frustrations of adopting children. Acceptance by others, work, childcare, legal issues, and the change of role and spouse relationships are potential discussion topics. At the first meeting we will decide when and how often to meet. Childcare will be provided. (Linda has adopted 2 older children and Marty has a racially mixed family.)

# Spring Treats

## CHINESE COOKING CLASSES

Lee Shih Wu 539-7841

All classes meet Friday, 6:30-8pm

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

Materials Fee listed with each class, pay at class

An exploration of the many types of Chinese cooking and methods used in each. You can learn ways to use the whole chicken, make fresh tofu, try new seafoods, all from a native who graduated from the Chinese Cooking Institute in Taiwan.

### Fried beef with garlic and celery

MS-89

Fried beef with oyster sauce

March 29. Materials Fee: \$5

### Making tofu, using tofu with stir fried Chinese cabbage

MS-90

With fried bean threads

April 5. Materials Fee: \$4.50

### Stir fried shrimp with cashew nuts

MS-91

Steamed seasoned fish

April 19. Materials Fee: \$6

### Chicken legs with fresh mushroom mix-stir fried

MS-92

steamed chicken thighs with green onion and ginger

May 3. Materials Fee: \$4.50

### Shredded pork loin with red bean paste

MS-93

steamed pearl balls (ground pork with sweet rice)

May 10. Materials Fee: \$4.50

### Egg roll skin wrapped around egg, rice, brown sauce

MS-94

mixture - a traditional snack

Fried noodles with a variety of vegetables

May 17. Materials Fee: \$4

## MONEY MANAGEMENT SEMINAR

MS-87

Fred Freeby 537-4505

Section I: Monday, 7:30pm, April 15

Section II: Monday, 7:30pm, April 22

(one time each section)

Location: Will be noted on your receipt

Class Fee: None

The time is gone when providing for tomorrow's needs meant simply working hard and putting a little bit away each month. Financial planning is important for everyone, regardless of income. Subjects to be covered include: tax shelters, setting financial goals, investment opportunities, retirement planning, money market funds, IRA's and Keogh. (Fred is division manager of Waddell and Reed.)

## ONENESS OF ALL LIFE: THEORY AND PRACTICE

MS-85

Sharon Powers 539-8416

Mondays, 7:30-9pm First Meeting: April 22

Length: 8 times

Location: Will be noted on your receipt

(no class May 27)

Class Fee: \$2, pay with registration

This class is recommended for spiritual seekers who are not satisfied by traditional religious teachings and who want to change the consciousness on planet earth from war and poverty and sickness to peace, prosperity and happiness. We start from the premise that spiritually we are all one. You are one with all your brothers and sisters on planet earth, and your consciousness can make a big difference! Come and learn how. (Sharon has studied metaphysics in Washington, D.C. and Michigan.)

## NICARAGUA SLIDE SHOW

MS-84

Julie Coates, Bill Draves 532-5866

One Time: Wednesday, 7:30pm, April 10

Location: Will be noted on your receipt

Class Fee: \$1, pay with registration

In January, 13 adult educators from the U.S. and Canada toured Nicaragua. We will share our experiences as members of this group and discuss the literacy campaign in which 400,000 people learned to read during a 5-month effort.

## LATCHKEY EDUCATION - "ALONE AT HOME"

MS-80

Tim McHenry, Darrell Marr, Lynda Frey 537-2180

Section I: Saturday, 8:45am-12n, April 13 (K-3rd grade)

Section II: Saturday, 8:45am-12n, April 27 (4th-6th grades)

Location: Will be noted on your receipt Limit: 12/section

HELP! As working parents, what do we do with the kids after school? Recognizing the fact that parents are often frustrated by day care choices, and that many children are in "self care" on a regular basis, the Red Cross is providing education to these latchkey families. The 3-hour course deals with personal safety and emergency procedures, first aid, and suggests "home rules" which parents and kids work on together. (Tim, Darrell and Lynda work with the Red Cross.)

## HOMEMADE NOODLES

MS-88

Larry Shubert 537-8743

One Time: Saturday, 1:30-3:30pm, April 6

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$3.50, pay at class Limit: 8

Tired of bland store noodles? Homemade noodles are SO much better and are easy to make. We will each make a batch and cook them in turkey and beef broths. You will be sent a list of kitchen utensils to bring including 2, 2-quart containers to carry some home in. (Larry learned to make homemade noodles from his mother-in-law.)

## CHERRY DROPS AND OTHER DELIGHTS

MS-86

Nancy Kaler 539-9518

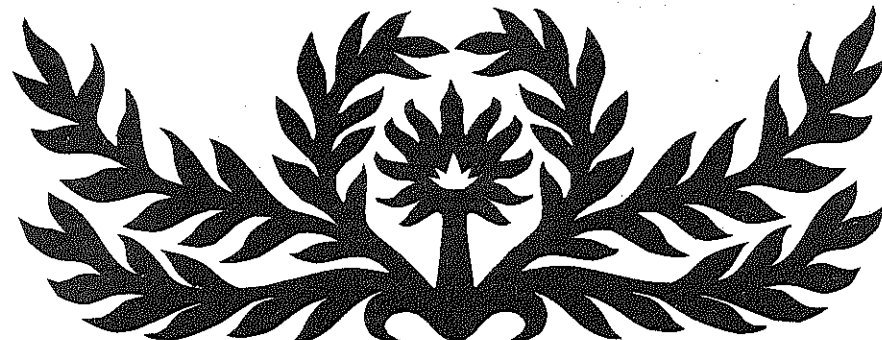
One Time: Saturday, 1pm, April 13

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$4, pay at class

1-2-3 cookies (coconut sugar cookies) brownie mounds, brown sugar cookies, oatmeal gems, rockie road cookies, snickerdoodles and chocolate cherry drops are just a few of the zillions of cookie recipes Nancy has in her repertoire. Come and learn some new baking delights. (Nancy has taught cookie classes for UFM before and is back by popular demand.)



## Registration Form

Priority Registration Period: March 18-29

Registrations after March 29 accepted on a space-available basis.

**WALK-IN:**

Monday	March 18	UFM House	5pm-7pm
Tuesday	March 19	Public Library	11am-2pm
Tuesday	March 19	Public Library	5pm-7pm
Wednesday	March 20	KSU Union	9am-4pm
Sunday	March 24	Wal-Mart	2pm-4pm
Tuesday	March 26	KSU Union	9am-2pm
Wednesday	March 27	KSU Union	9am-2pm
Thursday	March 28	Public Library	11am-2pm
Thursday	March 28	Public Library	5pm-7pm

PLEASE PRINT	ONE FORM PER PERSON	CLASS #	SEC. #	TITLE	CLASS FEE
Name _____		1.			
Street _____ Apt. # _____		2.			
City _____ Zip _____		3.			
Home Phone _____ Work Phone _____		4.			
<b>SURVEY—Please check all that apply.</b>		5.			
I am a:		6.			
<input type="checkbox"/> KSU Student (_____ credit hours this semester)		PLUS \$2.00 REGISTRATION FEE (See Exemptions)			\$2.00
<input type="checkbox"/> Student Spouse <input type="checkbox"/> Fort Riley Personnel		<b>TOTAL DUE</b>			
<input type="checkbox"/> KSU Faculty/Staff <input type="checkbox"/> Townsperson (non-KSU)		Have you taken a UFM class before? _____			
<input type="checkbox"/> Faculty/Staff Spouse <input type="checkbox"/> Rural Riley County		I hereby authorize the use of my Visa/MasterCard:			
<input type="checkbox"/> Public School Age <input type="checkbox"/> Geary or Pott. County		Card # _____ <input type="checkbox"/> Visa <input type="checkbox"/> MC			
<input type="checkbox"/> Senior Citizen <input type="checkbox"/> Handicapped		Expiration Date _____			
Check here if you require class to meet in handicapped-accessible space. <input type="checkbox"/>		UFM—913-532-5866 1221 Thurston • Manhattan, Kansas 66502			
I would like to volunteer my skills in exchange for registration discounts. <input type="checkbox"/>					
I am interested in teaching for UFM. <input type="checkbox"/>					
I would like to see offered next term: _____					
Please indicate where you obtained catalog _____					
If KSU student, list ID # _____					

**THREE WAYS TO REGISTER:**

- A. WALK-IN:** Register in person at one of the above locations
- B. MAIL-IN:** Fill in your registration form and mail it with check, money order, or Visa/Mastercard number to: UFM, 1221 Thurston, Manhattan, KS 66502 (a stamped, self-addressed envelope is appreciated)
- C. PHONE-IN:** With Visa or MasterCard only, you may call 913-532-5866 during business hours to register (minimum: \$5.00)

Late registrations accepted on space-available basis.

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

**RECEIPTS:**

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

**CLASS LOCATIONS:**

When you receive your receipt, the locations of your classes will be included.

**REGISTRATION FEE EXEMPTIONS:**

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

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

**REFUND POLICY:**

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

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

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

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

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

**DISCOUNTS FOR VOLUNTEERS:**

You may work for UFM in exchange for fee discounts. Arrangements will be made on an individual basis. Call UFM at 913-532-5866.

**UFM TEACHER CREDIT:**

All current UFM teachers are entitled to fee discounts when enrolling in UFM classes in either this catalog or in the future. UFM teacher credit will be mailed to our current instructors. This is one way for us to say "thank you" for being a part of UFM.



PLEASE PRINT	ONE FORM PER PERSON	CLASS #	SEC. #	TITLE	CLASS FEE
Name _____		1.			
Street _____ Apt. # _____		2.			
City _____ Zip _____		3.			
Home Phone _____ Work Phone _____		4.			
<b>SURVEY—Please check all that apply.</b>		5.			
I am a:		6.			
<input type="checkbox"/> KSU Student (_____ credit hours this semester)		PLUS \$2.00 REGISTRATION FEE (See Exemptions)			\$2.00
<input type="checkbox"/> Student Spouse <input type="checkbox"/> Fort Riley Personnel		<b>TOTAL DUE</b>			
<input type="checkbox"/> KSU Faculty/Staff <input type="checkbox"/> Townsperson (non-KSU)		Have you taken a UFM class before? _____			
<input type="checkbox"/> Faculty/Staff Spouse <input type="checkbox"/> Rural Riley County		I hereby authorize the use of my Visa/MasterCard:			
<input type="checkbox"/> Public School Age <input type="checkbox"/> Geary or Pott. County		Card # _____ <input type="checkbox"/> Visa <input type="checkbox"/> MC			
<input type="checkbox"/> Senior Citizen <input type="checkbox"/> Handicapped		Expiration Date _____			
Check here if you require class to meet in handicapped-accessible space. <input type="checkbox"/>		UFM—913-532-5866 1221 Thurston • Manhattan, Kansas 66502			
I would like to volunteer my skills in exchange for registration discounts. <input type="checkbox"/>					
I am interested in teaching for UFM. <input type="checkbox"/>					
I would like to see offered next term: _____					
Please indicate where you obtained catalog _____					
If KSU student, list ID # _____					

**CLASS 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!

