

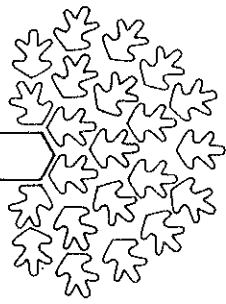
UFM TEACHING LEARNING GROWING

CLASSES BEGIN JUNE 19



FREE CATALOG
Over 200 courses

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



UFM

TEACHING

LEARNING

GROWING

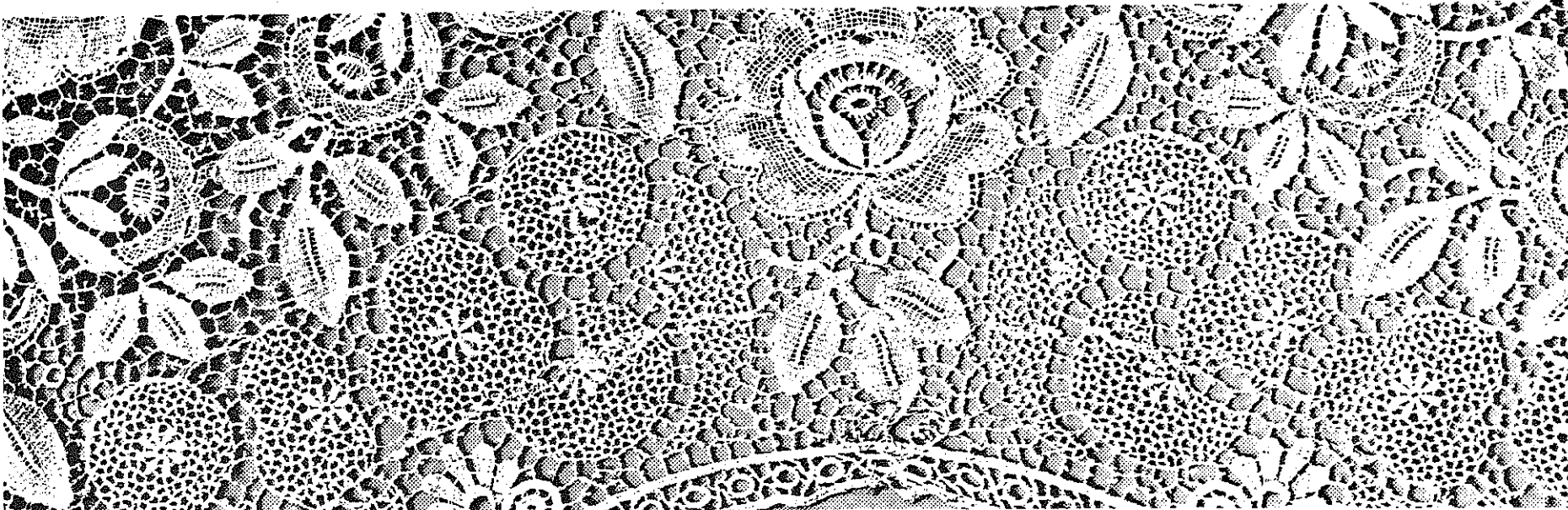
1221 THURSTON

MANHATTAN, KANSAS 66502

STAFF:

Sue Maes, Executive Director
Julie Coates, Director, Campus/Community Programs
Neil Schanker, Assistant Director, Campus/Community Programs
Karen Barron, Program Coordinator
Pat Killian, Program Coordinator

Kansans On Kansas



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.

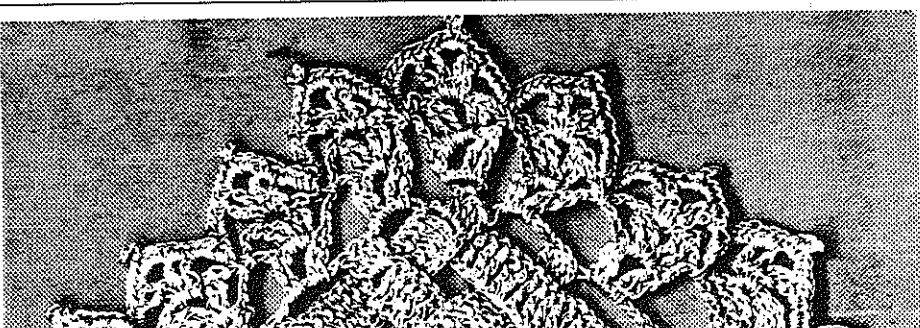
PHOTO CONTEST

UFM is proud to present some of the entries in the Third Annual UFM Black & White Photo Contest. Over 50 entries were received, not only from Manhattan but also from Olsburg, St. George, Milford, Junction City, Wamego and Westmoreland.

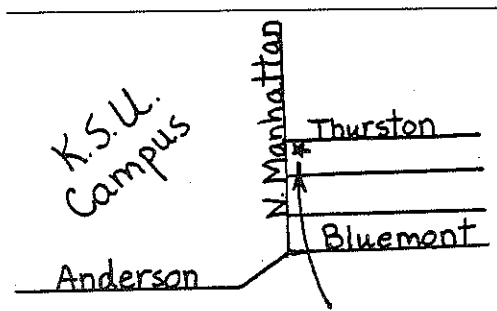
"Kansans on Kansas" was the contest theme. Photos could be entered in one of four categories: scenery, people, architecture and animals. Judges chose first, second and third place winners in each category. Honorable mentions were also selected. The judging was done by Don Holt, KSU Journalism Department; Audrey Murphy, Manhattan Camera Shop; Holly Miller, The Manhattan Mercury; and Julie Coates, UFM. Prizes were donated by Manhattan Camera Shop and UFM.

The twelve winning entries will be exhibited from June 3 to June 14 in the K-State Union second floor showcase.

Neil Schanker



Design and layout by Natalya Hall, Earthsign Graphics
Many thanks to Judy Love for the loan of her antique lace collection, featured in this catalog.



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



2/Writings

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:

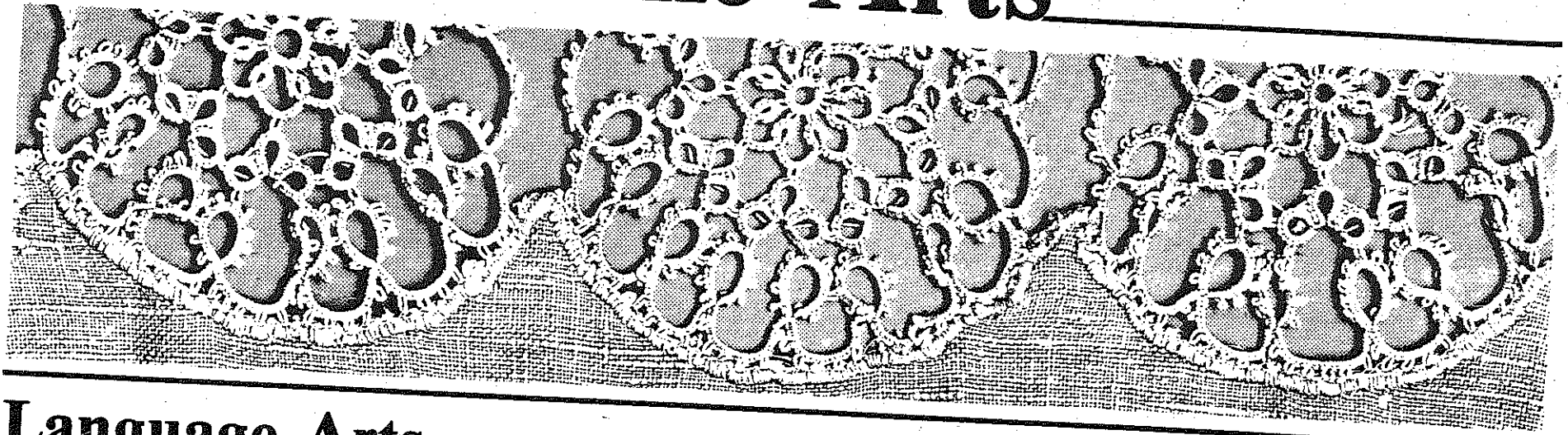
An annual series featuring nationally known speakers. This series invites dialogue on issues of public concern. The 1984 Series addressed the issues of U.S. Policy in Central America.

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



Language Arts

SIGN LANGUAGE

SK-18

Dan McAnarney

532-5606

Wednesdays, 8pm First Meeting: June 19
 Location: Will be noted on your receipt
 Class Fee: \$10, pay with registration
 Materials Fee: \$6, pay at class (for text)
 Length: Ongoing

Say it in sign language. Experience the world of non-verbal communication in which the hearing-impaired live. This class will cover the basic sign alphabet and some conversational phraseology (with multiple signs). Come prepared to re-learn your own language. (Dan has taught this popular UFM class many times.)

BEGINNING FRENCH

FA-62

Kathy Hall Foster

532-6161

Tuesdays, Thursdays, 7-8:30pm, June 25-July 18
 Location: Will be noted on your receipt
 Class Fee: \$10, pay with registration
 Materials Fee: \$3, pay at class
 Length: 8 times
 Limit: 20

The class will cover beginning French grammar with an emphasis on essential elements for getting along while traveling abroad. (Kathy has lived and studied in French-speaking countries, and has found that traveling abroad is more enjoyable when you can communicate in the language of the country you are visiting.)

GERMAN FOR TOURISTS

FA-63

Barbara McLeod

776-3293

Wednesdays, Mondays, 7pm, June 19, 26, July 1, 15
 Location: Will be noted on your receipt
 Class Fee: \$6, pay with registration
 Materials Fee: \$3, pay at class
 Length: 4 times
 Limit: 10

This class will give you an introduction to German language and culture with an emphasis on greetings including: 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, taught German for the U.S. Army and to high school students.)

CONVERSATION FOR GERMAN SPEAKERS

FA-64

Carine Ullom

539-8329

Mondays, 7:30pm First Meeting: June 24
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Length: Ongoing
 ext.383

Wer hat lust sich gemuetlich in Last Chance (in Aggieville) zum stammtisch zu treffen? We'll get together to practice up on the German we've learned somewhere along the way and have little chance to use. All are welcome! Come when you can, stay as long as you like. (Carine spent the 1982-83 school year in studying in West Germany.)

WHAT TO SEE IN BRITAIN

FA-65

Miranda Mortlock

One Time: Thursday, 7pm, June 27
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration

Planning to visit the British Isles? Here's an informal discussion on some things you might like to see and ideas on what the British like to do on holiday in the UK. Come with lots of questions! (Miranda is British and would like to answer questions for those going to England/UK with limited time, or who want ideas.)

EXPLORING FAMOUS PEOPLE IN BLACK HISTORY THROUGH DRAMA

FA-18

Cindy Klentz

776-7366

One Time: Saturday, 10am-12n, July 13
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Limit: 12

We will explore the characters of: Sojourner Truth, Harriet Tubman, Martin Luther King, Paul Robison and others through drama and song. No previous drama experience necessary.

FEMINIST WRITERS SUPPORT GROUP

FA-19

Natalya Hall

537-8235

Register and you will be contacted for day, time and date
 Location: Will be noted on your receipt
 Class Fee: \$2, pay with registration

We are women who write journals, letters, poems, stories, plays... who would like to get to know other women who write to meet and share readings, critiques and encouragements. We will decide when and how often to meet at our first meeting and go from there, aiming towards an ongoing group. (Natalya has always loved to write, to share her writing, and to consort with others who write in a supportive environment.)

Fine Arts

INTRODUCTION TO CALLIGRAPHY

FA-23

Carol Ann Norris

537-8973

Tuesdays, 2-3pm, July 9, 16, 23, 30 (4 times)
 Location: Will be noted on your receipt
 Class Fee: \$10, pay with registration
 Materials Fee: \$10
 Limit: 4

Learn the basic styles of calligraphy including script, Old English and Roman. Participants will complete a nameplate with the skills they have acquired through the duration of the class. Send the \$10 materials fee to Carol by July 1 so she can buy the needed supplies. (Carol has been practicing calligraphy for 15 years.)

Location: Will be noted on your receipt
 Class Fee: \$10, pay with registration
 Limit: 15

Learn the fundamentals of movement improvisation. Experienced and inexperienced dancers are welcome. Wear dance clothes or clothing comfortable to work in. (Maria is a KSU dance department graduate currently teaching and studying in Manhattan.)

DANCE WORKSHOP

FA-56

Randi and Susan Dale

539-5767

Section I: Wednesday, 4-12 year olds, 6:30-7:15pm, June 19
 Section II: Wednesday, 12 year olds and up, 7-7:45pm, June 19
 Location: Will be noted on your receipt
 Class Fee: \$4

WATER COLOR DAYS

FA-21

Natalya Hall

537-8235

Saturdays, 10am-12n, June 22, July 13
 Location: Will be noted on your receipt
 Class Fee: \$6, pay with registration
 Limit: 10

Class 1 will begin with basic color theory, using the paints, and exploring different brushes and papers. Class 2 will be for getting back together and comparing progress and techniques after working on our own for two weeks, and doing some more watercolors using what we've learned from each other. This class is aimed at rank beginners but don't let that stop you if you've already done some dabbling! Further meetings could be scheduled if there is interest. A list of supplies will be given to you before the first class. (Natalya is a local artist and graphic designer who has been working in black and white for several years and is eager to start exploring the wonderful world of color again in her work.)

DRAWING

FA-22

Renee Weil

July 8-29

Length: 7 times

Mondays, Wednesdays, 8-9pm
 Location: Will be noted on your receipt
 Class Fee: \$10, pay with registration
 Limit: 15

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 using several different media. Participants must supply their own materials: pencils (HB, 5B, 4B, 2H), regular pencil eraser, ruler, drawing paper, practice paper and subject you would like to draw. All ages welcome. (Renee is a KSU certified K-12 art teacher.)

NEXT SESSION BEGINS SEPTEMBER 11.
 Line for class descriptions is July 26.

Song . . .

BLUEGRASS MUSIC JAM SESSION

FA-1

Chris Biggs

539-3774

One Time: Friday, 6:30pm, June 21
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Come to a bluegrass jam session! Come to listen and/or bring your musical instrument and join in for an evening of joyful bluegrass music. This evening will be led by one of the nation's premier bluegrass guitarists, Chris Biggs. (Chris has been performing as a singer/songwriter, guitar picker, and banjo player for 13 years. He was a finalist 3 consecutive years at the National Flatpicking Contest.)

MID-SUMMER'S EVE SINGING & WHISTLING AROUND THE CAMPFIRE

FA-2

Nancy Stover, Cindy Klentz, Neil Schanker

539-4366

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

Come enjoy the fresh air and make music on a mid-summer's night at a campfire sing, whistle and stargaze. Neil will build a fire and point out stars, Nancy will get the music rolling and Cindy will tell a tall tale. Bring an instrument and a favorite story. Families are especially welcome. (Nancy, Neil and Cindy are all friends and stargazers.)

TRADITIONAL IRISH MUSIC

FA-3

Charlie Griffin

1-485-2762

One Time: Friday, 7:30pm, July 16
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

We'll spend an evening playing, singing, and dancing to traditional Irish music, played on the fiddle, concertina, penny whistle, hammered dulcimer, bodhran, mandolin, bones and guitar. Bring your musical instruments, voices and feet. We'll talk about the origins of the music of the British Isles, discuss the different instruments, jig a little, and hope everyone will join in. (The Life of Riley members have been playing Celtic music around the area for several years. Charlie is a member.)

BONES, SPOONS AND BODHRAN

FA-4

Doug Teener

537-0508

One Time: Saturday, 1:30-3:30pm, June 22
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 8

Bones and spoons are rhythm instruments commonly used in traditional or old-time American music. The bodhran is an Irish drum used in Celtic music, so easily adapted to traditional American tunes. (Doug has played all 3 for years, including appearances at the Kansas Folklife Festival with his wife, Linda, and at the Walnut Valley Festival in Winfield with John McCutcheon.)

BEGINNING HARMONICA

FA-5

Dick Philbrook

537-2877

Wednesday, 7:30pm, June 19 (organizational meeting)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10

Materials Fee: \$5, pay at class
We'll talk about antiques, wildflowers, pocket billiards and other topics on Evie 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.

Offs!

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 community.

More!

at the Manhattan Community Gardens
at the Solar Demonstration Facility
See who can do what and where we're going and set up some regular meetings accordingly. All ages welcome. Bring instruments and music if you have them. (Nancy enjoys recorder playing and people who like to teach each other.)

BEGINNING GUITAR

FA-7

Nancy Stover

539-4366

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

Our first get-together will be an organizational meeting but bring your guitar along and we'll learn some rhythms and chords leading to simple folk songs. Then we can decide how we want to structure the class for further meetings.

LIP SYNCH

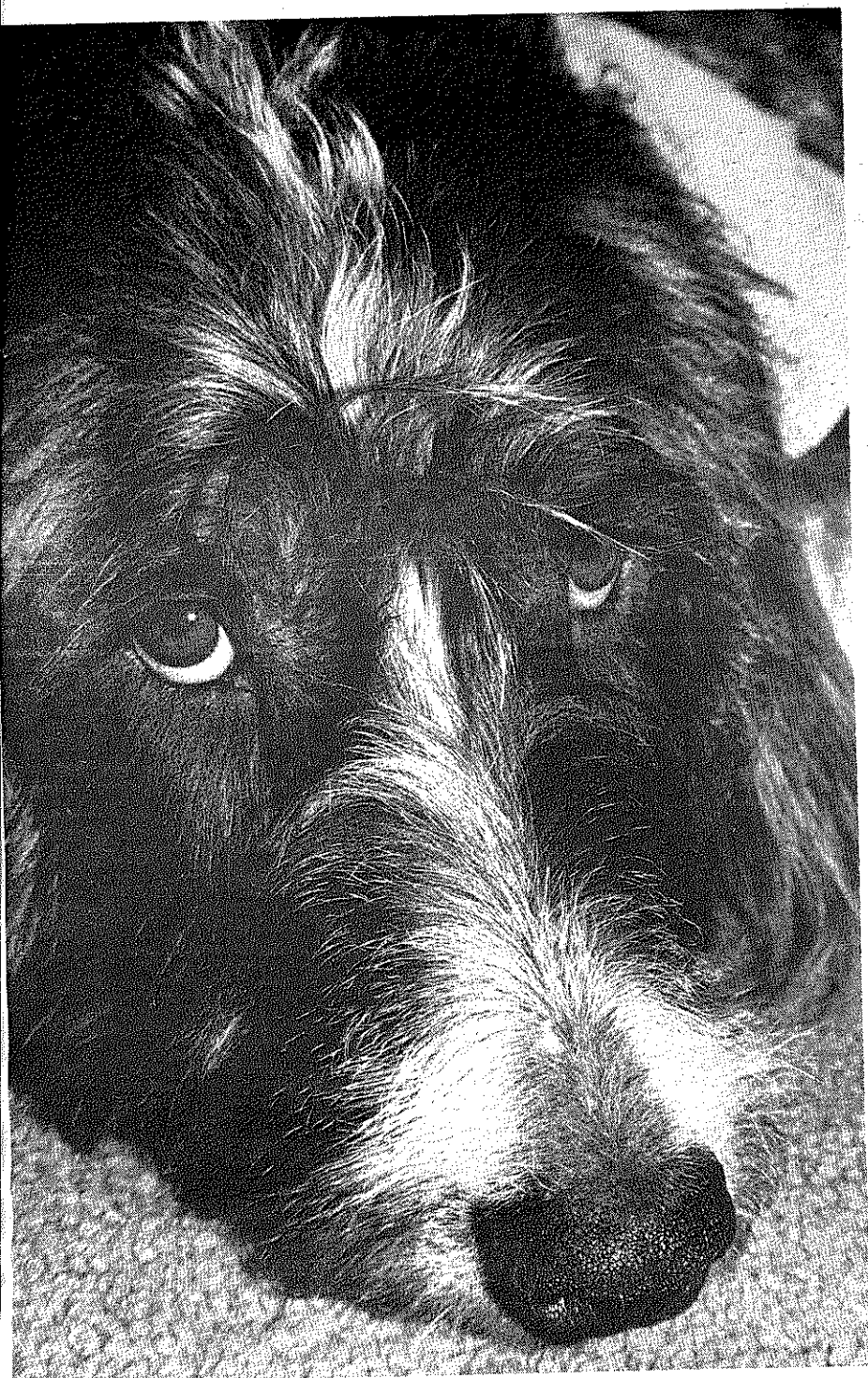
FA-17

Cindy Klentz, Terry Jones

776-7366

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

Puttin' on the hits! Come share your lip synch talents with Cindy and Terry. Bring your box, your favorite lip synch tapes, and your lips! Cindy is director of Life-Song Theatre, a local theatre group and Terry is director of activities at the Douglass Center.)



L. Huber 1st in Animals "Rowdy"

From Sheep To Yarn

FOR THE "SHEEPISH"-WOOL: FLEECE TO FABRIC

FA-8

Cliff Spaeth, Don Erickson

532-6131 532-5823

One Time: Saturday, 9am-12n, July 13
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class Limit: 20

This class will include a display of different types and grades of wool taken from different breeds of sheep, a discussion of the major characteristics that affect wool value, a review of the major processes wool undergoes during milling, and a sheep shearing demonstration. (Cliff is an extension specialist in sheep production. Don has an MS in wool from Australia and is an economist.)

BASIC SPINNING

FA-9

Abby Voss

537-3366

Saturday, Sunday, 10am-3pm, June 22, 23 Length: 2 times
Location: Will be noted on your receipt
Class Fee: \$8, pay with registration
Materials Fee: \$7, pay at class Limit: 6

Learn to spin from A to Z! We will prepare the wool for spinning including cleaning, washing, combing and carding. Then you will learn the techniques to spin both fine and heavy yarn, maybe plying too. If you have a spinning wheel, bring it. We will discuss care of the spinning wheel and trouble shoot spinning problems such as over-spinning. (Abby has been spinning for 11 years and has taught spinning in school systems, art shows and senior citizen programs. She was a winner in a national wool show and is currently a member of the Weaver's Fancy Guild.)

NATURAL DYE WORKSHOP

FA-10

Judy Love

532-5866

One Time: Saturday, 10am, June 29
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$4, pay at class Limit: 12

Natural dyes give a soft, subdued color to wool. We will be using locally gathered plants, flowers and weeds with a variety of different mordants. Discussion will include what plant materials produce which colors and what is available commercially if one wants to purchase natural dyes. Participants should bring their own white wool divided into 5-6 skeins (5 yards per skein. (Judy will sell you some to find any.) (Judy teaches a weaving and University.)

4/Fine Arts





Glenn Hoover 1st in Scenery "Rolling In"

... And Dance

DANCE IMPROVISATION FA-13

Maria F. Bode 539-4856

Mondays, 5:30-7pm, June 24
 Location: Will be noted on your receipt Length: 6 times
 Class Fee: \$10, pay with registration Limit: 15

Learn the fundamentals of movement improvisation. Experienced and inexperienced dancers are welcome. Wear dance clothes or clothing comfortable to work in. (Maria is a KSU dance department graduate currently teaching and studying in Manhattan.)

DANCE WORKSHOP FA-56

Randi and Susan Dale 539-5767

Section I: Wednesday, 4-12 year olds, 6:30-7:15pm, June 19
 Section II: Wednesday, 12 year olds and up, 7-7:45pm, June 19
 Location: Will be noted on your receipt
 Class Fee: \$4/section, pay with registration

This will be both a dance workshop in which various dance steps will be introduced and practiced including ballet, tap and jazz and a demonstration during which different dance styles by practiced dancers will be performed. 4 to 12 year olds will practice dancing from 6:30-7pm. The dance demonstration and lecture will be for both groups from 7-7:15. 12 year olds and up will practice dancing from 7:15-7:45pm. (Randi has taught dance for the past 24 years and her daughter Susan has danced all her life and is currently on dance scholarship at K-State.)

RENAISSANCE EVENING OF FUN AND DANCE FA-12

Linda Muir-Westby 532-6765

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

If you enjoy the simple grace of Renaissance movement and music, come join Linda for an evening of outdoor instruction and fun. Bring recorders and hand drums if you play them and we'll make music and dance. (Linda is dance instructor and choreographer at K-State. She is leaving soon, so enjoy her while you can!)

SWING DANCE FA-66

Art Clack 1-293-5343

Fridays, 5:30-6:30pm, First Meeting: July 5 Length: 4 times
 Location: Will be noted on your receipt
 Class Fee: \$10/person, pay with registration Limit: 20 persons

Don't hold yourself back when you hear that hot fiddle playing! Round up your friends to learn the sharp moves, dips, spins, turns and slides done in country western swing and get down to some hot tunes. (Art has taught swing dance for many years.)

ADULT DANCE CLASS FA-14

Maria F. Bode 539-4856

Wednesdays, 5:30-7pm, June 26
 Location: Will be noted on your receipt Length: 6 times
 Class Fee: \$10, pay with registration

Introduction to dance geared toward adult participants. We will cover ballet, modern dance, jazz and improvisation styles of dance. Wear comfortable clothes to move in.

FLINT HILLS FOLK DANCERS FA-16

Enid Cocke/Paul Weidhaas 539-6306 539-4805

Saturdays, 7:30-9:30pm First Meeting: June 22 Length: Ongoing
 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 danced before they could walk.)

BREAK DANCING FA-15

Terry Jones/City Rockers 537-0056 Ext. 274

Monday, Thursday, 7-8:30pm, June 24, 27, July 1, 8, 11 (5 times)
 Location: Will be noted on your receipt (no class July 4)
 Class Fee: \$10, pay with registration

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. (The City Rockers are one of the top local break dance groups whose exciting style is pleasing crowds at competitions.)

BOOK SHOP

Books Magazines
 Pipes & Tobacco

Village Plaza Shopping Center

537-8025

We welcome special orders. If you need it, we'll try to get it for you.

All Kinds Of Crafts

FABRIC PAINTING

FA-30

Beth Spurlock

Monday, Thursday, 7pm, June 24, 27 (2 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15

Turn a naked T-shirt into a work of art. It's very easy and you don't have to be an artist to accomplish some extremely attractive finished shirts! First session, bring yourself. Second session, bring a T-shirt along. Don't worry about supplies, Beth will share her paints with you. (Beth has taught this class before and has been painting shirts for over a decade.)

DECORATING STRAW HATS

FA-31

Susan Toy

537-2084

One Time: Wednesday, 1pm, June 19
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$12.50, pay at class Limit: 5

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

SUMMER WREATHS

FA-32

Susan Toy

537-2084

One Time: Tuesday, 1pm, July 9
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$11, pay at class Limit: 6

Enjoy warm weather wreaths made out of ribbons or grapevine and decorated with a woodcut welcome sign or some country animals like sheep or ducks or how about a scottie-dog wreath? Your imagination is the limit. We have ribbons to match the colors of every season and to fit every decor.

MAKING LACE, SILK AND RIBBON FLOWERS

FA-33

Susan Toy

537-2084

Section I: Wednesday, 9:30am, June 26
Section II: Monday, 9:30am, July 15
Location: Will be noted on your receipt
Class Fee: \$4/section, pay with registration
Materials Fee: \$6.50/section Limit: 6/section

Decorate your home with lace, silk and ribbon flowers. There will be a selection of many colors and types of ribbons and flowers from which you may choose to make a bouquet that you can take home with you.

SILK FLOWER ARRANGEMENTS AND DECORATING TIPS

FA-34

Barbara Beck

1-784-2393

Friday, Tuesday, Thursday, 7pm, June 21, 25, 27 (3 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration
Materials Fee: \$5, pay at class Limit: 20

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

DRYING WILD FLOWERS DEMONSTRATION

FA-25

Kathy Colvig

776-6931

One Time: Saturday, 9:30-11am, July 20
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class

Preserve those summer wild flowers all year long! We will cover what kinds of flowers to dry and how to dry the different types using a variety of methods. We will also touch on flower arranging. This is a demonstration so you can learn how and then dry flowers all summer long. (Kathy enjoys wildflowers.)

WHEAT WEAVING

FA-26

Paulette Schaller

776-7017

Tuesdays, 7-9:30pm, July 9, 16 (2 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration
Materials Fee: \$2, pay at class Limit: 8

The revival of this ancient craft has sparked a lot of interest in Kansas. This basic class will teach you how to select wheat and prepare it. Learn a variety of weaves while making hearts, flowers, candles and dolls. Bring small scissors (old). If you don't bring your own wheat, wheat will be available at the class for an additional \$2. (Paulette has been wheat weaving for over 3 years. She attends workshops annually to learn new weaves and techniques.)

MACHINE KNITTING DEMONSTRATION

FA-27

Carole Schultz

258-2921

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

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

CROCHETING DOILIES

FA-28

Sharon Tessendorf

1-456-7412

Tuesdays, Thursdays, 7-9pm June 25, 27, July 9, 11 (4 times)
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration Limit: 8

Crochet a lovely "old-fashioned looking" doiley. Beginners are welcome and will be learning a basic pattern and experienced crocheters will learn a more involved pattern. If you have a different pattern you'd like to try and make - please bring it to work on. Bring a size E aluminum crochet hook and mercerized cotton size 30. (Sharon has been a 4H crocheting and knitting instructor and has crocheted herself as long as she can remember.)

CROCHETING RAG RUGS FOR BEGINNERS

FA-29

Georgia Becker

537-1987

You will be contacted for day, time and date
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 6

We will discuss different approaches to crocheted rag rug making and proceed according to your interests. Please bring scissors, needle, thread, a large crochet hook (mine is size J) and odds and ends of cloth. We will prepare and sew strips of cloth and get started on your rug. (Georgia learned to crochet rag rugs from her mother way back in the '30's. After many years, she took up this skill again this past year and has been busily making rugs for her family.)

STENCILING COLONIAL FLOOR-CLOTHS

FA-35

Susan Toy

537-2084

One Time: Friday, 9:30am, June 21
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$9, pay at class Limit: 4

Step back into time about 200 years and you'd see the stately beauty of the Colonial times. We intend to do just that in this class, looking to some of the old colonial designs to pattern on our floor cloths. A floor cloth is made out of canvas about 2x4' on which we will paint and stencil colonial designs. Come in comfortable work clothes.

CREATE A PUNCHED AND CUT LAMPSHADE

FA-36

Susan Toy

537-2084

One Time: Monday, 9:30am, July 8
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 morning creating one of the brightest new decorator items. All materials provided.

SOFT SCULPTURE DOLLS

FA-37

Marcia Goebel

537-8756

Section I: Saturday, 3-5pm, July 6
Section II: Saturday, 6-8pm, July 27
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Learn how to make a cute, cuddly soft-sculpture doll. This class will include how to make the sculpting stitches step-by-step. Several dolls will be available for show. (Marcia has had years of experience making soft-sculpture dolls.)

MAKING DOLL HOUSES

FA-38

Miranda Mortlock

One Time: Saturday, 2pm, August 10
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class Limit: 15

Make a box doll house. The house is made from a cardboard box, fabric and paper, suitable for young children 4-8 years old. They are fun for mothers to make and for children to help decorate. (Miranda saw this idea in a craft fair, and thought it was easy and fun to make.)

SOAP MAKING

FA-11

Ray A. Keen

One Time: Thursday, 7pm, June 20
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

"...take thee much soap..." Jer. 2:22. Soap making was a household art until a century ago. Clean fat reacts with lye to make a cold batch soap with the glycerine in it. Every batch is different, some may take an hour to react. (Grandma had to make soap. Dad made "Grandpa's Everlasting Soap" for our kids. Ray makes soap for fun and to prevent waste.)

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Dark Secrets

UFM PHOTOGRAPHY DARKROOM COOPERATIVE (BLACK & WHITE & COLOR) FA-49

Neil Schanker 532-5866

Organizational Meeting: Monday, 5-5:30pm, June 17 (or by individual appointment)
Location: Will be noted on your receipt

Located just one block east of campus in the UFM House, the UFM darkroom is available to anyone who needs access to a well-equipped facility. Equipment is capable of handling up to 11x14 prints and 6cmx6cm negatives as well as 35mm. The fee includes everything but paper.

Black & White Only:

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

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
	2 semesters	45, new members	40, renewals (pay with registration)
	3 semesters	55, new members	50, renewals

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

BEGINNING 35mm PHOTOGRAPHY FA-44

David Adams 539-4078

Monday, Thursday, 7:30-9:30pm, July 15, 18

Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15

This class is geared for beginners and 35mm, preferably adjustable, cameras. The first session we'll view a slide tape presentation on basic photography techniques and composition to familiarize participants with their cameras. Between sessions, participants will be asked to shoot a roll of film using available light and have it processed before the second session, when we will critique the photos and discuss ways in which you can improve your skills. Bring your camera manuals if you have them. (David is a medical photographer for the KSU College of Veterinary medicine and is a certified professional photographer in medicine, portraits and wedding photography.)

COLOR DARKROOM PRINTING FA-46

Gayle Stone 776-4240

Monday-Friday 7:30-10pm, June 24-28 (5 times)

Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: \$6.50, pay at class Limit: 5

Cibachrome is a special type of process that is archival for one thousand years or more, if stored properly, (standard process fades within about 5 years,) and gives you gallery quality prints. Bring a few of your favorite slides and we'll choose the best ones to make cibachromes from. Techniques learned in class will include burning and dodging and how to analyze the print for correct color and exposure. (Gayle enjoys the artistic side of photography and works at Manhattan Camera.)

DEMONSTRATION OF DEVELOPING COLOR SLIDES FA-45

Ron Hoffman 537-8379

Thursdays, 7-10pm, July 18, 25 (2 times)

Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$5, pay at class Limit: 5

This will be an introduction to color darkroom. Ron will be giving a demonstration and explanation of developing slides using the E6 process (a process which can easily be done in your own kitchen or bathroom - well almost.) Bring a roll of exposed color slide film, not Kodachrome and we'll develop it together. (Ron is the director of the media center at K-State and is a professional photographer.)

BLACK & WHITE DARKROOM FA-47

Audrey Murphy 776-4240

Tuesdays (in July) specific day and time to be announced (2 times)

Location: Will be noted on your receipt
Class Fee: \$7/section (2 sections)
Materials Fee: \$3.50/section Limit: 4/section

A basic darkroom course covering black and white film development, contact sheets and negative printing. Bring an exposed roll of Kodak (Pan-X, Plus-X or Tri-X) black and white film to class. All other supplies are provided. (Audrey has been involved in photography and darkroom work for years and is employed at Manhattan Camera.)

BLACK & WHITE DARKROOM PRINTING FA-48

Ron Hoffman 537-8379

Section I: Thursdays, June 20, 27

Section II: Thursdays, July 4, 11

Location: Will be noted on your receipt
Class Fee: \$7/section Limit: 5/section

This is an introductory class to familiarize you with the basic techniques of the darkroom including exposure of prints, contrast control and dodging and burning. Bring your best 35mm black & white negatives and your own glossy, polycontrast or Milford multi-grade paper. All other supplies are provided.

Play With Clay

RAKU FA-40

Laura Satimi 537-8787

Thursday: 7-9pm, July 25, Saturday, 12n-4pm, Aug 3 (2 times)

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

Raku pottery and firing technique originated in Japan. It is a favorite for those who appreciate an art form which is simple, quick, and spontaneous. Experience clay from its raw state through a firing process which yields exciting and sometimes unexpected results. (Laura became interested in Raku at K-State and thinks she'll enjoy teaching the technique to others.)

UFM POTTERY STUDIO FACILITY FA-41

Sharon Spiller 776-2363

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 call Sharon Spiller, the pottery studio manager at 776-2363.

We will cover analyzing markets to improve promotional efficiency, targeting communications to reach desired audiences, and preparing promotional pieces that communicate effectively. A review of appropriate do's and don'ts essential for successful promotion and a review of a variety of techniques which can create effective yet inexpensive results. (Joe is an associate professor of marketing at KSU who has worked previously as a marketing research analyst in Stanford, Conn.)

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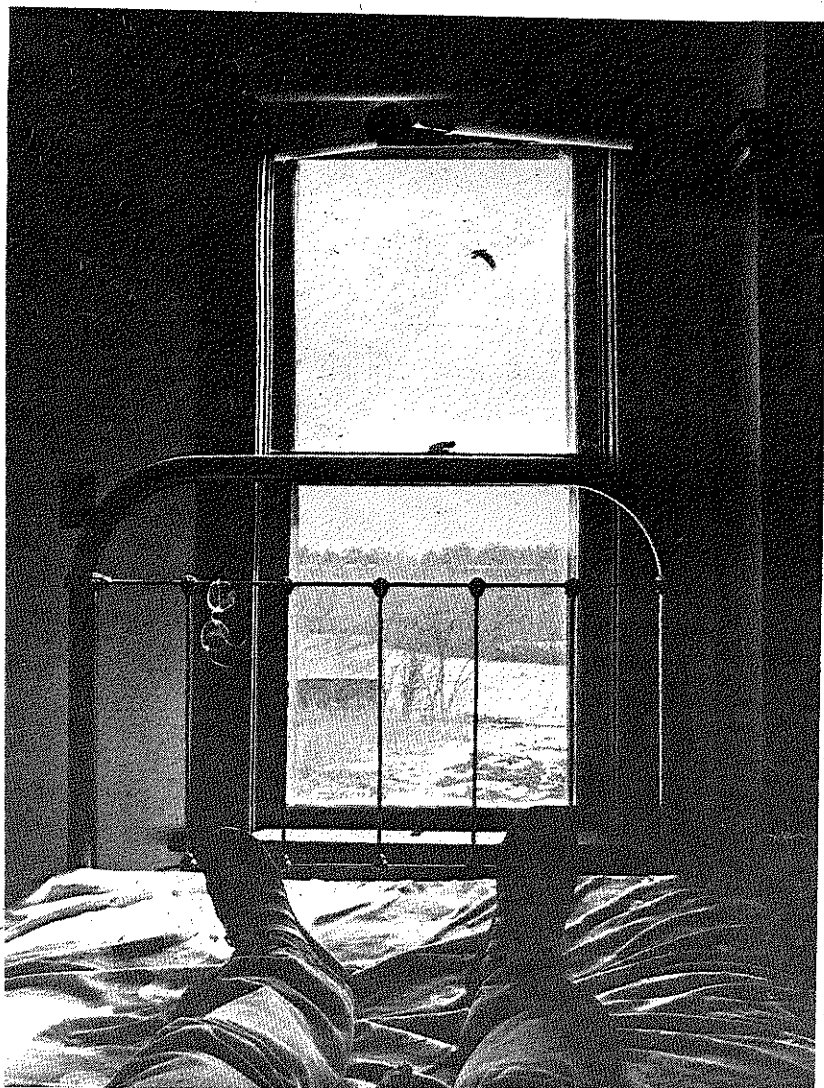
BEGINNING CERAMICS FA-39

Sara Tolbert 539-8990

Mondays, 7-9pm First Meeting: June 24 Length: 6 times

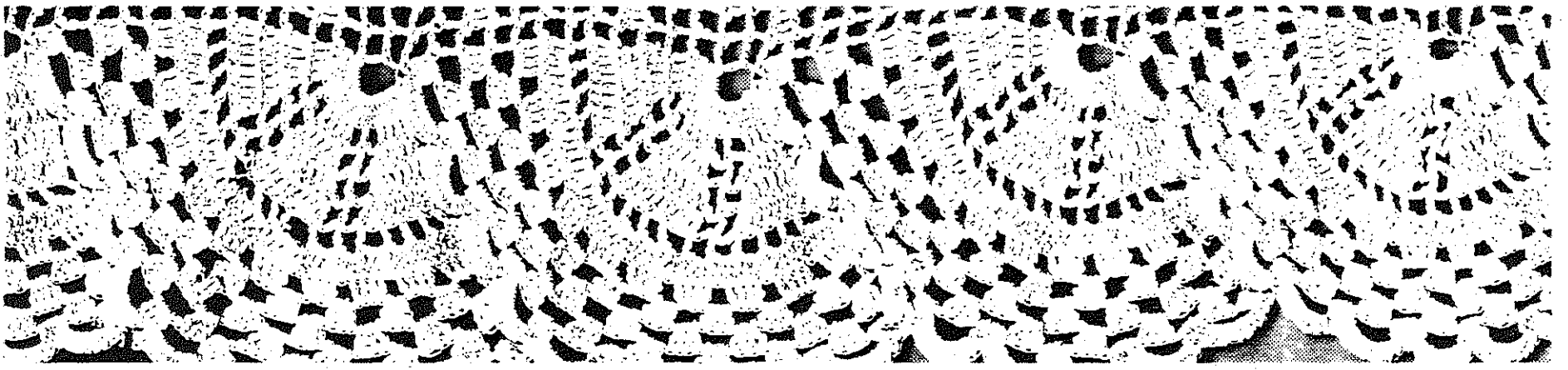
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: \$10, pay at class Limit: 8

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. (Sara has been involved with ceramics for several years and enjoys the endless possibilities when working with clay.)



Glenn Hoover 1st in Architecture Untitled

Skills



Skills Sampler

UFM WOODSHOP CO-OP

SK-20

Dan Brabec

776-2731 537-0459

Saturday, 1:30pm, June 22, 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.)

BICYCLE REPAIR DEMYSTIFIED

SK-21

Donald Graber

539-5639

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

Limit: 20

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

MANHATTAN AMC ENTHUSIASTS

SK-22

Scott Rutherford

539-6492

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

This will be a fairly informal meeting to discuss experiences with our cars and share a common interest. Scott will bring some slides of mid-west AMC's sharper cars as well as some from the street machine nuts. Any AMC fan is welcome and we'll discuss starting a Manhattan AMC Club. (Scott has had his Javelin for 2 years and is a member of Midwest AMC in Topeka.)

PERSONAL COMPUTER OVERVIEW

SK-16

Ellen Gehring

532-5866

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

We will discuss what questions should be asked about a computer before the computer is bought. Topics that will be included: price, software, hardware, usage, and what to look for in a computer. (Ellen was a data processing major at Hutchinson Community College.)

THE BASICS

SK-17

Ellen Gehring

532-5866

One Time: Thursday, 1-5pm, July 18
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Materials Fee: \$10, pay at class Limit: 6

This class is to familiarize people with the BASIC language. It is usually the first language learned and most all personal computers have the capability of being programmed in BASIC. There will be hands-on experience available.

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.

One Time: Sunday, July 20
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class

Preserve those summer wild flowers all year long! We will cover what kinds of flowers to dry and how to dry the different types using a variety of methods. We will also touch on flower arranging. This is a demonstration so you can learn how and then dry flowers all summer long. (Kathy enjoys wildflowers.)

WHEAT WEAVING

FA-26

Paulette Schaller

776-7017

Tuesdays, 7-9:30pm, July 9, 16 (2 times)
Location: Will be noted on your receipt

Class Fee: \$6, pay with registration

Materials Fee: \$2, pay at class Limit: 8

The revival of this ancient craft has sparked a lot of interest in Kansas. This basic class will teach you how to select wheat and prepare it. Learn a variety of weaves while making hearts, flowers, candles and dolls. Bring small scissors (old). If you don't bring your own wheat, wheat will be available at the class for an additional \$2. (Paulette has been wheat weaving for over 3 years. She attends workshops annually to learn new weaves and techniques.)

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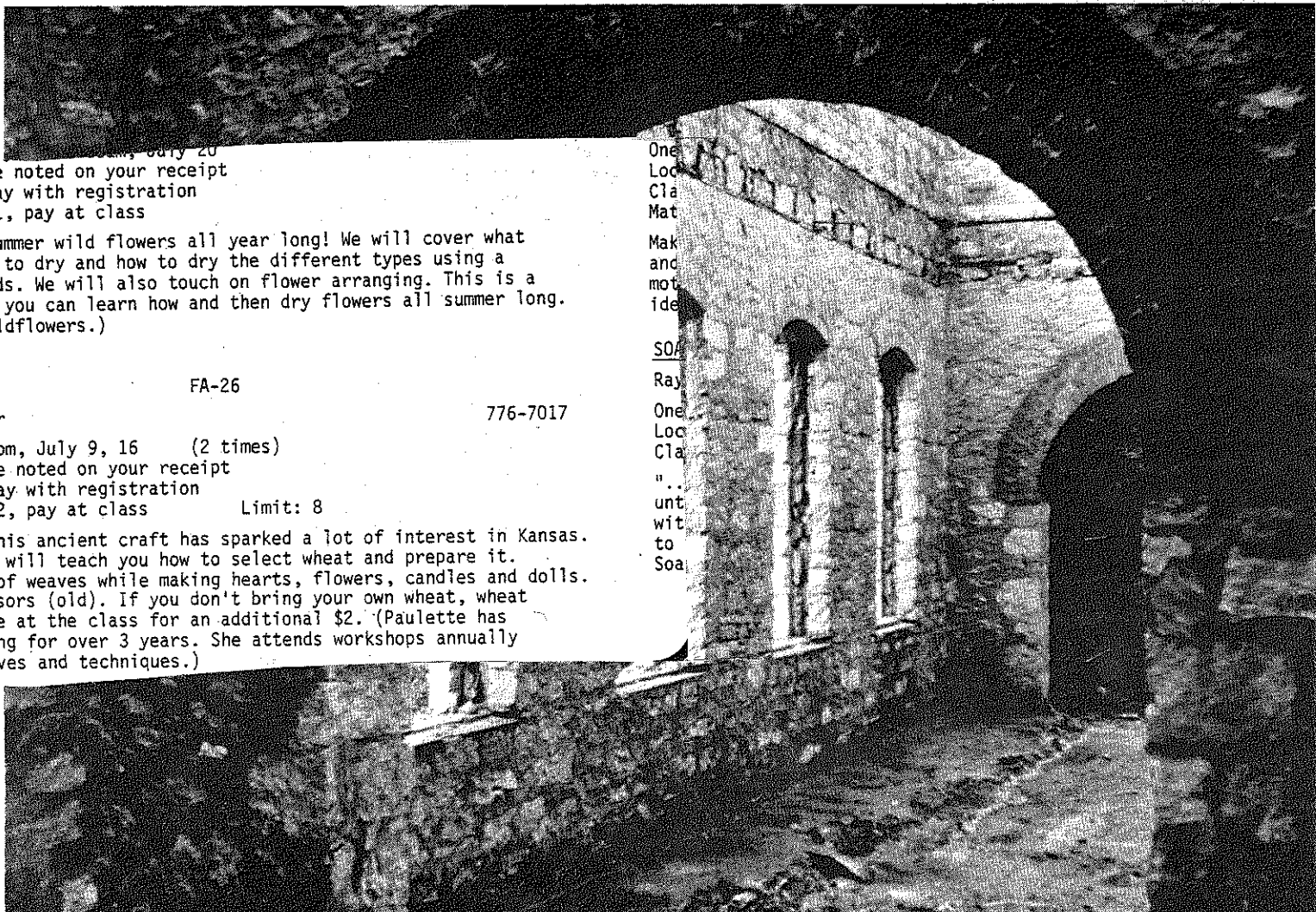
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Alan Hobson 2nd in Architecture "Nichols Gymnasium"

All In A Day's Work

JOB SEARCH SK-1

Jim Akin 532-6508

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

We will discuss how to look for a job and apply this information in job hunting. Interviewing and presentation will also be covered and there will be time for questions. (Jim has been with KSU Career Planning and Placement for 19 years. He is the associate director there.)

CHANGING CAREERS SK-2

Mary Lou Albracht, Steve Cunningham 532-6561 532-6170

Thursday, 7-9pm, July 18, 25 (2 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 12
Materials Fee: \$2, pay at class

Are you thinking about a career change? If the answer is yes, then it may be helpful for you to assess where you are right now and where you want to be 3 years from now. By looking at your work experience, training, and education you can plan a strategy for maximizing your career options. This workshop is designed to assist you in evaluating your past career and setting goals for your future.

RESUME WRITING SK-3

Steve Cunningham, PhD, Mary Lou Albracht 532-6561 532-6170

One Time: Thursday, 7-9pm, July 11
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. (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 Home-maker program at KSU.)

INTERVIEWING SK-4

Bob Weber 539-5337

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

We will cover interview skills - expressing interest, emphasizing your strengths and skills, appearance, and how to behave at an interview. (Bob has a master's in Vocational Rehabilitation Counseling. He has worked as a placement and follow-up counselor as well as developed vocational training programs.)

DEALING WITH DIFFICULT PEOPLE AT WORK SK-10

Ron Downey, PhD 532-5712

One Time: Friday, 12n-1pm, July 26
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$3, pay at class Limit: 20

Discussion will deal with techniques for handling difficult people in your work situation. We will focus upon the motivations, attitudes, and situations that can lead to these problems. Your ability to cope with difficult people will make your day a more pleasant one. (Ron is a KSU psychology professor.)

COPING WITH BURNOUT SK-11

Larry Peak, PhD 776-0817

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

What are the symptoms, stages, causes, needs, and solutions to "burnout?" This class will discuss and answer your questions on "burnout" related to your career or job. (Larry maintains a private mental health practice in Manhattan and has conducted conferences on this topic.)

CAREERS IN REAL ESTATE: GETTING LICENSED AND ENTERING BUSINESS SK-5

Bill Fogerson 537-2151

One Time: Thursday, 7:30-9pm, June 27
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 experience. He operates Fireside Realty, a multi-office firm.)

LAYOUT FOR ANYONE SK-15

Natalya Hall 537-8235

Register and you will be contacted for day, time and date (one class)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 8

This is for small businesses and organizations that need to know basic layout skills for newsletters, brochures, etc. We will discuss printing methods, typesetting options, paper types, and color usage, as well as design and pasteup hints for both xerox and offset reproduction. (Natalya has done layout for xerox and for offset printing for 5 years and runs Earth Sign Graphics, a small business doing freelance graphics and layout.)

SO YOU WANT TO BE A STOCKBROKER SK-7

Greg Barron 776-1066

One Time: Tuesday, 7-9pm, June 25
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Learn the various career areas in the investment field including stocks, bonds, real estate, analysis, management and sales. Training requirements and licensing will also be discussed. (Greg has an MS in Economics from KSU and is an investment planner for Stifel, Nicolaus & Co.)

WAGE/PAY SYSTEMS SK-8

Ron Downey, PhD 532-5712

One Time: Friday, 12n-1pm, Aug 9
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$3, pay at class Limit: 20

What should you pay a person? What should you be paid? What is the market value for a job? Discussion will deal with methods and sources for determining wages and salaries within a business. We will also cover pay equity and comparable worth issues. Pay can be a powerful motivator at work, if you use it correctly.

OFFICE ETIQUETTE SK-9

Ron Downey, PhD 532-5712

One Time: Friday, 12n-1pm, July 12
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$3, pay at class Limit: 20

The average person will spend 1/3 of his waking life in the work place. The people you work with, co-workers, supervisors, subordinates, and customers are important to how well your day will go. Are there ways to insure that your interactions with people will make your day a pleasant one? What are the rules that you can use in the office to govern your behavior?

CAREERS IN TRAVEL SK-6

Thea Garvin 539-0531

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

WRITING GRANT PROPOSALS SK-13

Jana Hesser 532-5560

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

We will discuss two major areas of grant-getting: 1) how to find out who has money for what; and 2) the concept and process of writing a successful proposal. Non-profit organizations, businesses, and individuals will find the information helpful in writing grants that get funded. (Jana is currently a grant writer for KSU's Division of Continuing Education. She previously was Grants Officer at Washburn University.)

ADVERTISING/PR STRATEGIES FOR THE SMALL BUSINESS AND NON-PROFIT ORGANIZATION SK-14

Joe Bellizzi, PhD 532-6008

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

We will cover analyzing markets to improve promotional efficiency, targeting communications to reach desired audiences, and preparing promotional pieces that communicate effectively. A review of appropriate do's and don't's essential for successful promotion and a review of a variety of techniques which can create effective yet inexpensive results. (Joe is an associate professor of marketing at KSU who has worked previously as a marketing research analyst in Stanford, Conn.)

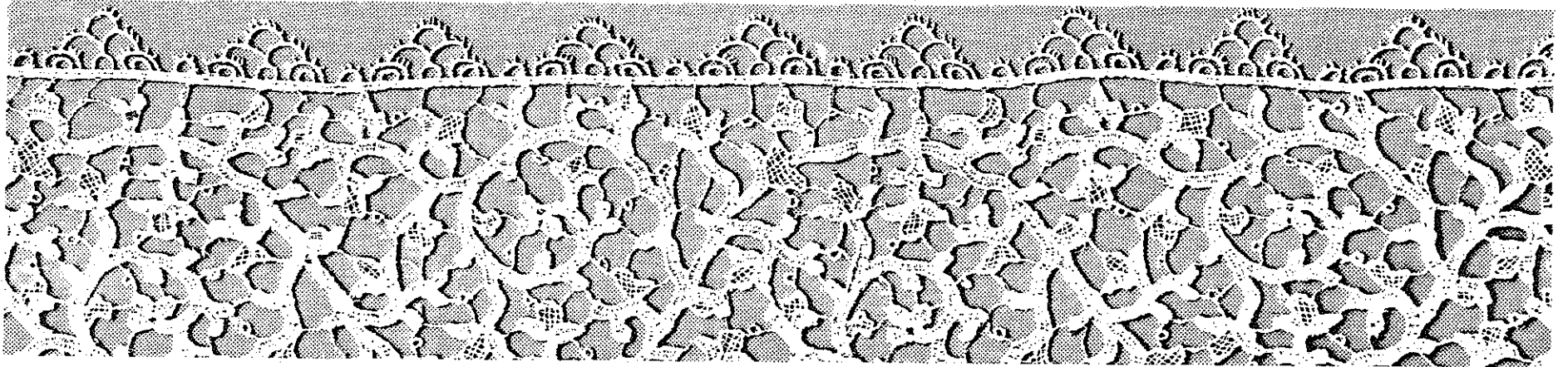
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Women



BOOKS BY AND ABOUT WOMEN

FA-20

Lorrie Cross 539-5337
 Wednesdays, 7:30-9pm First Meeting: June 26 Length: Ongoing
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration

Women writers say special things. Women readers often hear them. This class provides time for women to talk with each other about novels, non-fiction works, humor and satire. Dimensions of self-image shaped by literary models are examined as we discuss books selected by group members. Suggested books for this summer are: "Daughters of Earth," Agnes Smedley; "The Color Purple," Alice Walker; "A Diary of a Good Neighbor," Jane Sommers; "The Dollmaker," Harriette Arnow. We will decide on future meeting dates at the first meeting. (Lorrie has been a member of this informal reading group since 1978.)

A SURE CURE FOR COMPUTERPHOBIA: AN INTRODUCTORY CLASS FOR WOMEN ONLY (SK-24)

Jane M. Lomme1 532-5926
 One Time: Tuesday, 1-3pm, July 16
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$5, pay at class Limit: 20

The purpose of this workshop is to try to alleviate the fear of technology that is acquired by many women during childhood. "Hands-on" experience will be provided and we will discuss the role of the computer in the home, for kids and in the workplace. (Jane has taught teachers, parents, and kids about the potential of the computer in their lives.)

AM I EATING RIGHT? NUTRITION FOR WOMEN SK-25

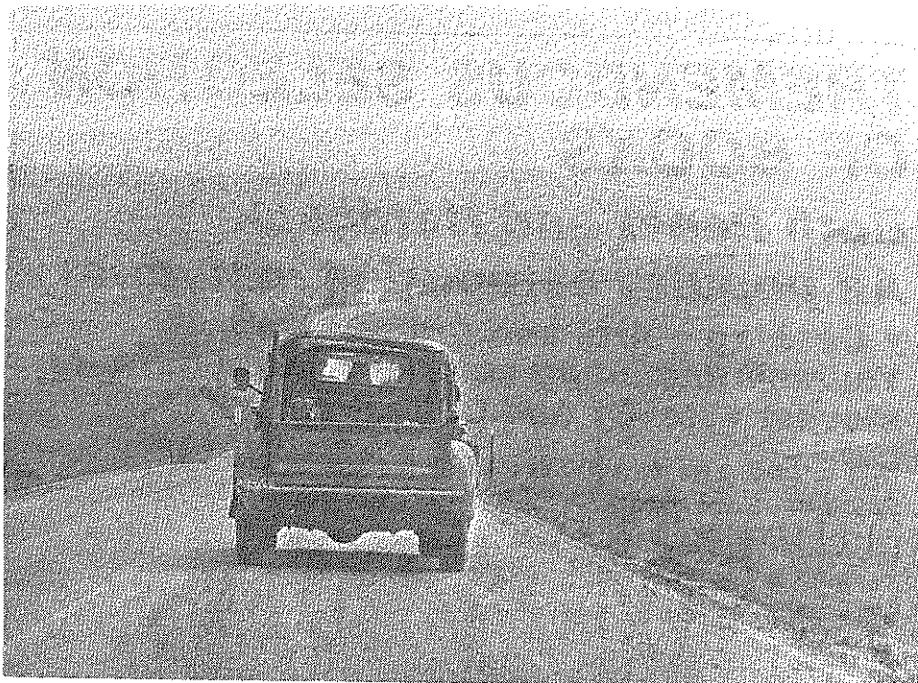
Mary Clarke, PhD 532-5773
 One Time: Wednesday, 7:30pm, July 17
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration

This will be a one-time class on women's nutritional needs. Besides learning how nutrition affects our fitness and health, we will explore how to improve our food habits permanently. (Mary, an associate professor and registered dietitian, is an extension specialist in nutrition for Kansas Cooperative Extension Service at KSU.)

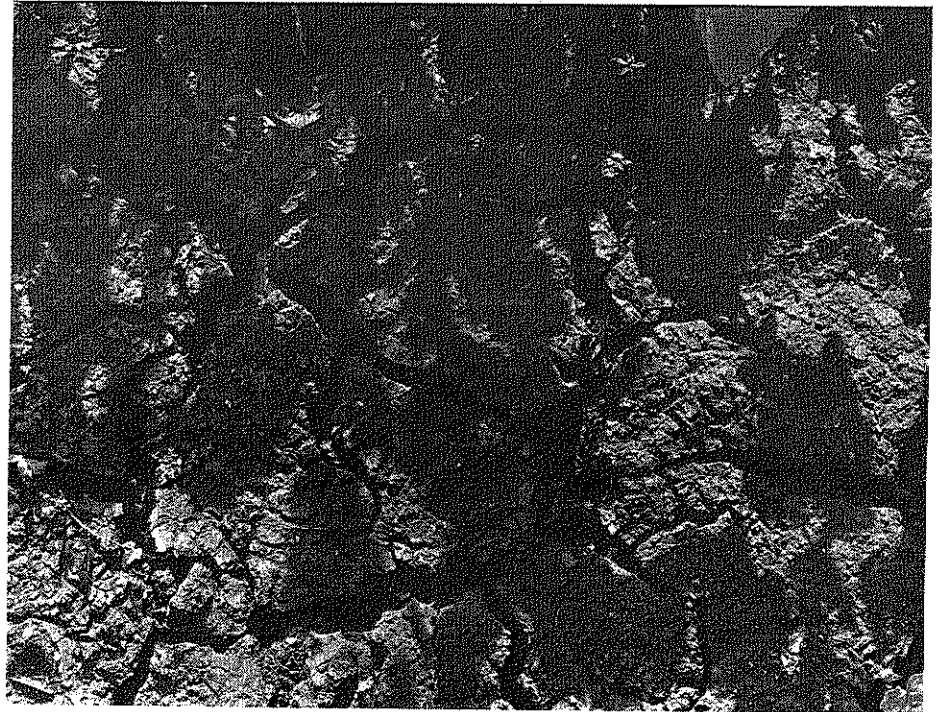
ARE YOU FIT? SK-26

Pat & Deanna Pierson 539-8920
 One Time: Monday, 7pm, July 8
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$5, pay at class Limit: 20

Being fit is more than being able to run a marathon. It is the combination of good nutritional habits, exercise, and a healthy lifestyle. We will assess some of your habits using written exercises and open discussion. (Pat & Deanna are certified consultants with Fitness For All Seasons.)



Glenn Hoover "Goin' Ta Town"



Michelle Garrett "Patterns At Tuttle Creek"

SELF-DEFENSE FOR WOMEN SK-23

Christy Simpson and Mary Holm 776-7573 537-3762
 One Time: Wednesday, 7-9pm, June 19
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 25

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 Mary have taught "Self-Defense for Women," one of UFM's most popular classes, for several years.)

STRESS MANAGEMENT FOR WOMEN S-1

Susan Scott Angle 532-6927
 One Time: Monday, 7-9pm, June 24
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 15

The basic causes and "cures" of stress will be presented and discussed. Emphasis will be focused on women's unique stress. An introduction to biofeedback will also be presented. (Susan is a counselor at KSU'S Counseling Center and in private practice in the community. She has a special interest in the health needs of women.)

WOMEN'S ROLE IN CONFLICT? S-2

Betty Suther 539-7496
 One Time: Thursday, 7-9pm, June 20
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration

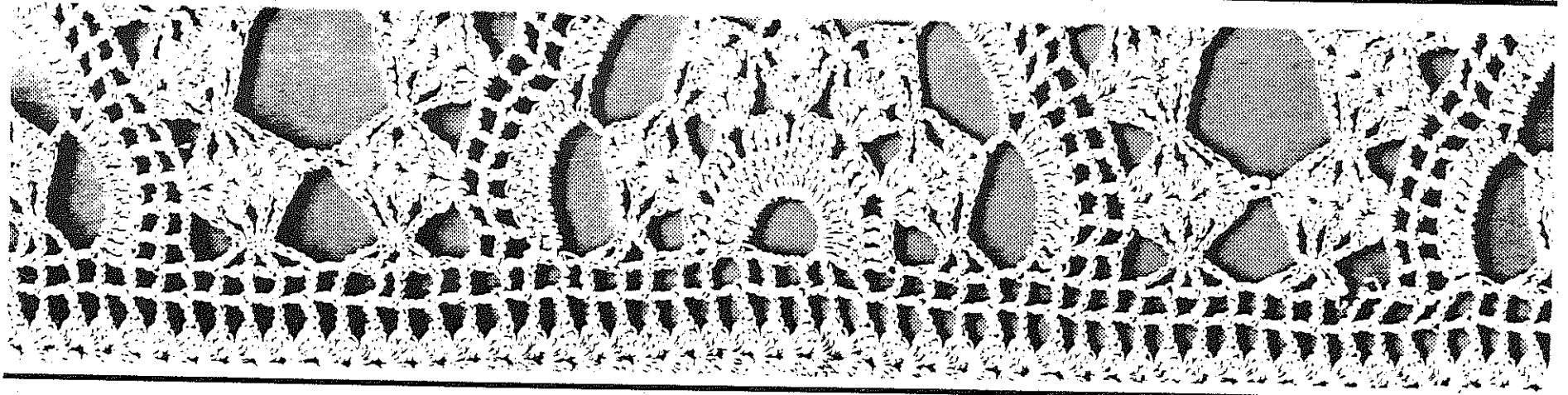
As women begin to take a more active role in the modern church, there is widespread confusion as to the Bible's message concerning male-female roles. In this session we will study various Scripture texts in the light of feminism and the belief that the Bible is God's inspired word to our time and to every time. Bring Bible. Optional book: WOMEN, MEN, AND THE BIBLE by Virginia Mollenkott. (Betty is campus minister at St. Isidore's Catholic Student Center and enjoys discussing women's role in the church.)

PREMENSTRUAL SYNDROME S-3

Susan Boswell 532-6444
 One Time: Monday, 7:30-9pm, June 24
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 30

We will discuss the problems PMS can cause a woman and explore ways to deal with them. The information presented includes what the instructor learned at a two-day workshop on PMS at Brigham Young University. Names and addresses of support organizations will also be provided, and there will be time for questions. (Susan is a doctoral candidate in counseling psychology and has a strong interest in women's issues.)

Children



MUSIC & RHYTHMS FOR 4 AND 5 YEAR OLDS

FA-51

Nancy Stover

539-4366

Saturdays, 10:30-11:15am, June 15, 22 (2 times)

Location: Will be noted on your receipt

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

Children love to move and sing together. We'll gather to sing some clapping moving songs and do rhythm games. (Nancy enjoys all kinds of music and likes to share it with others.)

HOME-MADE PAINTS (CHILDREN 4-8)

FA-52

Lela Brown

1-632-5202

One Time: Monday, 1pm, June 24

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class Limit: 10

Nothing to do on a rainy day? Learn how to make your own paints with stuff from your mom's kitchen. We will make paints in our class and then explore creative ways to use them. Parents welcome! Participants need to bring 4 small jars or cans. (Lela has a young child and enjoys doing creative activities with her.)

HOME-MADE PLAY DOUGH (CHILDREN 4-8)

FA-53

Lela Brown

1-632-5202

One Time: Monday, 1pm, July 1

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class Limit: 10

In this class children can learn an easy recipe for making their own non-toxic clay at home. Measuring skills and creative sculpturing methods will be introduced and practiced. Parents welcome.

STRING SCULPTURES (CHILDREN 4-8)

FA-54

Lela Brown

1-632-5202

One Time: Monday, 1pm, July 15

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class Limit: 10

What do strings and balloons have in common? They go together in a creative, fun way to make sculptures. Children will learn the basic techniques and make one form and then their imagination is their limit! Parents welcome.

OCEAN IN A BOTTLE (CHILDREN 4-8)

FA-55

Lela Brown

1-632-5202

One Time: Monday, 1pm, July 29

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class Limit: 10

Create your own seaworld in a bottle! This science project is not only a lot of fun but is educational as well. Children will learn about separation properties of different substances when mixed together.

CREATIVE ACTIVITIES FOR 2-3 YEAR OLDS

SK-44

Paula Boyd

539-1983

Saturdays, 10am, July 13, 20 (2 times)

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class Limit: 8

Songs, fingerplays, crafts, activities for little ones. Please wear washable clothes or paint smock. Recipes will be provided. (Paula is a fun loving mother of two who likes to collect fun things for little children to do.)

NUTRITION AND EXERCISE FOR CHILDREN

SK-39

Gina Tomelleri

Tuesday & Thursday, 7:30pm, June 25, 27 (2 times)

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration
Materials Fee: \$2/family, pay at class Limit: 20

For the enthusiastic! We'll discuss health of children and families. Emphasis is on family involvement in nutrition and exercise for kids. Topics will include: basic nutrition, nutritious snacks, weight control, and family-oriented activities and exercise programs. (Gina has a B.S. in foods and nutrition from KSU. She has taught weight reduction courses and has done fitness testing.)

PLAY WITH CLAY (AGES 5-8)

FA-57

Kathy Sisson

776-7234

Wednesdays, 10-11am, June 26, July 3, 10, 17 (4 times)

Location: Will be noted on your receipt

Class Fee: \$6, 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! (Kathy has been working with clay for several years and is hoping to have a good time teaching children.)

BASIC PAPER-MAKING FOR CHILDREN (OVER 7 YEARS)

FA-58

Karen Barron

532-5866

One Time: Wednesday, 7-9pm, July 10

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class Limit: 6

Learn to make your own paper! We will be using different types of plant fibers and skins to create different textures and types of papers. Come ready to work and have fun! You may bring some of your favorite natural material to make paper from if you like! (Karen enjoys working with nature to create various natural products.)

LINOLEUM PRINTING FOR KIDS (AGES 7-10)

FA-59

Ellen Gehring

532-5866

One Time: Wednesday, 2-4pm, June 26

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration
Materials Fee: \$3, pay at class Limit: 10

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

CHILDREN'S STENCILING (OVER 8 YEARS)

FA-60

Susan Toy

537-2084

Monday, 1pm, June 24 (One time)

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration
Materials Fee: \$3, pay at class Limit: 5

Stenciling is both fun and easy! We will practice cutting a stencil and then find out how to apply the design. Bring a pre-washed sweatshirt to stencil on. All other materials provided.

POTATO PRINTS FOR KIDS

FA-61

Lynn Daxon

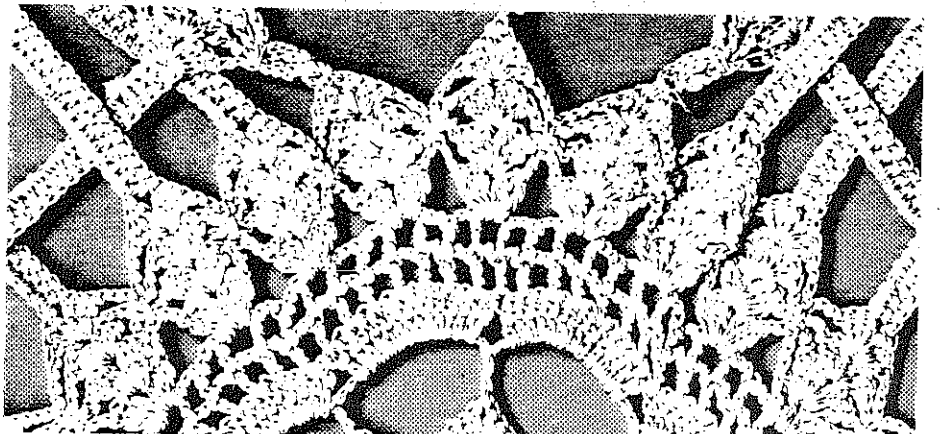
532-5866

One Time: Tuesday, 7-9pm, July 9

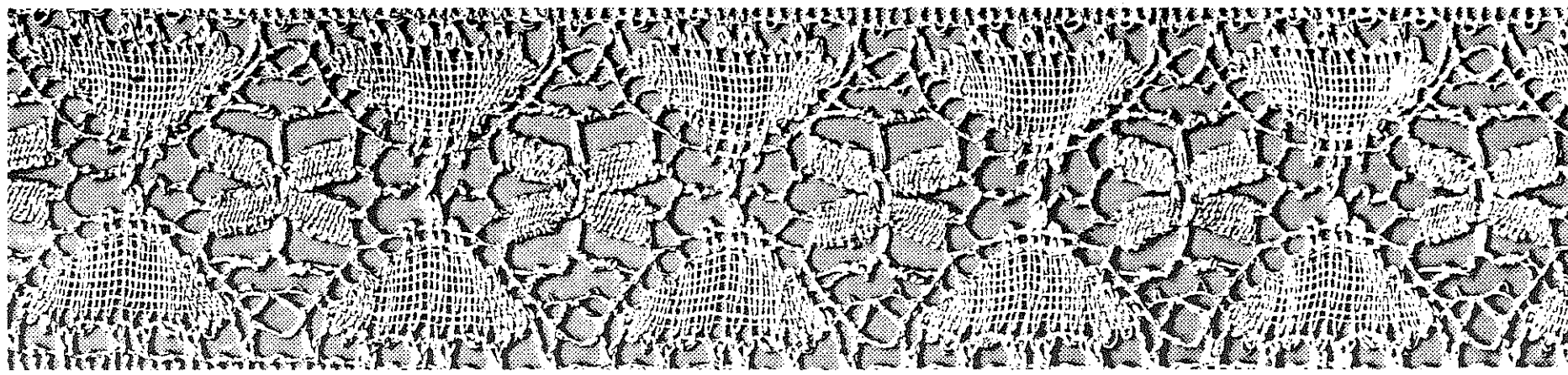
Location: Will be noted on your receipt

Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class Limit: 10

A special treat for grandmothers, aunts and uncles. Children will design their own potato print and use it to make greeting cards and wrapping paper. Prints will also be made with other fruits and vegetables. Be sure to wear painting clothes and come prepared for fun. (Lynn is the horticulturist at UFM and enjoys working with potatoes and kids.)



Foods



Fabulous Foods

BAKLAVA F-6
Farrideh Tavakoli/Karen Barron 539-1141

One Time: Friday, 10-11:30am, June 21
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class Limit: 7

Baklava is a middle-eastern dessert made of thin pastry, nuts and honey. In this class participants will learn the easiest method of preparing baklava and enjoy sampling it too! Recipes will be handed out at the end of the class. (Farrideh is from Iran and has made home-made Baklava since she was a child. Karen loves baklava.)

EAT TO RUN (NUTRITION FOR RUNNERS) F-5
Mindy Wilson

One Time: Thursday, 7-9pm, June 27
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 20

The nutritional needs of the jogger/runner will be addressed in this session, following the format of "Run for Your Life" by Doctor Art Mollen. Effects of improper nutrition will be addressed as they affect performance. Class directed at non-competitors. (Mindy has a personal interest in running, since it has become vital to her well-being.)

SCIENCE EXPERIMENTS YOU CAN EAT (5-10 YEARS) F-7
Cindy Klentz 776-7366

One Time: Thursday, 9-11am, June 27
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class Limit: 10

Science is fun! Explore science through science experiments you can create and eat in your own kitchen. This will be a hands-on class so come prepared for a science experiment and a snack!

HOME BREW AND WINE LAB F-4
Ralph McGinty 293-5764 537-4750
ext. 75

Wednesdays, 6-8pm, June 19 (2 or 3 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration Limit: 20

Learn a simple, non-scientific method of making home brew and home-made wine. No chemicals, no science, no sweat. The first session will be a lecture and lab on making home brew and wine. The second session will cover when and how to bottle the beer and wine. (Ralph has had 43 years experience in making and drinking home brew and home-made wine.)



Joan Caldwell Untitled

ZUCCHINI RECIPE CONTEST F-1
Betsy Smith 776-6378

Saturday, 2pm, July 20

For one hundred and one uses for a live zucchini ... enter the zucchini recipe contest! Bring your favorite zucchini recipe and your prepared product and dazzle the panel of judges with your zucchini taste sensation. The winner will receive copies of all the recipes entered and maybe your mug in The Mercury. All non-winning entries will receive copies of all recipes entered, including the winning recipe! (Betsy and the entire panel of judges are professional tasters from the Sensory Education Center at Kansas State University.)

AN ICE CREAM EATING EVENT FOR CHILDREN F-2
Greg Taylor 537-3999

One Time: Monday, 9-11am, July 15
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15

Dive into a bowl of yummy ice cream at Eegee's, Manhattan's newest restaurant and ice-creamery! First, you'll see how the ice cream is made during a special tour just for you with Eegee's staff. Next you'll see how Eegee's make their scrumptious sundaes and then you get to create your own super sundae and enjoy every last cool, sweet bite of it. (Greg loves ice cream!)

FOR CHOCOLATE LOVERS ONLY: FROZEN CHOCOLATE PIES! F-3
Ellen Gehring 532-5866

One Time: Saturday 10-12, June 22
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$4, pay at class Limit: 6

Chocolate lovers unite! This will be a gathering to trade chocolate pie recipes, to make a couple of new chocolate frozen delights and to sample the following delectable summer treats: mud pie, fudge sundae pie, Hershey pie, ice cream pie and possibly more! (Ellen is a connoisseur of fine frozen pies.)

EDIBLE WILD PLANTS F-8
Max Miller 539-3488

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

Before you pull or spray that weed, why not find out if it can be enjoyed cuisinaire style. Many unwanted or overlooked plants have excellent food value. Several dozen local plants will be reviewed and displayed for the class and we'll take a short walk to discover what's available in town. If you have a favorite edible plant, please bring a specimen to share with the class. (Max is a horticulturist and he's taught edible plants classes for years.)

OUTDOOR COOKING F-9
Erma Riley and Susan Koelliker 539-5639

One Time: Wednesday, 7-9pm, July 10
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class Limit: 12

Learn to operate several types of small gas stoves, cook and sample a variety of freeze-dried foods and "from scratch" foods. This class includes recipes for homemade pilot biscuits and other foods oriented to backpacking. This will be a "hands-on" class. (Erma is very experienced in backpacking cookery for children and adults. Susan is a freeze-dried fan. Both work at The Pathfinder.)

SUMMER SALADS F-10
Keith Dickerson

One Time: Thursday, 7-9:30pm, June 20
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class Limit: 10

To help cool down those hot summer days, I will share with you several salad creations. They range from the main course to a side dish or even just a snack. All the salads will be constructed before your eyes and available for taste testing. (Keith has been making summer salads for about eight years and was a student of his mom for many more.)

Planning Ahead

INVESTING IN THE COMMODITY FUTURES MARKET

C-9

Jim Buchanan

776-1313

One Time: Wednesday, 7:30-9:30pm, June 19
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$5, pay at class

Limit: 20

This course will cover: 1) the basics of how the futures market works; 2) how to formulate a trading plan with profit objectives and risk limitations. (Jim has been co-branch manager of Heindol Commodities, Inc. for 8 years.)

HMO

C-11

Rudy T. Haun, M.D.

537-8611

One Time: Tuesday, 7pm, July 23
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

The class will cover what a Health Maintenance Organization (HMO) is and how it differs from traditional health insurance plans. We will also address some other innovations in alternative health care plans. (Rudy is an Obstetrician-Gynecologist practicing in Manhattan for 2-1/2 years and is affiliated with both local HMO's.)



and then eating it! This is a very healthful way to enjoy your bread and once you understand the process, you can do it from scratch in less than one hour! (Sharon raises her own wheat and makes all her own breads from scratch.)

FRUIT SOUP AND GAZPACHO

F-14

Doris Swartz

539-9377

One Time: Wednesday, 7pm, June 26
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class

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

TEMPURA

F-15

Lee Shih Wu

539-7841

One Time: Friday, 6:30-8pm, August 16
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$6.50, pay at class

Limit: 12

Tempura is not only a Japanese style of cooking but also a Chinese style of cooking bite size pieces of food. The food is first dipped in batter, then deep fried. The result is a light, crunchy delicious treat! We will tempura vegetables, meat, and seafood. (Lee is a graduate from the

RETURNING TO COLLEGE

SK-45

Beverly Laskey

532-6432

Wednesday, 2-Mondays, 7-8:30pm, June 19, 24, July 1 (3 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Have you thought about starting or returning to college after being out of school for several years? Are you wondering whether you have the time, money, ability or physical energy to do so? What will your family and friends think of you? Does the educational institution confuse you and do you really understand how to study for an examination? Come share your concerns with others, including individuals who have survived the experience. (Beverly was formerly director of admissions and records and a financial aid officer, as well as advisor to international students. Presently, she is a member of the Fenix Office staff.)

LATCHKEY EDUCATION - "ALONE AT HOME" (ELEMENTARY SCHOOL AGE)

SK-42

Lynda Frey

537-2180

Friday, 1:30-4:30pm, Aug 16
Location: Will be noted on your receipt

Limit: 15

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.

SELECTING A PRE-SCHOOL

C-2

Marjorie Stith

532-5510

One Time: Thursday, 7-8:30pm, June 20
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

Selecting alternative care for your child can be confusing and difficult. The right pre-school for one child might be wrong for another. In this class, we will talk about how to evaluate policies, philosophy and programs of different types of pre-schools to help you in making the best choice for your family. (Marjorie is head of the Early Childhood Laboratory at KSU.)

CHINESE COOKING CLASSES

Lee Shih Wu

539-7841

These classes will be held on Friday, 6:30-8pm
Location: Will be noted on your receipt
Class Fee: \$4/section, pay with registration
Materials Fee: \$5/section, pay at class

Limit: 12/section

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

Session I: June 21 - Smoked Chicken (whole legs)
Wine chicken

F17-A

Session II: June 28 - Braised pork with wer chun pickle
Fried bacon with combination vegetables

F-17B

Session III: July 5 - Fried Cantonese B-B-Q sauce with beef tenderloin
Stir fried squid with assorted vegetables (F-17C)

Session IV: July 12 - Curried beef casserole
Brown sauce beef with catsup

F-17D

Session V: July 19 - Steamed cucumber stuffed with ground pork
Stir fried chicken breast with black mushrooms wrapped in lettuce.

F-17E

Session VI: July 26 - Fried green beans with ground pork
Fried tender shrimp with eggs

F-17F

PEOPLE'S GROCERY: TENTH ANNIVERSARY CELEBRATION

F-18

Mary K. Brinker/Jayne Link

539-6143 539-7605

One Time: Saturday, 5:30pm, June 15
Location: Will be noted on your receipt

On Saturday, June 15, the People's Grocery Cooperative Exchange cordially invites all past and future members to join present co-op members in celebrating our 10th anniversary!

The storefront will be open 10am-6pm on Saturdays beginning June 15. A potluck will be held at 5:30pm that day. Charter members of the People's Grocery will be recognized and honored at the special tree planting ceremony following the potluck. Two white pines will be planted at that time in honor of the national co-op symbol of twin pines.

People's Grocery is Manhattan's only consumer-owned grocery store. It began as a UFM class. It was incorporated in June of 1975 and moved from the old UFM House at 615 Fairchild to its present location at 811 Colorado in 1975. It is located in the native limestone neighborhood grocery store owned by Myron and Vera Hanson of Manhattan. (Mary K. and Jayne are People's Grocery members.)

MANHATTAN'S FOOD CO-OP

F-19

Mary K. Brinker, Jayne Link

539-6143 539-7605

One Time: Saturday, 9am, June 29
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

Yes, there is an alternative! People's Grocery Cooperative Exchange, organized in 1975 as a storefront, is still thriving as a pre-order buying cooperative. Members combine their orders to purchase foods including cheeses, grains, nuts, herbs, spices...and much more! Food preparation and storage hints for natural, unprocessed foods will be shared.

VEGETARIAN COOKING

F-20

Mary K. Brinker, Julie Coates

539-6143

One Time: Thursday, 7pm, June 27
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$3, pay at class

Limit: 10

Simple or complicated, expensive or low-cost, low or high calorie -- vegetarian foods are many things, but they're always good for you! We'll discuss several types of vegetarianism, protein balancing, and methods of preparation. Whether you're new to a meatless diet or a long-time vegetarian looking for new recipes and ideas, you'll enjoy this class. Come ready for some taste treats. (Mary K. and Julie both love to cook and have years of experience with meatless diets.)

Mr. Steak

AMERICA'S STEAK EXPERT

Family Dining
Full Service
Fast Food
Gourmet Food

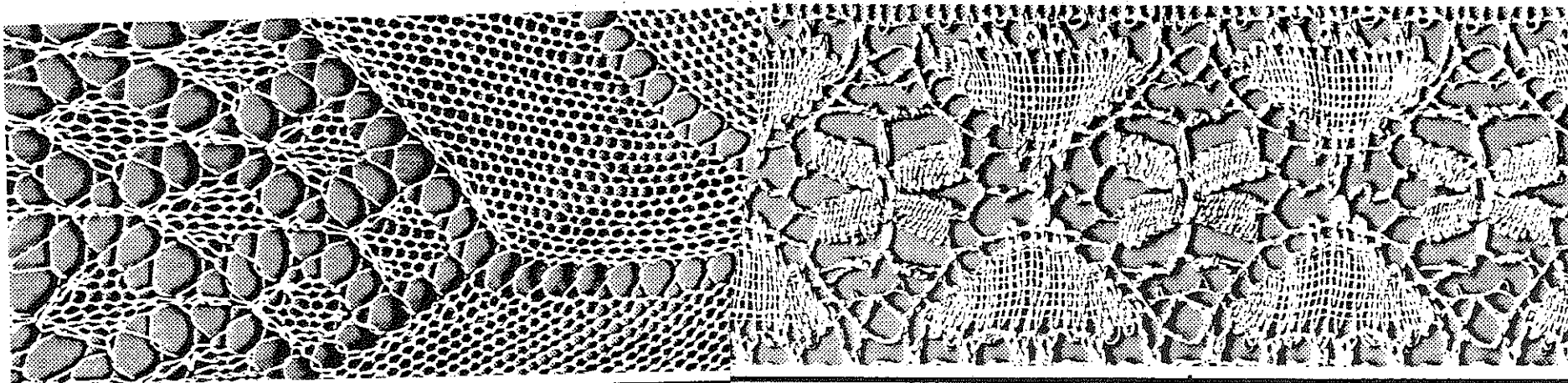
Specialty Food - Salad Bar
Banquets - Business Luncheons

Whenever you speak of food and service
you are talking about Mr. Steak,
an expert in food service

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Commods



Around Our Town

TOUR OF THE RILEY COUNTY HISTORICAL MUSEUM C-15
Edna Williams 537-2210

One Time: Tuesday, 2pm, July 16
Location: Will be noted on your receipt
Class Fee: \$1, pay with registration

The museum features exhibits of items used by early residents of Riley County. Exhibits are changed periodically but always relate to area history. (Edna is a tour guide at the Historical Museum.)

TOUR OF THE WOLF-BUTTERFIELD HOUSE C-16
Edna Williams 537-2210

One Time: Saturday, 1pm, June 22
Location: Will be noted on your receipt
Class Fee: \$1, pay with registration

The Wolf-Butterfield House is a two-story native limestone building built as a stage stop for the Butterfield-Overland Despatch in 1865. Visitors have a chance to learn the history of the Butterfield-Overland and to tour the house with its fine examples of period furniture.

TOUR OF THE KSU VETERINARY COMPLEX C-17
Marylin Scroggins 532-5706

One Time: Thursday, 2pm, June 27
Location: Will be noted on your receipt
Class Fee: \$1, pay with registration

Come and see the small and large animal examination rooms and possibly the surgery facilities. A discussion will follow. Children must be 8 years of age or above to be admitted. (Marylin works for the KSU Veterinary School.)

TOUR OF THE MANHATTAN MERCURY C-18
David Hacker 776-8805

One Time: Thursday, 10am, July 11
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

This tour will show you each department and describe each person's duties. The newspaper process will also be explained including advertising, photography, layout and printing. This would be extremely interesting for children. (David is the editor of The Manhattan Mercury.)

TOUR OF THE MANHATTAN FIRE STATION C-19
Staff 537-0054

One Time: Tuesday, 9:30am, July 23
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

Come for a tour through the fire station. You will see tools and equipment that the firemen use. You can learn about fire prevention and rules of thumb on fire safety.

TOUR OF KMAN/KMKF C-20
Lowell Jack 776-4851

One Time: Tuesday, 2:30pm, June 25
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

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

SUPERMARKET TOUR: SPECIALTY AISLES AND BEHIND THE SCENES C-24
Virgil Smith 539-7631

One Time: Monday, 2pm, July 8
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

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

ZUCCHINI RECIPE CONTEST F-1
Betsy Smith 776-6378

Saturday, 2pm, July 20

For one hundred and one uses for a live zucchini ... enter the zucchini recipe contest! Bring your favorite zucchini recipe and your prepared product and dazzle the panel of judges with your zucchini taste sensation. The winner will receive copies of all the recipes entered and maybe your mug in The Mercury. All non-winning entries will receive copies of all recipes entered, including the winning recipe! (Betsy and the entire panel of judges are professional tasters from the Sensory Education

TOUR OF GODFATHER'S PIZZA C-22
Tony Enlow 539-5303

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

You will be making your own pizza on this tour of a popular Manhattan pizza parlor. You will also tour the kitchen, learn how dough is made, and receive a certificate as a genuine certified pizza expert. Participants must be over 5 years old. (Tony works for Godfather's Pizza.)

TOUR OF THE KSU NUCLEAR REACTOR C-23
Jack Higginbotham 532-6657

One Time: Wednesday, 3pm, July 17
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

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

RILEY COUNTY POLICE STATION TOUR C-25
Steve Cutler 537-2112

One Time: Wednesday, 7pm, June 26
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

In this tour you will see the communications center and the different offices, see inside the patrol cars and look at their equipment. At the end there will be a question and answer period. The tour should last about 45 minutes so bring mom and dad along to visit Steve at the police station.

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

Before you pull or spray that weed, why not find out if it can be enjoyed cuisinaire style. Many unwanted or overlooked plants have excellent food value. Several dozen local plants will be reviewed and displayed for the class and we'll take a short walk to discover what's available in town. If you have a favorite edible plant, please bring a specimen to share with the class. (Max is a horticulturist and he's taught edible plants classes for years.)

OUTDOOR COOKING F-9
Erma Riley and Susan Koelliker 539-5639

One Time: Wednesday, 7-9pm, July 10
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class Limit: 12

Learn to operate several types of small gas stoves, cook and sample a variety of freeze-dried foods and "from scratch" foods. This class includes recipes for homemade pilot biscuits and other foods oriented to backpacking. This will be a "hands-on" class. (Erma is very experienced in backpacking cookery for children and adults. Susan is a freeze-dried fan. Both work at The Pathfinder.)

SUMMER SALADS F-10
Keith Dickerson

One Time: Thursday, 7-9:30pm, June 20
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class Limit: 10

To help cool down those hot summer days, I will share with you several salad creations. They range from the main course to a side dish or even just a snack. All the salads will be constructed before your eyes and available for taste testing. (Keith has been making summer salads for about eight years and was a student of his mom for many more.)

Planning Ahead

INVESTING IN THE COMMODITY FUTURES MARKET

C-9

776-1313

Jim Buchanan

One Time: Wednesday, 7:30-9:30pm, June 19
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$5, pay at class

Limit: 20

This course will cover: 1) the basics of how the futures market works; 2) how to formulate a trading plan with profit objectives and risk limitations. (Jim has been co-branch manager of Heinold Commodities, Inc. for 8 years.)

HMO C-11

537-8611

Rudy T. Haun, M.D.

One Time: Tuesday, 7pm, July 23
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

The class will cover what a Health Maintenance Organization (HMO) is and how it differs from traditional health insurance plans. We will also address some other innovations in alternative health care plans. (Rudy is an Obstetrician-Gynecologist practicing in Manhattan for 2-1/2 years and is affiliated with both local HMO's.)



Carol Gulker "Scenic Woodlands, Spring"

It's Educational

WEDNESDAY MORNING PLAY GROUP

R-37

537-1084 539-1379

Linda Irwin, Barb Stork

Wednesdays, 10am-12n First Meeting: June 19 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.)

RETURNING TO COLLEGE

SK-45

532-6432

Beverly Laskey

Wednesday, 2-Mondays, 7-8:30pm, June 19, 24, July 1 (3 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Have you thought about starting or returning to college after being out of school for several years? Are you wondering whether you have the time, money, ability or physical energy to do so? What will your family and friends think of you? Does the educational institution confuse you and do you really understand how to study for an examination? Come share your concerns with others, including individuals who have survived the experience. (Beverly was formerly director of admissions and records and a financial aid officer, as well as advisor to international students. Presently, she is a member of the Fenix Office staff.)

LATCHKEY EDUCATION - "ALONE AT HOME" (ELEMENTARY SCHOOL AGE)

SK-42

537-2180

Lynda Frey

Friday, 1:30-4:30pm, Aug 16
Location: Will be noted on your receipt Limit: 15

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.

SELECTING A PRE-SCHOOL

C-2

532-5510

Marjorie Stith

One Time: Thursday, 7-8:30pm, June 20
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

Selecting alternative care for your child can be confusing and difficult. The right pre-school for one child might be wrong for another. In this class, we will talk about how to evaluate policies, philosophy and programs of different types of pre-schools to help you in making the best choice for your family. (Marjorie is head of the Early Childhood Laboratory at KSU.)

ESTATE PLANNING FOR YOU

C-6

776-4873

Gil Sabatka

Mondays, 7:30-9pm, July 15, 22, 29 (3 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration

This 2-part course will explore the five common purposes of financial planning with special emphasis on estate planning. 1) tax reduction; during life and at death by postponing, reducing, and shifting of federal income, estate, and gift taxes; 2) retirement; 3) investment management; 4) protection from personal risk; 5) estate planning principles. (Gil is a graduate of Kansas State University, with a degree in business administration.)

RESIDENTIAL RENTAL PROPERTY: INVESTING WITH LIMITED FUNDS

C-7

537-2151

Bill Fogerson

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

Not a "get rich quick" program, but logical, legal and ethical methods for the small investor to buy and operate residential rental property profitably. (Bill is a licensed real estate broker in two states who is experienced in investment counseling and syndication of real estate projects.)

INTRODUCTION TO INVESTING

C-8

776-4921

Jeff Lewis

Mondays & Thursdays, 7-8:30pm, First Meeting: July 8 Length: 5 times
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration
Materials Fee: \$7.50, pay at class Limit: 15

This course offers a chance for the beginning investor to obtain a firm understanding of different investment opportunities. This course will include sections of defining and understanding investment terms, how to locate profitable stocks, when to buy and sell for maximum profit, how to make money in precious metals, bonds, and mutual funds. Also included will be a section on learning to forecast and predict market and stock trends. (Jeff has been actively investing and studying for a number of years.)

MONEY MANAGEMENT SEMINAR

C-10

537-4505

Fred Freeby

Section I: Monday, 7:30pm, June 24
Section II: Thursday, 7:30pm, June 27
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.)

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Community Bulletin Board

Options and Opinions

VICTIM ASSISTANCE

C-3

Kris Kelderman 776-1084

Section I: Thursday, 7pm, June 20
Section II: Thursday, 7pm, July 11 (One time each section)
Location: Will be noted on your receipt

What resources are there for victims of violence or crime? This class answers that question and provides information on techniques useful in helping loved ones in a time of crisis. (Kris has worked with victim services in a large metropolitan area.)

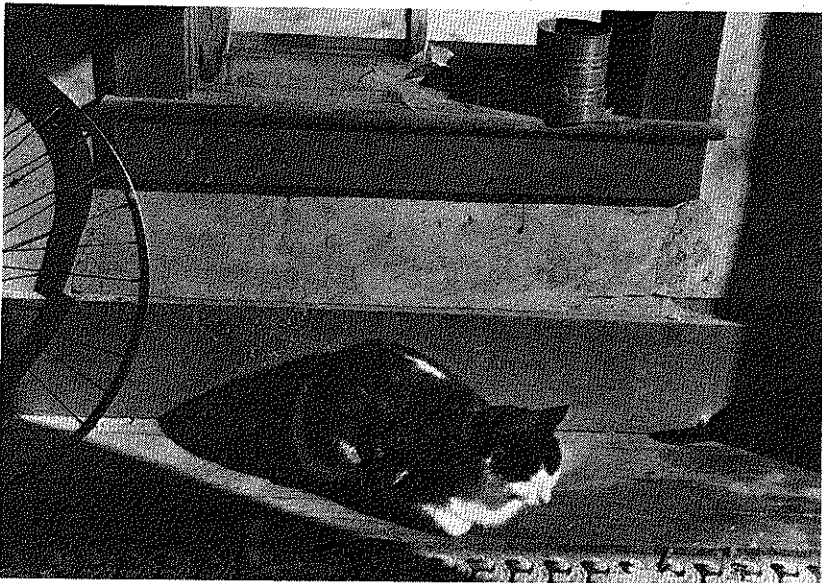
LONGTERM CARE OPTIONS FOR THE ELDERLY

S-22

Clyde Jones 532-6296

One Time: Wednesday, 7:30pm, June 19
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

This will be a view of longterm care programs for the elderly in terms of accessibility and effectiveness. There will be time for questions from the participants. (Clyde, professor of Management, College of Business Administration, is currently chairman of the Riley County Long-Term Care Task Force.)



Glenn Hoover "Max In The Shed"

Home Sweet Home

HOW TO BUY A HOME

C-26

Nadine Green 537-7466

One Time: Thursday, 7:30pm, June 20
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Buying a house is probably every family's largest investment. Because it is, there are certain things the buyer needs to be aware of and certain physical aspects of the home that need to be considered. The use of a professional realtor has certain definite advantages in this process of looking for a home. (Nadine is a full-time professional realtor associated with G & A Real Estate, Inc., and is very familiar with this area and its property values.)

DOWNTOWN REVITALIZATION

C-12

Barbara Anderson 537-9683

One Time: Thursday, 7pm, June 27
Location: Will be noted on your receipt

The Manhattan Design Project is modeled after the National Main Street program, a comprehensive approach to downtown revitalization through organization, promotion, design/preservation, and economic restructuring. Barbara will show slides and discuss the National Main Street Center and Manhattan's revitalization program. Come and talk about the future of our downtown. (Barbara has been MDP Coordinator since February 1984. Last summer she attended a NMSC institute specifically addressing small town revitalization.)

LANDLORD/TENANT RELATIONS

C-13

David Troup 1-762-2210

One Time: Wednesday, 7:30pm, June 19
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

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

One Time: Monday, 2pm, July 8
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

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

14/Community

EMPLOYMENT NEEDS OF LONG-TERM MENTALLY ILL

SK-12

Marty Steele 539-5337

One Time: Thursday, 7:30pm, July 18
Location: Will be noted on your receipt
Class Fee: \$1, pay with registration

The class will address the employment needs of the long-term mentally ill including existing programs to facilitate rehabilitation and vocational training. Suggestions for employers will be discussed concerning how to integrate the long-term mentally ill into the workforce. Persons suffering from this as well as their families and potential employers would benefit from this class. (Marty has worked with the long-term mentally ill for about 10 years.)

TRACING YOUR ROOTS

SK-19

J. Harvey Littrell 539-2646

Mondays, 7-9pm, June 24 and July 1 (2 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration . Limit: 14

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.)

STAR WARS: FAITH IN A FALLACY?

C-5

Ben Kyle 532-5585

One Time: Tuesday, 7:30pm, July 23
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

Star Wars. How will it affect us? In this class we will look at some technical aspects of this system. We'll consider how it affects disarmament and examine its effects in terms of SALT treaties and future agreements. We will consider whether it is a stabilizing or destabilizing factor in arms buildup. Possible future class dates will be discussed. (Ben is very knowledgeable about the subject of Star Wars.)

THE DISAPPEARING FAMILY FARM

C-4

Sister Sheila Carroll 532-5866

One Time: Tuesday, 7:30pm, June 25
Location: Will be noted on your receipt
Class Fee: \$1, pay with registration

There is no farm crisis. There is a national crisis - a crisis of culture, values and economy. The situation in rural America will have far-reaching effects on all of us. The "farm crisis" will not only lead to the displacement of people from the land (and already 1% of the people own over 50% of the land in our country), but potentially will cause food prices to rise as much as 100% or more. Displaced farmers will compete for jobs from urban workers and more. Come for an evening of discussion on our farm crisis and what you can do about it. (Sheila is a rural life expert who is very concerned with the changing patterns of life in farm communities.)

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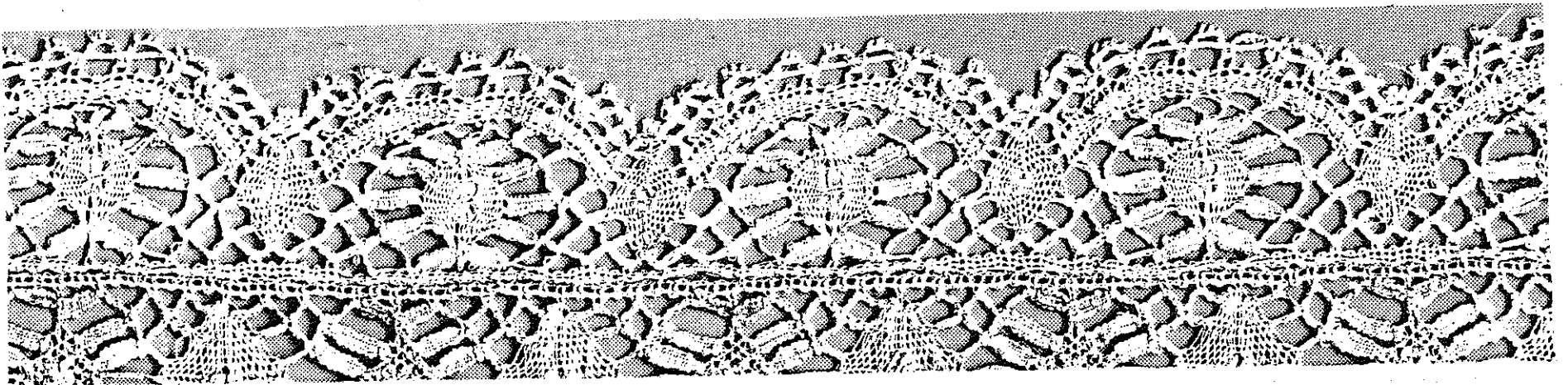
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Jim Rhine • Roberta Surs • Norma Nordgren



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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
Consumer Produce Safety Commission Hotline	Manhattan Area -- 776-9294
Educational Grants Hotline	1-800-638-2772
For Educational grants application processing	1-800-638-6700
Fair Housing & Equal Opportunity Hotline	1-800-553-6350
Nat. Community Education Clearinghouse	1-800-424-8590
Federal Tax Information & Assistance	1-800-424-8874
Interstate Commerce Commission (Moving Hotline)(Reg. Office)	1-800-362-2190
Lawyer Referral Service	817-334-2794
Runaway Children	1-800-432-3593

(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.

Home & School Shop, 728 Colorado, Mon-Sat, 1-4pm	537-7425
Encore Shoppe, 611 Poyntz Ave.	776-9427
Salvation Army (Junction City - will pick up)	1-238-7875

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.

PET HOTLINE

Beverly Hashagen 537-7430
 A 24-hour free service that handles all facets concerning pets and their problems.

GOODNOW MUSEUM AND HISTORICAL SITE

Glen Lojka, 2224 Stone Post Rd 539-3731

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.

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.)

KSU WOMEN'S RESOURCE CENTER

Holton Hall 111 532-6432

The Women's Resource Center is a focal point on campus for information (books, articles, films) on issues affecting women, the changing roles of women and men, community events and resources for women.

Summer hours: 11am-3pm, Monday through Friday.
 Contact Susan Boswell for more information

The Children's Academy: summer and fall academic enrichment programs for 4-6 year olds; summer day care program for 2-3 year olds. Michael Cody: 537-0294 or 539-8657.

Ending Hunger Briefing: comprehensive program on the issues and ingredients required to end world hunger. Lynn Ellen Doxon, 537-0938 or Edith Stunkel, 776-3624/532-5945. Audiovisual materials also available to groups for shorter presentations.

Manhattan Friends of Education: an opportunity for all educational organizations and programs to share resources, discuss issues, and expand community awareness. David Stewart, 539-3051.

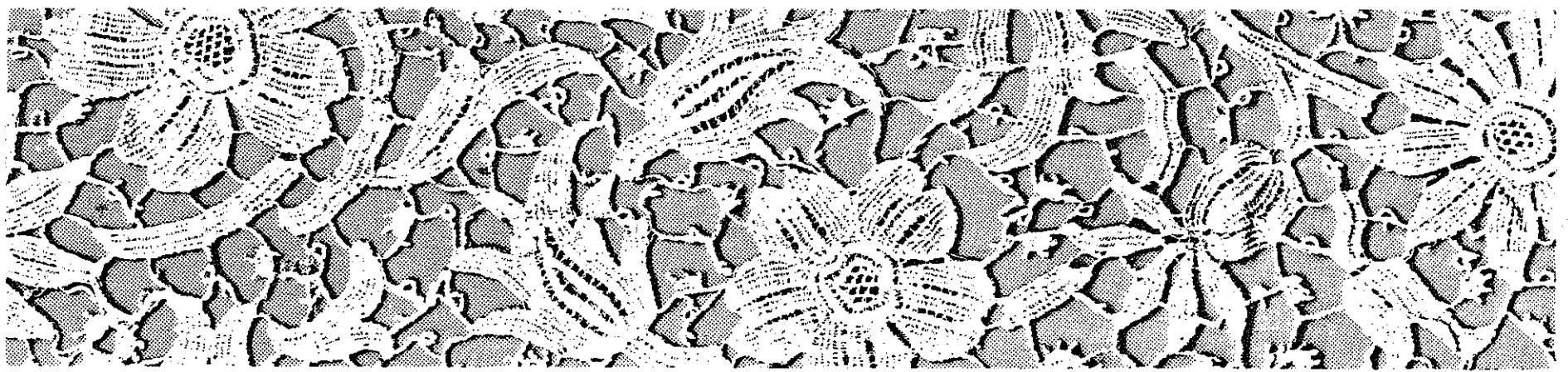
Manhattan Day Care provides day care for toddlers and pre-school children on a sliding-fee scale. This service is primarily for limited income families. Contact: Manhattan Day Care at 776-5071 or visit the centers at 121 N. 6th or 901 Yuma. Manhattan Day Care is supported by the City of Manhattan, United Way and parent fees.

ARES/RACES DISASTER PREPARATION PLAN FOR RILEY COUNTY

For more information, contact: Dr. Myron A. Calhoun, WOPBV, ARES/RACES Coordinator, 2001 Dunbar Road, Manhattan, Ks. 66502. Phone: 539-4159 (home) 532-6350 (work).

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No experience necessary.
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Inner Self



Seeking Within

YOGA S-23
Rob Sheridan 776-6849
Mondays, 5-6pm, First Meeting: June 24 Length: 4 times
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: \$2, pay at class Limit: 10
The daily practice of yoga improves the quality of one's life. In this class we will practice basic asanas (postures) and pranayama (breathing techniques). Please wear comfortable clothing (shorts, leotards, etc.) and come on an empty stomach. (Rob has been studying yoga with Dr. Albert Franklin since 1974.)

INTRODUCTION TO ZEN MEDITATION PRACTICE S-24
Leon Rappaport 532-6850
Wednesdays, 7:30pm, June 26, July 3, 10 (3 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

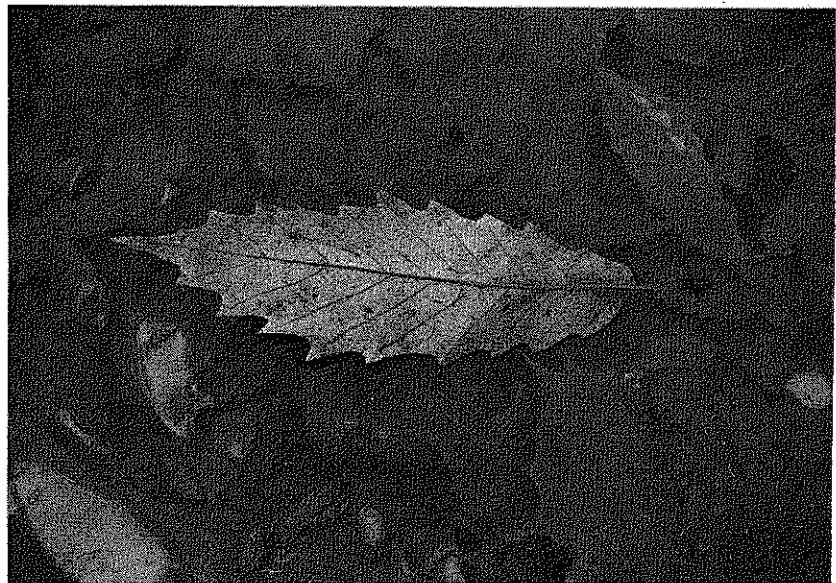
The aim of this course is to have three meetings within which some preliminary discussion of Buddhist tradition will be held as well as instruction in the Soto way of Zen practice. It is recommended that the participants wear loose fitting clothing and please bring a cushion or medium sized pillow to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

SACK LUNCH THEOLOGY S-25
Dave Stewart 539-3051
Mondays, 11:30am-1:30pm, May 20-July 22 (10 times)
Location: Will be noted on your receipt
Class Fee: \$1, pay with registration
Materials Fee: \$7.95, pay at class (for book) Limit: 15

The Sack Lunch Theology Class, which has been a tradition for years, will continue through the summer with a study of The Road Less Traveled by M. Scott Peck. The class will continue to feature learning through open dialogue among participants, as well as consideration of the salient points of the text. (Dave is a campus minister who has been eating sack lunches and chewing on theology for several years.)

PERSEVERENCE FURTHERS S-26
Natalya Hall 537-8235
Register and you will be contacted for day, time and dates,
Location: Will be noted on your receipt Length: Ongoing
Class Fee: \$4, pay with registration Limit: 10

The I Ching is an ancient Chinese book of wisdom that is used as an oracle. Far from being obscure and mystical, when approached with a proper attitude it can be a very practical tool in getting to know your inner self, as well as a creative and intuitive approach to decision making. (Natalya has been throwing the I Ching for about 6 years and has gained a lot of insight into herself and others.)



Glenn Hoover Untitled

Self Improvement

STRESS MANAGEMENT S-4
Michael Weinberg, PhD 539-7758
Monday & Wednesday, 7:30pm, July 1 & 3
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.)

SELF-CONFIDENCE - THE AGONY & THE ECSTASY S-5
Anne Renz 776-7552
Tuesday, Thursday, Tuesday, 7-9pm, July 9, 11, 16
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration Limit: 15

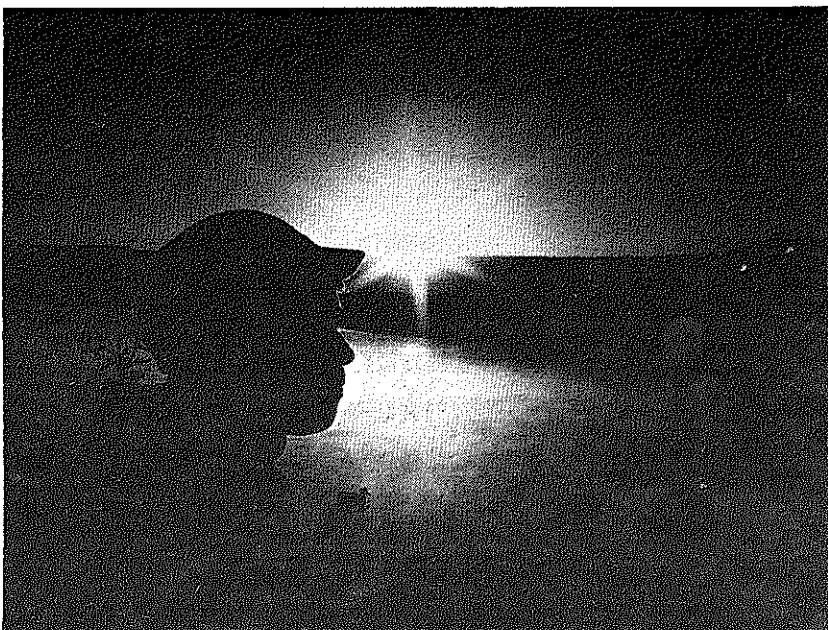
Self-confidence is an art, an attitude and a sense of self-worth. This course will concentrate on self-confidence building skills, some of the "whys and why nots" of this elusive trait, the times we may feel like an "imposter" and the development of self-trust. (Anne is currently the Chief Executive Officer of Memorial Hospital and affiliated with a large multi-hospital system. She has a background in public speaking and has given class presentations elsewhere in the past.)

AVOIDING PROCRASTINATION S-6
Kay Stewart 532-6180
One Time: Wednesday, 7:30pm, June 26
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

A practical approach to managing time better, to make more opportunities to enjoy your work, your home, your friends. This class will explore possibilities for positive changes and new directions. (Kay is assistant to the Dean and Director, Student Personnel Services in the College of Business Administration. She has conducted many professional growth seminars.)

QUICKIE-MINI STRESS MANAGEMENT STRATEGIES S-7
Cliff Schuette 532-6927
One Time: Wednesday, 7-9pm, June 26
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Come dressed comfortably as you will be practicing and learning some stress management strategies. You will also be learning how each of us over-stresses ourself 100 or more times each day; what your own unique stress pattern is; how to integrate mini-strategies for managing those stresses into daily activity; and have some fun doing it. (Cliff, an assistant professor, works in the K-State Counseling Center conducting training in stress management, biofeedback and wellness training for students.)



Glenn Hoover 3rd in People "Opening Day"

Incredible Edibles

FOOD PRESERVATION

F-11

Kayann Heinly

Fridays, 9-11am, June 28, July 12 (2 times)

537-6350

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

Everyone is doing it!! Food Preservation! If you are new to preservation or just need an update, come and view the videos and ask questions. We will cover canning and freezing of fruits and vegetables, making pickles and testing of dial type pressure gauges. (Kayann is a Riley County Extension Home Economist.)

JELLY MAKING

F-12

Julia Matthews

539-4930

One Time: Tuesday, 10am, August 6
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: 50¢, pay at class

Limit: 12

Learn the basics of making jelly in an hour or less. We will be using competing seasonal fruits and cooking them for their juices and then with the interrelationship between families and how they have been affected by society in this class for parents and others who work with youth and families. (Olivia is a doctoral student in Family Life Education at KSU and has coordinated statewide programs for teens for Nebraska 4-H.)



Holly Spencer "Brothers"

... Our Selves

MARRIAGE ENRICHMENT

S-8

Larry M. Peak, PhD

776-0817

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

There will be a general description of the most frequent marital problems and suggestions for enhancing the marital relationship. There will be time for group discussion and individual questions. (Larry has a private mental health practice offering marital therapy.)

DIVORCE: HOW TO STOP FEELING LIKE A VICTIM

S-9

Michael Weinberg, PhD

539-7758

Monday & Wednesday, 7:30-9pm, June 24, 26
Location: Will be noted on your receipt
Class Fee: \$4, 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.

WRESTLING WITH OUR DESIRE FOR AND FEAR OF INTIMACY

S-10

Rix Shanline

776-0817

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

Many of us have trouble handling our feelings of intimacy in a constructive and healthful way. This session will examine ways of understanding and expressing our intimate needs, yet maintaining our sense of identity as an individual. (Rix is a psychiatric social worker in private practice in Manhattan with a background of many years in providing mental health services.)

SINGLE AGAIN -- ALONE, BUT NOT LONELY

S-11

Jan Copeland

1-762-3298

One Time: Tuesday, 7:30-9pm, June 25
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: 50¢, pay at class

Adjusting to life after marriage can cause loneliness as well as aloneness. We will learn the difference between the two and how to value each. (Jan has offered this workshop to many singles groups throughout the state.)

NON-SEXIST CHILD REARING

S-14

Linda Thurston

532-6408

One Time: Wednesday, 6-8pm, July 10
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Non-sexist child rearing helps promote the full potential of your child not based on whether he or she is male or female. It particularly helps boys learn to become men who are more aware of their feelings, and girls become stronger women. The rationale for non-sexist parenting and egalitarian family relationships will be discussed as well as specific strategies and suggestions for parenting. There will be a discussion of difficulties of implementing these practices and time for questions. (Linda is a child psychologist who has a teenage son.)

QUALITY AND THE SINGLE PARENT

S-17

Sec. Jurich

532-5510

Sec. Time: Monday, 7-9pm, July 22
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Sec. will discuss the needs, barriers, and joys of sexuality when you are a single parent. There will be a question and answer period the last hour.

LIVING WITH YOUR TEEN

S-15

Bill Sanderson

537-8975

Thursdays, 7-8:30pm, June 20 & 27 (2 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class

Limit: 15

This will be an educational seminar designed to help parents deal with some of the common problems and conflicts of adolescence. Emphasis will be placed on decision making skills, personal needs identification, conflict resolution, and communication skills. (Bill is a psychology instructor at Manhattan High School and a part-time consultant for Pawnee Mental Health. He has been working with adolescents for over 10 years.)

SUCCESSFUL SINGLE PARENTING

S-16

Jan Copeland

1-762-3298

One Time: Thursday, 7:30-9pm, July 11
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: 50¢, pay at class

This is an opportunity for those going it alone as single parents (by choice or by chance) to discuss their success stories or problems and offer support over the challenges. "Part-time parents" or those in shared custody arrangements are welcome. (Jan is a doctoral candidate in KSU's Department of Family & Child Development and has been single parenting four youngsters for over 5 years.)

PREPARATION FOR REMARRIAGE WITH CHILDREN

S-18

Jan Copeland

1-762-3298

One Time: Tuesday, 7:30-9pm, July 30
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: 50¢, pay at class

This will be a discussion group for those contemplating marriage as a "package deal" complete with a built-in family. We'll consider the strengths and challenges that may lie ahead. (Participants will have the option of continuing their remarriage preparation by utilizing the PREPARE-MC Marriage with Children Inventory.)

ADOPTIVE PARENT SUPPORT GROUP

S-19

Marty Steele, Linda Teener

539-5337

You will be contacted for time and date
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.)

CAREGIVER WORKSHOP

S-20

Lynda Frey

537-2180

One Time: Tuesday, 1:30-4:30pm, August 20
Location: Will be noted on your receipt

Limit: 15

Do you care for children in your home? Let us help you improve your skills and confidence. This workshop will offer basic information regarding development of kids, first aid for emergencies, and other issues caregivers routinely deal with. Upon completion of the workshop Red Cross certificates will be issued. (Lynda works for the American Red Cross.)

PRE-SCHOOL TEACHERS RESPONSE TO CHILD ABUSE

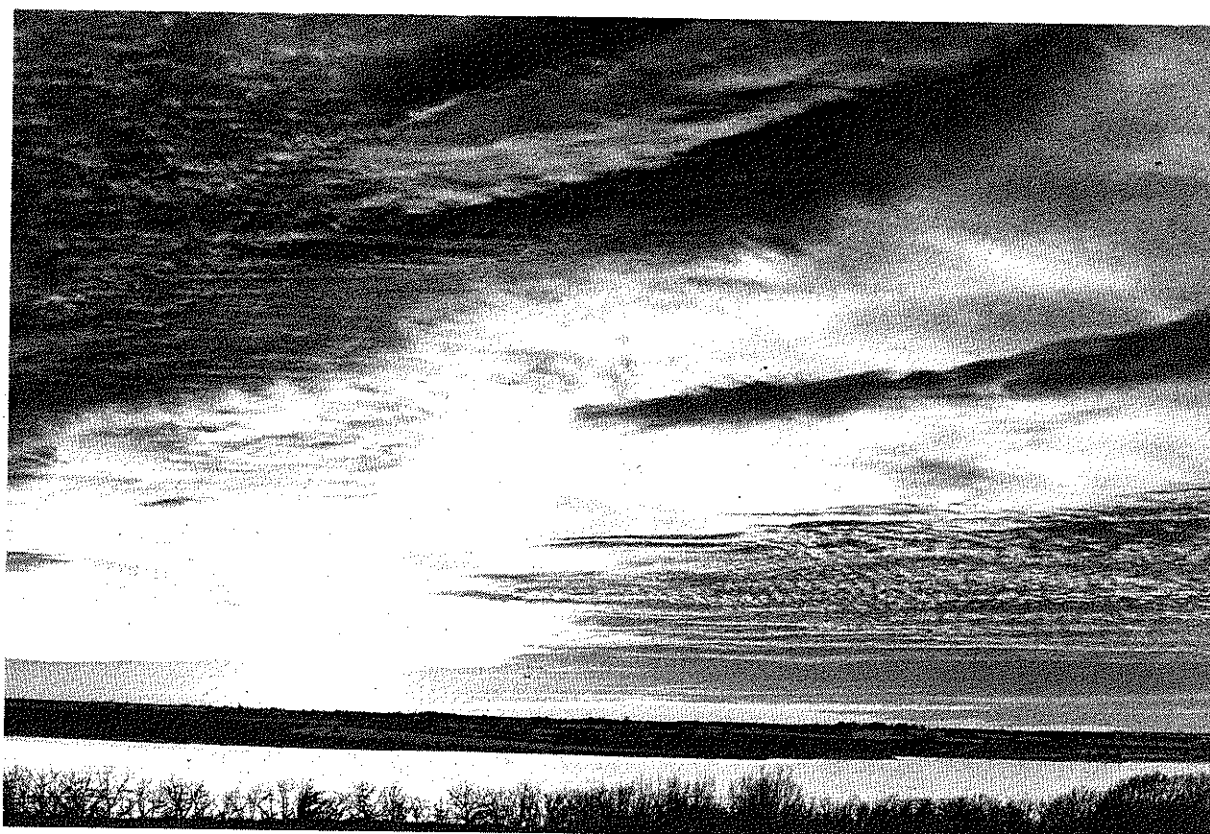
S-21

Sandy Stith

532-5510 776-9656

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

This workshop will help pre-school teachers and daycare providers identify children who may be victims of various forms of child abuse. In addition, information will be shared as to the responsibility for reporting child abuse, how to report, and how to support and work with children who have been abused and families who need help to improve their parenting. (Sandy is a doctoral student in Family Therapy, teaches a KSU class in child abuse, and has worked with many families who have parenting difficulties.)



Carol Gulker 2nd in Scenery
"Scenic Evening Skies"

Image Conscious

HAIRBRAIDING AND NEW HAIR COLOR IDEAS

SK-28

Rhonda Reeves, Linda Eisenbise 539-8920

Section I: Wednesday, 7:30pm, June 5
Section II: Wednesday, 7:30pm, June 12
Section III: Wednesday, 7:30pm, June 19
Location: Will be noted on your receipt
Class Fee: \$4/section, pay with registration
Materials Fee: \$1/section, pay at class
Limit: 10/section

We'll discuss new hair color ideas including body lights, line lights, and fun color. Then we'll demonstrate French braiding and basket weaving. (Rhonda and Linda are with Hair Dimensions and enjoy sharing their expertise with others.)

THE RIGHT LOOK FOR YOUR FACIAL SHAPE

SK-30

Lin Broccolo and Hair Experts 776-4455

Section I: Monday, 8pm, June 17
Section II: Monday, 8pm, July 15
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Limit: 15/section

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.)

PROFESSIONAL MANICURES

SK-31

Judy Goodson 776-5488

One Time: Monday, 7pm, Aug 5
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Limit: 8

Pamper yourself! Here's your chance to achieve the long, beautiful and healthy nails that you've always admired but didn't think possible for yourself. Well - it is. A professional manicurist will demonstrate and help you with actual hands-on experience. You'll discuss techniques used in giving a professional manicure, hand care problems, safety precautions and use of equipment. Treat yourself and feel great when you leave! (Judy owns Van's Hair Fashion and is both a trained manicurist and hair-stylist.)

FUN OF COLOR WORKSHOP

SK-32

Nancy Bowen and Judy Goodson 539-6207 776-5257

One Time: Saturday, 2pm, June 15
Location: Will be noted on your receipt
Class Fee: \$15, pay with registration
Limit: 5

COLOR is very important to the way you look and feel! Our system of color analysis is FUN, not complicated! Each person will be color analyzed, given a fresh, updated makeup with Lady Finelle's water-based products, and receive a color swatchbook plus trial size products. (Nancy first used color collars in teaching home economics 25 years ago, and now has over 20 years experience in skincare with Fashion Two Twenty and Lady Finelle. Judy has been a licensed cosmetologist for over 15 years, owns Van's Hair Fashions, and gives color analysis-makeups for Lady Finelle Cosmetics.)

COLOR CONTROL FOR WOMEN

SK-33

Bonnie Hansen 776-3438

Section I: Wednesday, 2-4pm, July 10
Section II: Wednesday, 4-6pm, July 10
Section III: Thursday, 7:30-9pm, July 11
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. (Bonnie is a certified color consultant with Beauty For All Seasons.)

20/Inner Self

HOLD THE LINE ON AGING

SK-29

Judy Goodson, Nancy Bowen 776-5488 776-5257

One Time: Wednesday, 7pm, June 19
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Limit: 5

Learn how the skin functions, how to care for your skin properly, and how to HOLD THE LINE ON AGING in this educational and enlightening workshop. Each lady will experience a cell renewal treatment and complete makeup using light Lady Finelle water-based products. You'll look years younger! (Judy and Nancy are also Professional Certified Color Consultants.)

COLOR ANALYSIS & MAKEUP MAKEOVER

SK-34

Cheryl Morgan 784-3311

Section I: Thursday, 7-10pm, June 20
Section II: Tuesday, 7-10pm, June 25
Section III: Thursday, 7-10pm, June 27
Location: Will be noted on your receipt
Class Fee: \$4/section, pay with registration
Limit: 4/section

Each participant will be color analyzed using the Four Season technique of color analysis. In addition, each will receive a complete makeup makeover using cosmetics color coded to each person's season. (Cheryl is a certified color consultant with Beauti Control.)

MAKEOVERS: WOMEN ONLY

SK-27

Deanna Pierson and Hair Dimensions 539-8920 485-2790

One Time: Tuesday, 7pm, June 25
Location: Will be noted on your receipt
Class Fee: \$35, pay with registration
Limit: 8

A very in-depth workshop that includes a total makeover for each participant. You will discover your best colors, including your colors for business and leisure. Then, you will get a new hairstyle to complement your facial shape. All will receive a color packet of 30 swatches to take home. A second session will be by appointment to cover makeup application. (Deanna Pierson, Verna Hayen, and Linda Eisenbise with Hair Dimensions are coordinating this workshop.)

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Health Hints

EATING FOR ENDURANCE

SK-36

Elizabeth Addington 532-5508

Section I: Thursday, 7-9pm, July 18
Section II: Tuesday, 7-9pm, July 23
Location: Will be noted on your receipt
Class Fee: \$4/section, pay with registration Limit: 4/section

Have you ever 'hit the wall' as a runner, or have you ever felt like your legs just didn't want to go in circles anymore while biking? Well maybe it's because of something you ate, or didn't eat. Come learn the current concepts and practices about eating for long distance, endurance activities. (Elizabeth is working on her master's thesis in nutrition and exercise and is a recreational long-distance bicyclist.)

RACE FOR LIFE - CPR

SK-37

Joyce Haverson 532-6980

Tuesday, Thursday, 6-10pm, June 25, 27 (2 times)
Location: Will be noted on your receipt
Materials Fee: \$8, pay at class Limit: 10

CPR is a combination of artificial respiration and artificial circulation. It can save many lives (for instance, if started within 1 minute, it can save 92% of heart attack victims). However, it can cause serious harm if administered improperly. Learn the right way and earn a Red Cross Certification. The fee will cover book costs. (Joyce is an experienced CPR instructor.)

RED CROSS CPR

SK-38

Darrell Marr 537-2180

Tuesday & Thursday, 6:30-10pm, July 9 & 11 (2 times)
Location: Will be noted on your receipt
Materials Fee: \$8, pay at class Limit: 15

CPR IS SERIOUS business. When someone suffers a cardiac arrest, immediate aid is essential. In this course the Red Cross gives training in mouth to mouth and cardiac compressions as well as emergency techniques for helping choking victims. You'll get together with other students to work through illustrated handbooks and practice CPR techniques on the special manikins. The fee will cover book costs. (Darrell is a certified instructor in first aid and CPR.)

BASIC FIRST AID FOR YOUNG PEOPLE

SK-40

Lynda Frey, Wanda Shoffner 537-2180

Monday, Wednesday, Friday, 1:30-4:30pm, July 22, 24, 26
Location: Will be noted on your receipt
Materials Fee: \$8, pay at class Limit: 12

Parents, have your kids introduced to the basics of first aid. General first aid and accident prevention are stressed -- the skills and information needed in daily life. They'll learn to restore breathing, control bleeding, care for fractures, and treat poison, shock, and burn victims. The course is self-paced so they can work at their own speed. The fee will cover book costs. (Lynda is executive director of the Red Cross in Riley County, Wanda is a certified instructor in Basic First Aid.)

RED CROSS BABYSITTING

SK-43

Tim McHenry, Darrell Marr, Lynda Frey 537-2180

Saturdays, 9am-12n, June 22, 29 (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.)

EMERGENCY! CAN YOU COPE?

SK-35

Sue Unruh, R.N.C.E.N. 1-762-2330

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

Your little girl has just pulled a pot of boiling water down onto herself. What do you do? Uncle Henry is choking on your turkey dinner. What do you do? When do you go to the emergency room or call a doctor? Can you handle some emergencies at home? We'll cover common home emergencies and their initial treatment. There will be time for questions. (Sue is a certified emergency nurse who has conducted various courses and lectures in nursing.)

FATS AND FADS: WHO OWNS THE PROBLEM?

SK-41

Bonnie Hansen 776-3438

One Time: Tuesday, 10:30am, July 9
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$5, pay at class Limit: 10

We will discuss diets, types of fats, the yo-yo syndrome, various causes for being overweight, making commitments for weight control, and setting goals. There will be videos and class participation. (As the owner of the Manhattan Diet Center, Bonnie has studied nutrition extensively and seen over 4½ million dieters in the last ten years.)

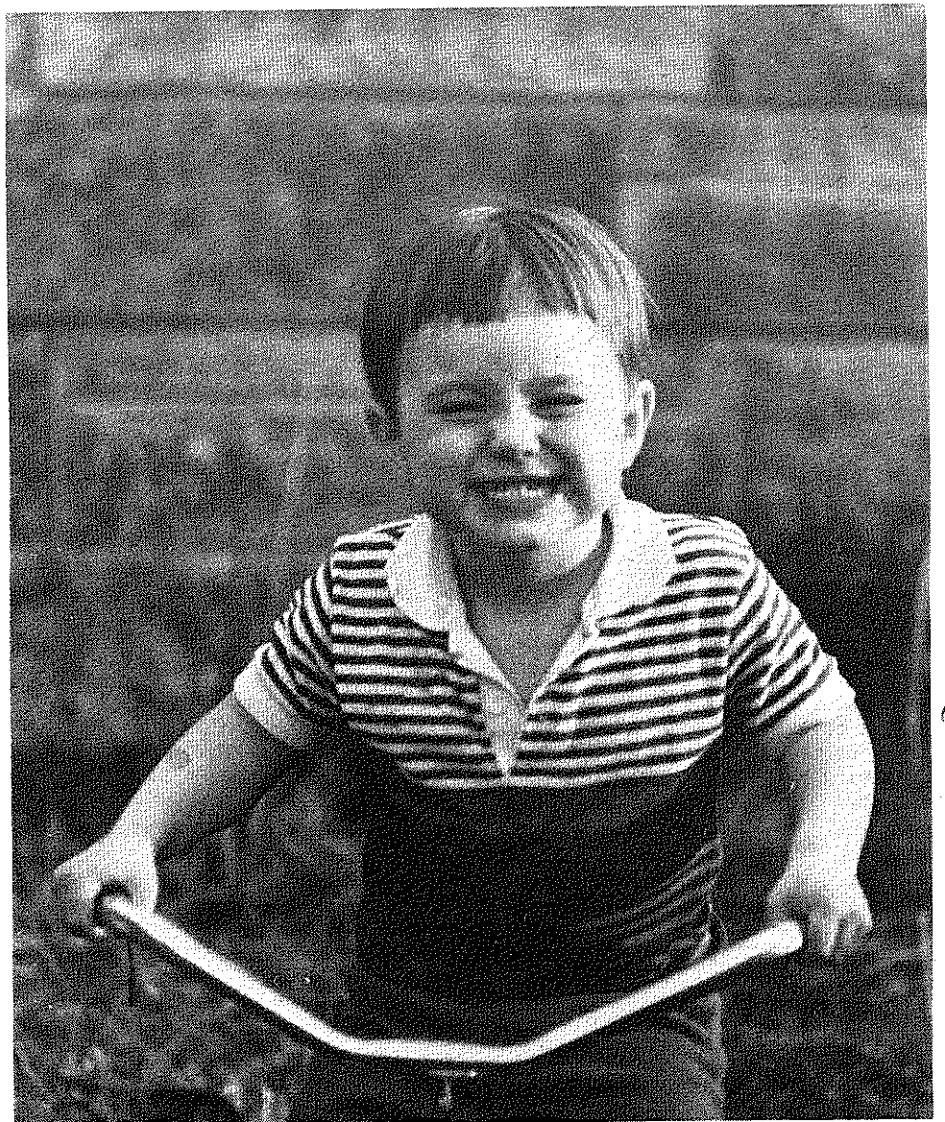
WEIGHT CONTROL

SK-46

Dianna Elias 532-3190

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

Are you tired of all those fad diets that are impossible to stick to? Would you like to find a weight control method that you can stick to for life and that may improve your health at the same time? Then this is the class for you. We will discuss some of the popular fad diets and then explore alternative weight control methods that are proven successful on a long-term basis. Exercise as a means of weight control will be included. (Dianna is a graduate student in foods and nutrition who is very interested in weight control. She has emphasized nutrition and exercise in her graduate program.)



Larry Lee "Brent"

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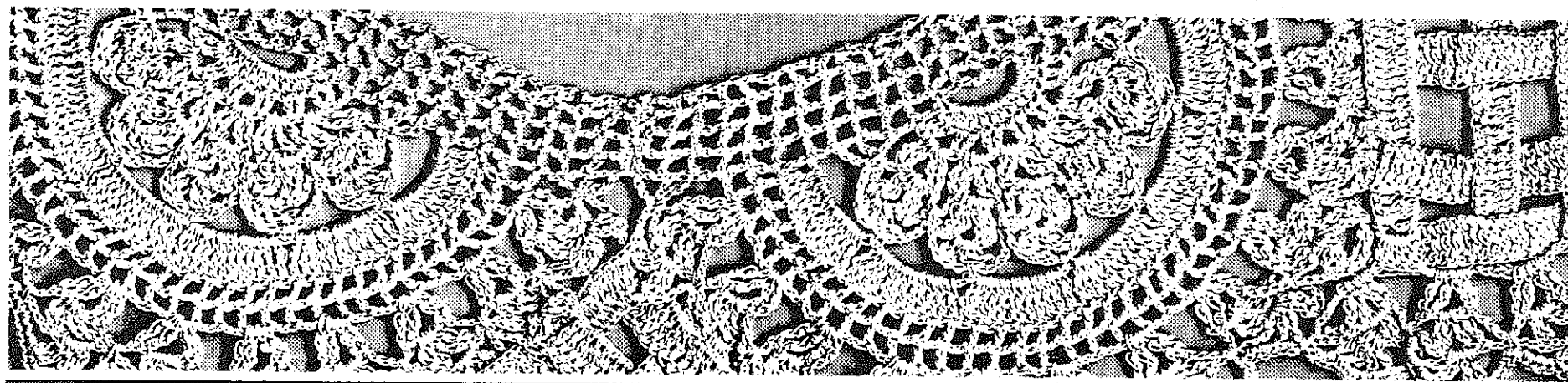
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Recreation



On the Trail

BACKPACKING

R-22

Alan Sink

539-5639

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

Alan has been backpacking so long he's been to places most of us only dream about. Whether you have a backpacking trip coming up, are curious about the latest technology, or just want to know what's involved in getting started, you'll enjoy this class. (Alan is in constant touch with novice packers through his job at The Pathfinder.)

OUTDOOR COOKING

F-9

Erma Riley & Susan Koelliker

539-5639

One Time: Wednesday, 7-9pm, July 10
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class

Limit: 12

Learn to operate several types of small gas stoves, cook and sample a variety of freeze-dried foods and "from scratch" foods. This class includes recipes for homemade pilot biscuits and other foods oriented to backpacking. This will be a "hands-on" class. (Erma is very experienced in backpacking cookery for children and adults. Susan is a freeze-dried fan. Both work at The Pathfinder.)

APPALACHIAN TRAIL REVISITED

R-23

Nancy Weidhaas

539-3029

One Time: Sunday, 7pm, July 14
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

Learn about backpacking from an expert! This is a slide presentation of Nancy's trip on the Appalachian Trail from Georgia to Vermont in '82 and Maine to Connecticut in '83. All interested people are welcome and especially those of you who told me to TAKE A HIKE! (Nancy loves backpacking.)

In the Water

AQUA-FITNESS

R-1

Jan Connizzo

539-2206

Saturdays, 9-10am First Meeting: June 22 Length: 6 times
Location: Will be noted on your receipt
Class Fee: \$8, pay with registration

Limit: 30

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

CHILDREN'S BEGINNER SWIMMING (AGES 5 and UP)

R-2

Karen Loeffler

Saturdays, 8-9am, June 22-July 27 Length: 6 times
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration

Limit: 10

Learn front and back floating, arm strokes, kicking and the ultimate goal of a crawl and back stroke. Emphasis will be placed on feeling comfortable in the water. Bring a swim suit and towel. (Karen is a Red Cross certified water safety instructor.)

DIVING FOR BEGINNERS (AGES 6-13)

R-3

Lynn Schanker

Saturdays, 10-11:30am, June 22-July 13 Length: 4 times
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration

Limit: 6

Learn to do a front dive, back dive, flip and flip with twist. Experience the low and high diving boards. Lynn will stress getting height, proper form and how to land. Safety, including pre-dive stretching, will be emphasized. Bring a swim suit, towel and sweatshirt. Participants must have at least beginner swimming skills. (Lynn has enjoyed the hobby of diving for over 15 years.)

BICYCLE TOURING AND CAMPING

R-21

Gregg Scircle

776-7693

Tuesday, 7-8:30pm First Meeting: June 25 Length: one time plus trip
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.)

ELK CITY LAKE HIKING TRAIL TRIP

R-24

Kathy Colvig, Art Clack

776-6931

Friday, Saturday, Sunday (all weekend) June 14-16
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

Join us in exploring the hiking trail at Elk City Lake State Park. Carpool down Friday night, hike on Saturday and spend the night, hike the remainder of the trail Sunday and drive back. You will be responsible for your own camping gear. We will try to coordinate meals. Carpooling saves everyone money. (Kathy and Art enjoy camping and hiking and want to share the experience with others.)

Over the Waves

BEGINNING SAILING

R-25

Mike Jensen

776-1611

Wednesday, 7-10pm, June 26
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class

Limit: 16

This class will cover sailing from buying your first boat to learning the skills needed for taking the "helm" of a small sailboat. The class will meet again at the lake to practice your new skills as the "skipper" of a Hobie Cat. (Mike has been hooked on sailing for three years and is on his second sailboat.)

INTRODUCTION TO BOARDSAILING

R-26

David Colburn

539-5639

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

Limit: 25

Commonly called windsurfing, boardsailing is a great sport for Kansas as it requires wind and water, and we have lots of both. We will talk about how to learn to boardsail, the equipment needed, and where to go. (Dave has been boardsailing for 4 years and is a certified instructor.)

LAND-OF-AH'S SLALOM AND DOWNRIVER CANOE/KAYAK RACE

R-27

Paul Sodamann

539-3655

Saturday, 10am, Slalom race; 4pm, Downriver race, June 8
Location: Will be noted on your receipt (rain date: Sunday, June 9)

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

AN OPPORTUNITY TO BE PART OF UFM

Do you have skills or background that would be useful to UFM: advertising, public relations, writing skills or others? We are recruiting for a program advisory board. You may apply for membership. Contact Julie Coates, 532-5866.

Getting In Shape

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

Susan Grecu 776-9574

Mondays, Tuesdays, Wednesdays, Thursdays, Fridays, 5-6pm
 Location: Will be noted on your receipt First Meeting: June 19
 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.

(Susan learned this course in West Germany and taught it professionally at the Damascus, Syria Sheraton Hotel.)

FITNESS FOR LADIES IN THE 80's R-5

Karri McAdams 539-7752

Sundays, 7-8:30pm, June 23-July 14 Length: 4 times
 Location: Will be noted on your receipt
 Class Fee: \$6, pay with registration Limit: 30

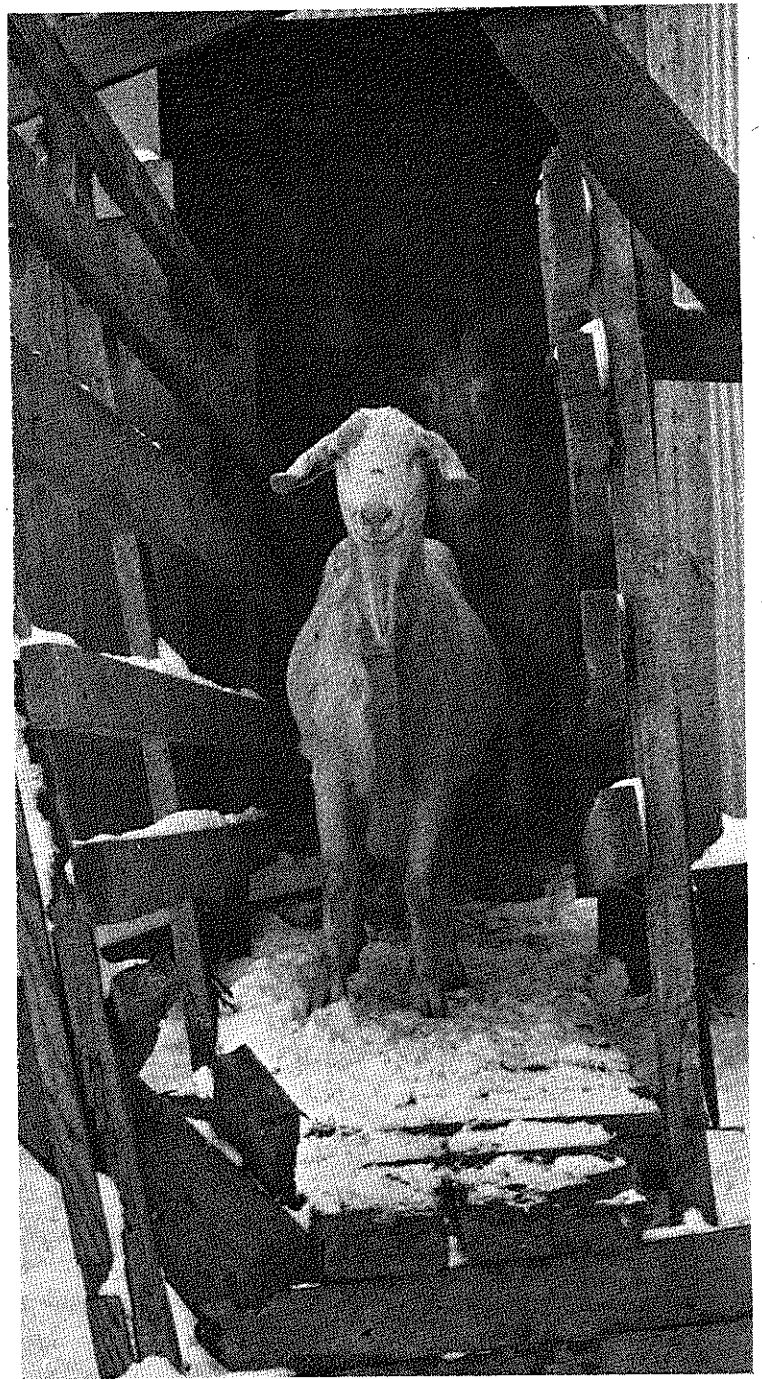
The first class will be an introduction to weight training and its benefits (including enhancing a woman's femininity). The second and third classes will include personalized programs with individualized instruction for your goals and desired results. The final class will cover dieting and nutrition 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 MEN (I) AND FOR WOMEN (II) R-6

Terry Hooper 539-1039

Section I: Tuesdays, 7:30pm, June 18, 25
 Section II: Wednesdays, 7:30pm, June 19, 26
 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.)



Ray Hall Jr. 2nd in Animals Untitled

To Your Health

EATING FOR ENDURANCE SK-36

Elizabeth Addington 532-5508

Section I: Thursday, 7-9pm, July 18
 Section II: Tuesday, 7-9pm, July 23
 Location: Will be noted on your receipt
 Class Fee: \$4/section, pay with registration Limit: 5/section

Have you ever "hit the wall" as a runner, or have you ever felt like your legs just didn't want to go in circles any more while biking? Well maybe it's because of something you ate, or didn't eat. Come learn the current concepts and practices about eating for long distance, endurance activities. (Elizabeth is working on her master's thesis in nutrition and exercise and is a recreational long-distance bicyclist.)

NUTRITION AND EXERCISE FOR CHILDREN SK-39

Gina Tomelleri
 Tuesday & Thursday, 7:30pm, June 25, 27
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$2/family, pay at class Limit: 20

For the enthusiastic! We'll discuss health of children and families. Emphasis is on family involvement in nutrition and exercise for kids. Topics will include: basic nutrition, nutritious snacks, weight control, and family-oriented activities and exercise programs. (Gina has a B.S. in foods and nutrition from KSU. She has taught weight reduction courses and has done fitness testing.)

COMMON FOOT INJURIES IN SPORTS R-14

Dr. Joe Svoboda 539-1863

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

Shin splints, falling arches, pronation, knee problems - all BAD news. Joe will discuss common foot injuries in all sports, from jogging to soccer to court sports. And most importantly, Joe will tell how to correct and avoid foot problems. (Joe is a sports podiatrist, runner and consultant to the KSU Athletic Department.)

ARE YOU FIT? SK-26

Pat & Deanna Pierson 539-8920

One Time: Monday, 7pm, July 8
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$5, pay at class Limit: 20

Being fit is more than being able to run a marathon. It is the combination of good nutritional habits, exercise, and a healthy lifestyle. We will assess some of your habits using written exercises and open discussion. (Pat & Deanna are certified consultants with Fitness For All Seasons.)

EAT TO RUN (NUTRITION FOR RUNNERS) F-5

Mindy Wilson

One Time: Thursday, 7-9pm, June 27
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 20

The nutritional needs of the jogger/runner will be addressed in this session, following the format of "Run for Your Life" by Doctor Art Mollen. Effects of improper nutrition will be addressed, as they affect performance. Class directed at non-competitors. (Mindy has a personal interest in running, since it has become vital to her well-being.)

MINIMAL INCISION AND LASER SURGERY ON THE FOOT R-15

Dr. Joe Svoboda 539-7664

One Time: Monday, 7pm, June 24
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration

New techniques of minimal traumatic surgery on the foot that does not disable the patient and may be performed in the office will be discussed. Bring your questions.

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Fun and Games

RACQUETBALL FOR BEGINNERS

R-11

Ron Pavelka 539-6235

Sundays, 8-10am First Meeting: June 30 Length: 3 times
Location: Will be noted on your receipt
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. (Ron has been playing racquetball for years.)

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

R-12

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.)

OUTDOOR HANDBALL

R-13

Bob Weber 539-5337

Mondays, 7-9pm, First Meeting: June 24 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. (Bob has been playing handball for over six years.)

VOLLEYBALL FOR FUN (16 AND OVER)

R-16

Lois Morales 539-8867

Tuesdays, Thursdays, 6:30-8:30pm First Meeting: June 18
Location: Will be noted on your receipt Length: Ongoing
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class

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

SUMMER SOCCER

R-17

Charles Hedgcoth 532-6121 539-4760

Sundays, 5:30-8:30pm First Meeting: June 23
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

For the novice and the experienced player from 15 - ?? No practices - just matches for fun among ourselves and other area teams. Classes will run through Aug 4. (Charles has been involved in soccer for more than 10 years and is a coach, player and referee.)

GOLF FOR BEGINNERS

R-18

Jim Gregory 539-1041

Thursdays, 6-7pm, June 20, 27, July 11 (3 times)
Location: Will be noted on your receipt
Class Fee: \$4, 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.)

ULTIMATE FRISBEE

R-19

Scott Dexter 539-1184

Tuesdays & Thursdays, 5-6pm First Meeting: June 18 Length: Ongoing
Location: Will be noted on your receipt
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 sweats. (Scott has been frisbee throwing since 1977.)

BEGINNING TENNIS

R-10

Julie Kolonosky 539-4250

Sundays, 8-10am First Meeting: June 23 Length: 6 times
Location: Will be noted on your receipt
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. (Julie is an avid tennis player.)

Form and Motion

ALL STYLE KARATE WORKOUT

R-38

Richard Bammes 1-485-2480

Mondays, Wednesdays, Fridays, 8-9:30pm First Meeting: June 19
Location: Will be noted on your receipt Length: Ongoing
Class Fee: \$10, pay with registration
Materials Fee: \$2, pay at class

Have martial arts experience and want to work out with fellow enthusiasts? All styles welcome. Join us!

TANG SOO DO KARATE

R-7

Richard Bammes 1-485-2480

Mondays, Wednesdays, Fridays, 8:30-8pm First Meeting: June 19
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. (Richard is a first degree black belt.)

VADHA KEMPO KARATE (FOR EXPERIENCED)

R-8

Mark Buono 537-2967

Tuesdays, and Thursdays, 6-8:30pm First Meeting: June 20
Location: Will be noted on your receipt Length: Ongoing
Class Fee: \$10, pay with registration Limit: 25/experienced

Karate is good exercise and great self-defense. 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

R-9

Mrs. Wu 539-7841

Section I: Wednesdays, 7pm, First Meeting: June 19 Length: Ongoing
Section II: Saturdays, 8:30am First Meeting: June 22
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.)

FENCING FOR BEGINNERS

R-20

Doug Varney, Brigid Amos 539-1510 539-8015

Wednesdays, 7:30-9:30pm First Meeting: June 19 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.)



L. Huber Untitled

For All Ages and Interests

BEGINNING BRIDGE

R-33

Art Clack 293-5343

Fridays, 7pm, June 21 - July 12 (4 times)

Location: Will be noted on your receipt
Class Fee: \$10, pay with registration Limit: 16

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

BASIC CHESS

R-34

Jason Keith 539-9168

Saturdays, 1-3pm, June 22, 29, July 6 (3 times)

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

"Chess is no mere game," once explained a past world champion. This class will explain the reasons why. Learn the rules and fundamentals and enter the fascinating world of the sixty-four squares. The class will teach the very basic rules and strategies of chess to the novice player. Please bring a chess set. (Jason is an occasional chess player and has taught beginning chess in the Praxis Project in Tulsa.)

MODEL ROCKETRY AND MODELING

R-35

David White 532-6786

Thursdays, 7pm, June 20, 27 (2 times)

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

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

MINIATURE AUTO RACING AND TRACK CONSTRUCTION

R-36

Gregg Scircle 776-7693

Saturdays, 12n-4pm First Meeting: June 22 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.)

WEDNESDAY MORNING PLAY GROUP

R-37

Linda Irwin, Barb Stork 537-1084 539-1379

Wednesdays, 10am-12n First Meeting: June 19 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.)

ADULT DUNGEONS AND DRAGONS

R-30

Mark Bergman, Mike Finson, Nancy Weidhaas 539-3029

Saturdays, 7:30-9:30pm First Meeting: June 22 Length: Ongoing

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!)

TRIVIAL PURSUIT

R-32

Ron Pavelka 539-6235

Organizational Meeting: Wednesday, 8pm, June 26 Length: Indefinite

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

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

LEARN TO FLY AT LOW RATES

R-28

Hugh Irvin 532-6311 539-3128

Saturdays, 9-10:30am First Meeting: June 22 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.)

JUGGLING

R-29

Charles Green 537-9630

Wednesday, Thursday, Friday, 7-8:30pm, July 24, 25, 26

Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 30

Juggling can be a relaxing art as well as a wonderful learning experience. The art of juggling develops a good feel for hand-eye coordination. The only requirement is that you must have three tennis balls. Some experience can be helpful but not required. Juggling is for the young and the old, so come join the fun! (Charles has been juggling since 1980. He has been a featured performer in many children's birthday parties, Manhattan's Family Fun Festival and Manhattan Civic Theater's presentation of Chaucer's "Canterbury Tales.")

POCKET BILLIARDS FOR BEGINNERS

R-31

Jerry Riggs 776-6338

Saturdays, 10:30am First Meeting: June 22 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.)



Renee Weil Untitled



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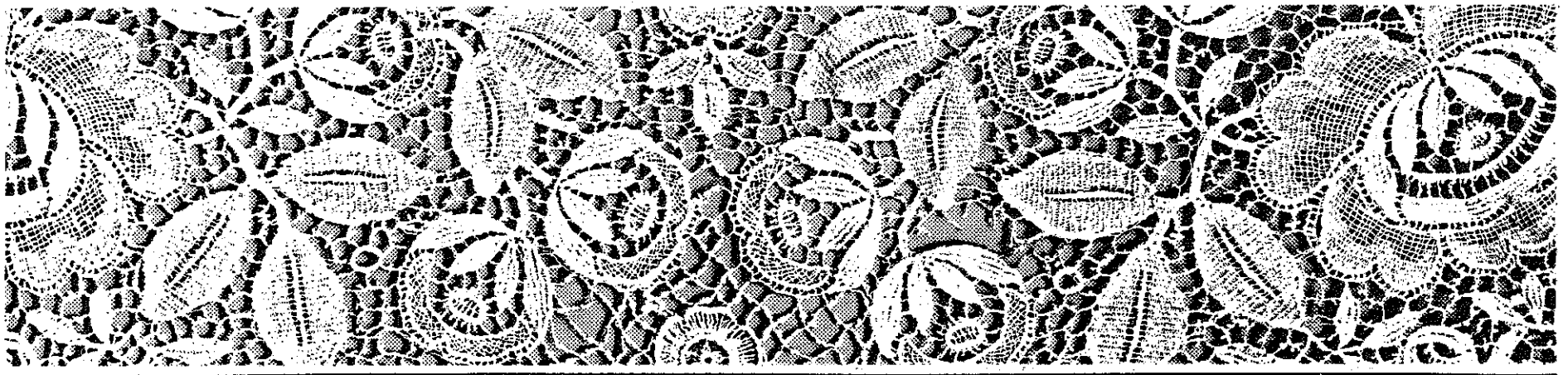




PLAYS YOUR FAVORITES

MANHATTAN'S KF PLAYS THE "ROCK"

Earth



Animal Friends . . .

HORSING AROUND

E-8

Susan Goldschmidt

539-0316

Tuesdays, Fridays, 6:30pm, June 21, 25, 28, July 2, 9, 12
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$10, pay at class Limit: 10

This is a beginning horse course for city slickers and other horse lovers. Written materials will cover feeding, care, riding, buying and other horse management principles. We'll meet at a horse stable so we'll have lots of exposure to horses. All ages are welcome, but children under age eight must bring a parent or guardian. (Sue has ridden since age four and graduated from the Berry School of Horsemanship in Pleasantville, Ohio in saddle horse instruction and basic horse training.)

HORSESHOEING

E-9

Greg Barron

456-7336

One Time: Saturday, 9-11am, July 27
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 8

This will be a beginning cold-horseshoeing class aimed at people who have had no experience in horseshoeing. Use of horseshoeing tools and care of the hooves will be covered. Each participant will also get hands-on experience if desired. (Greg has shod his horses and horses for others for ten years.)

LOVEBIRDS, COCKATIELS, PARAKEETS, AND OTHER SMALL PARROTS

E-10

Dan Land

776-3367

One Time: Thursday, 7:30pm, July 11
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

This class is for anyone who has or wants a small parrot. It will cover general care, housing, breeding, color mutations and their inheritance, and a question/answer session. Afterwards there will be a tour of the aviary. (Dan is a breeder of lovebirds, cockatiels, and parakeets, and has over 100 birds in his aviary.)

DOG OBEDIENCE

E-7

Renee Weil

Mondays, 6:30-7:30pm, July 8-29 (4 times)
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration

Teach your dog to sit, stand, stay, come, heel and be obedient to the master. Renee will show you and your dog what to do so you can practice during class and at home. Bring a chokechain, leash, and your dog. Please don't feed Fido right before class. (Renee has trained dogs for over five years and won a 4-H state award in dog obedience.)

FOR THE "SHEEPISH"-WOOL: FLEECE TO FABRIC

FA-8

Cliff Spaeth, Don Erickson

532-6131 532-5823

One Time: Saturday, 9am-12n, July 13
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class Limit: 20

This class will include a display of different types and grades of wool taken from different breeds of sheep, a discussion of the major characteristics that affect wool value, a review of the major processes wool undergoes during milling, and a sheep shearing demonstration. (Cliff is an extension specialist in sheep production. Don has an M.S. in wool from Australia and is an economist.)

NATURAL DYE WORKSHOP

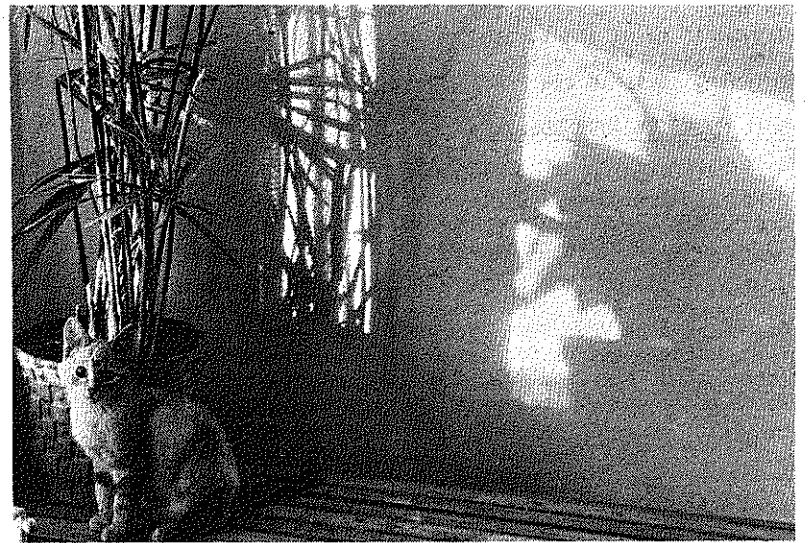
FA-10

Judy Love

532-5866

One Time: Saturday, 10am, June 29
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$4, pay at class Limit: 12

Natural dyes give a soft, subdued color to wool. We will be using locally gathered plants, flowers and weeds with a variety of different mordants. Discussion will include what plant materials produce which colors and what is available commercially if one wants to purchase natural dyes. Participants should bring their own white wool divided into skeins of about 5 yards per skein. (Judy will sell you some white wool if you are unable to find any.) (Judy teaches weaving and spinning classes at Kansas State University.)



Glenn Hoover 3rd in Animals Untitled

. . . Feathered Friends

GREAT BLUE HERON ROOKERY EXCURSION

E-11

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.)

CHEYENNE BOTTOMS IN SUMMER

E-12

Duane Kerr

456-2771

One Time: Saturday, 6:30am, June 15
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

Cheyenne Bottoms, the endangered wetland near Great Bend, has had enough rain this spring to provide a fair amount of nesting habitat for the wide diversity of water birds that have traditionally spent the summer there. At this time of year we might see ten species of ducks with young as well as the spectacular white-faced ibis, avocets and many other species. We'll also be able to see firsthand and discuss the problems that Cheyenne Bottoms is facing. Bring a sack lunch, binoculars and your camera. (Duane is president of the Northern Flint Hills Audubon Society.)

FLIGHT OF THE WHOOPING CRANE

E-13

National Geographic Society Film

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

An hour color film produced by the National Geographic Society, it describes the 2,500 mile migration of this endangered species from the Texas Gulf to its nesting grounds in Northern Canada. It also documents the efforts of scientists to increase the wild population of these birds from about a hundred individuals, by transplanting its eggs to sandhill crane nests in Idaho. Join the Northern Flint Hills Audubon Society for this beautiful film.

BIRDWATCHING IN SOUTHEAST ARIZONA

E-14

Dave Rintoul

One Time: Wednesday, 7:30-9pm, July 17
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

Dave will present a slide show on the birdlife of southeast Arizona, as he and others experienced it in a KSU intersession course during the spring of 1984. His slides will also illustrate the scenic beauty and the spring wildflowers of the area. (Dave is a professor in the KSU division of biology.)



Joan Caldwell 3rd in Scenery Untitled

The Earth Around Us

GET TO KNOW MILFORD LAKE

E-5

Greg Wurst

776-0532

One Time: Sunday, 9am, July 21
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration Limit: 5

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

FISHING IN KANSAS: DISCUSSION AND FIELD TRIP

E-6

Don Kraft

776-3638

One Time: Saturday, 1-5pm, June 22
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

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

PUBLIC ARCHEOLOGY

E-3

Pat O'Brien

532-6865

One Time: Thursday, 7:30-9pm, June 20
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Want to know how to find arrowheads? Found some Indian artifacts and want to learn more about them? Interested in Plains Indian culture? If so, this class is for you! The nature of public archeology will be outlined including the role of the amateur. The Kansas Anthropological Association and the 4-H Arrowhead project will be discussed. (Pat is a KSU professor of archeology and has been involved with many archeological digs.)

TUTTLE CREEK NATURE HIKE

E-4

Paul Weidhaas

539-8511

One Time: Saturday, 8:30am-12n, July 13
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 five years.)

LOCATIONS

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

Appropriate Energy

A SOLAR ROOM FOR YOUR HOME

H-6

Danny Boatright

532-5866

One Time: Thursday, 7-9pm, June 20
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration Limit: 3

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 the last opportunity to take advantage of this valuable service. (Danny is the technical consultant for the HOME Program.)

ENERGY CONSERVING WINDOW TREATMENTS

H-7

Kathy Burke

532-5780

One Time: Wednesday, 6:30-8pm, June 26
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15

Keep your house cool and beautiful this summer with decorative energy-efficient window coverings. Kathy will discuss fiberglass screens, roller shades, insulated Roman shades and insulated shutters and provide instructions for those interested in making their own. (Kathy is the state extension interior design specialist and has been involved in creative energy conservation for 10 years.)

WIND POWER

H-8

Gene Meyer

One Time: Tuesday, 7-9:30pm, July 16
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15

Would you like to get a check from KP&L instead of getting a bill? Electrical wind-generators offer many opportunities for self-sufficiency in electrical energy. Gene will discuss how to evaluate the potential that electrical wind power could have for your individual needs, the various systems available for different financial investments, and provide an informational packet. (Gene has been working for the last 4 years as extension specialist in Small Business Energy for extension outreach programs.)

PRAIRIE FESTIVAL AT THE LAND INSTITUTE IN SALINA

E-25

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.)

WANTED: APPROPRIATE TECHNOLOGY TOUR GUIDES

E-27

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.



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Plants At Home

GARDEN PLANNING

E-21

Keith Dickerson

532-5866

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

The Manhattan Community Gardens offers a variety of styles in gardening. We will tour the gardens and discuss the different types and styles of gardening as well as looking at mulching, insect control and fertilizing. The gardens are in their 11th season and won a national award in 1984. (Keith is coordinator of the Manhattan Community Gardens.)

OPEN HOUSE AT THE MANHATTAN COMMUNITY GARDENS

E-22

MCG Board Directors

532-5866

One Time: Saturday, 11am-2pm, June 29
Location: Will be noted on your receipt

We will have an open house at the gardens for anyone who would like to see our seven-state regional champion and national runner-up gardens. Hot dogs and sun tea will be provided. Come join us and see what Manhattan gardeners are doing. Cancelled if rain.

CHILDREN'S GARDENING

E-23

Richard Mattson

532-6170

Saturdays, 10am First Meeting: June 22 Length: Through fall
Location: Will be noted on your receipt

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

E-26

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.



Plants Afield

PRAIRIE WILDFLOWERS

E-1

Gene Towne

532-7233

One Time: Saturday, 10am, June 22 (rain date Tuesday, June 25, 6pm)
Location: Will be noted on your receipt
Class Fee: \$1, pay with registration

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

PRAIRIE GRASSES

E-2

Gene Towne

539-0353

One Time: Monday, 6pm, June 24 (rain date: Wednesday, 6pm, June 26)
Location: Will be noted on your receipt
Class Fee: \$1, pay with registration

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

EDIBLE WILD PLANTS

F-8

Max Miller

539-3488

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

Before you pull or spray that weed, why not find out if it can be enjoyed cuisinaire style. Many unwanted or overlooked plants have excellent food value. Several dozen local plants will be reviewed and displayed for the class and we'll take a short walk to discover what's available in town. If you have a favorite edible plant, please bring a specimen to share with the class. (Max is a horticulturist and has taught edible plants classes for years.)

DRYING WILDFLOWERS DEMONSTRATION

FA-25

Kathy Colvig

776-6931

One Time: Saturday, 9:30-11am, July 20
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class

Preserve those summer wildflowers all year long! We will cover what kinds of flowers to dry and how to dry the different types using a variety of methods. We will also touch on flower arranging. This is a demonstration so you can learn how and then dry flowers all summer long. (Kathy enjoys wildflowers.)

28/Earth

RAISED BED GARDENING

E-20

Shari Kuenzi & Lynn Doxon

532-5866

Wednesday, 1-3pm, June 19 Length: Through October
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

Physically limited residents of Manhattan are invited to plant, tend and harvest their own gardens in the raised beds at UFM. Plants and assistance will be provided. It is an excellent way to cut food bills while enjoying the fresh air. (Shari and Lynn are both horticultural therapists from KSU.)

FARMING A 1,000 ACRE REGENERATIVE FARM

E-24

Jack Dwerlkotte

562-2058

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

Jack has been operating a 1,000 acre regenerative (minute quantities of herbicides) farm using crop rotation alone as a means of building fertility. He produced the top dryland corn and soybean yields in Marshall County in 1984. No sprays, dips, wormers, hormones, ear tags, implants, or pour-ons are used on the cattle and they are the "fattest around" according to Jack. Come see his video-tape and join Jack for an interesting discussion. (Jack is very proud of his farm and wants to share his secrets.)

HERB CULTURE AND USES

E-15

Barbara White

776-9464

Section I: Thursday, 10am-12n, June 20 (rain date June 27)
Section II: Saturday, 10am-12n, June 22 (rain date June 29)
Location: Will be noted on your receipt

Class Fee: \$4, pay with registration Limit: 12/section
How is thyme grown? How is pesto made from basil? Can peppermint be used as a tooth cleanser? We'll start with a slide presentation and then go outside for a walk around the herb garden. How to grow herbs and how to use herbs in cooking and some medicinal applications will be discussed. Bring your questions. (Barbara has been growing herbs for years.)

BASIC FLOWER ARRANGING

E-16

Lynn Doxon

532-5866 537-0938

One Time: Tuesday, 7-9pm, June 25
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class Limit: 15

Learn the basics of color, form, and mood of traditional flower arranging. We will use flowers and other plant material in the UFM edible landscape to make arrangements. Participants are requested to bring vases or containers and any special flowers or plant material from home which they would like to include in arrangements.

IKEBANA FLOWER ARRANGING

E-17

Lynn Doxon

532-5866 537-0938

One Time: Tuesday, 7-9pm, July 2
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class Limit: 15

Traditional Japanese flower arranging is a ritualistic philosophy as well as an artform. Learn the philosophy as well as the technique of creating a Japanese flower arrangement. Please bring a dish or container in which to create your arrangement. (Lynn is a horticulture graduate student at KSU and has taken lessons on flower arranging in Kobe, Japan.)

STRAWBERRY BED PLANTING AND RENOVATION

E-18

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. (Lynn is the coordinator of the UFM edible landscape.)

SHARING OF PERENNIALS

E-19

Lynn Doxon

532-5866

One Time: Saturday, 1-3pm, Sept 21
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

Perennials in the UFM yard which need to be divided will be dug and split among the participants. Iris, mints, Egyptian onions, elderberry, and others will be available. Participants are also invited to bring plant materials from their gardens to share with other participants.

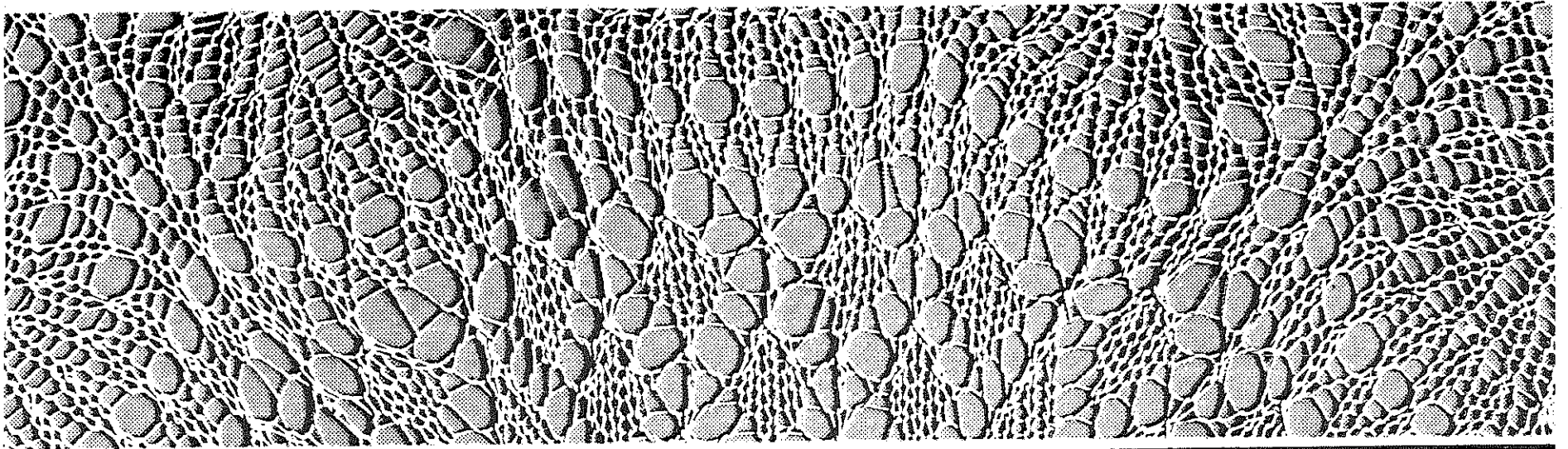
This Organization is a Member of
THE LEARNING RESOURCES NETWORK (LERN)
a national organization in adult learning.

For more information about LERN, contact:



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

H.O.M.E.



HOME

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.

HOME SKILLS EXCHANGE CO-OP H-1

HOME Program - Class Fee: \$1, pay with registration 532-5866

Are you skilled at dry-walling, but know nothing of plumbing? Do you enjoy laying carpet, but hate painting? If you have skills you would like to share in return for getting work done in your home, this co-op is for you! The HOME Program will compile a directory of people, skills, and needs for distribution to registrants. (At registration leave a note of your skills and needs with the UFM staff.)

TILE AND CERAMICS H-2

Burt Courser 776-9740

One Time: Wednesday, 7-8:30pm, July 10
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15

Do you want to put new tile or replace old tile in your bathroom/kitchen? This class will provide instructions on how to properly apply available materials, discuss short-cuts that tend to create problems, and answer individual cases brought in. (Burt owns Burnett Paint Store and has been involved in building and remodeling trades for 10 years.)

BASIC PLUMBING REPAIRS H-3

Greg Stahl 537-1340

Tuesday & Thursday, 6:30-9pm, June 25 & 27
Location: Will be noted on your receipt
Class Fee: \$4, 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 description and usage of tools, different types of pipes, faucet repair and hookup, drain repair and cleaning, commodes and helpful 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.)

WALLPAPERING FOR BEGINNERS H-4

Doug Williams 776-6742

One Time: Thursday, 7-9pm, July 18
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15

Learn the basics of how to hang wallpaper. Discussion will cover the different types of wall coverings and surfaces, various widths, lengths and matches that cause problems in ordering, correct adhesive, the necessary preparation involved and demonstration of the proper application to avoid possible problems. (Doug is the manager of the Crown Decorating Store and works daily with major wallpaper representatives.)

OLDER HOME RENOVATION H-5

Russell Reitz 539-4173

One Time: Monday, 7-9pm, July 8
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.)

BASIC DRYWALL (SHEETROCK) H-9

Larry Budenosky 776-4580

Register and you will be contacted for day, time and date
Class Fee: \$6, pay with registration (There will be 4 classes) Limit: 8

You will gain first hand experience at installing and finishing gypsum drywall. We will discuss tools, materials and techniques and then try them out. Wear clothes appropriate for working around the house! (Larry has extensive experience in remodeling and sheetrocking.)



R. E. Racey II 3rd in Architecture Untitled

A SOLAR ROOM FOR YOUR HOME H-6

Danny Boatright 532-5866

One Time: Thursday, 7-9pm, June 20
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration Limit: 3

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 the last opportunity to take advantage of this valuable service. (Danny is the technical consultant for the HOME Program.)

ENERGY CONSERVING WINDOW TREATMENTS H-7

Kathy Burke 532-5780

One Time: Wednesday, 6:30-8pm, June 26
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15

Keep your house cool and beautiful this summer with decorative energy-efficient window coverings. Kathy will discuss fiberglass screens, roller shades, insulated Roman shades and insulated shutters and provide instructions for those interested in making their own. (Kathy is the State Extension Interior Design Specialist and has been involved in creative energy conservation for 10 years.)

WIND POWER H-8

Gene Meyer

One Time: Tuesday, 7-9:30pm, July 16
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15

Would you like to get a check from KP&L instead of getting a bill? Electrical wind-generators offer many opportunities for self-sufficiency in electrical energy. Gene will discuss how to evaluate the potential that electrical wind power could have for your individual needs, the various systems available for different financial investments, and provide an informational packet. (Gene has been working for the last 4 years as Extension Specialist in Small Business Energy for extension outreach programs.)

Would you like to share a special hobby or interest with others? Teach for UFM! Deadline for the next catalog is July 26.

Registration Form

Priority Registration Period: May 27-June 14
After June 14, you can still register if space is available.

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

WALK-IN:

Tuesday	May 28	Public Library	5pm-7pm
Sunday	June 2	Wal-Mart	2pm-4pm
Tuesday	June 4	KSU Union	9am-2pm
Wednesday	June 5	KSU Union	9am-2pm
Monday	June 10	KSU Union	9am-2pm
Tuesday	June 11	KSU Union	9am-2pm
Thursday	June 13	Public Library	11am-2pm
Thursday	June 13	Public Library	5pm-7pm

THREE WAYS TO REGISTER:

- WALK-IN:** Register in person at one of the above locations
- 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)
- PHONE-IN:** With Visa or MasterCard only, you may call 913-532-5866 during business hours to register (minimum: \$5.00)

Late registrations accepted on space-available basis.

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

RECEIPTS:

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

CLASS LOCATIONS:

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

REGISTRATION FEE EXEMPTIONS:

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

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

REFUND POLICY:

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

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

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

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

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

DISCOUNTS FOR VOLUNTEERS:

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

UFM TEACHER CREDIT:

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



PLEASE PRINT ★★ ONE FORM PER PERSON		CLASS #	SEC. #	TITLE	CLASS FEE
Name _____		1.			
Street _____ Apt. # _____		2.			
City _____ Zip _____		3.			
Home Phone _____ Work Phone _____		4.			
SURVEY—Please check all that apply.		5.			
I am a:		6.			
<input type="checkbox"/> KSU Student (_____ credit hours this semester) <input type="checkbox"/> Student Spouse <input type="checkbox"/> Fort Riley Personnel <input type="checkbox"/> KSU Faculty/Staff <input type="checkbox"/> Townsperson (non-KSU) <input type="checkbox"/> Faculty/Staff Spouse <input type="checkbox"/> Rural Riley County <input type="checkbox"/> Public School Age <input type="checkbox"/> Geary or Pott. County <input type="checkbox"/> Senior Citizen <input type="checkbox"/> Handicapped		PLUS \$2.00 REGISTRATION FEE (See Exemptions)		\$2.00	
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		Card # _____ <input type="checkbox"/> Visa <input type="checkbox"/> MC			
		Expiration Date _____			
		UFM—913-532-5866 1221 Thurston • Manhattan, Kansas 66502			

CLASS EVALUATIONS

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

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

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

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

