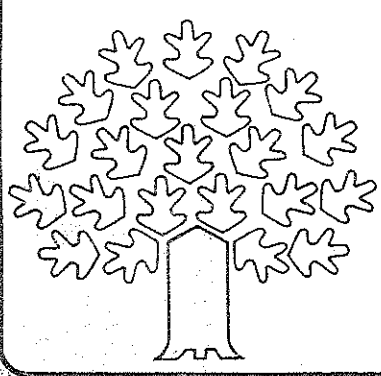


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FREE CATALOG  
OVER 250 CLASSES

**UFM**

FALL 1986  
CLASSES BEGIN SEPT. 6  
REGISTER NOW

Looking for something  
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Try these classes...

- Verbal Self Defense
- Beer Making
- Horseshoeing
- Executive Stress
- Birdwatching
- Diving
- Oil Painting
- Punk/Hardcore Concepts
- Wind Power
- Glass Etching
- New Age Thought
- Stamp Collecting
- Kayaking
- Parenting
- Martial Arts
- Astronomy
- Basics of Investing
- Prairie Grasses

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## Good-bye Julie



Julie Coates, director of UFM's Campus/Community Program for nine years, is leaving the UFM staff.

To Manhattanites familiar with the local program, Julie was the one who coordinated catalog production five times each year, oversaw editing, typing, proofreading, fees, photo selection, ad sales, layout, printing, and distribution. She was the one who taught classes from "Appalachian Cooking" to "How to Drive a Stick Shift," who coordinated every section of the catalog at some point in nine years, who stayed up late to meet press deadlines and who could always be counted on to solve emergency problems. Julie worked with Student Governing Association, developed local publicity plans, helped develop UFM's annual fund drive and was acting director twice.

To many Manhattanites who think that UFM "just" offers classes, Julie's other contributions may come as a surprise. Julie wrote and participated in over 25 funded grants since 1978, including the Evening Child Care Program, Know-

How Network (basic skills for low income and minority people), Volunteer Clearinghouse, Day Care For the Elderly, Latchkey Programs, Apple Computer, Appropriate Technology, Let's Recreate (program for the handicapped, now statewide), Folk Arts Project (which gave rise to the Kansas Folklife Festival), Breaking Ground (which won a national award for its involvement of farm communities) and others.

Julie was very active in the Manhattan Community. She coordinated the Friends of Education Fair, directed the Lou Douglas lecture series, set up special events including a forum on the federal budget, and represented UFM on many local boards and committees.

We will miss Julie, not only for her contributions to UFM, but for her dedication to human rights, to helping those in need and to the concept of education for all.

## Good-bye Neil



UFM has been in Manhattan for almost 18 years, and many people have been part of making it work. But every once in awhile, there has been someone who was really special and whose contributions have stood out.

Neil Schanker, assistant director of UFM's Campus/Community Program, is just such a person, and after more than six years of working and building at UFM, Neil is leaving the UFM staff. During his tenure here, Neil hosted TV and radio shows featuring UFM activities and teachers. He coordinated the UFM photo contest and managed the darkroom co-op. Mostly, he coordinated the organization's registration activities, tried tons of UFM catalogs to hundreds of pick-up points around town, was responsible for organizing more than 300 UFM classes every year, and for teaching classes on subjects from "Swimming" to "Nature Hikes."

## Standard Fare... Co-ops

### Woodshop

Located in the UFM addition, the woodshop is equipped with a variety of power and hand tools, including a radial arm saw, table saw, jointer, lathe, band saw, table saw, working tools. The membership fee is for equipment and facility use only. No materials are included. The mandatory organizational meeting will include instruction in safe equipment use and conduct in the woodshop.

### Darkroom

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.

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.

### Pottery

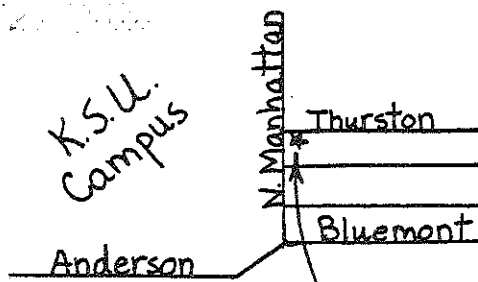
This is a cooperative studio-access class open to anyone with experience in pottery who feels confident working alone. There is no instruction provided. As a co-op member you will have access to the studio for four hours a week, 12 1/2 pounds of clay, plus all the recycled clay you produce, kiln space, and glazes. UFM has recently purchased a sophisticated slab roller for use in sculptural handbuilding, and electric wheel to augment its studio equipment.

### Home

UFM's Home Owner's Maintenance and Energy program provides assistance in home repair and maintenance to low-income, elderly, and handicapped citizens in our community. It is sponsored by the city of Manhattan and the U.S. Dept. of Housing & Urban Development. Call 532-5866 for information.

2

Class locations will be noted on your receipt.



1221 Thurston

UFM is located on the east side of campus.



## Why We Need Your Support

Sixty percent of our support (Grants and Contracts) comes from sources external to the Manhattan community. These sources of funds have been declining and will continue to decline through this decade.

Nearly 90 percent of our expenditures support programs in Manhattan. As external sources of funds decline, many of these programs will be in jeopardy.

We need your support in establishing a community-wide base of financial support that will enable us to continue serving the Manhattan community.

## Why You Would Like UFM

You know what classroom learning can be like: grades, tests, tuition, credits. But UFM is free from all that. And, we provide you with the opportunity to learn a wide variety of things you won't find elsewhere—like bicycle, maintenance, money management, martial arts, cooking, crafts, and sports, to name a few. Want to learn—in one evening—how to deal with pre-exam stress or how to make homemade noodles? UFM can teach you.

## Why We Charge Fees

UFM charges a small class fee to help cover our operating expenses. These fees partially (but not completely) help pay for the cost of bringing UFM classes and programs to our community.

## Teacher Feature



When Neil Schanker came to Manhattan as a K.S.U. freshman, he was immediately attracted to UFM. He taught his first UFM class in 1976 and has appeared in just about every UFM catalog for the past ten years. Neil has taught a variety of subjects, from swimming lessons to nature hikes and candle making to first aid. Joining the UFM staff in 1980, he persuaded many people to teach within his two sections, Earth and Recreation. Neil has resigned from UFM to pursue a masters degree in biology education at K.S.U. His classes, however, will continue to appear in the UFM catalog.

## Board of Directors

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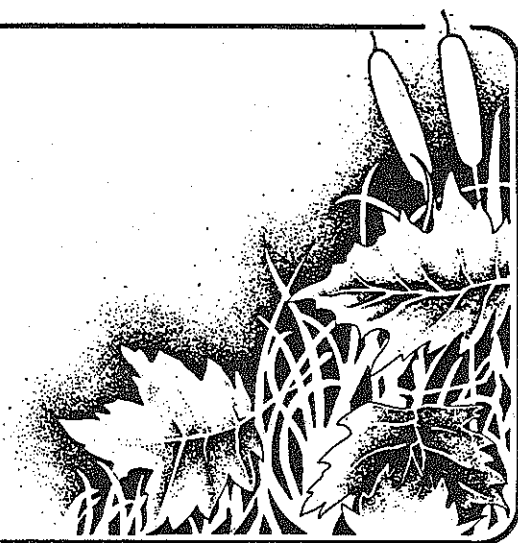
Antonia Pigno, Director  
Minorities Center

Thomas L. Scearcy, Director  
University for Man

Reverend Dave Stewart  
Director, Baptist Campus Center  
KSU



# Fine Arts



## Fiber arts

### WEAVING FA-35

Susan Lala 537-9610

Our main objective is to learn how to prepare the loom for weaving. Each week we will get the looms ready and take them home with weaving to be done before the next class.

Wednesdays, Sept. 10-17 (2 times)  
Class Fee: \$10, pay at registration Limit: 4  
Materials Fee: \$10 (loom rental) \$8 (yarn)

### INTERMEDIATE WEAVING FA-36

Susan Lala 537-9610

In this class we will weave samples for the following techniques: double weave, weft faced weaves, and leno. This class is for weavers who have already had Basic Weaving. (A member of Manhattan's Weavers Guild, Susan loves to weave.)

Wednesdays, 6:30-9:30pm, Sept. 24-Oct. 1 (2 times)  
Class Fee: \$10, pay at registration Limit: 4

### TATTING -- THE ART OF MAKING LACE FA-37

Jessie Fouveaux 776-6806

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

Mondays, 7-9pm, Oct. 6-20 (3 times)  
Class Fee: \$6, pay at registration Limit: 3

### BEGINNING KNITTING FA-38

Jean Johnston 776-3292

If you have always wanted to knit or just wanted to acquaint yourself with knitting, this is the class for you. Bring either size 8 or 10 knitting needles and a skein of 4-ply knitting worsted yarn in a light color. (Jean has been teaching knitting for several years.)

Wednesdays, 7-9pm, Sept. 17-Oct. 8 (4 times)  
Class Fee: \$10, pay at registration Limit: 10

### KNITTING MACHINE DEMONSTRATION FA-42

Judy Nelson 537-8919

Watch the magnificent knitting machine in action. Learn how to make clothes, wall hangings, and afghans for family and friends at great savings and great fun. (Jean owns a local sewing center, teaches sewing and machine knitting.)

Thursday, Section I: 3:30pm, Sept. 18 (1 time)  
Section II: 7:30pm, Sept. 18 (1 time)  
Class Fee: \$4/section, pay at registration

### CALICO CAT MACHINE APPLIQUE FA-43

Peggy Miao

Create a calico cat by machine applique. Green calico cat applied onto peach-colored calico, finished off by framing in a wooden hoop. Materials and sewing machine provided. (Peggy is a freelance home economics journalist.)

Saturday, 12n-6pm, Sept. 13 (1 time)  
Class Fee: \$4, pay at registration

### INTERMEDIATE KNITTING FA-39

Jean Johnston 776-3292

Stuck? Bring your project along and we'll see what we can do. If not, come along with ideas and see what we can come up with. Nothing too drastic to try to fix, change, or start.

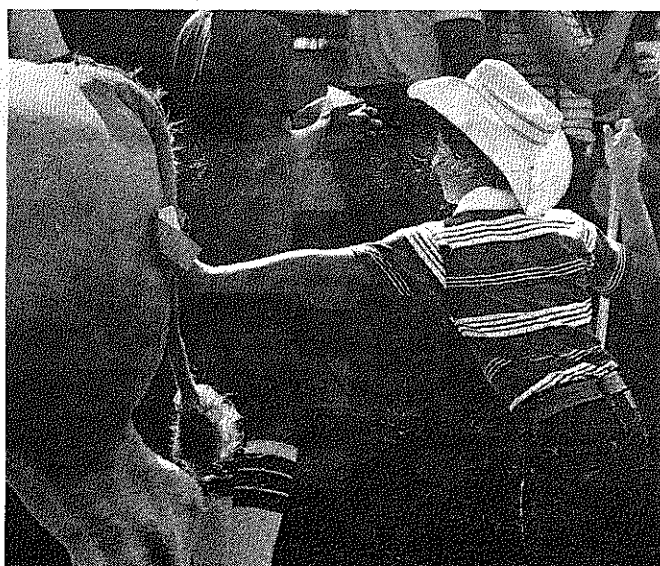
Wednesdays, 7-9pm, Oct. 15-Nov. 5 (4 times)  
Class Fee: \$10, pay at registration Limit: 10

### BEGINNING CROCHET FA-40

Jean Johnston 776-3293

If you have always wanted to learn or re-learn, come along with a size H crochet hook and one skein of light colored 4-ply yarn. We will learn how to read pattern instructions.

Tuesdays, 7-9pm, Sept. 16-Oct. 7 (4 times)  
Class Fee: \$10, pay at registration Limit: 10



### COUNTED CROSS STITCH FA-41

Janice Honeyman 776-8015

This class will introduce the participant to the art of counted thread embroidery. During the first class session the types of stitches will be covered and a small project will be started. During the second class session we will investigate methods for designing custom cross stitch and custom design will be done by each participant. (Janice has enjoyed working counted cross stitch for about 10 years and has been designing and working her own patterns for about 5 yrs.)

Wednesdays, 7-9pm, Sept. 17-24 (2 times)  
Class Fee: \$6, pay at registration  
Materials Fee: \$3, pay at class Limit: 20

### RAG RUGS FA-44

Fran Walter 539-2961

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

Friday, 7-9pm, Oct. 10 (1 time)  
Class Fee: \$4, pay at registration Limit: 12

## Camera, action

### UFM PHOTOGRAPHY DARKROOM COOPERATIVE FA-1 BLACK & WHITE AND COLOR

UFM staff 532-5866

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 black and white fee includes everything but paper. The color fee includes everything except paper and chemistry. 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.

Organizational Meeting by appointment.  
Class Fees: pay at registration

#### Black & White Only

8 weeks	\$20, new members	\$15, renewals
1 semester	30, new members	25, renewals
2 semesters	40, new members	35, renewals
3 semesters	50, new members	45, renewals

#### Black & White and Color

8 weeks	\$25, new members	\$20, renewals
1 semester	35, new members	30, renewals
2 semesters	45, new members	40, renewals
3 semesters	55, new members	50, renewals

### BLACK & WHITE DARKROOM FA-2

John Keim

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

Wednesdays, 7-10pm, Section I: Sept. 10-17  
Section II: Sept. 24-Oct. 1  
(2 times for each section) Limit: 6/section  
Class Fee: \$8/section, pay at registration  
Materials Fee: \$5/section, pay at class

### B & W DARKROOM FA-3

Kathleen Trejo

Learn to process negatives and print pictures. Bring a roll of 35mm Tri X Kodak that has been shot. (Kathleen is a graduate of the New York Institute of Photography.)

Tuesdays, 6:30-9:30pm, Sept. 30-Oct. 21 (4 times)  
Class Fee: \$10, pay at registration  
Materials Fee: \$10, pay at class Limit: 5

### COLOR FILM PROCESSING FA-4

Brian McBride 539-2519

An exploration of light, film, and filters. Slides will illustrate different aspects of picture taking before our darkroom experience. Especially for beginners and improvers, this class will emphasize developing and printing, enabling you to continue on your own. (Brian is a freelance photographer with 10 years darkroom and 4 years studio experience.)

Thursdays, 7:30-9:30pm, Sept. 11-25 (3 times)  
Class Fee: \$8, pay with registration  
Materials Fee: \$10, pay at class Limit: 5

### WATERCOLOR PAINTING VIA PHOTOGRAPHY FA-5

Gene Ernst 776-3622  
Ernie Peck 537-9883

Saturday photo session followed by three studio evenings. Paintings of selected color prints will follow sketching. Two matted projects will complete the class. Saturday, bring a 35mm camera and a 24x roll of color film. Thursdays, bring watercolor paints, brushes, paper. (Ernie is both a photographer and a painter. Gene has offered watercolor classes often.)

Saturday, 8:30am-1pm, Sept. 20  
Thursdays, 7-9:30pm, Oct. 2-16 (4 times in all)  
Class Fee: \$10, pay at registration Limit: 15

**Class locations will be noted on your receipt.**

**3**

# Sing and dance

## BEGINNING SWING DANCE

FA-10

Art Clack & Kathy Colvig 1-293-5343

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 some hot tunes. Heavy emphasis on swing dance; less emphasis on two step and cotton-eye Joe. Absolute minimum devoted to polka. (Art and Kathy have taught swing dancy for many years.)

Wednesdays, 6:30-8pm, Sept. 17-Oct. 1 (3 times)  
Class Fee: \$8/person, pay at registration  
Limit: 20 individuals

## FLINT HILLS FOLK DANCERS

FA-11

Paul Weidhaas 539-4805  
Enid Cocke 539-6306

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. (Paul and Enid danced before they could walk.)

First & third Fridays of month, 7:30-9:30pm  
First meeting: Sept. 19  
Class Fee: \$2/person, pay at registration

## FLINT HILLS DULCIMER PLAYERS

FA-12

Linda Teener 537-0508

Calling all hammered and mountain dulcimer players. Flint Hills Dulcimer Players has met from time to time to learn from each other. Come share in the reorganization of this group. At the first meeting we will discuss musical interests, future meeting times and format for the group. (Linda founded this group in 1979. She plays both hammered and mountain dulcimer.)

Thursday, 7-8:30pm  
Beginning Sept. 11, Length: ongoing  
Class Fee: \$4, pay at registration

## AUTOHARP WORKSHOP

FA-13

Linda Teener 537-0508

Tuning, use of fingerpicks, rhythm backup and picking melody lines are some of the topics to be covered in this class. A basic orientation to the autoharp will be given and resources for the autoharp will be discussed. If possible, bring one plastic thumb pick and two plastic finger picks.

Saturday, 1-3pm, Oct. 11 (1 time)  
Class Fee: \$4, pay at registration Limit: 8

## CELTIC MUSIC WORKSHOP

FA-14

Charlie Griffin 1-485-2762  
Paul Weidhaas 539-4805

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 gaiter. 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 and Paul are members.)

Friday, 7:30-10pm, Oct. 10 (1 time)  
Class Fee: \$4, pay at registration

## PIANO GROUP

FA-16

Ann Woodmansee 539-4131

Join an ongoing group. Mozart was once a beginner, so don't be shy. If you've always wanted to know how to play the piano, this is your chance to learn in a no risk setting. If you already have some experience but want to improve, sign up for this class. Ann will work with each student at their present level and help increase their skills. We'll also learn theory, technique and explore the styles of each student's choice. (Ann is a graduate of the Oberlin Conservatory. She is a professional pianist, accompanist, and singer. Manhattan Keyboard will provide space for the class.)

Tuesdays, you'll be contacted for time  
Beginning Sept. 16 Length: ongoing  
Class Fee: \$10, pay at registration Limit: 10

4

Class locations will be noted on your receipt.



## INTRODUCTION TO THE SUZUKI METHOD

FA-15

Paula Garcia & Zenia Lee 537-7988

Come and see Suzuki kids at play! No, these are not kids who ride on motorcycles, but kids who play the violin. The Suzuki method is a special way of teaching small children violin techniques. To learn more about it, come and see some of our students play and visit with their teachers. (Paula and Zenia are both teachers of the Suzuki method at Westron Wynde.)

Monday, 6:30-8pm, Sept. 22 (1 time)  
Class Fee: \$4, pay at registration

## GUITAR & SONGS

FA-18

Nancy Stover 539-1219

Learn folk, spiritual and simple contemporary music and songs. (Nancy is a musician and is patient with beginners.)

Tuesdays, 7:30pm, Sept. 16-Oct. 7 (4 times)  
Class Fee: \$10, pay at registration Limit: 8

## MORE GUITAR & SONGS

FA-19

Nancy Stover 539-1219

This class will utilize beginning instruction and be enhanced by more complex chord structure. We will also work more on individual styles.

Tuesdays, 7:30 pm, Oct. 21-Nov. 11 (4 times)  
Class Fee: \$10, pay at registration Limit: 8

## PUNK/HARDCORE CONCEPTS (STRANGER THAN FICTION)

FA-20

Jason Keith 539-9168

Have you ever wondered about today's youth that shave their heads and wear leather and chains? This class will discuss the development of this "faction" and what it's all about in terms of their social and political values as expressed in punk music and fashion. (Jason is personally involved with punk and a hardcore dj at a local radio station.)

Tuesday, 7:30pm, Sept. 16 (1 time)  
Class Fee: \$4, pay at registration

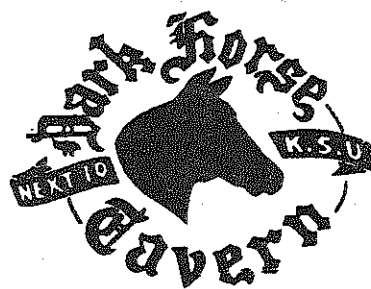
## VOICES GROUP

FA-17

Ann Woodmansee 539-4131

Are you another Patsy Cline, waiting to be discovered? Do your next-door neighbors think Beverly Hills in your houseguest when you sing in the shower? If these things are happening to you (or you wish they were), here is a class for you. We will explore theory, technique and the style of your choice. Depending upon response, classes can be taught independently or as a group. Join an ongoing group.

Mondays, you'll be contacted for time  
Beginning Sept. 15 Length: ongoing  
Class Fee: \$10, pay at registration Limit: 10



619 N. Manhattan  
539-9081  
Open 11 a.m.-12 p.m.



531 N. Manhattan  
539-9727  
Open 4 p.m.-3 a.m.

# Reading, writing, and signing

## POETRY FOR CHILDREN

FA-24

Antonia Pigno 776-7488

Writing experience for elementary age youngsters, age 6-12. We'll read and write poetry. At the end of the class work will be duplicated and put in finished form for publication. Bring paper and pencils. (Antonia is a local poet.) Saturdays, 10-11am, Oct. 4, 18, Nov. 1, 15 (4 times) Class Fee: \$4, pay at registration Limit: 8

## SIGN LANGUAGE

FA-29

Natalie Smith 539-3136

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

Wednesdays, 7-9pm, Sept. 10-Nov. 5 (9 times) Class Fee: \$10, pay at registration Materials Fee: 50¢, pay at class Limit: 25

## ENGLISH AS A SECOND LANGUAGE (ESL)

FA-28

Virginia Hunnel

Do you understand some English and need much practice with conversation? This class will start from where you are and provide the opportunity to communicate in English. Be amazed at how fast you can learn. (Virginia enjoys speaking and teaching English and has many hours of course work in applied linguistics.)

Tuesdays, 7-9pm, Sept. 16-Nov. 25 (11 times) Class Fee: \$6, pay at registration Limit: 10

## REMINISCING

FA-25

Owen R. Jones

The first meeting will explore our Viking and Indian history. From there, personal histories and stories of settling in the Midwest will be recorded. Join us in sharing our memories. (Owen is a Kansas historian and an avid seeker of anecdotes.)

Register and you'll be contacted for day/time/date (3 times) Class Fee: \$6, pay at registration

## GERMAN CONVERSATION

FA-26

Suzanne Shaver

776-1820

This class is aimed at people with varying degrees of fluency in German as a way to stay in touch with their ability to express themselves in a foreign language. The group will decide on topics to be discussed. (Suzanne taught German language classes at Stanford University.)

Thursdays, 8pm, Sept. 11, 25, Oct. 9, 23, Nov. 6 (5 times) Class Fee: \$10, pay at registration Limit: 12

## ARABIC FOR BEGINNERS

FA-27

Sawsan Abdul-Hadi

537-0740

This is your chance to learn Arabic from a native speaker. You will learn the alphabet and vocabulary of this exotic language and some basic reading and conversation skills. Who knows, this class may help you land a job some day -- or better yet, get you a new friend. (Sawsan is a KSU senior in elementary education and French from Palestine.)

Saturdays, 10-11am, Sept. 13-Nov. 1 (8 times) Class Fee: \$10, pay at registration Limit: 12

## STORY AND NOVEL WRITING

FA-21

Leonard Bishop

1-258-2066

All levels of craft in fiction writing: dialogue, foreshadowing, characterization, major and minor relationships, story, plot-line, situations, dramatic events, 1st person, 3rd person, opening chapters, general devices, narration, introspection, continuity, motivation, sex situations, proper prose, cameo characters, complex characters, complicated scenes, details, etc. (Leonard has taught writing for over 25 years, has published 9 novels, and is currently working on a book on professional writing.)

Wednesdays, 7-9:30pm, Oct. 1-15 (3 times) Class Fee: \$8, pay at registration

## GREAT BOOKS GROUP

FA-22

Doris Grosh

539-7864

This is the Great Books curriculum which grew out of Adler's classes at the University of Chicago years ago. Meetings provide lively discussions with other nifty people who love to read. We will cover Series 1 (or maybe 2) which has short stories and essays by Plato, Conrad, Marx, Chekhov, Shakespeare, Rousseau, Tocqueville, and others whom we have always meant to read but never get around to on our own. Since book delivery is slow, the order will be placed ahead of time; call Doris to reserve your copy if you plan to attend. (Sept. 13)

Further meetings: Sundays, 2-4pm, Sept. 21-Nov. 2 (8 times) Class Fee: \$10, pay at registration Materials Fee: \$20, pay at class Limit: 10

## OILS FOR CHILDREN

FA-33

Neelan Jain

776-8305

We'll be making small projects on canvas using brushes and paints provided by the instructor. Learn basic oil painting techniques and make a nice fruit bowl or animal portrait. Wear a smock to protect your clothes. (A native of India, Neelan learned to paint at school.)

Saturday, 10am-12n, Section I: Oct. 11  
Section II: Oct. 18

Saturdays, 12n  
Beginning Sept. 20 Length: ongoing  
Class Fee: \$4, pay at registration  
Materials Fee: \$2, pay at class

## Get all fired up

### UFM POTTERY STUDIO

FA-6

Courtney Clark 539-4033

This is a cooperative studio-access class open to anyone with experience in pottery who feels confident working alone. There is no instruction provided. As a coop member you will have access to the studio for 4 hours per week, 12 1/2 lbs of clay, plus all the recycled clay you can produce, kiln space, and glazes. UFM has recently purchased a sophisticated slab roller for use in sculptural handbuilding and electric wheel to augment its studio equipment. (Courtney is the pottery studio coordinator at UFM.)

Mandatory organizational meeting -- you'll be contacted for day, time, date.

Membership in studio: \$20 8 weeks  
30 16 weeks  
40 24 weeks

### INTERMEDIATE POTTERY

FA-8

Courtney Clark 539-4033

This is a class on wheel techniques for those who feel competent with basic cylinder and bowl forms. We will explore control and refinement of shape, trimming, lids, plates, use of the throwing bat, and handle variations. We may also mix and test glazes and fire the kiln. (Courtney's parents let her make mud pies. She has been making big mud pies and calling them "pottery" for 5 or 6 years now.)

Mondays, 7-9pm, Sept. 22-? (6-8 classes) Class Fee: \$10, pay at registration Materials Fee: \$10, pay at class Limit: 4

### PLAY WITH CLAY

FA-9

John Keim & Scott Saskill

Create at least one beautiful ceramic object. Learn beginning pottery techniques such as pinching, rolling, and coiling to make animals, decorations and useful objects. (John is from a clay planet and wants to share skills. Scott is an architecture student with special interest in clay art.)

Thursdays, 4-6pm, Sept. 25-Oct. 16 (4 times) Class Fee: \$10, pay at registration Materials Fee: \$3, pay at class Limit: 6

### BEGINNING POTTERY

FA-7

John Keim

An opportunity to learn pottery at your own pace. Each participant will have a chance to work on the potter's wheel and do slab, coil and handbuilt pots. Make what you like at the speed that suits you. (John has had many years of experience in pottery.)

Sundays, 2-6pm, Sept. 21-Nov. 9 (8 times) Class Fee: \$10, pay at registration Materials Fee: \$10, pay at class Limit: 10

## TREMENDOUS SELECTION OF BOOKS

Both Paper and Hardback  
All popular categories including

- Cooking • Arts and Crafts
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Class locations will be noted on your receipt.

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# Fun at home

**UFM WOODSHOP COOP** FA-45  
 Brian Hobbs, Woodshop Coordinator 537-1714  
 Located in the UFM solar addition, the woodshop is equipped with a wide variety of power and hand tools, including a radial arm saw, table saw, jointer, lathe, band saw, and most common woodworking tools. The membership fee is for equipment and facility use only. No materials are included. The mandatory organizational meeting will include instruction in safe equipment use and conduct in the woodshop. (Brian is a woodworking instructor at a local high school.)  
 Mandatory organizational meeting:  
 Monday, 7pm, Sept. 15  
 Membership Fee: \$40 for 4 months  
 20 refundable deposit  
 \$60, pay at registration

**FURNITURE REFINISHING** FA-46  
 Brigitte Carver 1-485-2500  
 Visit an antique store in Riley and see how the experts do it! Learn furniture restoring step-by-step. Find the short cuts to make old furniture look beautiful again so you can turn your garage sale specials into antique treasures. Wear grubby clothes. (In furniture refinishing Brigitte has 18 years experience.)  
 Thursday, 3-5pm, Sept. 11 (1 time)  
 Class Fee: \$4, pay at registration

ers. Flint Hills Dulcimer Players has met from time to time to learn from each other. Come share in the reorganization of this group. At the first meeting we will discuss musical interests, future meeting times and format for the group. (Linda founded this group in 1979. She plays both hammered and mountain dulcimer.)  
 Thursday, 7-8:30pm  
 Beginning Sept. 11, Length: ongoing  
 Class Fee: \$4, pay at registration

**AUTOHARP WORKSHOP** FA-13  
 Linda Teener 537-0508  
 Tuning, use of fingerpicks, rhythm backup and picking melody lines are some of the topics to be covered in this class. A basic orientation to the autoharp will be given and resources for

776-6687  
 Practice on window glass and then design, assemble and finish your own stained glass panel. Using the copper foil method, you will acquire all the basic skills of leaded glasswork. The materials fee, which is non-refundable after the first class, includes glass, copper foil, solder, a glass cutter, and the text, Stained Glass Primer I. (Steve owns and operates a local stained glass studio.)  
 Saturdays, Section I: 10am-12n, Sept. 20-Oct.11  
 Section II: 2-4pm, Sept. 20-Oct.11  
 (4 times each section) Limit: 5/section  
 Class Fee: \$10/section, pay with registration  
 Materials Fee: \$35, pay at class

**LANDSCAPING** FA-57  
 Kathy Weller & Tom Hittle 776-0397  
 What is Xeriscape? Give up? Xeriscape is the conservation of water through creative landscaping (from Greek *xeros*, dry). We'll discuss things you can do in your landscape to save water with emphasis placed on landscape design using plants with low water requirements. (Kathy and Tom are landscape architects for Horticultural Services Garden Service.)  
 Saturday, 9:30am-12n, Sept. 27 (1 time)  
 Class Fee: \$4, pay at registration Limit:10

**GLASS ETCHING** FA-49  
 Steven Baldrige 539-4597  
 Glass etching is a simple way of enhancing glass and especially mirrors. It makes nice inexpensive gifts and can be used to accompany furniture projects. Anyone with the slightest amount of artistic ability can do it. (Steven is a student at KSU and has been etching glass for 4 years.)  
 Wednesday, 7pm, Oct. 1 (1 time)  
 Class Fee: \$4, pay at registration  
 Materials Fee: \$2, pay at class Limit:7

**HALLOWEEN COSTUMES** FA-52  
 DeeDee Miller 1-468-3625  
 Make a nifty, scary, or otherwise unique personalized Halloween get-up. Design and create a costume for under \$10 in materials fees. Discover secrets to successful costume design and construction. Find yourself in the company of a few freaky, friendly, fiendish others getting ready to celebrate departed souls. (DeeDee has many years of experience in clothing and textiles.)  
 Thursday, 7-9pm, Oct. 2 and Saturday, 1-4pm, Oct. 4 (2 times)  
 Class Fee: \$6, pay at registration  
 Materials Fee: \$10, pay at class Limit: 8

**INTERIOR DESIGN: MAKING A HOUSE A HOME** FA-53  
 Kathy Colvig 539-4121  
 Color and accessories can make the difference between just existing within four walls and enjoying living within those same walls -- no matter where they are. We'll learn some tricks to change the appearance of a room to add intimacy or a sense of space, and some quick and easy decorator tips to make your home comfortable and attractive. (Kathy is an interior accessory designer and decorator in the Manhattan area.)  
 Monday, 7pm, Sept. 22 (1 time)  
 Class Fee: \$4, pay at registration Limit: 15



**WIND POWER** FA-55  
 Gene Meyer  
 Generate your own electricity. 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 information packet. (Gene has been working for the last 4 years as Extension Specialist in Small Business for extension outreach programs.)  
 Tuesday, 7-9:30pm, Sept. 23 (1 time)  
 Class Fee: \$4, pay at registration Limit: 15

**RENOVATION** FA-56  
 Russell Reitz 539-4173  
 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.)  
 Monday, 7-9pm, Sept. 15 (1 time)  
 Class Fee: \$4, pay at registration Limit: 15

**MAKE YOUR OWN PERFUME** FA-50  
 Carol Ebert 1-456-2841  
 Now you can concoct your own special body perfumes. Learn how to mix body rubs, hair rinse, colognes, bath oils, and signature perfumes. Be creative and discover the uniqueness of your own products. (Carol owns an herb shop and makes many of her herbal products.)  
 Thursday, Section I: 1:30-3pm, Dec. 11 (1 time)  
 Section II: 7:30-9pm, Dec. 11 (1 time)  
 Class Fee: \$4/section, pay at registration  
 Materials Fee: \$1.50, pay at class Limit:12

**DRYING FLOWERS** FA-51  
 June Anderson 539-2842  
 Let's dry some native and cultivated plants for bouquets and wreaths. June will show you how. (June is a horticulturist with 10 years experience.)  
 Tuesday, 7-9pm, Sept. 30 (1 time)  
 Class Fee: \$4, pay at registration

**MAINTAINING YOUR HOUSE FOUNDATION** FA-54  
 Tom Hammes 776-8908  
 Learn how to assess your foundation and take the appropriate steps to preserve it or make needed repairs. Discussion will cover the various problems that concern leakage and answer individual problems/questions you bring to class. (Tom has 12 years experience working with foundations and owns Second Life Restoration.)  
 Wednesday, 7:30-9pm, Oct. 22 (1 time)  
 Class Fee: \$4 pay at registration Limit: 12

## Tours

**MILFORD FISH HATCHERY TOUR** FA-58  
 Opened in 1984, the Milford Fish Hatchery is one of four warm-water intensive fish hatcheries in the US. Raceways and ponds enable this state-of-the-art facility to supply state, city, county lakes and streams and private farm ponds.  
 Wednesday, 3pm, Sept. 17 (1 time)  
 Class Fee: \$4, pay at registration Limit: 30

**POSTAL SERVICE TOUR** FA-59  
 Tour the US Post Office. View the employees at work. Understand the mail flow from arrival at the Post Office to its delivery at home. You may even get hands-on experience!  
 Saturday, 9-11am, Sept. 27 (1 time)  
 Class Fee: \$4, pay at registration Limit: 20

**HISTORICAL MUSEUM AND WAR MEMORIAL TOUR** FA-60  
 Owen R. Jones 537-7976  
 This is a guided tour of the Junction City Historical Museum and Civil War Memorial Monument, ending in Manhattan City Park by the Civil War Memorial Monument. (Owen is a long-time member of the Riley County Historical Society.)  
 Saturday, 10am-3pm, Oct. 11 (1 time)  
 Class Fee: \$4, pay at registration

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Class locations will be noted on your receipt.

# Be an artist

## OIL PAINTING FA-32

C. Fraine, MA 539-0874

Basics of oil painting, canvas sketching, wet on wet, backgrounds and blending. Also, picture composition and painting media. For beginners to intermediate or another perspective of what oils can do. Call Ms. Fraine for a list of materials. (Ms. Fraine has an MA in fine art painting and is a published artist and poet.)

Tuesdays, 7-10pm, Sept. 16-Oct. 21 (6 times)  
Class Fee: \$10, pay at registration Limit: 15

## BEGINNING CALLIGRAPHY FA-34

Ernie Peck 537-9883

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

Mondays, 7-9pm, Sept. 8-29 (4 times)  
Class Fee: \$10, pay with registration  
Materials Fee: \$15, pay at class Limit: 12

## BEGINNING DRAWING FA-30

Cass Cadwallader

Shade and shadow, line and shape, perspective and texture. These are the basic techniques for pencil and charcoal sketching. We'll practice them, learn the basic elements of design and participants will have a chance to sketch a subject of their choice. At the first meeting we'll organize and design the class to meet our needs. (A graphic design graduate, Cass has done many design projects for businesses in Manhattan.)

Mondays, 7-9pm, Oct. 6-Nov. 3 (5 times)  
Class Fee: \$10, pay at registration Limit: 10

## DRAWING AND WATERCOLOR TECHNIQUES FA-31

Lillian C. Elam

In this class, you will learn the basic techniques of how to draw and paint with watercolor and use it with other media such as India ink. You will learn how to mix the colors and use the brushes. The subjects will be still lifes and buildings. We will produce full paintings and Christmas cards. Should be lots of fun, so come join us! (Lillian most recently studied watercolor and India ink in the French Quarter and Garden District of New Orleans.)

1st meeting: Saturday, 1-4pm, Sept. 13  
other meetings: Sundays, 2-4pm, Sept. 21-Nov. 2 (8 times)  
Class Fee: \$10, pay at registration  
Materials Fee: \$20, pay at class Limit: 10

## OILS FOR CHILDREN FA-33

Neelan Jain 776-8305

We'll be making small projects on canvas using brushes and paints provided by the instructor. Learn basic oil painting techniques and make a nice fruit bowl or animal portrait. Wear a smock to protect your clothes. (A native of India, Neelan learned to paint at school.)

Saturday, 10am-12n, Section I: Oct. 11  
Section II: Oct. 18  
(1 time/section) Limit: 5/section  
Class Fee: \$4/section, pay at registration  
Materials Fee: \$8, pay at class



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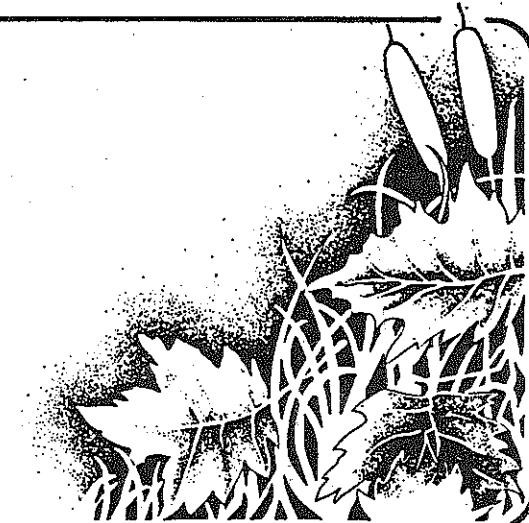
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# Self UFM

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## Spirituality

**YCSA S-1**  
Bert Franklin 539-0495  
The principle classic asanas, breath control, introduction to meditation, as taught by T. K. Krishnamacharya of Madras. (Bert studied Yoga with Krishnamacharya in Madras, India.)  
Tuesdays, 5:30-6:30pm, First meeting Sept. 23  
Length: 8 times Limit: 10  
Class Fee: \$10, pay with registration  
Materials Fee: minimal cost for photocopying

**YOGA S-2**  
Rob Sheridan 776-6849  
Yoga is an ancient self-discipline, the practice of which improves the quality of one's life. In this class we will work with basic asanas (postures) and pranayama (breath-control techniques). Please come on an empty stomach and wear shorts or leotards. (Long baggy pants are not recommended.) Bare feet are essential. (Rob has been studying for several years with Dr. Albert Franklin, long time student of Sri Krishnamacharya of Madras, India.)  
Mondays, 5:30-6:30pm, First meeting Sept. 15  
Length: 8 times  
Class Fee: \$10, pay with registration  
Materials Fee: \$1, pay at class Limit 10

**INTRODUCTION TO ZEN S-4**  
Leon Rappaport 532-6850  
The origins and history of zen philosophy and practice will be described. Emphasis is given to the Soto tradition of zen meditation, including instructions and demonstrations. Wear loose clothing and bring a cushion to sit on. (Leon has been a student of zen for several years.)  
Wednesdays, 7:30-9pm, Oct. 8, 15, last date to be announced. (3 times)  
Class Fee: \$6, pay with registration  
Materials Fee: \$6, pay at class Limit 10

**LISTENING TO YOUR INNER VOICE S-5**  
Sharon Landrith 539-1546  
Many people have experienced the feeling of being guided at some point in their lives. Spiritual guidance is available to all who take the time to listen to the inner voice. (Sharon will share with you her spiritual experiences and her channeling abilities developed over many years.)  
Tuesdays, 7:30 pm, Sept. 23, 30 (2 times)  
Class Fee: \$6, pay at registration

**INTERPRET YOUR DREAMS S-6**  
Gary Plumberg  
The interpretation of dreams is as old as the human race. Do you understand the meaning of your dreams as a way to discover your true self? The ECK-y-nari teaches this and more, as well as giving you proven techniques for remembering and recording your nightly adventures. Dreams are a reflection of intra-psychic experiences which are recurrent in everyone. We will try to explore the inner workings of dreams. Please bring a notebook and pencil. (Gary has been a student of ECK-y-nari several years.)  
Thursdays, 7-8:30pm, Sept. 18, 25 (2 times)  
Class Fee: \$6, pay at registration Limit: 20  
Materials Fee: \$6, pay at class

**NEW AGE THOUGHT S-7**  
Steve Morgan 532-6147  
Join the shift in consciousness. Learn how you create your own reality (and how to create it better). Covers visualization, meditation, affirmation, dreams, healing, pathways to power, and other inner techniques for self development. Emphasizes most important reading material available. (Steve has studied and applied New Age thought the past 14 years.)  
Wednesdays, 7-8:30pm, Sept. 10, 17, 24 (3 times)  
Class Fee: \$6, pay at registration Limit: 25

**HOW TO SEE AND FEEL AURAS AND WHAT THEY ARE S-8**  
Teresa Payne 232-5250  
In this class on auras you will learn what they are, how to feel and see them. You will discover the meaning of each person's different colors of auras and also how they relate to your expression of thoughts. (The first time Teresa saw an aura around a person, she kept blinking her eyes because she thought it was her imagination. As she found out more about auras, she realized it wasn't her imagination.)  
One Time: Thursday, 7:30-9pm, Oct. 16  
Class Fee: \$4, pay at registration  
Materials Fee: \$1.60, pay at class Limit: 10

**GHOSTS AND GHOSTLY MANIFESTATIONS S-9**  
Bill Koch 539-7138  
Every county in Kansas has its ghosts; some are still active and some live only in people's memories. A new book on ghosts in Mid-America will be discussed. Ghosts traditionally do everything that living humans do except make love. (Bill, a professor emeritus of the KSU English Dept., is a former KSU folklorist and has written two books on Kansas folklore and various articles.)  
One Time: Tuesday, 7:30-9pm, Oct. 7  
Class Fee: \$4, pay at registration, Limit: 20

**SPIRITS S-10**  
Nina Hajda 532-6161  
539-2895  
Have you ever seen a ghost or heard bumps in the night you cannot explain? We will discuss spiritual phenomena in our modern world, with an emphasis on audience participation. So, be prepared to bring your ghostly stories. (Nina is an instructor in the KSU English Dept. She has just finished a novel concerning this subject.)  
One Time: Thursday, 7-8:30pm, Oct. 30  
Class Fee: \$4, pay at registration

**PROFESSIONAL MANICURES S-47**  
Judy Goodson 776-5488  
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. 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 hairstylist.)  
One Time: Monday, 7pm, Sept. 15  
Class Fee: \$4, pay at registration Limit: 8

**DECIDING HOW MUCH TO WEIGH?! S-48**  
Pam Marr 776-6600  
This class is intended to explore the factors that influence a decision to lose weight: sociocultural, familial, personal, health. Factors that influence weight loss, weight maintenance, and possible hazards of "dieting" will also be discussed. (Pam is a doctoral student in Marriage and Family Therapy and is currently employed as a Behavior Education Counselor at Nutri/System Medical Weight Loss Center.)  
One Time: Monday, 7:30-9:30pm, Sept. 15  
Class Fee: \$4, pay at registration Limit: 10

**SHOULD YOUR ADOLESCENT LOSE WEIGHT? S-49**  
Pam Marr 776-6600  
Healthy weight loss is a difficult feat. It is even more of a challenge during adolescence. This class is intended to help parents of adolescents discuss issues related to weight loss: special nutritional needs, vulnerability to peer pressure regarding food habits, sensitivity about changing body image (sexual development), potential hazards of "dieting."  
One Time: Monday, 7:30-9:30pm, Sept. 22  
Class Fee: \$4, pay at registration Limit: 10

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**8** Class locations will be noted on your receipt.



# Learning and growing

## EFFECTS OF DIVORCE ON CHILDREN

S-11

Larry M. Peak 537-4014

This class is directed to parents and their concerns regarding the effects of divorce on children. Children's emotional responses to divorce, meeting emotional needs of children, normal feelings and problems parents may anticipate, differentiating roles of parent and spouse, co-parenting issues and divorce will be discussed. (Larry is in private mental health practice. He deals with psychotherapy counseling with children and divorced parents, evaluations and mediation regarding divorce and custody issues.)

One Time: Wednesday, 7-9pm, Oct. 8  
Class Fee: \$4, pay at registration Limit: 20

## PARENTING YOUR PRESCHOOLER

S-13

Ben Silliman 537-7091

Your child's years 0-6 are energetic, exciting, challenging. . . for both of you! This class will help you understand more about his or her development and how parents can adjust, happily, to this new or renewed role. Specific topics will include understanding the child's capacities, discipline, recognizing and developing talents, and building a supportive home. Participants will have plenty of time for questions, comments, and sharing about what "works" in their homes. (Ben is a PhD candidate in Human Development and Family Studies and is a father of a 3-year-old boy.)

Wednesdays, 7-9pm, Sept. 24, Oct. 1, 8 (3 times)  
Class Fee: \$6, pay at registration Limit: 20  
Materials Fee: book available, purchase optional

## PARENTING PRESCHOOLERS

S-14

Linda Teener 539-2435

Parenting preschoolers is both joyful and frustrating. This class will explore effective ways to communicate with your preschooler. We will also look at discipline and ways to maximize positive experiences. (Linda has two preschoolers of her own and manages Tin Man and Munchkinland childcare centers.)

Mondays, 7-8:30pm, Sept. 22, 29 (2 times)  
Class Fee: \$6, pay at registration

## LIVING WITH YOUR TEENAGER

S-15

Beth Hughes 539-5337

Understanding what comes naturally can help de-traumatize the teen years for parents. Pointers on communication and other particular problem areas such as peer group pressure and the attraction of alcohol and drugs. (Beth is a Substance Abuse Education Specialist at Pawnee Mental Health Services. She is a mother of 2 teenagers, former teacher and former drug/alcohol rehabilitation counselor.)

One Time: Tuesday, 7-9pm, Oct. 7  
Class Fee: \$4, pay at registration Limit: 5

## FIGHTING FAIR IN MARRIAGE

S-26

Tony Jurich, PhD 532-6984

Every marriage has conflicts. The key to a good marriage is not avoiding conflicts but resolving them. Tony will help class participants understand and practice the art of fighting fair. This is your chance to talk with a \$65/hour family therapist for \$4. (Tony is a KSU professor in the Family and Child Development Dept.)

One Time: Monday, 7-9pm, Sept. 22  
Class Fee: \$4, pay at registration

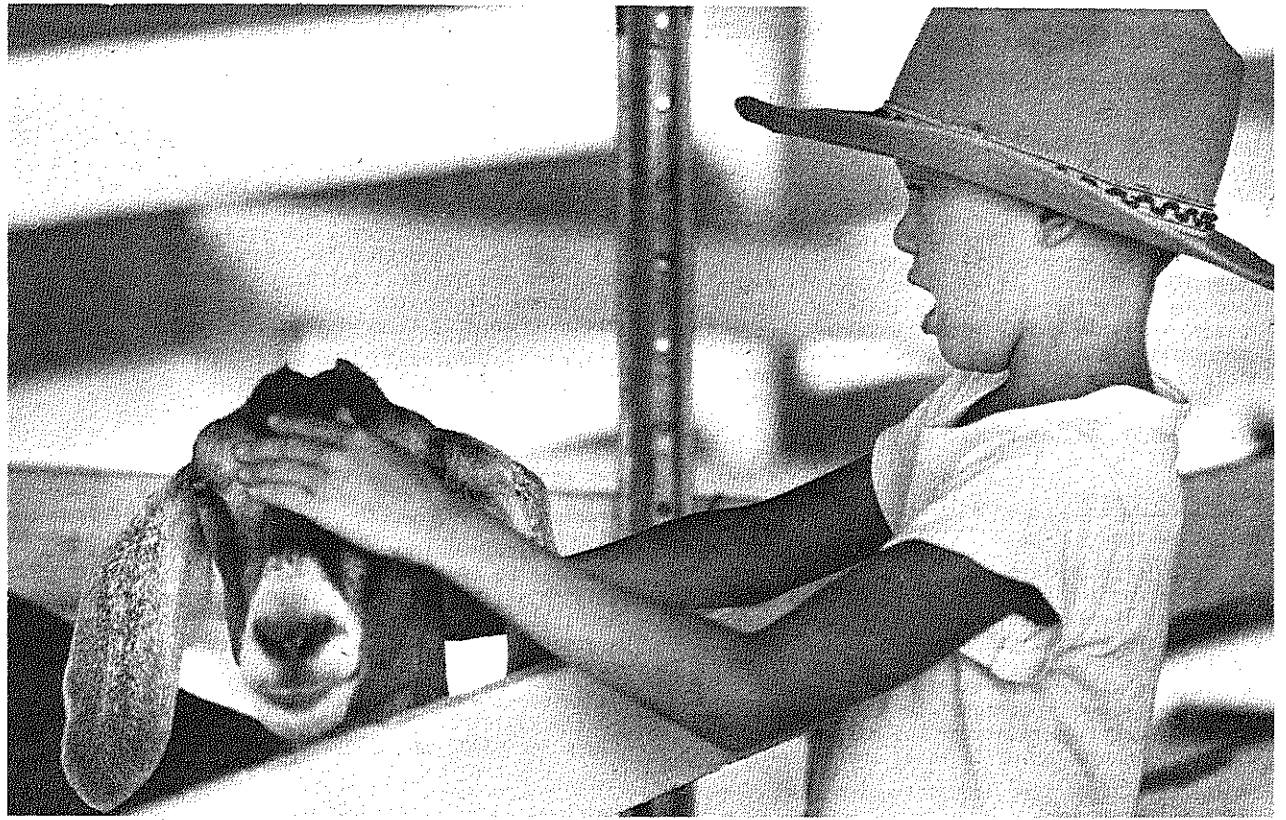
## COUNSELING: A RATIONAL EMOTIVE APPROACH

S-21

Greg Potter, PhD 537-0076

Have you ever wondered what happens during counseling, or what you might expect from counseling? This class will explain the counseling process from a Rational Emotive viewpoint. Dr. Potter will then take one or two volunteers from the class to conduct counseling demonstrations using Rational Emotive Therapy (RET). (Greg is a certified clinical mental health counselor in private practice in Manhattan.)

One Time: Tuesday, 7-10pm, Sept. 16  
Class Fee: \$4, pay at registration  
Materials Fee: \$7.50, pay at class Limit: 15



## ASSERTION SKILLS: RESPONDING TO REQUESTS/ SAYING "NO"

S-19

Dori Lambert 532-6927

An opportunity to learn and practice assertive ways to respond to requests made of you; in particular, to learn how to say "no" when you want to decline a request. This is a structured learning experience incorporating attention to individual examples and group practice through use of role-play. KSU students should call Dori to register.

Tuesdays, 6-8pm, Oct. 14, 21, 28, Nov. 4 (4 times)  
Class Fee: \$10, pay at registration  
Materials Fee: \$3, pay at class

## ASSERTION SKILLS: MAKING REQUESTS OF OTHERS

S-20

Dori Lambert 532-6927

An opportunity to learn and practice assertive ways to ask for what you need/want or to ask for changes in your environment. This is a structured learning experience incorporating attention to individual examples and group practice through role-play. KSU students should call Dori to register. (Dori works in the KSU Center for Student Development.)

Tuesdays, 6-8pm, Sept. 16, 23, 30, Oct. 7 (4 times)  
Class Fee: \$10, pay at registration  
Materials Fee: \$3, pay at class

## SUDDENLY SINGLE

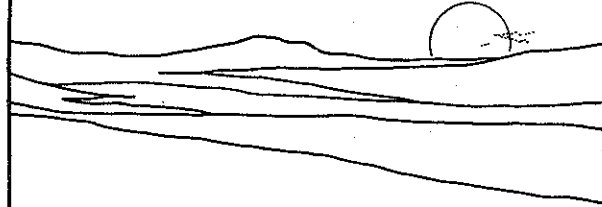
S-29

Jan Copeland 532-5510  
762-3298

Dealing with the end of a marriage through death or divorce brings about many changes. How do we deal with change? What can we expect to be happening right now? What about the future? We will take a close look at the reality of being single again. (Jan is divorced, a mother of four, and a student in Human Development and Family Studies at KSU.)

One Time: Wednesday, 7:30-9pm, Sept. 17  
Class Fee: \$4, pay at registration  
Materials Fee: 50¢, pay at class

Charles L. Griffin  
Marriage & Family Therapist



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## HOW TO GAIN SELF-CONTROL

S-23

Greg Potter, PhD 537-0076

Do you look forward to each day with confidence and enthusiasm? If not, why? This seminar explores the development of self-control by taking control of your happiness and achievement.

One Time: Tuesday, 7-9:30pm, Nov. 4  
Class Fee: \$4, pay at registration  
Materials Fee: \$7.50, pay at class Limit: 15

## THE SCIENCE OF GOAL SETTING

S-24

Greg Potter, PhD 537-0076

Approaching life without well defined, meaningful goals can be likened to playing a basketball game without baskets. This class is designed to help you stop approaching life aimlessly and gain more control of making your goals a reality.

One Time: Tuesday, 7-9:30pm, Dec. 2  
Class Fee: \$4, pay at registration  
Materials Fee: \$7.50, pay at class Limit: 15

## HOW TO GAIN SELF-ACCEPTANCE

S-22

Greg Potter, PhD 537-0076

In childhood you learned your personal worth was determined by your intelligence, actions, appearance, or ancestry. If you measured up, you were allowed a high self-esteem. But most of us never live up to the expectations put on us by ourselves and others. This class explores how to totally accept yourself regardless.

One Time: Tuesday, 7-9:30pm, Oct. 7  
Class Fee: \$4, pay at registration  
Materials Fee: \$7.50, pay at class Limit: 15

**Cont.**

Suzanne M. Shaver, M.A.  
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*Class locations will be  
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**9**

## Learning and growing

### QUICKIE MINI STRESS MANAGEMENT STRATEGIES S-16

Cliff Schuette 532-6927

Come dressed comfortably as you will be practicing and learning stress management strategies. You will also be learning how each of us over-stresses ourselves 100 or more times each day, what your own unique stress pattern is, how to integrate mini-strategies for managing those stresses into daily activity; and you'll 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.)

One Time: Thursday, 7-9pm, Sept. 18  
Class Fee: \$4, pay at registration



### EXECUTIVE STRESS S-17

Michael Weinberg, PhD 539-7758

Our goal is to explore the stress and pressures placed on the individual in executive and upper management level positions. The class atmosphere will be very informal and supportive to the needs of the group participants. At our first meeting, we will decide the time and frequency of our subsequent meetings. (Dr. Weinberg is a national certified counselor and has provided management consultation to local businesses.)

Organizational Meeting Wednesday, Sept. 10, 7pm (meet all semester)  
Class Fee: \$10, pay at registration Limit: 15

### WOMEN IN RELATIONSHIPS S-27

Suzanne Shaver 776-4011  
776-1820

Designed to explore how women can change dissatisfying patterns of behavior in relationships with family and friends, this class could include sharing personal insight experiences. Members will share the bond of confidentiality. (Suzanne is a marriage and family therapist in private practice.)

Thursdays, 7:30-9pm, Sept. 18, Oct. 2, 16, 30 (4 times)  
Class Fee: \$10, pay at registration Limit: 10

### PREMARITAL COUPLE ENRICHMENT GROUP S-28

Tom Reis & Jennifer White 532-6984  
776-6566

Premarital couple enrichment group is designed for childless couples anticipating first-time marriage. We will deal with particular relationship strengths and weaknesses, especially focusing on relationship enrichment through skills such as communication and conflict resolution. Initial evaluation/screening required. (Both instructors are student therapists working toward their master's degrees in Marriage and Family Therapy.)

Mondays, 7:30-9pm, Oct. 6, 13, 20, 27, Nov. 3 (5 times)  
Class Fee: \$10 per couple, pay at registration  
Materials Fee: \$30 per couple Limit: 6 couples

### EFFECTIVE COMMUNICATION S-31

Mark Reiff 537-9726

When you talk with your family and friends, do they understand exactly what you mean? Do your family and friends communicate clearly with you or do you all play second-guessing games? This class will help you to learn effective communication techniques so that your family and friends clearly understand your needs and expectations. You'll avoid many hurt feelings and much unnecessary tension by learning good communications skills. (Mark is a graduate student at KSU and is interested in communication techniques.)

Register and you will be contacted for day and date. The class will meet from 7-9pm one time.  
Class Fee: \$4, pay at registration Limit: 10

**Classes are closed for low enrollment.  
Register early and assure your place.**

**10**

*Class locations will be noted on your receipt.*

## Body and mind

### BODYMIND INTEGRAL YOGA S-35

Bradley Arnall 776-5121

A systematic, holistic approach to bodymind integration through stretching, breathing, relaxation, guided imagery, and movement. We will explore basics of body mechanics through dance, martial art forms, and yoga, providing an excellent foundation for sport, fitness training and holistic wellness. (Bradley has developed this system through 15 years of training in many diverse areas of study.)

Fridays: 7-9pm, Sept. 12-Oct. 31 (8 times)  
Class Fee: \$10, pay at registration Limit: 15

### THE AGING BODYMIND S-36

Bradley Arnall 776-5121

A positive, healthy approach to the aging process can be developed through relaxation, stretching, breathing, and gentle movement. Holistic integration of gerontology with yogic-health disciplines will be discussed and sampled with graceful aging in mind.

Wednesdays, 6:30-8pm, Oct. 1, 8, 15, 22, 29 (5 times)  
Class Fee: \$10, pay at registration



### HOLISTIC SELF-DEFENSE FOR CHILDREN S-37

Bradley Arnall 776-5121

A systematic holistic approach to principles and philosophies of self-protection practices. Health and self-confidence are our main goals, upon which we can build self-defense strategies and techniques in a non-violent way.

Saturdays, 9-10am, Sept. 13, 20, 27, Oct. 4 (4 times)  
Class Fee: \$10, pay at registration Limit: 8

### WOMEN IN TRANSITION: CAREER/LIFE PLANNING GROUP S-41

Susan Scott-Angle 532-6927

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

Mondays, 3:30-5pm, beginning Sept. 15 (10 times)  
Class Fee: \$10, pay at registration



### RIGHT TO A LIFE WITH QUALITY AND A DIGNIFIED TRANSITION S-42

C. C. Roan 776-8316

Beyond the emotionally charged, spectacular issues of abortion, euthanasia, heart transplants, etc., what constitutes wholeness in life and death? And how do we go about making the best possible moral decisions for a life with quality and a death with dignity? Discussions will focus on these questions from a variety of disciplines, including medical, legal, social, and theological. (Cliff is a retired scientist who is organizing a center for personal and corporate ethics at the Baptist Campus Center.)

One Time: Wednesday, 7-9pm, Sept. 17  
Class Fee: \$4, pay at registration Limit: 20

### BASIC MASSAGE S-39

Bob Parr 762-5569

This class will introduce you to traditional Swedish massage for the purpose of increased/improved circulation and total relaxation. Please sign up with a partner. Lotions, oils and handouts will be provided. Participants should wear shorts/t-shirts or other loose clothing. Bring towels and a pad of some type to lie on. (Bob has been a professional masseur for 7 years. After working in a health club for 2½ years, he is now a freelance outcall masseur by appointment only giving sessions or lessons.)

One Time: Tuesday, 5:30-8:30pm, Sept. 30  
Class Fee: \$4 per person, pay at registration  
Materials Fee: \$1 per person, pay at class

### INTRODUCTION TO ACUPUNCTURE S-40

Tess Carbajal 539-6697

Acupuncture has been around for 5000 to 7000 years. Only recently has it been scientifically proven. It can be used for anything from headaches to stomach problems or tendonitis. Let's get together and discover a few pointers on how to keep yourself healthy. (Tess got her training in acupuncture in Kansas City and is presently doing holistic therapy professionally.)

One Time: Tuesday, 7:30-9pm, Oct. 21  
Class Fee: \$4, pay at registration  
Materials Fee: \$1, pay at class

### SACK LUNCH THEOLOGY: ORIGINAL BLESSING S-43

Dave Stewart 539-3051

We will read and dialogue together on Matthew Fox's book *Original Blessing*. Fox believes that humanity's quest for wisdom and survival requires a paradigm shift from the "fall/redemption" ideologies to a creation-centered tradition. The creation-centered tradition is already alive among artists, poets, and mystics within and without present organized religion. Sack Lunch Theology has been a long tradition of reading, thinking, openly discussing and supporting fellow travelers in the search for wisdom and truth. (Dave is the Baptist campus minister.)

Mondays, 11:30am-1pm, beginning Sept. 15 (9 or 10 times)  
Class Fee: \$4, pay at registration  
Materials Fee: \$9.50 for book

### A MODERN CHRISTIAN SPIRITUALITY: PRAY ALL WAYS S-45

Ron Clingenpeel 537-0593

A discussion group on spirituality using Edward Hays' *Pray All Ways* as the basis for confronting a modern spirituality grounded in ancient worldly roots. We will discuss how one prays with eyes, ears, nose, feet -- in private and in community. A modern spirituality addresses those things we need to be aware of today. The group will practice some meditation exercises and may plan a silent retreat. A modern spirituality is a worldly spirituality -- not simply one based in historic Christian traditions. Hays' book will take us into other realms of discussion and intrigue. (Ron is Episcopal Chaplain at KSU and has led retreats and discussions in modern spirituality for many years.)

Fridays, 12-1pm, beginning Sept. 19 (7 times)  
Class Fee: \$4, pay at registration  
Materials Fee: \$7 for book



## MANHATTAN COUNSELING SERVICES

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Larry Carver, M.D.  
Charles Griffin, M.S.  
Susan O'Neill, M.S.W.  
Cooper B. Holmes, Ph.D.

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776-9411

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CAMPUS MINISTER — DAVE STEWART



# Foods

## UFM

532-5866  
1221 Thurston



### Food and drink for everyone

#### WINE TASTING F-1

Tom Wittwer  
Here's an opportunity to demystify the alchemy that takes you from vine to wine and to eliminate the mystique of choosing a pleasing wine. Learn how to match wines to food and amaze your friends with your savvy. Educate your palate to the wines you appreciate. You will taste a large selection of wines and will have each expertly explained. **REQUIREMENT: YOU MUST BE OF LEGAL AGE TO ENROLL IN THIS CLASS.** (Tom is a salesman for Standard Liquor Corp.)  
Hondays, 8pm, Sept. 15-Oct. 6 (4 times)  
Class Fee: \$10, pay at registration  
Materials Fee: \$25, pay at class Limit: 15

#### COOKING WITH FLOWERS F-3

Eileen Schofield Barkley 539-8312  
Have you ever nibbled on a marigold or a nasturtium? Many flowers are edible and can add color and variety to your cooking. We'll discuss flower cookery, sample several dishes, and share more recipes to take home. (Flower cookery is the perfect combination of Eileen's training in botany and her hobby of cooking.)  
Tuesday, 7pm, Sept. 16 (1 time)  
Class Fee: \$4, pay at registration  
Materials Fee: \$2, pay at class Limit: 8

#### STUFFED STUFF F-5

Patti Paxson 776-0964  
Enjoy eating your own cooking. Make stuffing variations and fill bread and noodle shells such as pita and cannelloni from the Mediterranean area. (Patti enjoys cooking.)  
Register and you will be contacted for day/date/time (1 time)  
Class Fee: \$4, pay at registration Limit: 10

#### BEER MAKING F-6

Pat Dreese 539-9150  
Ever dream about your own home-brew? This class will teach you how to modify standard beer-making procedures to fit your own personal taste. You will learn what equipment you'll need for your basement brewery as we brew and bottle a batch of beer. The final product will be divided among class participants. **REQUIREMENT: YOU MUST BE OF LEGAL AGE TO ENROLL IN THIS CLASS.** (Pat has been brewing beer for 3 years.)  
Thursday & Tuesday, Oct. 30-Nov. 11 (2 times)  
Class Fee: \$6, pay at registration  
Materials Fee: \$1.75, pay at class Limit: 6

#### HALLOWEEN TREATS AND CRAFTS F-7

Paula Boyd 539-1983  
Halloween is a great time for little elves and goblins to do something special. Come and make finger plays and songs. (Paula really enjoys young children.)  
Thursdays, 7:15-8pm, Oct. (2 times -- you'll be contacted for dates)  
Class Fee: \$4, pay at registration  
Materials Fee: \$1.50, pay at class Limit: 6

#### SCIENCE EXPERIMENTS YOU CAN EAT (5-10 YEARS) F-8

Cindy Klentz 776-7366  
Science is fun! Explore science through 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! (Cindy has taught this class before.)  
Saturday, 10am, Sept. 27 (1 time)  
Class Fee: \$4, pay at registration  
Materials Fee: \$3, pay at class Limit: 6

#### CAKE DECORATING F-2

Jo Rodriguez  
This basic cake decorating class will cover how to make the frosting, how to apply the frosting and how to cut the cake! Frosting decorations which will be demonstrated include rosebuds, roses, sweet peas and star and shell borders. Mrs. Rodriguez will also bring some photos of wedding cakes she has made in the past. (Jo studied cake decorating in Chicago and has taught cake decorating for years. She also does wedding cakes by order.)  
Wednesday, 6:30-8:30pm, Sept. 10 (1 time)  
Class Fee: \$4, pay at registration

#### CHINESE COOKING CLASSES F-4

Lee Shih Wu 539-7841  
An exploration of the many types of Chinese cooking and methods used in each. Lee Shih will demonstrate how to choose ingredients, how to cut and prepare them, and which cooking procedures to use. Then comes the eating. Yum! (Lee Shih is a native of China and graduated from the Chinese Cooking Institute in Taiwan.)  
Saturdays, 6:30-8pm all sections  
Section I: Sept. 13: stir fried Chinese cabbage with dry shrimp; crab legs meat fry with golden mushroom  
Section II: Sept. 20: steamed fish with seasoning; shredded chicken breast with sweet corn  
Section III: Sept. 27: fried squid with dry fungus; fried bean threads with ground pork  
Section IV: Oct. 4: kung paou chicken with hot seasoning; fried beef with oyster sauce  
Class Fee: \$4/section, pay at registration  
Materials Fee: \$5/section, pay at class



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## 539-9666

Class locations will be noted on your receipt. 11

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# Community

## UFM

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### Money matters

#### MONEY: FOR WOMEN ONLY C-2

Barbara Heid 537-4505

Regardless of your age or income, the decisions you make today or fail to make will determine, to a great extent, your financial future. Part I -- Risk Management -- We will discuss property and casualty, liability, health, disability and life insurance in relation to present needs. Part II -- We will discuss investment vehicles and strategies for investing. Part III -- We will discuss taxes, retirement planning and estate planning.

Saturdays, 9:30-11:30am, Sept. 20-Oct. 4 (3 times)  
Class Fee: \$6, pay at registration

#### BUDGETS: WORKSHOP FOR COUPLES C-3

Barbara Heid 537-4505

Workshop I -- We will discuss how to draw up a personal net worth statement. Bring information concerning your assets and liabilities. We will then work on the net worth statement. Workshop II -- We will discuss priorities and goals, budgets, and refine the net worth statement. Workshop III -- We will make out a budget, discuss how it works and what we will accomplish with it. Limit: 20 individuals

Thursdays, 7-9pm, Sept. 25-Oct. 9 (3 times)  
Class Fee: \$6 per person, pay at registration  
Materials Fee: \$2.50 per person, pay at class

#### THE BASICS OF INVESTING C-4

Greg Barron 776-1066

This class will take the confusion out of the investment world. You will leave the class with a working knowledge of stocks, bonds, mutual funds, and partnerships. We will discuss the risk/reward relationships in the various investment vehicles. Investment alternatives for the smaller investor will also be examined (as small as \$50/mo.). (Greg has a masters degree in economics and is an investment advisor for Stifel Nicolaus & Co.)

Tuesdays, 7-8:30pm, Sept. 16-23 (2 times)  
Class Fee: \$6, pay at registration

#### ESTATE PLANNING AND FINANCIAL PLANNING PRINCIPLES C-8

Gil Sabatka CLU ChFC CFP 776-4873

This class is designed to review financial planning principles used in accumulation through income tax planning, investment planning and retirement planning. All these techniques are important for accumulation. However, the accumulation techniques are all in vain if proper estate planning techniques are not used. Through various estate planning techniques, people can reach family and estate objectives, thus maximizing the benefit for their family and heirs. (Gil is a registered investment advisor who has been in private practice for 12 years. His professional credentials include the Chartered Life Underwriter, Chartered Financial Consultant, and Certified Financial Planner professional designations.)

Monday, 7-9pm, Sept. 29, (1 time)  
Class Fee: \$4, pay at registration

#### MUTUAL FUNDS C-1

Barbara Heid 537-4505

Why do we use them? How do they work? If you want to know more about mutual funds, attend this one and a half hour class and we will explore the way they work. (Barbara is a registered representative with Waddell & Reed.)

Thursday, 7:30pm, Sept. 25 (1 time)  
Class Fee: \$4, pay at registration

#### MONEY MANAGEMENT SEMINAR FOR THE RETIRED AND NEAR RETIRED C-6

Fred Freeby 537-4505

This seminar is designed specifically for men and women who are concerned about making the most of their money during their retirement years. We will cover tax reduction methods, income producing investment opportunities, money saving ideas, estate planning and a number of other money management subjects applying specifically to the retired and near retired.

Monday, 7:30-9pm, Sept. 22 (1 time)  
Class Fee: \$4, pay at registration

#### INVESTMENT BASICS C-7

Sherl Prawl 537-3700

This is your opportunity to understand the foundation of investment fundamentals necessary for effective financial planning. Topics discussed will include money market funds, stocks, bonds, mutual funds, insurance and tax advantaged opportunities. (Sherl has been a financial counselor for 12 years in Manhattan with Edward D. Jones & Co.)

Tuesdays, 7-9pm, Sept. 16-23 (2 times)  
Class Fee: \$6, pay at registration Limit: 20

#### FINANCIAL PLANNING FORUM FOR YOUNG MARRIEDS THROUGH MIDDLE AGE C-5

Fred Freeby 537-4505

Take an interesting look at different ways of doing business. New and different investment opportunities will be discussed along with tax-saving vehicles such as IRA's, Keogh's, SPP's, TSA's and others. For each couple attending a specific financial plan will be prepared according to their individual situation. This will be a very rewarding class. (Fred is a senior account executive with Waddell & Reed, one of the largest financial planning organizations in the US with over \$5 billion under management.)

Monday, 7:30-9pm, Sept. 15 (1 time)  
Class Fee: \$4, pay at registration

#### HOW THE 1986 TAX REFORM ACT AFFECTS YOU C-9

James Gordon 537-0190

We will review changes in the 1986 Tax Reform Act and how they affect you. Topics to be covered will include itemized deductions, rental and other investment properties and alternative minimum tax. Time will be allowed for questions at the end of class. (James has taught UFM classes before)

Tuesday, 7-9pm, Oct. 7 (1 time)  
Class Fee: \$4, pay at registration

#### HOME SWEET HOME: HOUSE BUYING C-10

Duane McKinney 539-1588

As mortgage interest rates drop, many people are buying a house for the first time. This will probably be the biggest purchase of your life -- make sure you make the right choice. This class will cover the basics of buying real estate -- how to search for the house of your dreams -- what to look for -- and financing. If you make a mistake when you buy a house, it is not so easy to correct. Learn all you can about purchasing a home before you start looking. Take this class for \$4 and maybe save \$500 or even \$5000! (Duane is broker/owner of Manhattan Realty dealing in sales, appraisals and property management.)

Wednesday, 7-9pm, Sept. 17 (1 time)  
Class Fee: \$4, pay at registration

#### LANDLORD/TENANT LAW C-11

Drew Frackowiak & Joel Hayes 537-2943

We will review the Kansas Residential Landlord-Tenant Act, including advice on how to avoid problems and what to do if difficulties arise. This class will be geared toward tenants, but landlords are welcome and might find the class rewarding. (Drew and Joel are attorneys with Legal Services in Manhattan.)

Thursday, 7-9pm, Sept. 25 (1 time)  
Class Fee: \$4, pay at registration

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Class locations will be noted on your receipt.



## FirstBank

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University Bank  
Denison & Claflin

West Bank  
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Downtown Bank  
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# Guide to Community Services

<p><b>OGDEN FRIENDSHIP HOUSE OUTREACH MINISTRY</b> Food Pantry/Clothes Closet/Tutoring/ After School Program 913/539-1791</p>	 <b>Seniors' Service Center</b> Information, Classes, Recreation, Meals and other Services for Persons over Age 60. 412 Leavenworth 537-4040	<p><b>CRISIS CENTER, Inc.</b> PO Box 164, Manhattan, KS 66502 24-hour service to spouse abuse and sexual assault victims. 913/539-2785</p>
<p><b>BIG LAKES DEVELOPMENTAL CENTER, Inc.</b> 1500 Hayes Drive, Manhattan, KS 66502 Training of Developmentally Disabled. 913/776-9201</p>	<p><b>SCORE/ACE</b> 505 Poyntz Avenue, Manhattan, KS 66502 This program offers assistance to small businesses. 913/776-8829</p>	<p><b>FRIENDSHIP TUTORING PROGRAM</b> The Family Center—KSU Volunteer tutoring service on a one-to-one basis for students in the Manhattan community. Grades 1-12 913/532-6984</p>
<p><b>EMPLOYMENT &amp; TRAINING SERVICES</b> Citizen's Bank Building, Suite J 6th &amp; Humboldt, Manhattan, KS 66502 Job and vocational training. 913/539-0591</p>	<p><b>ST. JOHN'S ASSESSMENT CENTER</b> 210 Southwind Place, Manhattan, KS 66502 Assessment and referral Outpatient Counseling: family, marital, adult and adolescent alcohol and drug. 913/776-7533</p>	<p><b>U-LEARN</b> Holton Hall Basement, Room 2 U-LEARN's mission is to provide the most direct means of accessing information, assistance and resources for faculty and students. 913/532-6442</p>
<p><b>The HUNGER PROJECT</b> PO Box 1369, Manhattan, KS 66502 Information and empowerment on ending hunger. 913/537-0938 or 532-5866</p>	<p><b>HOME HEALTH SERVICES</b> 2803 Claflin, Manhattan, Kansas 66502</p>	<p><b>MANHATTAN EMERGENCY SHELTER</b> 831 Leavenworth, Manhattan, KS 66502 Providing temporary and emergency shelter, food and clothing. We teach life skills and assist with employment and apartment placement. 913/537-3113</p>
<p><b>FLINT HILLS BREADBASKET COMMUNITY FOOD NETWORK</b> 901 Yuma, Manhattan, KS 66502 Foodbank services for agencies and charitable organizations that serve low income families. Distribution center for USDA surplus commodities in Riley County. Distribution center for the Community Holiday Food Program. Open: Weekdays, 8:30am-12:30pm 913/537-0730 CITY and UNITED WAY FUNDED</p>	<p>Home Health, Private Duty Nursing, Homemaker, Companion Sitter, and Personal Care Services</p> <p><b>24 HOURS CALL: 913/537-0688</b></p> <p>A UNITED WAY AGENCY</p>	<p><b>BIG BROTHERS/BIG SISTERS of Manhattan, Inc.</b> 103 South Fourth, Manhattan, KS 66502</p> <p>The program has a broad goal of providing mature volunteers to serve as friends and role models for youth who benefit from the example and commitment of a caring adult. Volunteers must be 18 years of age or older and have a vehicle. They must also be willing to make a year's commitment to spend 3 to 6 hours per week with a child. 913/776-9575</p>
<p><b>RILEY COUNTY/MANHATTAN HEALTH DEPARTMENT</b> 2030 Tecumseh Road, Manhattan, KS 66502</p> <p><u>Available Services:</u> Family Planning Pregnancy Testing Labor and Birth Classes Immunization WIC Nutrition Program Venereal Disease Testing Well-Child Physicals Blood Pressure Checks Car Seat Rentals And more...</p> <p>913/776-4779</p>	<p><b>CRISIS CENTER, Inc.</b></p> <p>Rape Survivor Support Group</p> <p>913/539-2785</p>	<p><b>TALENT EXPERIENCE WISDOM</b></p> <p><b>RILEY COUNTY RETIRED SENIOR VOLUNTEER PROGRAM</b> 412 Leavenworth, Manhattan, KS 66502</p> <p>Shopping assistance, transportation, senior companion, visitation and volunteer opportunities.</p> <p>913/776-RSVP Supported by the Riley County Council on Aging</p> 

## Job skills

<p><b>STUDY SKILLS</b> C-13 Judith Lynch 532-6492 Students from all classes and majors can benefit from this workshop on study skills. Topics will include reading and summarizing text books, note taking and preparing for exams. (Judith is assistant director of the KSU Academic Assis- tance Center.) Thursday, 7-9:30pm, Nov. 6 (1 time) Class Fee: \$4, pay at registration</p>	<p><b>SELF-HELP FINANCIAL GROUP</b> C-25 Lela Brown 1-632-5202 Come to the organizational meeting and we'll discuss daycare, credit, loans, etc. Bring your financial problems and we'll try to deal with them. (Lela thinks this class will be a good "support" group.) Tuesday, 7pm Beginning Oct. 7 Length: ongoing Class Fee: \$4, pay at registration</p>	<p><b>THE SIDE-TRACKED HOMEMAKER</b> C-24 Susan Martindale 1-948-2831 Learn about how two amazing women, both mothers of several children, have created a unique sys- tem that transformed their homes from pigpens to paradise. You, too, can learn this system and the secrets of scrubbed children, a well- organized and tidy home, a smiling spouse and stew bubbling on the stove while you relax or pursue your favorite hobby. No longer will you have to envy those immaculate ladies with immaculate homes that are photographed for magazine covers. (Susan has taught this class for the Onaga Area Resource Center and is anxious to share the techniques with others.) Thursday, 7-9pm, Oct. 9 (1 time) Class Fee: \$4, pay at registration Materials Fee: \$1, pay at class</p>
<p><b>BRUSH UP YOUR GRAMMAR</b> C-14 Patricia Kearney 539-4428 We all know how to talk and write but sometimes it is useful to know "the rules." This class, on essential English skills, is for the person who wants to review fundamentals and avoid com- mon sentence structure problems, troublesome points of usage and conventional punctuation. This class could help you get, keep, or advance your job. (Patricia is a senior at KSU, majoring in English and literature. She has previous tutoring experience.) Tuesdays, 7:30-9:30pm, Sept. 16-23 (2 times) Class Fee: \$6, pay at registration</p>	<p><b>KEEP REACHING -- MOTIVATION</b> C-17 Joe Younger 532-6277 What makes you do what you do? Everyone has a motivator within themselves that says "do it" for whatever reason. Explore the dynamics of motivation and de-motivation. Study why people keep reaching to satisfy needs. (Joe is manager of staff training and development programs at KSU that provide instruction in support of employee skills enhancement in the areas of supervisory/executive management, awareness and skills building.) Thursday, 7-8:30pm, Sept. 18 (1 time) Class Fee: \$4, pay at registration Limit: 25</p>	<p style="text-align: right;"><b>Cont.</b></p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><i>Class locations will be noted on your receipt.</i></p> <p style="font-size: 2em; font-weight: bold;">13</p> </div>



**Job skills**

**GETTING GRANTS -- WHERE TO BEGIN** C-20  
 Jana Hesser 776-8495

Did you ever wonder who those people are who get those mysterious "grants" of money for various causes or organizations? Well, it could be you! This class will show you the ropes of writing government and foundation grants to raise money for your organization. At the first class we'll review reference materials and sources. The second class will focus on proposal writing techniques. (Jana is a grants and research coordinator for KSU's Division of Continuing Education and was previously grants officer at Washburn University.)  
 Tuesday, 7:30-9pm, Sept. 16 (1 time)  
 Class Fee: \$4, pay at registration  
 Materials Fee: \$1.50, pay at class

**VERBAL SELF-DEFENSE** C-23  
 Eunice Dorst 537-3838

Verbal abuse is so common we don't always recognize it. How often have you felt defensive, angry, guilty, or hurt after a remark by a spouse, friend, or stranger? The chances are you have been verbally abused. This class will be based on the book *The Gentle Art of Verbal Self-Defense*, by Suzette Haden Elgin and will include discussion, sharing of ideas, and role-playing. You will learn how to defend yourself from verbal abuse and how to know if you, too, are an abuser. (Eunice has studied this book and believes that by sharing these ideas and techniques, we will all become more adept at recognizing and handling verbal abuse.)  
 Mondays, 7-9pm, Sept. 15-22 (2 times)  
 Class Fee: \$4, pay at registration

**14** Class locations will be noted on your receipt.

**HOW TO GO BACK TO SCHOOL (WHEN YOU DON'T KNOW WHERE TO BEGIN, YOU DON'T KNOW WHOM TO ASK, AND YOU'RE NOT EIGHTEEN ANYMORE)** C-12

Ruth Hoeflin & Beverly Laskey 532-6432  
 Going to college as an adult can be exciting, but are you wondering whether you have the time, money, ability or physical energy to do so? Does the educational institution confuse you? Do you know how to study, to take exams? We'll help you find the answers, think through the decisions, take the first steps, learn how to cut red tape, and know where to find help on the campus. (Ruth is director of Fenix, a program for students over 25. She is the former Dean of Home Economics, has conducted research on adult students, and is a firm believer in lifelong learning. Beverly was formerly Director of Admissions and Records and a financial aid officer as well as advisor to international students. Recently, she is a member of the Fenix office staff.) (3 times)  
 Register and you will be contacted for time/date  
 Class Fee: \$6, pay at registration  
 Materials Fee: \$1.50 pay at class

**PREPARING FOR EMPLOYMENT** C-15  
 Joan Mc Cullough & Gwen Daily 532-6561

As unemployment increases, so does the competition for the available jobs. This class will give you the edge in your job search. I: Identifying your skills and interests, filling out an application. II: Writing a resume of your marketable skills. III: Interviewing techniques and developing a job search plan. Participants will be assisted as they work on filling out an application, writing a resume, answering interview questions and developing their own job search plan. (Joan and Gwen are looking forward to this class.)  
 Tuesdays, 7-9pm, Oct. 28-Nov. 18 (4 times)  
 Class Fee: \$6, pay at registration Limit: 15

**INTERVIEWING** C-18  
 Bob Weber 539-5337

The final hurdle to getting a job is the interview. How you conduct yourself may make all the difference between you and the other candidates. 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.)  
 7-9pm, register and you will be notified of day and date  
 Class Fee: \$4, pay at registration  
 Materials Fee: \$2, pay at class

**PUBLISHING YOUR OWN BROCHURES** C-21  
 Rhonda Keith 532-6415

A brochure should make you want to a) pick it up and b) read it. How can you make sure your message has a chance of being noticed among the hundreds of messages the public is bombarded with daily in print and otherwise? This class will cover the basics -- design and layout (though it's not an art class), how to get by without an artist, and how to work with printers. Bring your own projects for individual attention. (Rhonda is a professional writer and editor with KSU publications.)  
 Monday, 6-8pm, Sept. 15 (1 time)  
 Class Fee: \$4, pay at registration  
 Materials Fee: \$1 pay at class Limit: 8

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**DEALING WITH DIFFICULT PEOPLE AT WORK** C-16  
 Ron Downey, PhD 532-5712

Discussion will deal with techniques for handling difficult people in your work situations. 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.)  
 Wednesday, 7-9pm, Oct. 15 (1 time)  
 Class Fee: \$4, pay at registration  
 Materials Fee: \$3, pay at class Limit: 20

**WOMEN IN MANAGEMENT** C-19  
 Frank Saal, PhD 532-6850

The class is designed for women in or aspiring to management positions. We will focus on obstacles to effective performance. Don't be your own worst enemy! Take this class and gain self-confidence. (Frank is an associate professor of psychology and is on the Women's Studies faculty.)  
 Tuesday, 7-9pm, Sept. 16 (1 time)  
 Class Fee: \$4, pay at registration

**SPEECHCRAFT** C-22  
 Elizabeth Hall 537-1787

Do your knees wobble and your mouth go dry when you're asked to give a speech? For relief and -- believe it or not -- FUN, try speechcraft presented by Manhattan Toastmasters. A pleasant, helpful class for men and women to become better speakers, listeners and leaders.  
 Wednesday, 7-9:30pm, Sept. 24, (1 time)  
 Class Fee: \$4, pay at registration

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## Health and safety

### ALZHEIMERS: THE LOSS OF THE SELF AND RELATED DISEASES

C-27

Dr. Nancy Reynolds 537-0969

This class will cover how the self develops, the myth of senility, and the various forms of dementia. We will also discuss a case history of a family and look at the sources of health and our own mental health. (Nancy is a lecturer in sociology at KSU and Emporia State University. She specializes in social gerontology and worked for 21 months with the Area Agency on Aging.)

Saturdays, 9-11am, Oct. 11-18, (2 times)  
Class Fee: \$4, pay at registration  
Materials Fee: \$2, pay at class

### DEALING WITH CHRONIC HEALTH PROBLEMS

C-39

Grace Reischman, DC 537-9330

If you are plagued by chronic health problems, you can learn techniques to deal with them more effectively. A class to stimulate self-understanding with a holistic approach.

Sunday, 2-4pm, Oct. 12 (1 time)  
Class Fee: \$4, pay at registration Limit: 10

### CREATIVE VISUALIZATION

C-40

Grace Reischman, DC 537-9330

Feeling stuck, dissatisfied or frustrated? You have the ability to create your life as you desire. Learn the power of visualization and how to make it work for you.

Sunday, 2-4pm, Oct. 26 (1 time)  
Class Fee: \$4, pay at registration Limit: 6

### RED CROSS BABYSITTING

C-30

Lynda Frey 537-2180

Young people who want to earn money often babysit. This class teaches youngsters age 11 or older the basics of child care, how to prevent accidents, what to do in an emergency, and how important they can be in the life of a child. Participants must attend both sessions for certification. (Lynda is the Executive Director of Red Cross and an instructor for the past 4 years.)

Saturdays, 9am-12n, Oct. 11-18 (2 times)  
Class Fee: free  
Materials Fee: \$2, pay at first class Limit: 20

### RED CROSS FIRST AID

C-31

Darrell Marr 537-8380

Learn the basics of first aid, the skills and information needed in daily life, as well as those critical to saving lives and minimizing injuries. General first aid and accident prevention are stressed. You'll learn how to restore breathing, care for fractures, and how to treat poison, shock, and burn victims. You pace yourself through a separate workbook for each topic. When you're ready, you'll be individually evaluated by a Red Cross instructor. You'll earn a Standard First Aid Certificate. (Darrell has been teaching Red Cross classes for 4 years.)

Tuesdays & Thursdays, 7-9:30pm  
Sept. 9-25, (6 times)  
Class Fee: free  
Materials Fee: \$16, pay at class Limit: 12

### CHIROPRACTIC IN 1986

C-38

Dr. Timothy & Dr. Grace Reischman

"Chiropractic is the most popular form of non-medical healing" according to a 1982 paper published in the *American Journal of Public Health* and reported recently in *Prevention* magazine. Find out just what it is chiropractors do and why, why it is so popular, what the origins of this drugless profession are, and where it is today. Two of our newest Manhattan doctors of chiropractic will conduct the class. (Dr. Grace and Dr. Timothy Reischman are a husband and wife team and practice together at Manhattan's Alternative Health Care Center.)

Wednesday, 7-9pm, Oct. 8 (1 time)  
Class Fee: \$4, pay at registration



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### RED CROSS STANDARD MODULAR FIRST AID

C-32

Van White

This class will teach CPR, mouth-to-mouth breathing, splinting, bandaging, etc. The students will also learn the basics of vehicle rescue. The class will cover many medical emergencies as well as treatment of injuries. (Van is a firefighter in Manhattan, a former EMT ambulance attendant, and a Red Cross CPR and first aid instructor.)

Saturdays, 9am-5pm, Oct. 25-Nov. 8 (3 times)  
Class Fee: free  
Materials Fee: \$20, pay at class Limit: 8

### COPING WITH THE RURAL CRISIS

C-33

Charlie Griffin 776-9411

The problems of rural communities affect us all. In this class we will look at the rural economic crisis and individuals, families and communities. We will also focus on personal, family and community strengths and coping skills as well as specific resources for assistance. (Charlie, a rural resident himself, is well acquainted with the rural crisis.)

Monday, 7-9pm, Sept. 29 (1 time)  
Class Fee: \$4, pay at registration

Cont.

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15



## Health and safety

DEATH: PRACTICAL CONCERNS & CONSIDERATIONS C-28

Shirley Marshall 532-6984

When death occurs, there are many arrangements and decisions that have to be made -- and made fast! Considering some of the options in advance is a positive way to prepare for this inevitable event. Discussion will focus on pertinent consumer and legal issues related to death and dying. Topics included are funeral services and cost, alternatives to traditional funerals, organ donation, living wills, wills and estate planning, financial death benefits, memorial societies. (Shirley is a PhD student in Family Life Education with special interest in thanatology -- death and dying.)

Thursday, 7-10pm, Oct. 23 (1 time)  
Class Fee: \$4, pay at registration

EUROPE ON A BUDGET: LOW COST TRAVEL TIPS C-34

David Garvin 539-0531

Do you dream of Paris in the spring, catching a glimpse of the Queen in London, or maybe sailing down the Rhine? It really is not as expensive as you might think. Now is the time to take advantage of low fares and the strong dollar and take that once-in-a-lifetime trip. We will discuss the cheapest ways to travel and fun places to stay that you can afford. (David and his wife own Creative Travel, a local agency. They have been in the travel business 7 years.)

Thursday, 7-9pm, Oct. 16 (1 time)  
Class Fee: \$4, pay at registration

WHAT DO YOU KNOW ABOUT ARGENTINA? C-36

Rodolfo Ploder 532-3898

You will get an in-depth look at the land of bolas and pampas while you learn about the culture and customs of this exotic country. We'll also take a look at its social structure, economy and politics. We'll see slides and films, listen to Argentine music and engage in lively discussion. (Rudy is a Rotarian scholar, studying Business Administration as a graduate student.)

Tuesday, 7-9pm, Oct. 21 (1 time)  
Class Fee: \$4, pay at registration

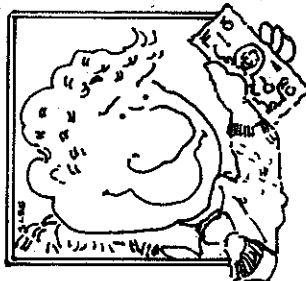
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*Class locations will be noted on your receipt.*

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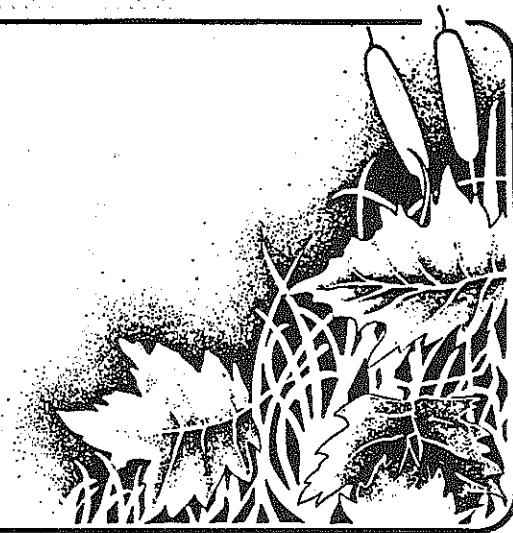
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# Earth

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### Birds and nature

#### RAPTOR REHABILITATION TOUR

E-14

Terry Campbell 532-5690

Hawks and owls are raptors. Find out about how those birds are cared for when they are sick or injured. The rehabilitation program at the KSU Veterinary School cooperated with the Prairie Raptor Project at Salina to care for 200 raptors last year. We will tour both facilities. Bring a sack lunch and some money for gas. (Terry directs the KSU raptor rehabilitation program.)

Saturday, 9am-3pm, Sept. 6 (1 time)  
Class Fee: \$2, pay at registration

#### REPTILE ROUNDUP

E-15

Mark Heinrich 776-2255

Turning over rocks on a Flint Hills hillside is likely to uncover anything from a ring-necked snake or milk snake to a collared lizard or skink. We'll search such an area and capture, discuss and release whatever reptiles we find. Bring a pillowcase to hold your finds. This is an especially good field trip for kids. (Mark is a veterinary student who earned a master's degree for his research on reptiles of the Konza Prairie.)

Saturday, 9:30am-12n, Sept. 13 (1 time)  
Class Fee: \$2, pay at registration

#### TUTTLE CREEK NATURE HIKE

E-17

Paul Weidhaas 539-8511

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 7 years.)

Saturday, 8:30am-12n, Oct. 11 (1 time)  
Class Fee: \$2, pay at registration

#### FOSSIL HUNT FOR KIDS

E-18

Neil Schanker 539-5766

Before the age of the dinosaurs, shallow seas covered Kansas. Many small marine animals were fossilized and we can find and identify them today. Bring a container to carry home your fossils. Parents are welcome to accompany.

Sunday, 2-4pm, Oct. 19 (1 time) Limit: 10  
Class Fee: \$4/child, pay at registration

#### QUIVIRA NATIONAL WILDLIFE REFUGE

E-30

Jim McCollum

The Northern Flint Hills Audubon Society will sponsor a program on Quivira National Wildlife Refuge in this its monthly meeting. Located near Stafford, Kansas, Quivira is often described as one of the two most important wetlands in the Central Flyway. Ducks, geese, and shorebirds by the hundreds of thousands annually use this area. A slide show will be presented. (Jim is the wildlife manager at Quivira.)

Wednesday, 7:30-9:30pm, Nov. 19 (1 time)  
Class Fee: \$2, pay at registration

#### FALL AFTERNOON CANOEING

E-19

Pat Dreese 539-9150

What could be more enjoyable than a leisurely float down a wooded stream in the most pleasant time of the year in Kansas? That's just what Pat has planned. You'll need to provide your own canoe plus whatever supplies you'll need (water, munchies, dry clothes, etc.) Pat will contact you with details of the trip. (Pat has enjoyed canoeing in Kansas for years.)

Sunday, 1:30-5pm, Oct. 19 (1 time)  
Class Fee: \$2, pay at registration

#### BEGINNERS' BIRD WATCHING

E-20

Duane Kerr 1-456-2771

The best way to learn about bird identification is to get out with experienced birders and watch birds. On this trip we should see many songbirds as well as a good variety of raptors and waterfowl. Bring your binoculars and bird books if you have them. Extra binoculars and spotting scopes will be available. (Duane is president of the local Audubon Society.)

Sunday, 7:30am-12n, Oct. 26 (1 time)  
Class Fee: \$2, pay at registration

#### WILD GOOSE CHASE

E-21

Duane Kerr 1-456-2771

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

Saturday, 8am - Sunday, 6pm Nov. 8-9 (1 trip)  
Class Fee: \$2, pay at registration Limit: 8

#### GEARY COUNTY BIRDS

E-22

Ted Cable 539-6119

The Junction City/Milford Reservoir area of Geary County each year seems to harbor bird species that are rarely seen around Manhattan. We'll be looking for rarities such as pygmy nuthatches, Bohemian waxwings, and scoters, but we'll also pause to observe the more common species. Bring your binoculars and some munchies for the trail. Good for beginners and experts alike. (Ted is one of the top birders in the Manhattan area.)

Saturday, 8am-1pm, Nov. 15 (1 time)  
Class Fee: \$2, pay at registration

#### SAVING CHEYENNE BOTTOMS II

E-23

J. Garton 539-3004

Cheyenne Bottoms is an extremely valuable wetland near Great Bend. It's in danger of drying up. Participants will learn about the results of a feasibility study and will discuss the options for saving Cheyenne Bottoms. If you want to help the Bottoms, please attend! (Jan is coordinator for saving Cheyenne Bottoms and is a member of the Northern Flint Hills Audubon Society.)

Saturday, 9am-5pm, Nov. 22 (1 time)  
Class Fee: free  
Materials Fee: registration and meals

#### NATURE HIKE FOR KIDS

E-16

Neil Schanker 539-5766

Let's identify some trees, plants, bugs, birds, and rocks on a fun nature hike. Wear long pants, socks and comfortable walking shoes. Parents are welcome to accompany. (Neil is working towards a master's degree in biology education.)

Sunday, 2-4:30pm, Oct. 5 (1 time) Limit: 10  
Class Fee: \$4/child, pay at registration

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

E-24

Audubon Society Members 1-456-2771

If you're new or a little rusty at bird watching and want to go on the annual Christmas count, here's a chance to get acquainted with many of the species that will be seen on December 20. Bring your binoculars and we'll try to come up with a wide assortment for you to study.

Saturday, 7:30am-12n, Dec. 6 (1 time)  
Class Fee: \$2, pay at registration

#### 37TH ANNUAL AUDUBON CHRISTMAS BIRD COUNT

E-25

John Zimmerman 532-6659

The best way to learn to identify feathered friends is to birdwatch with experienced birders. The Christmas Bird Count, conducted in Manhattan since 1949, is the yearly highlight of bird-watchers and a great opportunity for beginners. On Dec. 20, spend all or part of the day counting ducks, hawks, woodpeckers and songbirds. For more information, call John Zimmerman.

Saturday, all day, Dec. 20 (1 time)  
Class Fee: free

#### BIRD FEEDER PARADE

E-26

Duane Kerr 1-456-2771

Come on this tour of Manhattan's backyard bird-feeding hot spots and pick up ideas for your own yard. We'll not only look at equipment and set-ups, but we'll also discuss which foods attract which birds. DRESS WARMLY.

Saturday, 9am-12n, Jan. 10 (1 time)  
Class Fee: \$2, pay at registration

#### EAGLE EXCURSION

E-27

Duane Kerr 1-456-2771

Leave your fireside for a few hours to see one of the greatest wildlife displays in the Manhattan area. Bald eagles come to our region every winter and can be regularly seen along the rivers. While we are out, we'll also observe and identify other birds associated with the open water. DRESS WARMLY.

Saturday, 8am-12n, Jan. 17 (1 time)  
Class Fee: \$2, pay at registration

#### THE INLAND SEA: PATTERNS AND PERCEPTIONS OF THE NATURAL PRAIRIE

E-28

Bob Regier

The Northern Flint Hills Audubon Society is proud to host a very special synchronized double-projector slide show set to music and featuring the prairie environment. This unique presentation should not be missed. (Bob is from Newton, Kansas.)

Wednesday, 7:30-9:30pm, Sept. 17 (1 time)  
Class Fee: \$2, pay at registration

#### ACROSS THE PLAINS IN EIGHTY DAYS

E-29

Vicky Foth

This slide presentation is based on a three-month, 700-mile walk across Kansas and eastern Colorado which Vicky completed in summer 1985. The people she encountered along the way are captured and shared in this monthly meeting of the Northern Flint Hills Audubon Society. Discover a Kansas that few people ever see! (Vicky is a lobbyist for Kansas Natural Resources Council.)

Wednesday, 7:30pm-9:30pm, Oct. 15 (1 time)  
Class Fee: \$2, pay at registration

*Class locations will be noted on your receipt.*

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## Animal friends

### DOG TRICKS FOR KIDS

E-1

Cheryl May

Ever wonder how people train their dogs to do tricks like rolling over, begging, jumping through hoops, crawling, and catching food in the air? If so, this class is for you. You will learn how to teach your own dogs these simple tricks -- and a few more. A hand-out will be provided so you can continue to work with your dog at home. Bring your dog, a leash, and a sandwich-bag filled with your dog's favorite treats. For kids 8-16, dogs over 6 months. (Cheryl teaches advanced obedience for the Riley County 4-H project.)

Saturday, 10am-12n, Sept. 13 (1 time)  
Class Fee: \$4, pay at registration Limit: 15

### SHOW YOUR OWN DOG

E-2

Charlotte Gold 1-485-2626

Want to show your dog in dog shows? Learn how to find and enter shows. Learn to present your dog to its best advantage. Learn the tricks of the trade from a professional dog handler. (Charlotte has held a license from the AKC as a professional handler and has spent over 20 yrs. showing dogs. She has completed championships on numerous dogs of many breeds.)

Saturdays, 1-3pm, Sept. 27-Oct. 4 (2 times)  
Class Fee: \$6, pay at registration

### HORSESHOEING

E-3

Greg Barron 1-456-7336

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 over 10 years.)

Saturday, 9-11am, Oct. 18 (1 time)  
Class Fee: \$4, pay at registration Limit: 8

## From stones to stars

### GLACIAL REGION FIELD TRIP

E-32

F. C. Lanning 537-7599

How do we know that glaciers visited Kansas? By the rocks from Minnesota that they left! We'll visit northern Pottawatomie County to collect glacial material: agate, jasper, quartz, quartzite, petrified wood and others, some of which may be of gem quality. Bring a sack lunch, drink, and rock container so you can be a rockhound for the day. (Dr. Lanning is a long-time member of the Manhattan Mineral, Gem and Fossil Club which is sponsoring this class.)

Saturday, 9am-1:30pm, Oct. 4 (1 time)  
(rain date, Oct. 11)  
Class Fee: \$4 or \$14 for Series E-31/E-34  
pay at registration

### BASIC ASTRONOMY

E-35

Larry Paris 776-5989

Larry will first discuss the basic physical structure of the known universe. After dark, we'll look at planets, stars and constellations including Cassiopeia, Cepheus, Cygnus the Swan, Lyra, Hercules, The Great Square, Draco the Dragon and others. Please bring a flashlight. (Larry is an avid stargazer.)

Thursday, 7:30pm, Oct. 2 (1 time)  
rain/cloud date Friday, Oct. 3  
Class Fee: \$4, pay at registration Limit: 15

## 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.

18

Class locations will be noted on your receipt.

### PASSIVE SOLAR HOME CONSTRUCTION

E-37

Bob Habiger 539-2956

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

Tuesdays, 7-9pm, Nov. 4, 18 (2 times)  
Class Fee: \$4, pay at registration Limit: 20  
Materials Fee: \$10, optional book fee, pay at class.

### MAKING JEWELRY CONTAINING GEMSTONES

E-33

W. L. Lala 537-9610

Jewelry making, designs, findings, bezel settings, cabochons, sprues, casting. If you have some interest in gemstones and jewelry, this class is for you. Bring your questions. This class is sponsored by the Manhattan Mineral, Gem and Fossil Club. (Dr. Lala learned wax-casting in dental school and has been making jewelry for 17 years.)

Thursday, 7:30pm, Nov. 13 (1 time)  
Class Fee: \$4 or \$14 for Series E-31/E-34  
pay at registration

### AGATES

E-34

F.C. Lanning & Tom Searcy 537-7599

Dr. Lanning will show Kansas and Mexican agates. Tom will exhibit his Lake Superior agates. We'll demonstrate specimens that have been polished, cut or otherwise treated. Bring your agates and agate questions. The Manhattan Mineral, Gem and Fossil Club is sponsoring this class. (Dr. Lanning enjoys lapidary and Tom enjoys agates from his native Minnesota.)

Thursday, 7:30pm, Dec. 11 (1 time)  
Class Fee: \$4 or \$14 for Series E-31/E-34  
pay at registration

### STOCKDALE GARNET PLUG FIELD TRIP

E-31

Benjamin Mullinix, Sr. 539-3846

Riley County contains at least six igneous intrusions that blasted through the sedimentary strata ages ago. This volcanic material is very similar to the diamond-laden kimberlite of South Africa. We'll pick up various igneous rocks and minerals, the highlight being small but attractive red garnets. Bring a drink and containers. (Benjamin is president of the Manhattan Mineral Gem and Fossil Club which is sponsoring this class.)

Saturday, 9am-12n, Sept. 20 (1 time)  
(rain date, Sept. 27)  
Class Fee: \$4 or \$14 for Series E-31/E-34  
pay at registration

### THE GREAT PHYSICS SHOW: LIGHTNING, COMPASSES, GENERATORS & RADIO

E-36

Larry Weaver 532-6786

Learn some of the principles of electricity and magnetism (and maybe rainbows and iridescent puddles) through a variety of interesting and/or amusing physics demonstrations. Larry will add commentary on the history of physical thought and on seeing the laws of nature at work in our lives. This is a great class for the whole family. Larry will explain the concepts of physics in everyday terms so that everyone can understand. (Larry is a physics professor at KSU.)

Thursday, 7-9pm, Sept. 11 (1 time)  
Class Fee: \$4, pay at registration

### WANTED: APPROPRIATE TECHNOLOGY/LANDSCAPE TOUR GUIDES

Lynn Doxon 532-5866

Are you interested in appropriate technologies, solar energy or edible landscaping? UFM is looking for people to serve as AT tour guides for groups visiting our solar energy and landscape demonstrations. Prospective guides, after receiving information and orientation, will lead pre-scheduled tours. Interest and enthusiasm are the only requirements.

Day, time, and dates to be announced

# Trees, herbs & wildflowers

## PRAIRIE WILDFLOWERS

E-4

Gene Towne 532-7233

Would you know silky aster, gayfeather or compass plant if you saw them? Learn identifying characteristics or 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.)

Saturday, 10am-12n, Sept. 13 (1 time)  
(rain date Monday, 6pm, Sept. 15)  
Class Fee: \$1, pay at registration

## PRAIRIE GRASSES

E-5

Gene Towne 539-0353

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.

Saturday, 10am-12n, Sept. 20 (1 time)  
(rain date Saturday, 10am-12n, Sept. 27)  
Class Fee: \$1, pay at registration

## NATURE TRAIL WALK AT THE FIRST TERRITORIAL CAPITOL MUSEUM, FT. RILEY

E-6

Tim Rues 1-784-5535

Do you enjoy exploring native Kansas woodlands but hate fighting dense undergrowth? If you do, then come and enjoy a guided tour along the newly established Kaw River Nature and History Trail. Over 50 native plants are identified on this mile-long cleared trail located in the Kansas River bottoms behind the old historic First Territorial Capitol building. After the walk a guided tour of the museum will be given. (Tim has been the curator of the First Territorial Capitol for the past 2 years. He has an interest in Kansas history as well as native plants.)

Saturday, 10am-2pm, Oct. 4 (1 time)  
Class Fee: \$4, pay at registration Limit: 20

## KANSAS LANDSCAPE ARBORETUM

E-7

Gregory Wurst 776-0532

The Kansas Landscape Arboretum near Wakefield is a wonderful place to hike, picnic, fish, enjoy nature, study trees and shrubs, see antique farm equipment and much more. This slide presentation will introduce you to it. If there is sufficient interest, a field trip will be organized to take in the autumn colors. (Greg is a lifetime member of the arboretum and ranger for the Milford Lake Corps of Engineers.)

Tuesday, 7pm, Oct. 7 (1 time)  
Class Fee: \$4, pay at registration Limit: 20

## USING AND GROWING FRESH HERBS

E-8

Jayne Link 539-7605

Taste samples, learn growing techniques and hear a little folklore about the different herbs you can use for cooking and making teas. A variety of ways will be discussed on how you can "put up" summer herbs for winter use. Jayne will discuss comfrey, mint, basil, oregano, tarragon, chives, lemon balm and many others. (Jayne uses herbs to season foods instead of relying on salt and pepper.)

Monday, 6:30-8pm, Sept. 22 (1 time)  
Class Fee: \$4, pay at registration Limit: 8

## DAFFODILS FOR FALL PLANTING

E-9

Carol Regehr 776-1660

Did you know there are over 10,000 varieties of daffodils, classified into 12 divisions? Learn to tell a King Alfred from a Narcissus jonquilla and a Tahiti from a Scarlet Gem. We will view slides of examples from each division and discuss garden and show daffodils, bulb care, and sources. Before you buy your bulbs for planting this fall, see what's available. Participants will receive sample bulbs. (Carol is the Regional Director of the American Daffodil Society.)

Wednesday, 7-9pm, Sept. 10 (1 time)  
Class Fee: \$4, pay at registration

## GROWING THINGS IN YOUR HOME: EXOTIC PLANTS AND AQUARIUMS

E-10

Sam Lacy 539-4404

Even if you're sloppy, lazy or forgetful, Sam will teach you a few basic rules for keeping plants and fish alive and healthy. Learn about fresh water aquariums, indoor/outdoor gardening, exotic plants and plant reproduction. You, too, can have a banana tree in your living room, citrus in your bedroom and piranhas in your bathroom! (Sam has been interested in exotic plants for 40 years and has kept aquariums for 20 years.)

Thursdays, 7-8:30pm, Sept. 11-18 (2 times)  
Class Fee: \$4, pay at registration

## SHARING PERENNIALS

E-11

Lynn Doxon 532-5866

Want more perennial plants around your house? Fall is the time to transplant. Perennials in the UFM yard which need to be divided will be dug and split among the participants. Iris, mints, Egyptian onions, elderberry, herbs and others will be available. Participants are also invited to bring plant materials from their gardens to share with other participants.

Saturday, 2-4pm, Oct. 4 (1 time)  
Class Fee: \$4, pay at registration

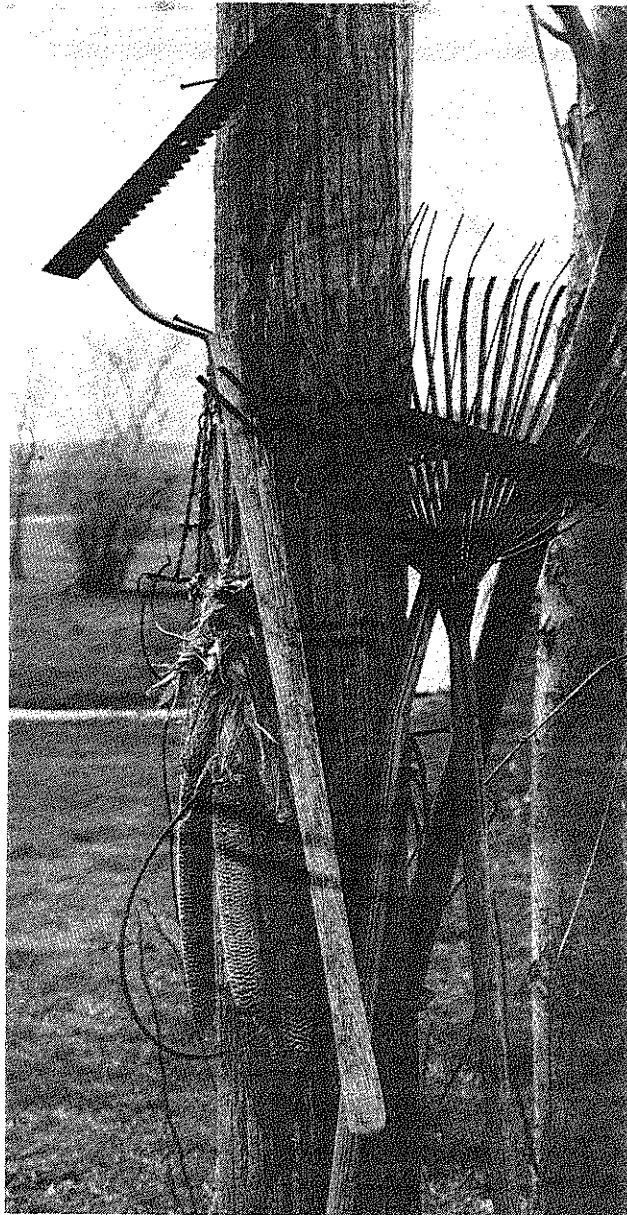
## EDIBLE LANDSCAPE: INTERNSHIPS AND VOLUNTEER PROGRAM

E-13

Lynn Doxon 532-5866

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. Come to our intern and volunteer meeting and find out what you can learn or how you can help.

day/date/time to be announced  
Class Fee: free



## CHILDREN'S FALL GARDENING

E-12

Richard Mattson & Shari Kuenzi 532-6170

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. Shari is coordinator of the Manhattan Community Gardens.)

Saturdays, 10am, Sept. 13-frost  
Class Fee: free

## Goodnow museum series

### NATURE TRAIL - FIRST TERRITORIAL CAPITOL GOODNOW HOUSE MUSEUM LECTURE SERIES

E-39

Tim Rues & Kathy Herndon 539-3731

A new nature trail by the river has been created at the First Territorial Capitol by Curator Tim Rues. Get a sneak preview of the trail in this slide-lecture as well as the history of this building and its importance to the early citizens of Manhattan.

Saturday, 10am-12n, Sept. 13 (1 time)  
Class Fee: \$2, pay at registration Limit: 20

### RIVER BOATS IN THE WEST

E-40

Sonie Liebler & Kathy Herndon 539-3731

Before the railroads were built in Kansas, goods were transported by riverboat. The town of Manhattan was located by two rivers as a riverboat port. This slide-lecture will take a look at river traffic of the last century in the West.

Saturday 10am-12n, Sept. 27 (1 time)  
Class Fee: \$2, pay at registration Limit: 20

### STAMPS 100 YEARS AGO GOODNOW HOUSE MUSEUM LECTURE SERIES

E-41

Tim Lindemuth & Kathy Herndon 539-3731

View envelopes and stamps sent to Isaac Goodnow over 100 years ago. Other stamps and Civil War era correspondence will be included in this class. Participants are encouraged to bring their own historic stamps.

Saturday, 10am-12n, Oct. 11 (1 time)  
Class Fee: \$2, pay at registration Limit: 20

### ROCK COLLECTING 100 YEARS AGO

E-42

F.C. Lanning & Kathy Herndon 539-3731

One hundred years ago Isaac Goodnow was collecting rocks and fossils around Manhattan. This class will get an in-depth look at Goodnow's rock collection as well as information about collecting today.

Saturday, 10am-12n, Nov. 8 (1 time)  
Class Fee: \$2, pay at registration Limit: 15

### HISTORY OF CRAZY QUILTS

E-43

Kathy Herndon 539-3731

This class will look at the origins of crazy quilts. Actual construction details will be demonstrated and a close-up look at the Goodnow House quilts will be included.

Saturday, 10am-12n, Nov. 15 (1 time)  
Class Fee: \$2, pay at registration Limit: 15



## 7<sup>th</sup> annual Houseplant SALE!

OVER 1200 HUGE SPECIMENS

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

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Class locations will be noted on your receipt.

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# Recreation

## UFM

532-5866  
1221 Thurston



### Boating and swimming

#### TRY KAYAKING! R-0

Rex Replogle & T.J. Hittle 537-2643  
539-7772

Here's your chance to see if kayaking is for you! We'll see videos, slides and handouts. Boats and equipment will be available for examination. If you're curious about kayaking, take this class. Then you'll want to take Fundamentals of Kayaking in November. (Rex and T. J. have been kayaking enthusiasts for years.)

Wednesday, 7:30pm, Sept. 24 (1 time)  
Class Fee: \$4, pay at registration

#### BEGINNING SAILING R-2

Mike Jensen 776-1611

This class will cover sailing from buying your first boat to learning the skills needed for taking the "helm" of a small sailboat. We will learn the terminology, principles and basics of sailing. A hands-on session might be scheduled. (Mike has been hooked on sailing for four years and is on his second sailboat.)

Wednesday, 7-9pm, Sept. 10 (1 time)  
Class Fee: \$4, pay at registration  
Materials Fee: \$1, pay at class

Limit: 16

#### FUNDAMENTALS OF KAYAKING R-1 (AMERICAN RED CROSS)

Rex Replogle & T. J. Hittle 537-2643  
539-7772

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

Sundays, 9am-1pm, Nov. 2-23 (4 times)  
Class Fee: \$6, pay at registration

#### ADAPTED AQUATICS R-5

Patti Johnson 539-7256

Adapted aquatics is an individualized swimming program for the handicapped. The goal of the class is to be able to enjoy water sports as a lifetime recreational activity. (Patti is a Red Cross certified water safety instructor.)

Sundays, 12n-1pm, Sept. 14-Oct. 12 (5 times)  
Class Fee: \$8, pay at registration



#### AQUA-BABIES (PARENT & CHILD) R-4

Kathleen Tompkins

This class will deal with methods of teaching the very young child the basics of swimming and personal water safety, for example, backfloating and survival floating. Emphasis will be placed on parent and child relaxing and enjoying the water. Activities will include blowing bubbles, going under, dipping, torpedos, jumping, floating and others. Important tips and do's and don'ts will be covered. A parent must accompany each child in the water. This is a good primer for ages 6 months to 3 years old. (Kathleen is a Red Cross certified water safety instructor.)

Sundays, Section I 11am-12n Sept. 14-Oct. 5  
Section II 12n-1pm

Each section meets 4 times.  
Class Fee: \$8 per parent/child pair  
pay at registration

Limit: 15

#### LIVING FOR BEGINNERS (AGES 6-13) R-6

Lynn Schanker 539-9150

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.)

Sundays, Section I 10-11am, Sept. 14-28 (3 times)  
Section II 10-11am, Oct. 12-26 (3 times)  
Section III 10-11am, Nov. 16-Dec. 7 (3 times)  
Class Fee: \$6, pay at registration

Limit: 6

#### ADULT BEGINNING SWIMMING R-3

Patricia Villasi 539-8401

Overcome your fears and learn how to swim. We'll learn rhythmic breathing, front and back floating, gliding, kicking and arm stroke. The goal is to be able to swim a basic crawl stroke and to learn to feel comfortable in the water. (Patricia is a Red Cross certified water safety instructor.)

Sundays, 10am-12n, Sept. 14-Oct. 26 (7 times)  
Class Fee: \$8, pay at registration

Limit: 12

### Outdoor fun

#### ATHLETIC INJURIES R-7

Dr. Grace & Dr. Timothy Reischman 537-9330

All athletes, whatever their sport, have something in common -- taking care of their muscles. Muscle balancing, correct stretching and strengthening techniques and how to treat various sprain/strain injuries at home are a part of this class. Bring your athletic shoes and wear comfortable slacks or shorts. (Dr. Grace and Dr. Timothy Reischman are chiropractic physicians at the Alternative Health Care Center of Manhattan.)

Wednesday, 7-9pm, Sept. 10 (1 time)  
Class Fee: \$4, pay at registration



#### BEGINNING TENNIS R-8

Jennifer Hankins 539-5709

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. (Jennifer has taught tennis lessons before.)

Sundays, 8-10am, Sept. 14-Oct. 19 (6 times)  
Class Fee: \$10, pay at registration

Limit: 20

#### GOLF FOR BEGINNERS R-11

Jim Gregory 539-1041

For those who have little or no experience, Jim will cover fundamentals of the full swing, short game-pitching and chipping, 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 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.)

Thursdays, 6-7pm, Sept. 11-25 (3 times)  
Class Fee: \$12, pay at registration  
Materials Fee: \$1, pay at class

Limit: 12

#### RACQUETBALL FOR BEGINNERS R-9

Bill Shafer 539-3412

Join one of the most popular up and coming sports. Racquetball is good for developing cardiovascular fitness, muscular endurance, controlling weight and is a lifetime activity. This class will emphasize basic rules and fundamentals of the game including scoring, backhand, forehand, and serving. Bring a racquet and two balls. (Bill has been a member of the AARA for the past 10 years and is currently listed as an active member of the American Professional Racquetball Organization. Bill has won many tournaments both as an amateur and professional throughout the United States and overseas.)

Sundays, 8-10am, Sept. 14-Oct. 19 (6 times)  
Class Fee: \$10, pay at registration  
Materials Fee: \$2, pay at class

Limit: 15

#### DIAL-A-PARTNER TENNIS/RACQUETBALL R-10

UFM Staff 532-5866

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, advanced), days and times available, and UFM will compile a list which will be mailed to you.

Class Fee: \$2, pay at registration

#### VOLLEYBALL FOR FUN (16 AND OVER) R-12


Lois Morales 539-8867

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


Tuesdays, 6:30-8:30pm  
Beginning Sept. 11. Length: ongoing  
Class Fee: \$4, pay at registration  
Materials Fee: \$1, pay at class

### 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.



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Class locations will be noted on your receipt.

# A hobby for everyone

## THE MAGIC OF SHORT WAVE RADIO

R-24

Loris Grosh 539-7864

Two topics will be discussed. Topic I is short wave listening. Learn about the short wave bands which carry non-commercial broadcasts from around the world in both English and foreign languages: VOA, BBC, Deutsche-Welle, Australia, Moscow, Cuba, and more. Perfect for improving foreign language ability as well as supplementing our US news programs. A wonderful hobby for shut-ins. Information will be available about short wave radios and a couple of short wave radios will be demonstrated. Topic II is amateur "ham" radio. Learn about the rules for running your own little radio station for talking with other "hams" across town or across the country. (Doris has enjoyed listening to her all-band radio for several years and is president of the Manhattan Area Amateur Radio Society.)

Saturday, 7pm, Oct. 11 (1 time)  
Class Fee: \$4, pay at registration  
Materials Fee: 50¢, pay at class

## POCKET BILLIARDS FOR BEGINNERS

R-28

Marc Greeson 776-6338

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. (Marc is part owner of Lucky Cue. He has played pool since he could walk and has played serious tournament billiards for over five years.)

Saturdays, 10:30am, Sept. 13-Oct. 18 (6 times)  
Class Fee: \$4, pay at registration Limit: 12

## WEDNESDAY MORNING PLAY GROUP

R-33

Barb Stork 539-1379  
Diana Hatch 776-9921

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 be meeting in homes of participants. The group has been in existence for about nine years. (Barb and Diana are mothers of young children.)

Wednesdays, 10am-12n  
Beginning Sept. 10, Length: ongoing  
Class Fee: \$2/family, pay at registration

## A TOUCH OF MAGIC

R-25

David Schaefer

Participants will learn some basic history of magic, close-up magic and stage magic. Also, they will learn flourishes that can make them look like a professional. (David has won several magic contests in the Midwest and taught this magic class before at UFM.)

Mondays, Sept. 15-Oct. 6 (4 times)  
Class Fee: \$8, pay at registration Limit: 10

## JUGGLING FOR BEGINNERS

R-27

Mike Hudson 539-0931

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 bring three tennis balls. Juggling is for the young and the old, so come join the fun! (Mike is looking forward to passing on this hobby.)

This class will meet at 7pm.  
Register and you will be contacted for day/date.  
Class Fee: \$4, pay at registration

## BRIDGE CLUB

R-29

Charles Clack 776-1625  
776-0471

If you like the card game of bridge, join this group. Sometimes instructive, sometimes competitive, sometimes very serious and sometimes not, this group always manages to enjoy themselves. Different tables will provide various levels for participants. Some instruction available. (Charles has played bridge for many years but still has lots to learn.)

Thursdays, 5:30pm  
Beginning Sept. 11, Length: ongoing  
Class Fee: \$4, pay at registration

## BEGINNING DUNGEONS AND DRAGONS

R-30

Nial Burnham 776-4746

City life a bit boring? Journey under strange skies and speak with elves. Stray below the earth where others fear to tread. Come and learn to play the exciting role-playing game of heroic fantasy, Dungeons and Dragons. This is a class for beginning players ages 14 and up. Participants will be taught the basics in the first session and go on to play the game. (Nial has been playing D&D for the past 7 years and is an experienced dungeon master.)

Mondays, 7:30-9:30pm  
Beginning Sept. 15, Length: ongoing  
Class Fee: \$4, pay at registration Limit: 10

## LEARN TO FLY AT LOW RATES

R-23

Hugh Irvin 532-6311  
539-3128

The class 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. Introductory flight lessons and/or short sight-seeing flights at minimum cost will also be scheduled at this meeting. (Hugh is a FAA Certified Flight Instructor and a member of the K-State Flying Club.)

Saturday, 9-10:30 am, Sept. 13 (1 time)  
Class Fee: \$4, pay at registration

## CLOWNING WORKSHOP

R-26

Ron Clingenpeel 537-0593

Learn to juggle in five minutes, magic, movement, storytelling, and maybe even eat fire! This workshop is meant to help you with the basic skills of clowning, costume and makeup. Maybe you'll be able to find some others who want to work together. Lots of help and helpful material to begin clowning. Bring a sack lunch on Saturday. (Ron is the director and producer of "The Minstrel Show," a local group of clowns who have performed in five states. He works part-time as a professional clown doing public performances, openings, parties, etc.)

Friday 7:30-9pm & Saturday 10am-4pm  
October 10-11 (2 times)  
Class Fee: \$6, pay at registration  
Materials Fee: \$4, pay at class Limit: 10

## STAMP COLLECTING

R-31

Tim Lindemuth 532-6415

This class is for beginning, intermediate, and advanced stamp collectors of all ages. Three slide shows will be presented on the basics of collecting, how to grade stamp centering and cancellations, and how to determine perforations and watermarks. You will receive an envelope full of stamps to work with as you perform several hands-on exercises. Also discussed will be how to trade, buy and sell stamps. Each class will last 2 to 2½ hours. (A collector for 30 years, Tim is a long-time member of the American Philatelic Society and the local Flint Hills Stamp Club.)

Mondays, 7pm, Oct. 13-27 (3 times)  
Class Fee: \$4, pay at registration  
Materials Fee: 50¢, pay at class Limit: 8

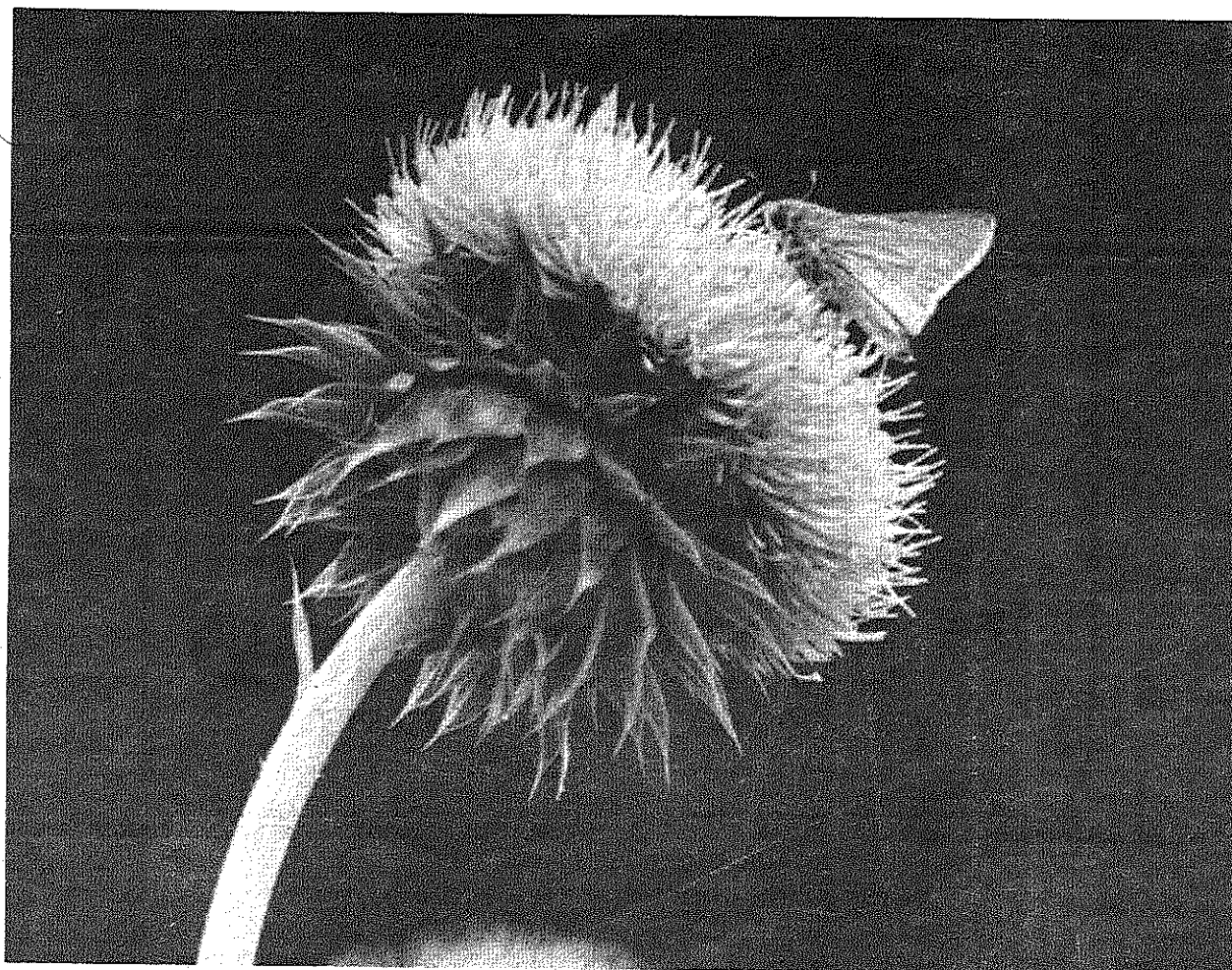
## TRIVIAL PURSUIT

R-32

Jim Bean 776-6365

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. There are 6000 questions. The purpose of the game is not necessarily to win, but to have fun. All ages are welcome. (Jim has enjoyed playing Trivial Pursuit ever since we offered this class.)

Wednesday, 7:30pm  
Beginning Sept. 17, Length indefinite  
Class Fee: \$2, pay at registration



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## Martial arts

**BEGINNING KUNG FU (PAI TE LUNG STYLE)** R-16  
Stan Wilson 539-7723

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

Tuesdays & Thursdays, 8-9pm  
Beginning Sept. 11, Length: ongoing  
Class Fee: \$12, pay at registration  
Materials Fee: \$2, pay at class

**ADVANCED KUNG FU (PAI TE LUNG STYLE)** R-17  
Stan Wilson 539-7723

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

Tuesdays & Thursdays, 9-10pm  
Beginning Sept. 11, Length: ongoing  
Class Fee: \$12, pay at registration  
Materials Fee: \$2, pay at class



**BEGINNING FENCING** R-21  
Doug Varney, Randy Hanes 539-1510

Learn basic fencing skills with foil, epee, or sabre. Footwork, conditioning and blade play will be emphasized with some practice bouts toward the end of the session. The materials fee pays for rental of all needed equipment. Men and women of all ages welcome! (Doug and Randy enjoy fencing.)

Wednesdays, 7:30pm  
Beginning Sept. 10, Length: all semester  
Class Fee: \$10, pay at registration  
Materials Fee: \$10, pay at class

**INTERMEDIATE FENCING** R-22  
Doug Varney 539-1510

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

Tuesdays, 5:30pm and Wednesdays, 8:30pm  
Beginning Sept. 9, Length: all semester  
Class Fee: \$10, pay at registration



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**JUJITSU FOR BEGINNERS** R-18  
Stan Wilson 539-7723

Japanese in origin, jujitsu stresses hands-on combat featuring throwing, low kicks and wrist and arm locking. The class will include the hakko ryu basic waza form which is self-defense oriented, not exercise oriented. Participants must be age 15 or over. (Stan has a black belt in jujitsu and has taught martial arts for 7 yrs.)

Sundays, 7-8:30pm,  
Beginning Sept. 14, Length: ongoing  
Class Fee: \$12, pay at registration  
Materials Fee: \$2/semester, pay at class

**ADVANCED JUJITSU** R-19  
Stan Wilson 539-7723

This class is a continuation of the beginning jujitsu class. Participants will further their knowledge of jujitsu including drills and self-defense techniques.

Sundays, 8:30-9:30 pm  
Beginning Sept. 14, Length: ongoing  
Class Fee: \$12, pay at registration  
Materials Fee: \$2/semester, pay at class

**TAI CHI CH'UAN DEMONSTRATION** R-20  
Lee Shih Wu 539-7841

Tai chi ch'uan is a very slow moving series of classic Chinese postures which enable the practitioner to develop grace, poise, and inner strength. This is a very popular exercise practiced in Taiwan by all age groups. (Lee Shih is from Taiwan and learned her art from her master. She has been associated with this class for over 2 years.)

Wednesdays, 7pm, Sept. 10-17 (2 times)  
Class Fee: \$4, pay at registration



**TANG SOO DO KARATE** R-13  
Joel Cederberg 537-7090  
Richard Bammes 1-485-2480

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 instructors. (Joel and Richard have taught this class for several yrs.)

Mondays, Wednesdays, Fridays, 6:30-8pm  
Beginning Sept. 10, Length: All semester  
Class Fee: \$12, pay at registration  
Materials Fee: \$2, pay at class

**ALL STYLE KARATE WORKOUT** R-14  
Joel Cederberg 537-7090  
Richard Bammes 1-485-2480

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

Mondays, Wednesdays, Fridays, 8-9:30pm  
Beginning Sept. 10, Length: All semester  
Class Fee: \$12, pay at registration  
Materials Fee: \$2, pay at class

**VADHA KEMPO KARATE (EXPERIENCED ONLY)** R-15  
Mark Buono 537-2528

Karate is good exercise and great self-defense. Wear comfortable clothing. Ages 18 and up only. (Mark has a first degree black belt with over three years teaching experience.)

Tuesdays, 6:30-8pm,  
Beginning Sept. 16, Length: all semester  
Class Fee: \$12, pay at registration

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# UFM

1221 Thurston  
532-5866

## Registration Form



# Registration

532-5866  
1221 Thurston

Priority Registration Period: August 18-September 6.  
After September 6, you can still register if space is available.

Three ways to register:

**A. WALK-IN:** Come to the UFM house, 1221 Thurston, during business hours or register at one of the locations listed below.

Tuesday	August 19	Public Library	5 pm-7 pm
Sunday	August 24	Wal-Mart	2 pm-4 pm
Monday	August 25	KSU Union	9 am-2 pm
Tuesday	August 26	KSU Union	9 am-2 pm
Tuesday	September 2	KSU Union	9 am-2 pm
Wednesday	September 3	KSU Union	9 am-2 pm
Thursday	September 4	Public Library	11 am-2 pm
Thursday	September 4	Public Library	5 pm-7 pm

**B. MAIL-IN:** Fill in your registration form and mail it with check, money order, or Visa/MasterCard number to: UFM, 1221 Thurston, Manhattan, KS 66502 (stamped, self-addressed envelope is appreciated).

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

Late registrations accepted on space-available basis.

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

PLEASE PRINT ONE FORM PER PERSON

NAME	CLASS #	SEC. #	TITLE	CLASS FEE
Name _____	1.			
Street _____ Apt. # _____	2.			
City _____ Zip _____	3.			
Home Phone _____ Work Phone _____	4.			
	5.			
	6.			
PLUS \$2.00 REGISTRATION FEE (See Exemptions)				\$2.00
<b>TOTAL DUE</b>				

**SURVEY— Please check all that apply.**

I am a:

KSU Student (\_\_\_\_\_ credit hours this semester)

Student Spouse  Fort Riley Personnel

KSU Faculty/Staff  Townsperson (non-KSU)

Faculty/Staff Spouse  Rural Riley County

Public School Age  Geary or Pott. County

Senior Citizen  Handicapped

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

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

I am interested in teaching for UFM.

I would like to see offered next term: \_\_\_\_\_

Please indicate where you obtained catalog \_\_\_\_\_

If KSU student, list ID# \_\_\_\_\_

Have you taken a UFM class before? \_\_\_\_\_

I hereby authorize the use of my Visa/MasterCard:

Card # \_\_\_\_\_  Visa  MC

Expiration Date \_\_\_\_\_

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

PLEASE PRINT ONE FORM PER PERSON

NAME	CLASS #	SEC. #	TITLE	CLASS FEE
Name _____	1.			
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Home Phone _____ Work Phone _____	4.			
	5.			
	6.			
PLUS \$2.00 REGISTRATION FEE (See Exemptions)				\$2.00
<b>TOTAL DUE</b>				

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Card # \_\_\_\_\_  Visa  MC

Expiration Date \_\_\_\_\_

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

### RECEIPTS:

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

### CLASS LOCATIONS:

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

### REGISTRATION FEE EXEMPTIONS:

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

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

### REFUND POLICY:

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

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

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

1. you are unable to attend a class and you have notified UFM and the teacher a minimum of three days before the first meeting
  2. you earn credit by teaching or volunteering for UFM
- If you have problems with UFM, please call us at 913-532-5866.

1987 Winter Brochure will be mailed to Manhattan area residents January 6, 1987

### We Need YOU To Teach These Classes:

- |                   |                   |
|-------------------|-------------------|
| Swimming          | Music Lessons     |
| Stress Management | Self Development  |
| Auto Maintenance  | Aerobics          |
| Golf              | Computers         |
| Painting          | Foreign Languages |
| Typing            | Word Processing   |

Call us to set up your very own class.

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

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Class locations will be noted on your receipt.

