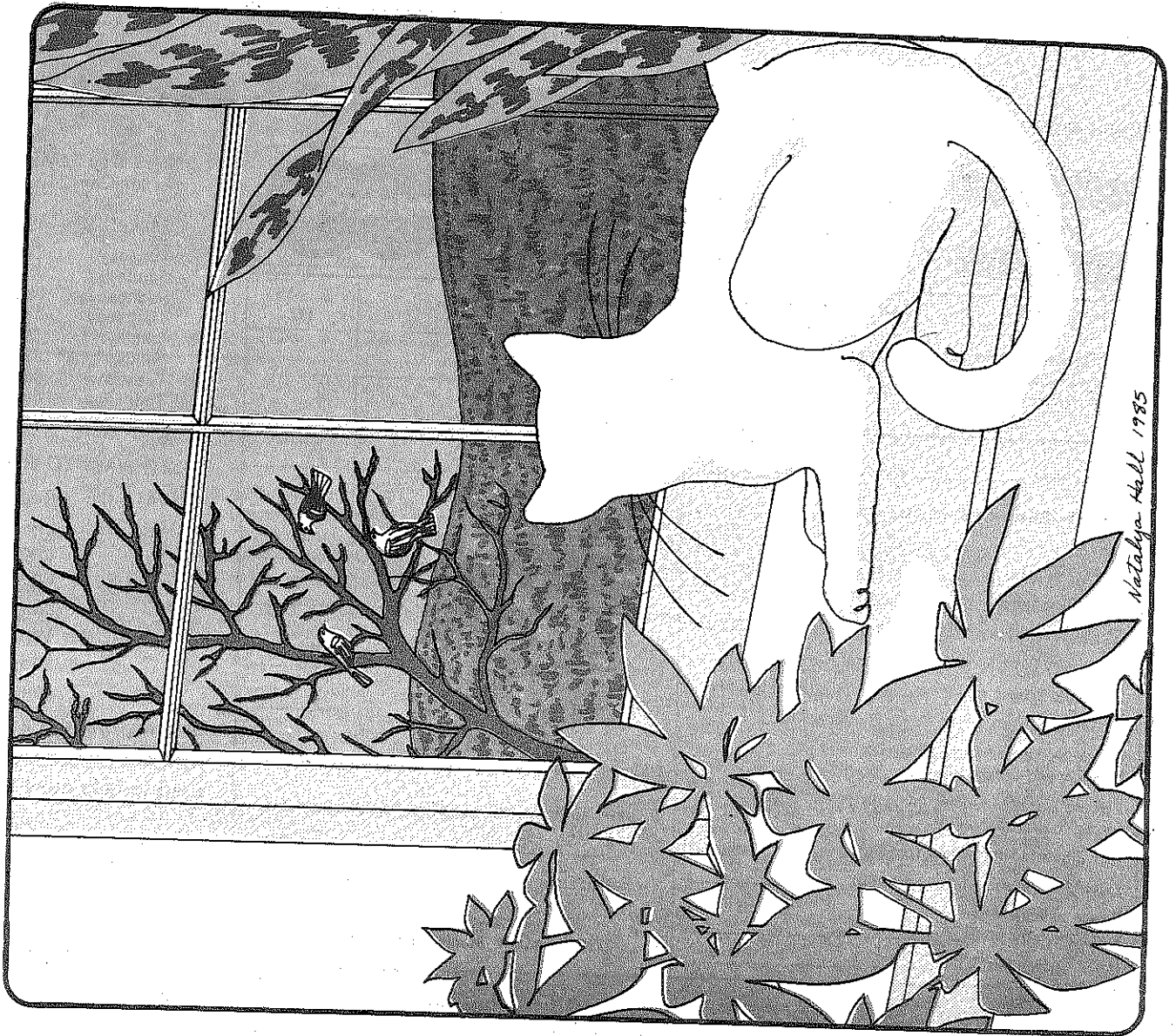
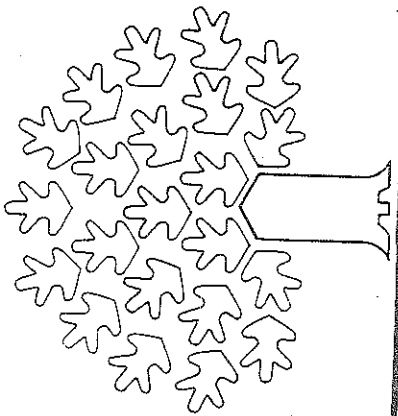


FREE CATALOG
Over 250 classes

UFM
SPRING, 1986

CLASSES BEGIN JAN. 29



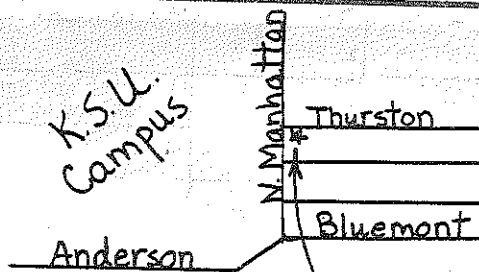
Why Would You Like UFM?

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.

SPECIAL PROJECTS

UFM has grown over the years but one of its main goals is still to make learning experiences available that might not be offered in regular classroom settings. UFM continues to bring new services and projects to KSU and to rely on volunteers to maintain these programs.

- **Community Gardens**—makes over 100 plots available for dorm and apartment dwellers and others lacking garden space.
- **Lou Douglas Lectures**—honors the late Lou Douglas of the KSU Political Science Department and brings nationally recognized speakers to campus.
- **Appropriate Technology**—promotes self-reliance in the areas of energy, food, shelter, and waste management through classes, tours, demonstrations and workshops.



UFM is located on the east side of campus.



UFM

Where you can learn to . . .

- cook a strudel
- start a hobby
- watch a star
- manage your money

UFM
1221 Thurston
Manhattan, KS 66502

Registration



Registration Form



Priority Registration Period: Jan 6-24
After Jan 24, you can still register if available.

WALK-IN:

Tuesday	Jan 7	Public Library	5pm-7pm
Sunday	Jan 12	Wal-Mart	2pm-4pm
Wednesday	Jan 15	KSU Union	9am-2pm
Thursday	Jan 16	KSU Union	9am-2pm
Sunday	Jan 19	Wal-Mart	2pm-4pm
Monday	Jan 20	KSU Union	9am-2pm
Tuesday	Jan 21	KSU Union	9am-2pm
Thursday	Jan 23	Public Library	11am-2pm
Thursday	Jan 23	Public Library	5pm-7pm

THREE WAYS TO REGISTER:

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

Late registrations accepted on space-available basis.

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

RECEIPTS:

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

CLASS LOCATIONS:

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

REGISTRATION FEE EXEMPTIONS:

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

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

REFUND POLICY:

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

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

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

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

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

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

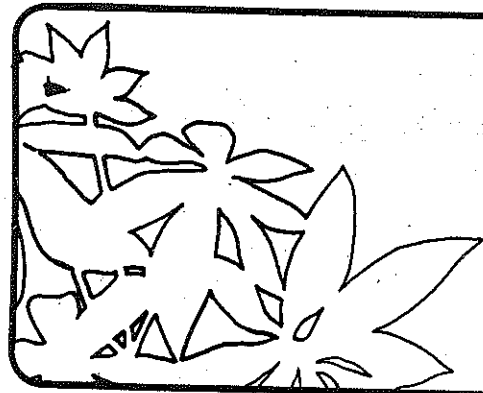
PLEASE PRINT ★★ ONE FORM PER PERSON		CLASS #	SEC. #	TITLE	CLASS FEE
Name _____		1.			
Street _____ Apt. # _____		2.			
City _____ Zip _____		3.			
Home Phone _____ Work Phone _____		4.			
SURVEY—Please check all that apply. I am a: <input type="checkbox"/> KSU Student (_____ credit hours this semester)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



UFM Staff, 1960's



UFM Staff, 1980's



Fine Arts



Shutters . . .

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

FA-31

Prizes will be awarded. The twelve winning black and white entries will be published in the summer 1986 UFM catalog. They will be exhibited at the Manhattan Public Library April 21-May 2 and displayed in the K-State Union second floor showcase June 9-20. Judges are Don Holt, KSU Journalism Department; Mark Stallings, Manhattan Camera Shop; Rod Mikinski, The Manhattan Mercury; and Julie Coates, UFM.

RULES:

1. There is no entry fee.
2. Minimum size is 5x7 inches, maximum size 11x14 inches.
3. Entries should be mounted on matt board.
4. The contest theme is Kansans On Kansas. Categories are scenery, people, architecture and animals.
5. Judges will select first, second and third-place winners in each of the four categories. Selection of honorable mention entries will be at the discretion of the judges.
6. On the back of matt board write name, phone number, address, category and optional title. No names on front please.
7. Submit entries to UFM, 1221 Thurston. Deadline is 4:30pm, Friday, April 11.
8. Non-winning entries may be picked up at UFM after May 5.
9. Winning entries may be picked up at UFM after June 23.

UFM PHOTOGRAPHY DARKROOM COOPERATIVE (BLACK & WHITE & COLOR)

FA-30

Neil Schanker

532-5866

Organizational Meeting: Monday, 5-5:30pm, Jan 27 (or by individual appointment)
Location: Will be noted on your receipt

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

Black & White only:

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

Pay with registration

Black & White & Color:

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

Pay with registration

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

BASIC BLACK & WHITE DARKROOM

FA-27

Ken Engle

537-9039

Monday & Wednesday, 7pm, Feb 10, 12 (2 times)
Location: Will be noted on your receipt
Class Fee: \$8, pay with registration
Materials Fee: \$3.50, pay at class Limit: 5
All other supplies are provided.

A basic darkroom class covering black and white film development, contact sheets and printing. Bring an exposed roll of Kodak (Pan-X, Plus-X or Tri-X) black and white film to class. (Ken is a registered member of Kansas Professional Photographers Assoc. and Professional Photographers of America and does weddings and portraits on the side.)

BLACK & WHITE DARKROOM

FA-28

John Keim

Section I: Wednesdays, 7-10pm, Feb 19, 26
Section II: Wednesdays, 7-10pm, Mar 19, 26
Location: Will be noted on your receipt
Class Fee: \$8/section, pay with registration
Materials Fee: \$5/section, pay at class
Limit: 6/section

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

HOW TO TAKE A SNAPSHOT: PHOTOGRAPHIC COMPOSITION

Martha Slack

FA-23

539-7194

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

How to take a picture using natural lighting is a real photographic skill. Discussion and practice will center on landscape and pictorial subjects. A slide show will be presented. Bring your camera and pictures to share. (Martha has years of camera experience. She still is excited by the idea of "the great picture.")

THE ART OF PHOTOGRAPHING PEOPLE

FA-25

Ron Hoffman

532-5893

539-4055

Thursdays, 7pm First Mtg: Feb 6 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

The aesthetic and effective photograph of a person demands a great deal of creativity on the part of the photographer. This class will be a cooperative venture, whereby the participants photograph each other, and thereby learn some of the techniques and perspectives necessary for effective portraits.

SLIDE SHOWS--FROM HO-HUM TO HUMDINGERS

FA-26

Ron Hoffman

532-5893

539-4055

One Time: Thursday, 7-9pm, Jan 30
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 5

This class will demonstrate the creation of single and two projector slide-tape presentations. By adding sound to slides, the boring summer vacation slide show can be turned into an exciting extravaganza. (Ron is the director of the College of Ed, Media Center at Kansas State. He has a number of slide-tape shows to his credit.)

COLOR DARKROOM

FA-29

Cory Kersenbrock

532-3632

Register and you will be contacted for day, time and dates (2 times);

Location: Will be noted on your receipt
Class Fee: \$8, pay with registration

Materials Fee: To be determined Limit: 4

Why waste money to have someone else process your color film, slides and prints? New developments in home darkroom processing have simplified the procedures so that a beginner can make beautiful color prints and slides with little practice. UFM has purchased color equipment and Cory will show you the easy steps to impressive color results. Save money and experience the pleasure and pride of making your color photographs. Participants must have basic knowledge of black and white procedures and equipment. (Cory has several years of photographic experience.)

. . . and Shuttles

TATTING--THE ART OF MAKING LACE

FA-47

Jessie Fouveau

776-6806

Section I: Mondays, 3-5pm, Feb 3, 10, 17
Section II: Mondays, 7-9pm, Feb 3, 10, 17
Location: Will be noted on your receipt

Class Fee: \$8/section, pay with registration

Limit: 3/section

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

BASIC WEAVING

FA-54

Susan Lala

537-9610

Wednesdays, 6:30-9pm, Feb 12, 19, 26 (3 times)

Location: Will be noted on your receipt

Class Fee: \$8, pay with registration

Materials Fee: \$14.50, pay at class Limit: 4

Learn to weave! You will learn how to get a loom ready for weaving and then practice a variety of weaving techniques. Completion of this course will allow you to take advanced weaving courses offered and sign up for open weaving times. (Susan has taught many UFM weaving classes successfully.)

WOVEN TOTE BAG

FA-55

Susan Lala

537-9610

Wednesdays, 1pm, Mar 5, 19, 26, Apr 2, 9 (5 x's)

Location: Will be noted on your receipt

Class Fee: \$10, pay with registration

Materials Fee: \$22, pay at class Limit: 4

A study in weft-faced weaves. Some experience preferred. Come and make your home-made tote bag.

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.

Wood

BASIC WOOD CARVING

FA-42

Larry Wisdom, Dwayne Higgins 539-2574

Wednesdays, 7:30-9:30pm First Mtg: Feb 5
Location: Will be noted on your receipt (4 times)
Class Fee: \$10, pay with registration
Materials Fee: \$5, pay at class Limit: 15

Introduction to basic wood carving. Will include "relief carving" and "carving in the round." Care and sharpening tools. Manual and carving blanks will be furnished. A \$5 charge will be made for these items. (Larry has assisted in teaching two previous UFM wood carving classes. He is a member and Kansas vice president of the National Woodcarving Museum.)

CONTEMPORARY PRODUCT/FURNITURE DESIGN WORKSHOP

Rod Troyer FA-38 532-5992

Wednesday, 7pm, Jan 29 - organizational meeting
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$10, pay at class Limit: 8

This is a workshop class to design and build a small scale project. Approximately the first 1/3 of the class will concentrate on developing each student's original design idea. The last 2/3 will be spent on building a working prototype of the "designed item." NOTE: Students must supply their own construction material (e.g., wood, plexiglass, etc.) (Rod is a furniture designer and builder since 1972 and teaches furniture and product design in interior architecture at KSU.)

FURNITURE RESTORATION AND REFINISHING

FA-39

Brian Hobbs 537-1714

Organizational Meeting: Monday, 7pm, Feb 3
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration
Length: 6 times Limit: 10

Do you have a piece of furniture that needs repair? You can learn to repair just about any type of furniture in this class--from antique to contemporary. Bring your piece and/or your ideas to the organizational meeting and we'll go from there.

BEGINNING LATHE

FA-40

Rick Johnson 1-468-3692

Tuesday & Thursday, 7-8:30pm, Feb 4 & 6 (2 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration
Materials Fee: \$5, pay at class Limit: 10

A lathe is a machine that rotates pieces of wood so that one can apply sharp tools to make bowls and cylinders. Rick will demonstrate, and then you'll work on an individual basis to complete a project, either a rolling pin or small tray. (Rick has been working with the lathe for 15 years.)

UFM WOODSHOP CO-OP

FA-44

Brian Hobbs, Woodshop Coordinator 537-1714

Mandatory Organizational Mtg: Monday, 7pm, Jan 27
Location: Will be noted on your receipt
Mambership Fee: \$40 for 4 months
\$20 refundable deposit
\$60, pay with registration

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



UFM staff, early 1970's

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Clay creations

UFM POTTER'S GUILD

FA-37

Anne Marchin 539-3026

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

BEGINNING POTTERY

FA-33

Sharon Spiller 537-9157

Wednesdays, 7-9pm First Mtg: Jan 29 (6 times)
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: \$10, pay at class Limit: 8

From raw clay to finished glazed pieces, learn to make your own hand-built and wheel-thrown pottery. The class will allow you to work on projects of your own choice be they functional objects or those which are purely decorative.

UFM POTTERY STUDIO FACILITY

FA-36

537-9157

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

UFM POTTERY STUDIO CO-OP

FA-32

Sharon Spiller 537-9157

Thursday, 7-8pm, Jan 30, mandatory organizational
Location: Will be noted on your receipt (meeting
Membership in studio: \$20, 8 weeks
30, 16 weeks
40, 24 weeks

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

CERAMIC MASK MAKING

FA-35

R. Steven Johnson 539-8917

Thursdays, 7:30pm First Mtg: Feb 6 (4 times)
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: \$5, pay at class

Make a mask this year! This class will cover basic sculptural techniques in ceramics, emphasizing individual creativity through various mask-making projects. (Steve has signed and sculpted his own masks for years and enjoys teaching this class for UFM.)

LOCATIONS

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

Duran's

Mexican Restaurant & Club
1800 Claflin Manhattan, KS
Upstairs
539-9666

Authentic Homestyle Mexican Food
and Steaks at great prices.

No membership required for food &
3.2 beer. Open everyday.

* Duran's—Come Celebrate! *

ELECTROLUX

VISA

AUTHORIZED

• SALES
• SERVICE
• REPAIRS

Factory
Rebuilds

The world's
most modern
upright

Rug Shampooer
and Floor Polisher

Diamond Jubilee™
2-motor system

537-9835 • PAUL COLLINS • 715 FREMONT • MANHATTAN

Needles . . .

CROCHETING RAG RUGS FOR BEGINNERS

FA-49

Georgia Becker 537-1987

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

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

VOLUNTEERS—WE NEED YOUR HELP

UFM's Program Planning Committee needs a few good workers to help in any and all phases of program planning. No experience necessary. CALL JULIE AT 532-5866.

Pleasant Conversation

BEGINNING SPANISH

FA-15

Pedro Cintron 537-4975

Saturdays, 1pm 1st Mtg: Feb 1 (7 times)
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration Limit: 30

The Spanish language is not only spoken in Mexico, Central America, South America and Spain, but more and more in Florida, Texas, New Mexico, Arizona, California, Kansas and other states. Someday you may visit, live or work in an area where Spanish is used as much or more than English. Don't be left out in the cold! Learn basic Spanish so you can speak and write in Espanol. (Pedro is the Puerto Rican Student Association president.)

SIGN LANGUAGE: TO HEAR A HAND

FA-18

Dan McAnarney 532-5606

Tuesdays, 8-9pm First Mtg: Feb 4-Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$12, pay with registration

Materials Fee: \$6, (for text), pay at class
Say it in sign language. Experience the world of non-verbal communication in which the hearing-impaired live. This class will cover the basic sign alphabet and some conversational phraseology (with multiple signs). Come prepared to re-learn your own language. (Dan has taught this popular UFM class many times.)

BEGINNING GERMAN

FA-17

Carine Ulloa 539-8329

Tuesdays, 7pm, Organizational Meeting: Feb 4
Location: Will be noted on your receipt (Length: Ongoing)
Class Fee: \$10, pay with registration

Give your brain, tongue and vocal chords a challenge--learn a new language! We'll start with the alphabet and go from there. You'll be surprised at how much you already know. This class is for TRUE beginners! (Carine has a bachelor's degree in German and would like to encourage others to give foreign languages a try.)

CONVERSATIONAL SPANISH

FA-16

Pedro Cintron 537-4975

Saturdays, 3pm 1st Mtg: Feb 1 (7 times)
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration Limit: 20

Know some Spanish, but need to improve your conversational proficiency? Who doesn't? Join this fun group and get the kinks out of your Spanish.

FELT MAKING

FA-53

Kathy Herndon 537-9403

One Time: Wednesday, 7-9pm, Feb 19
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 20

Make a fabric without spinning or weaving! Wool felt has been used for clothing, footwear and housing for ages. The fur trade in the American West centered around beaver fur felt hats. The class will make their own felt samples. Materials needed: raw wool (not yarn), dishpan or 9x13 cake pan, rubber gloves, dish soap, scissors, 1 yard of netting, large-eyed yarn needle and some throw-away yarn or string. If possible, borrow or bring a wool carder.

. . . and Pens

WORKSHOP IN CREATIVE WRITING

FA-19

Joel Climenhaga

Saturdays, 10am-12n, First Mtg: Feb 1 -Length: 14 x's
Location: Will be noted on your receipt
Class Fee: \$12, pay with registration Limit: 12

"In the beginning was the word . . ." and many of us work to express it. Our class will consist of sharing each others writing, whether written as part of the class or beforehand. We will select our best work and publish it in a little xeroxed magazine. If we are prolific, we will produce two publications. Any writer at any level is welcome to what we hope will become an ongoing writers support group and workshop. (Joel has been a writer in all genres for more than 40 years, has taught writing for more than 30 years, and has edited and published a half-dozen little magazines.)

NOVEL/FICTION WRITING:

FA-22

BECOME A PROFESSIONAL WRITER

Leonard Bishop 1-258-2066

Wednesdays, 7-9:30pm Feb 12, 19, 26 (3 times)

Location: Will be noted on your receipt
Class Fee: \$6, pay with registration
Materials Fee: \$2, pay at class

Are you interested in writing a novel but don't know where to begin? This class will address practical techniques toward the development of a career in writing. Bring something you've written recently to share with the group. (Leonard has taught writing for over 25 years, has published nine novels and is currently working on a book on professional writing.)

ITALIC CALLIGRAPHY

FA-58

Ruth Poli 537-8357

Thursdays, 7-9:30pm First Mtg: Jan 30 6 times

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

Write your own invitations, signs and announcements. Everyone will oh and ah! This class requires practice and commitment, but its well worth it. The first meeting will be an orientation and you'll get a materials list. (Ruth has done calligraphy for over 5 years.)

SEWING--BASIC & SELF-HELP

FA-48

Mary Nansel 776-5863

Saturdays, 1-5pm, Feb 8, 15, 22
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration Limit: 8

Basic sewing will include how to buy material, patterns and supplies needed, how to lay out a pattern, cut and mark pieces and assembling and finishing garments. Self-help will cover button holes and buttons, snaps, etc., zippers, adjustments in fitting and problems in construction. (Mary has sewn since she was six years old and makes most of her daughter's clothes (who prefers this because they fit better), redesigning patterns as she wishes.)

MACHINE KNITTING

FA-51

Lenore Trostle 537-4581

Saturdays, 1-3pm, Mar 22, Apr 5 (2 times)

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

Want to get praise for your knitting but don't have the time? You can machine knit a vest in 45 minutes and a sweater in 3 hours! The basics of machine knitting will be covered in this class. With basic techniques, any garment can be made quickly and easily. (Lenore has 12 years experience. She used to custom knit, but it is now a hobby.)

BEGINNING EUROPEAN KNITTING

FA-50

Elizabeth Glowacki 539-7200

One Time: Saturday, 1-3pm, Mar 22

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

European picking takes stitches off one needle to another. It is faster than American style knitting and gives an argyle effect. Even tension creates a smoother end result. Bring knitting needles and yarn to make a practice sample. (Elizabeth has been knitting since she learned in the first grade in Czechoslovakia.)

CRAZY QUILT

FA-52

Kathy Herndon 537-9403

One Time: Saturday, 10am-12n, Feb 8

Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 20

A look into the history of crazy quilts. Make a small sample. Bring scraps of cotton, velvet, silk; embroidery thread, yard of muslin, thread, scissors, thimble; quilt batting optional. (Kathy is curator of the Goodnow House Museum. She has been quilting for 20 years.)

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TIN PUNCH FA-65
Dorine Elsea 776-8549
One Time: Thursday, 7-9pm, Feb 27
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Tin punch is an early American craft. Once used in making those beautiful old pie safes, it is now popular for picture framing and tin ornaments. It also has practical applications in door panels for storage closets. It is easily learned as Dorine will demonstrate in this class. (Dorine works part-time at the new Ben Franklin store.)

FOLDED STAR HANDICRAFT FA-66
Peggy Miao 539-9119
Fridays, 7-10pm First Mtg: Jan 31 Length: 4 x's
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration

The basic principle is formation of star with folded triangles. Materials worked with are basically calico fabrics and wrapping papers. There will be three craft projects: accessory-box; decorative ball ornaments; framed folded star made with wrapping papers. Materials provided. (Peggy is a free-lance home economics journalist who is studying crafts and food science at the moment.)

KITE-MAKING FA-62
Carl Clagett
One Time: Saturday, 1-3pm, Feb 15
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10

Beautiful wind borne kites are simple to make. Make a kite to fly with the wind under expert instruction. Bring your own paper. (It can be newspaper, 4'x2 1/2' minimum.) Reed sticks and string will be provided. (Carl was born in March and has 20 years experience of kite making.)

SOAP CARVING FA-43
Robert C. Drury 539-1232

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

Benjamin Franklin said, "Art is anything you can get away with." In this class we will learn the basic techniques of hand carving. Rather than wood, we will use soap-easier for beginners and good, clean fun! Bring a bar of soap (Ivory works well) either hand or bath size, a pocket or paring knife and a small undetailed object to serve as a pattern. (Bob carved soap when in high school and does it on an occasional basis. Some of his work is in the National Carvers Museum in Monument, Colorado, north of Colorado Springs.)

POTPOURRI VALENTINE CARDS FA-63
Jayne Link 539-7605

One Time: Monday, 7-9pm, Feb 3
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$4, pay at class Limit: 10

Learn different techniques to incorporate the use of potpourri in making a variety of scented Valentine cards. (Not suggested for people with sinus allergies.) (Jayne has been making her own potpourri for 4 years and has recently started her own herb business, "Fragrant Memories.")

GUIDELINES TO BASIC DECORATING AND SILK FLOWER ARRANGEMENT FA-64
Barbara Beck 1-784-2393

Section I: Thursday, 7-10pm, Feb 20
Section II: Thursday, 7-10pm, Feb 27
Location: Will be noted on your receipt
Class Fee: \$4/section, pay with registration
Materials Fee: \$6/section, pay at class
Limit: 6/section

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

BASKETRY, KANSAS STYLE FA-46
Judy Love 539-8409

One Time: Saturday, 1-3pm, Feb 15
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1-2, pay at class Limit: 15

Basket making is an ancient art and represents the skill with which many cultures have used natural materials to produce beautiful and functional objects. In this class, you will have an opportunity for hands-on experience in weaving natural materials gathered hereabouts, into native Kansas baskets. (Judy is an art professor at KSU.)

INTRODUCTION TO PICTURE FRAMING FA-41
Steve Hall 539-5228

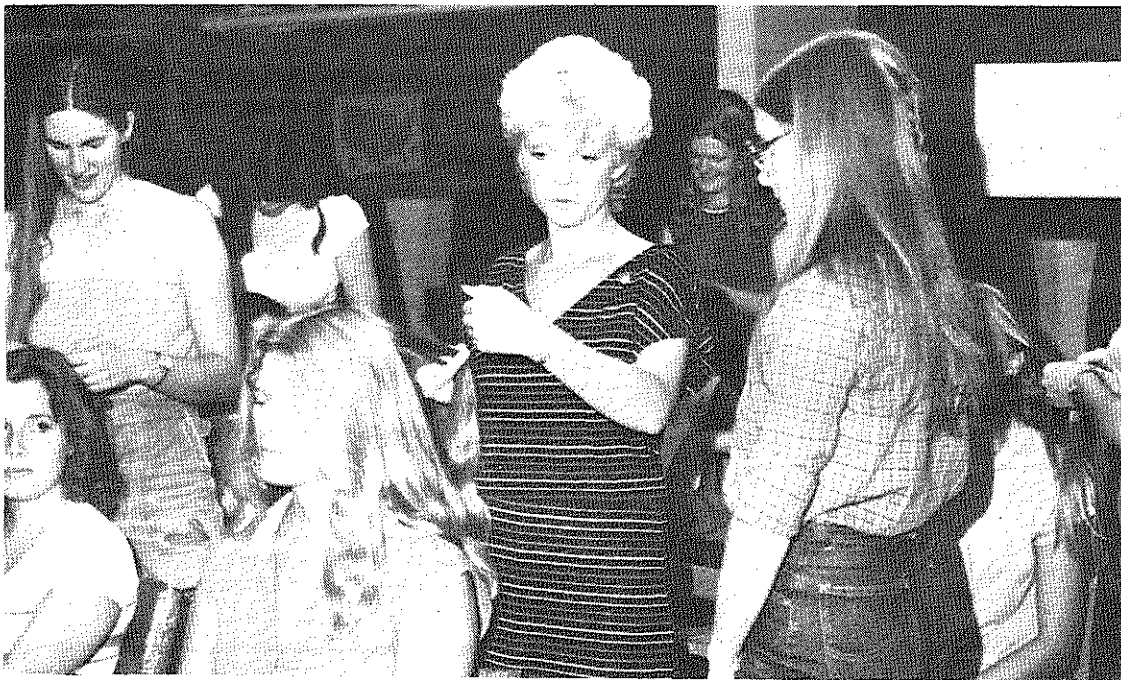
One Time: Monday, 7-9:30pm, Apr 7
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class Limit: 15

In need of frames for your picture collection? Learn how easy it is to assemble frames in your own workshop. Techniques presented will include selection of moldings, matting basics, glass cutting, and assembly. There will be time for questions and answers. (Steve is the owner of accents and images, inc., 1112 Laramie, and has taught previous UFM classes on picture framing techniques.)

WHEAT WEAVING FA-61
Kathy Herndon 537-9403

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

Learn several basic weaves. Learn how to gather and clean your own. (Harvest symbols in all countries where wheat is grown.) Some history of wheat weaving. Bring wheat (available at craft stores), a wallpaper tray (hardware store) tan carpet and button thread (heavy)(discount store). Scissors, towel, ribbon optional.



Hair braiding UFM class

BALLROOM DANCING FA-1
Gerhard and Barbara Schmitt
Thursdays, 7:45-9:45pm First Meeting: Jan 30
No class Mar 13 Length: 8 times
Location: Will be noted on your receipt
Class Fee: \$10/person, pay with registration

Disco is dead!?! Wanna be part of a new trend in dancing? Come join us for some easy lessons in waltz, quick-step and more. We'll start with the basics. Feel free to come on your own. You don't need to bring a partner. The first meeting will be organizational. (Gerhard and Barbara have attended ballroom dancing schools in Germany. They have reached the golden level of standard and Latin American dances.)

BEGINNING BALLET FA-2
Kelly Scott 532-5150

Thursdays, 4:30-5:45pm, Feb 6, 13, 20, 27,
Mar 20, 27 Length: 6 times Limit: 20
Location: Will be noted on your receipt
Class Fee: \$10/person, pay with registration

Learn basic ballet positions and techniques and terminology. Bar work and balance practice. Wear leotard and slippers or clothes that allow total freedom of movement. (Kelly has studied ballet since she was 6 years old. She is a dance and phys.ed. major, specialty choreography.)

BEGINNING SWING DANCE FA-3
Art Clack 1-293-5343

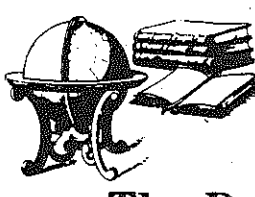
Wednesdays, 6-7:30pm, Feb 12, 19, 26 (3 times)
Location: Will be noted on your receipt
Class Fee: \$8/person, pay with registration
Limit: 20 individuals

Don't hold yourself back when you hear that hot fiddle playing! Round up your friends to learn the sharp moves, dips, spins, turns and slides done in country western swing and get down to some hot tunes. Heavy emphasis on swing dance; less emphasis on two step and cotton-eye Joe. Absolute minimum devoted to polka (but if Art didn't include it his girl friend would.) (Art has taught swing dance for many years.)

FLINT HILLS FOLK DANCERS FA-4
Paul Weidhaas/Enid Cocke 539-4805 539-6306

First and Third Fridays of month, 7:30-9:30pm
First Meeting: Feb 7
Location: Will be noted on your receipt
Class Fee: \$2/person, pay with registration

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



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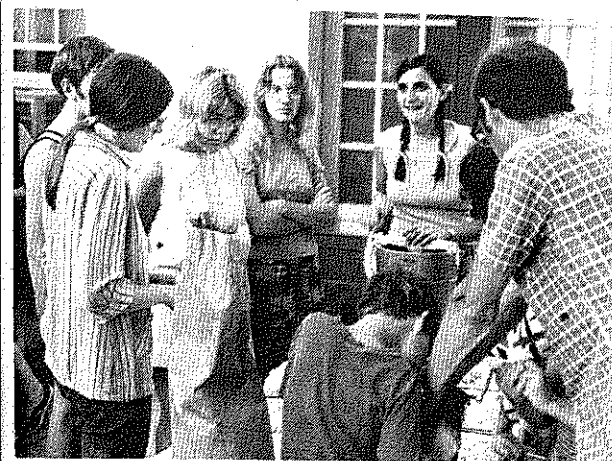
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Creative Pastimes

CREATIVE WELDING FA-45
George Preuss 456-8413
Saturdays, 1-4pm Feb 1, 8, 15, 22, Mar 1 (5 x's)
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: \$40, pay at class Limit: 8
Beginning awareness of common metals such as bronze, aluminum and possibilities for molding and casting. Lecture demonstration will be followed by individual hands-on metal working. Emphasis is creative rather than technical. Work will be done in George's Waubunsee studio. (George has been welding for 10 years. Alma High School is supplying the equipment.)



Sue Maes leading homemade ice cream UFM class

For Kids Only

PHOTOGRAPHY FOR CHILDREN FA-24
Holly Lambert 537-4290
One Time: Saturday, 1-3pm, Apr 12
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$8, pay at class Limit: 8

Children, third grade through sixth grade, will learn to load and unload film, take quality photos and gain the satisfaction of expression through photographs. It's a fun session filled with photo composition basics, hands-on shooting, and selecting best photos for display. (Bring basic camera, roll of 12 exposure color film and \$8 for film processing.) (Holly learned to take photos at age 9. She's now County 4-H Photo I leader at the age of 15.)

PLAY WITH CLAY! FA-34
Sharon Spiller 537-9157

Wednesdays, 4-5pm First Mtg: Jan 29 (4 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration
Materials Fee: \$3, pay at class Limit: 6
Want to get dirty and not get in trouble? Then let's play with clay! We'll do several projects which have in the past included chimes, piggy banks, animals or name plates for your room. Whatever we do we'll have fun!

SPRING HAS SPRUNG FOR 3-6 YEAR OLDS FA-68
Paula Boyd 539-1983

One Time: Saturday, 10:30-11:30am, Mar 29
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1.50, pay at class Limit: 6
Spring ideas. We will sing spring and animal songs, do prints and collages in spring colors.

MOTHER'S DAY FUN FOR 3-5 YEAR OLDS FA-69
Paula Boyd 539-1983

One Time: Saturday, 10:30-11:30am, May 10
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class Limit: 5
Emphasis is on mother. Make gifts, learn songs, finger plays, try simple recipes. Fathers may want to bring child or pick up child, so gift can be a surprise! (Paula is a mother of two. She loves children and children's crafts.)

BEGINNING DRAWING FA-56
Cass Cadwallader 539-5006
Tuesdays, 7-9pm First Mtg: Feb 4 Length: 5 times
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration Limit: 10
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.)



Be-Busy arts enrichment

CHILDREN'S CREATIVE WRITING FA-21
Advisory Board 532-5866
Saturdays, 1-4pm, First Mtg: Feb 1
no meeting Mar 15 Length: 8 times
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration

We all know that children can see the world without the layers of experience that characterize the adult world-view. Here is a class for children in elementary and middle school who want to write about the world around them and be published. Poetry, prose and journalistic writing will all be written and submitted for publication. The class will provide both instruction and moral support for kids who want to write and put together a publication. (The workshop will be guided by an advisory board of professional writers in the community and MHS writing students.)

EASTER EGGS FA-67
Nancy Stover, Tybel Miller 537-1219 532-5866

One Time: Saturday, 2-4pm, Mar 22
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 12
This class is for people seven or eight years old and up. We will experiment with natural dyeing, using onion skins, beets, carrots, and other fruits. Make this Easter special with special eggs. Bring your own boiled eggs. We will make designs with crayon, wax, and stencils. (Both novices, Nancy and Tybel work with arts and crafts in UFM's after-school program.)

BE BUSY SPECIAL EVENTS FA-70
Tybel Miller 532-5866

Section I: Monday, 4-5pm, Feb 10
Section II: Thursday, 4-5pm, Feb 13
Section III: Tuesday, 4-5pm, Mar 18
Section IV: Friday, 4-5pm, Mar 28
Location: Will be noted on your receipt
Class Fee: \$4/section, pay with registration
Limit: 10/section

The Be Busy After School Program extends an invitation to other community children to join in special Valentine and Easter activities.
I: Bread Dough Sculpture (including Valentines)
II: Baking Valentine Cookies
III: Soap Carving
IV: Dyeing Easter Eggs (bring your own hard-boiled eggs)

STAINED GLASS--PROJECT I FA-59
Steve Stewart 776-6687

Section I: Saturdays, 10am-12n, First Mtg: Feb 1
Section II: Saturdays, 2-4pm, First Mtg: Feb 1
Each section will meet 5 times
Location: Will be noted on your receipt
Class Fee: \$10/section, pay with registration
Materials Fee: \$35, pay at class Limit: 5/section
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*. Week-day evening sections will be set up if there is demand. Call Steve at 776-6687. (Steve owns and operates a local stained glass studio - Glassworks Studio.)

STAINED GLASS--PROJECT II FA-60
Steve Stewart 776-6687

Register and you will be contacted for day, time, and dates. The class will meet 4 times
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: \$35, pay at class Limit: 5
A continuation of Project I, the prerequisite class. Emphasis will be on the "lead came" method of working with stained glass. This class is for those who have mastered the copper foil method and wish to continue stained glass work. The materials fee is non-refundable after the first class.

WATERCOLOR PAINTING FA-57
F. Gene Ernst 776-3622

Mondays, 7-9:30pm, Feb 3, 10, 17, 24 (4 times)
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration Limit: 15
Painting the "Still Life in Watercolor," will be our theme. We will cover washes, composition, tools, and papers. Wet and dry techniques will be demonstrated. We prefer intermediates or advanced watercolorists. Furnish your own brushes, paint, and papers. This group will paint with the guidance and demonstrations by Gene. (Gene is a KSU professor and local architect, is a member of the Kansas Watercolor Society, and exhibits occasionally, and uses this class as an excuse to wet his own brushes.)

MOVIE GREATS - CRITICS CHOICE S-53
Dave Stewart & UFM Staff 532-5866

Wednesdays, 7pm 1st Mtg: Feb 5 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$3, pay with registration
Let's go to the movies! We will watch a movie great on video and follow with a social hour to discuss the movie. Our first meeting will be an organizational one to decide how we wish to meet and choose our first movie. (Dave has facilitated a similar class for UFM before and will assist the staff in their ongoing movie adventure.)

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PIANO: BEGINNING/INTERMEDIATE/ADVANCED FA-5
Ann Woodmansee 539-4131

Register and you will be contacted for day, time and dates and number of classes
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration

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.)

VOICE FA-6
Ann Woodmansee 539-4131

Register and you'll be contacted for day, time, dates and number of classes
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration

Are you another Patsy Cline, waiting to be discovered? Do your next-door neighbors think Beverly Sills is 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.

BEGINNING HARMONICA FA-7
Richard Philbrook 537-2877

Thursdays, 7pm First Mtg: Feb 20 (continuing)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 8

Ever wanted to play the harmonica? This class will be geared for beginners - no experience desired! The first meeting will be organizational so we can see when and how often we want to meet, but basically, Dick will teach you enough to get you started so you can teach yourself how to play. We'll cover both blues and folk styles so bring your harmonica. (Dick is a professional musician and has played harmonica for the past 14 years.)

INTERMEDIATE FOLK GUITAR WORKSHOP FA-9
Tony Ridder 539-1340

Register and you will be contacted for day, time, and dates Length: 6 times
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration

This is a class for those who know the basics and who would like the inspiration of others who sing and write folk music. We'll sing together and work on our music. Join us.

MOUNTAIN DULCIMER WORKSHOP FA-10
Linda Teener 537-0508

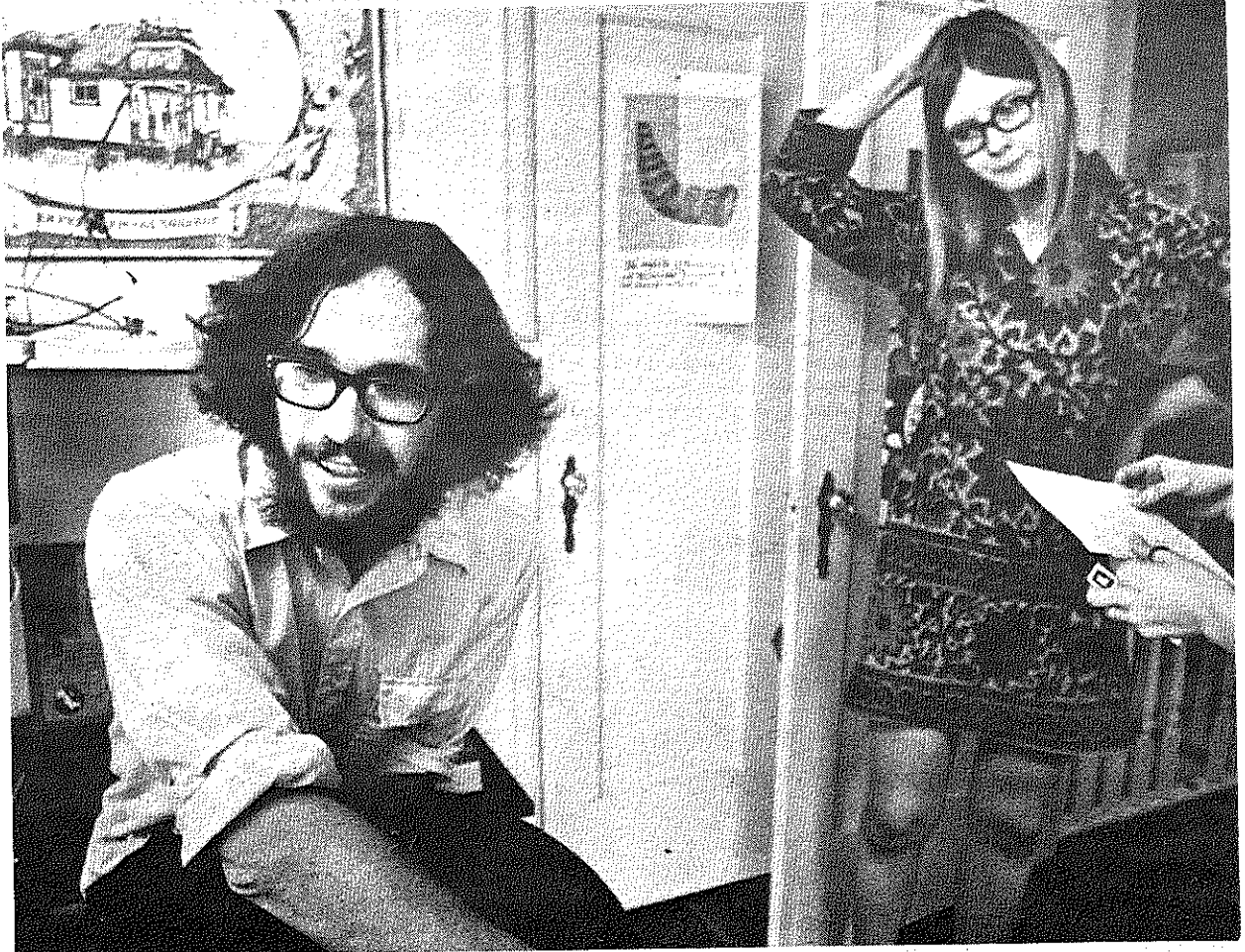
One Time: Monday, 7-9pm, Feb 10
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Dust off that mountain dulcimer and come learn how to play it. This class will cover the basics of tuning and how to play the instrument. We will learn some simple tunes and look at the available learning aids. The mountain dulcimer is a traditional instrument with a haunting, melodic sound. Don't miss this chance to learn it. (Linda has played mountain dulcimer for 9 years.)

AUTOHARP FA-11
Linda Teener 537-0508

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

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 information on diatonic tuning will be available.



Sue Maes and Dave Hursh, late 1960's UFM staff

... My Dear Watson

BEGINNING FOLK GUITAR FA-8
Tony Ridder 539-1340

Register and you'll be contacted for day, time and dates - Length: 6 times
Location: Will be noted on your receipt
Class Fee: \$12, pay with registration

Contrary to popular belief, Bob Dylan did not get his start at a UFM guitar class--but you might. Learn the chord structures and style of folk guitar. From the 60's to the 80's, from Vietnam to nuclear winter, we will hear and play the music that expresses the "causes" within our culture. Songwriters and aspiring songwriters are encouraged to attend. (Tony has been playing for 11 years and teaching for about 9 years.)

CELTIC IRISH MUSIC WORKSHOP FA-12
Charlie Griffin & Paul Weidhaas 539-4805
1-485-2762

One Time: Friday, 7:30-10pm, Feb 28
Location: Will be noted on your receipt
Class Fee: \$5, pay with registration

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

USED TAPES AND RECORDS EXCHANGE FA-14
Ed Klimek 537-4690


One Time: Saturday, 12n-5pm, Feb 22
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Take this great opportunity for music and record buffs to get together. Talk music, sell or trade your oldies with others or just browse. Bring your records and tapes and crates and racks and change to transact business. (Ed is ex-music and program director of KMKF. Uncle Dog's Records buys used albums from people.)

SYNTHESIZER BASICS FA-13
Vicki Shult 776-9911

One Time: Sunday, 7-10pm, Feb 2
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10

A Synthesizer Video course, *Secrets of Analog and Digital Synthesis, Vol 1*. Designed as a 5-lesson course, three hours total viewing time, it begins with "What is Sound?" and gives easy-to-understand explanations of the elements you need to know to get past the presets and create new sounds with your synthesizer. If you are a complete novice, this session will take the mystery out of synthesizers and give you a basic vocabulary and overall view to build on. Experienced synthesizer users will find it useful to broaden their understanding of programming techniques. (Vicki is proprietor of Westron Wynde Music.)



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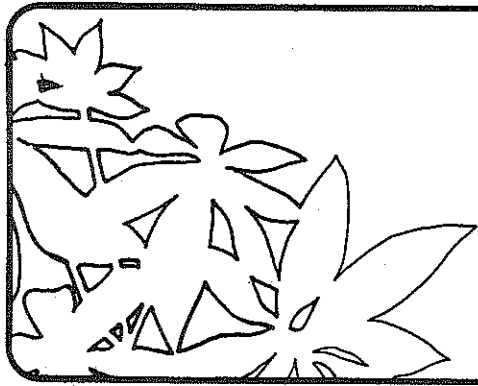
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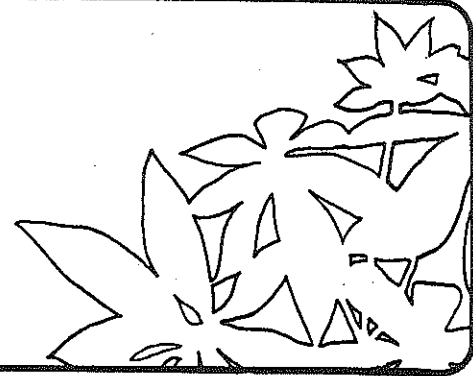
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Self



Spiritual Growth

INTRODUCTION TO ZEN MEDITATION

S-24

Al Potter 532-5634

Wednesdays, 7:30-9pm, Feb 5, 12, 19 (3 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration
Materials Fee: \$6, pay at class Limit: 10

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. (Al has been a student of zen for several years.)

SACK LUNCH THEOLOGY

S-33

Dave Stewart 539-3051

Mondays, 11:30am-1pm, Feb 3-Apr 28 (11-12 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$7.50-10, pay at class Limit: 15

"Whatever Became of Sin?" We will explore the nature of evil in human experience, using Karl Menninger's book by this title and Scott Peck's, *People of The Lie*. Bring your sack lunch and your questions-answers-affirmations-doubts to what is always a stimulating discussion. (Dave is a campus minister who has chewed on many sack lunches and theological questions.)

INTRODUCTION TO THE PHILOSOPHY OF GURDJIEFF AND OUSPENSKY

S-31

David Seamon 532-5953

Wednesdays, 7:30-9pm 1st Mtg: Jan 29 (Ongoing)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration

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

ECKANKAR: THE BASICS OF SOUL TRAVEL

S-25

Buck Sisson 776-7234

Thursdays, 7:30-9pm, Feb 20, 27 (2 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

The who, what, when, where and whys of soul travel will be covered. Most importantly, some techniques of how you do soul travel, as taught by Eckankar, the ancient science of soul travel, will be presented. (Buck is a professor at K-State and has been studying Eckankar for 8 years.)

SEXUAL BEHAVIOR AND THE BIBLE

S-34

Don Fallon 539-4451

Tuesdays, 4:30-6pm 1st Mtg: Jan 28 (Ongoing)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

A discussion/support group viewing selected Biblical passages and Nelson's ethical treatment, *Embodiment*. We'll examine Christian values and sexual behavior; affirmation of our sexuality, premarital sex, sexual communication, self and other sexual pleasuring, heterosexual and homosexual love and sexual expression, exploitive and loving sex and living together. Trust and confidentiality will be stressed.



Sue Maes, early 1970's

ECKANKAR: DREAMS AND IMAGINATION

S-26

Kathy Sisson 776-7234

Thursdays, 7:30-9pm, Feb 6, 13 (2 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Dreams and the imagination are such important, yet neglected tools! Eckankar, the path of total awareness, provides many insights into the function of dreams and imagination in our lives & how to get them working for us. Imagine all the fun we'll have! (Kathy is an art student at K-State and has been studying Eckankar for 8 years.)

INTERPRET YOUR DREAMS

S-27

Gary Plumberg

Thursdays, 7-8:30pm, Mar 6, 13 (2 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration Limit: 20

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.)

YOGA

S-23

Rob Sheridan 776-6849

Mondays, 5:30-6:30pm 1st Mtg: Feb 3 (4 times)
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: \$2, pay at class Limit: 10

The daily practice of yoga improves the quality of one's life. In this class we will practice basic asanas (postures) and pranayama (breathing techniques). Please wear comfortable clothing (shorts, leotards, etc.) and come on an empty stomach. (Rob has been studying yoga with Dr. Albert Franklin since 1974.)

SPIRITUAL GROWTH: THE ROAD LESS TRAVELED

S-32

Don Fallon 539-4451

Thursdays, 7-8:30pm 1st Mtg: Mar 6 (5 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

A support group using the themes of Peck's *A Road Less Traveled*, to consider personal faith development and emotional growth: facing life's pain, the discipline of delaying gratification, accepting responsibility and finding a balance in responsibility and freedom. We'll explore personal relationships and the discipline and courage of love, and as Peck says, the "Miracle of Grace." Reference will be made to Peck's book and Biblical sources but emphasis will be given to our own experience. Trust and confidentiality.

Getting It Together

HOW TO GAIN SELF-ACCEPTANCE S-1

Greg Potter, PhD, CCMHC 537-0076

One Time: Wednesday, 7-10pm, Jan 29
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15

In childhood you learned your personal worth hung in the balance of your intelligence, actions, appearance, or ancestry. If you measured up you were allowed a high self-esteem. This class explores how to totally accept yourself regardless of how you may have been taught to see yourself. You are a terrific, special person. Come and learn how to recognize your terrific-ness! (Greg is a certified clinical mental health counselor in private practice in Manhattan and has worked with many people to gain total self-acceptance.)

QUICKIE-MINI STRESS MANAGEMENT TECHNIQUES S-19

Cliff Schuette 532-6927

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

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

ASSERTION SKILL TRAINING GROUP S-4

Dori Lambert, PhD 532-6927

Register and you will be contacted for day, time, dates and location Length: 8 times
Class Fee: \$10, pay with registration
Materials Fee: \$3, pay at class Limit: 10

An opportunity to learn and practice general assertion skills following a communication skill model. The eight sessions will begin the week of Feb 3 and will run one per week until April 4 (no session during KSU spring break, Mar 10-15.) Participants are expected to attend all eight sessions. Each session is two hours in length and is a structured learning experience incorporating attention to individual goals and group practice through the use of role-play. The day and time for the sessions will be arranged after contact with interested parties. (Dori is a counselor with the KSU Counseling Center.)

AWAKEN YOUR SLEEPING GIANT S-18

Eric Muehleisen 776-0262

Wednesdays, 7-9pm, 1st Mtg: Feb 5 Length: 8 x's
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration Limit: 12

Stress is a constant in our lives--in the family, workplace, school and even during our leisure time. However, stress need not be destructive. Used creatively it can expand your capacity to enrich relationships with your spouse, lover, boss, colleagues, family and friends through structured personal growth experiences. Join us and find the personal power asleep inside yourself. (Eric has a masters degree in family therapy and 7 years experience in the human relations field conducting countless seminars on personal and spiritual growth, organizational development and family enrichment.)

SELF-CONFIDENCE - THE AGONY & THE ECSTASY S-2

Anne Renz 776-7552

Tuesday & Thursday, 7-9pm, Feb 11, 13 (2 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration Limit: 15

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

SETTING AND ACHIEVING YOUR GOALS S-37

Eunice Dorst 532-5866

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

This workshop is designed to assist you in determining what you want out of life, setting goals and setting up a workable plan to achieve them. Whether you are 18 or 70, setting goals is an important part of giving your life meaning and direction. Please bring a notebook--you will want to keep these notes! (Eunice has found this to be the best method for setting goals and achieving them.)

IMPROVING MEMORY S-55

Dr. Kenneth A. Kiewra 532-5646

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

Do you have a good memory--but it's short? This class will teach you about how human memory works and ways that you can improve it for better performance on the job, in school or in social situations. (Ken is an educational psychologist at KSU who researches human memory. He has often demonstrated his own expertise by remembering where he has parked his car at work on successive days.)

SELF-CONTROL S-5

Greg Potter, PhD., CCMHC 537-0076

One Time: Tuesday, 7-10pm, Feb 25
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15

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 own feelings and actions you take control of your happiness and achievement. Learn to be in charge!

EXECUTIVE STRESS S-20

Michael Weinberg, PhD 539-7758

Wednesdays, 7pm 1st Mtg: Jan 29 (all semester)
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration Limit: 15

This class will meet weekly throughout the semester. Our goal is to explore the stresses 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.)

BEAT BURNOUT! S-7

Charlie Griffin 776-9411

One Time: Thursday, 7:30pm, Feb 27
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15

Professional burnout, student burnout, life burnout?? Everyone hits phases of their life which fizzle to a stop. We'll explore ways of finding new direction, motivation and rejuvenation when we realize we've reached that burnout stage. More importantly, we'll talk about self-care as burnout prevention. (Charlie is a family therapist and stress management specialist. He has been involved in stress management, biofeedback, and counseling activities in the Manhattan area for 14 years.)

INTRODUCTION TO ASSERTIVE BEHAVIOR S-3

Caroline Peine 532-6432

Section I: Tuesday, 7-9pm, Feb 25
Section II: Tuesday, 7-9pm, Apr 8 (One time each section)
Location: Will be noted on your receipt section)
Class Fee: \$4/section, pay with registration
Limit: 20/section

Being assertive means standing up for our rights in a way that does not infringe on the rights of others. We will explore why we are not assertive in some situations and alternative ways of dealing with these situations. (Caroline has made many such presentations.)

STRESS AND WHOLISTIC HEALTH S-21

Don Fallon 539-4451

One Time: Saturday, 9:30am-1:30pm, Feb 15
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

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

PSYCHOLOGICAL PAIN CONTROL S-22

Greg Potter, PhD, CCMHC 537-0076

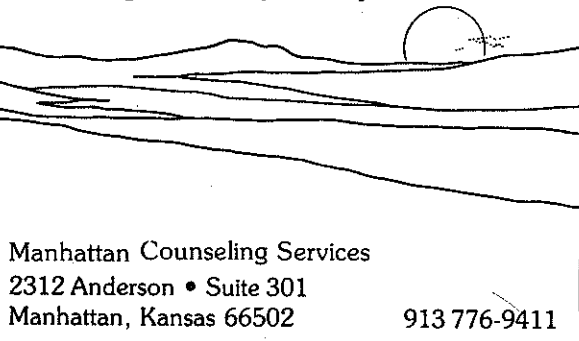
One Time: Tuesday, 7-10pm, Mar 25
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15

Whether it's terminal illness, physical injury, or occasional headaches, pain is an essential element of life. This seminar presents psychological techniques of pain therapy in light of Dr. Potter's own experience using hypnosis as well as the general literature.

LOCATIONS

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

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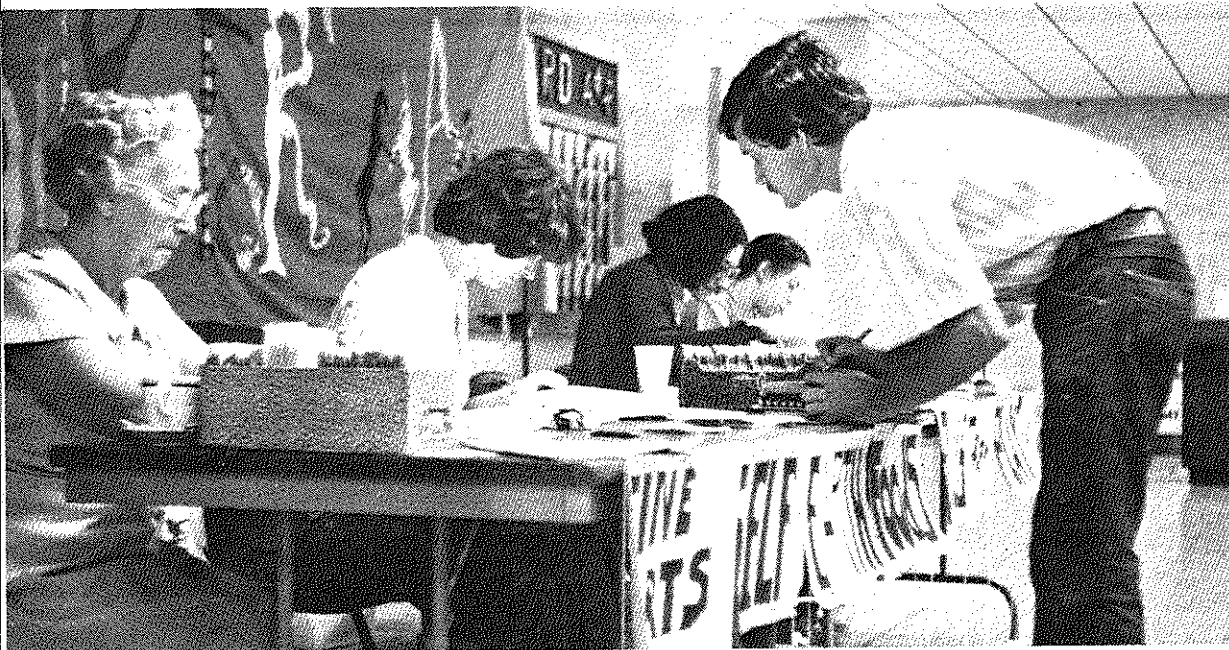
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Women and Leisure

JOURNAL WRITING FOR WOMEN FA-20

Zoe Climenhaga & Tybel Miller

Sundays, 1-3pm First Mtg: Feb 2 Length: 9 x's

Location: Will be noted on your receipt

Class Fee: \$10, pay with registration Limit: 8

This will be an informal group gathered to focus upon journal writing and other informal writing. For women who already write or who would like to begin. (Zoe is a weaver who also writes, and is interested in getting other women to write. Tybel writes also.)

SELF-DEFENSE FOR WOMEN S-38

Mary Holm & Eunice Dorst

532-5866

Wednesdays, 7-9pm, Feb 19, 26 (2 times)

Location: Will be noted on your receipt

Class Fee: \$6, pay with registration Limit: 20

Regardless of age, race, social class or life-style, all women are potential targets of violence. Women rarely receive any training for their own defense. This class will introduce simple but effective self-defense skills taught by women, for women. Be sure to wear loose, comfortable clothing. (Mary and Eunice have been practicing self-defense for several years.)

ADVANCED FEMINIST CONSCIOUSNESS RAISING S-39

Cathy Hovancsak

539-8437

Tuesdays, 7pm, 1st Mtg: Feb 4 Length: Ongoing

Location: Will be noted on your receipt

Class Fee: \$6, pay with registration Limit: 10

This class is for those who have previously attended a C.R. group and would like to be part of an advanced self-directed group. At the first meeting we will decide where and when to meet and prepare an agenda for future meetings. (Cathy likes consciousness raising.)

BOOKS BY AND ABOUT WOMEN S-44

Lorrie Cross

539-5337

Wednesdays, 7:30-9pm 1st Mtg: Jan 29 Ongoing

Location: Will be noted on your receipt

Class Fee: \$6, pay with registration

Women writers say special things. Women readers often hear them. This class provides time for women to talk with each other about novels, non-fiction works, humor and satire. Dimensions of self-image shaped by literary models are examined as we discuss books selected by group members. Suggested books for this spring are: *Winter Passage* by Judith McDaniel, *Beginnings of a Writer* by Eudora Welty, and *The Stone Angel* by Margaret Laureen. We will decide on future meeting dates at the first meeting. (Lorrie has been a member of this informal reading group since 1978.)

Love to Marriage

LOVE ADDICTION S-6

Judy Schrock

539-9464

One Time: Monday, 7-9pm, Feb 10

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

What are the characteristics of your "ideal love?" Is your idea of love healthy? Could it be that you are addicted to love itself, rather than involved in a healthy relationship with another person? Participants in this class may begin to see relationships in a new way. (Judy is a community health nurse with an interest in sharing self-awareness experiences with others.)

PRE-MARRIAGE T.A. WORKSHOP S-15

Don Fallon

539-4451

One Time: Saturday, 9:30-4:30pm, Mar 22

Location: Will be noted on your receipt, Limit: 6 couples

Class Fee: \$4, pay with registration

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

FIGHTING FAIR IN MARRIAGE S-16

Tony Jurich, PhD

532-6984

One Time: Thursday, 7-9pm, Feb 27

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

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 & Child Development Department.)

Women and Work

LOOKING TOWARD EMPLOYMENT? HOW WOMEN CAN PREPARE

Marcia Schuley

S-40

776-9294

One Time: Monday, 7-9pm, Feb 10

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$1, pay at class

Women going back to work or entering the job market for the first time often disregard the valuable skills and experience of their volunteer or homemaking years. We will examine those skills and experiences and discuss how they can be used in your resume to give you the best chance of entering the job market. (Marcia has a PhD in counseling and is director of the Older Kansans Employment Program. Women's employment is a special interest of hers.)

WOMEN IN TRANSITION--CAREER/LIFE PLANNING GROUP

Susan Scott-Angle

S-41

532-6927

Register and you will be contacted for day, time, date and location Length: 10 times

Class Fee: \$10, pay with registration

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

WOMEN IN MANAGEMENT S-42

Frank Saal, PhD

532-6850

One Time: Tuesday, 7:30pm, Mar 18

Location: Will be noted on your receipt

Class Fee: \$5, pay with registration

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.)

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Parents and Kids

STEPARENTS UNITE!

S-17

Debbie Newton, MSW; Marilyn Schreiner, MSW
539-5337

One Time: Monday, 7-9pm, Mar 17
Location: Will be noted on your receipt
Class Fee: \$5, pay with registration

Stepfamilies have unique experiences that are clearly different from those of traditional families. After a brief presentation on common issues in stepfamilies, participants will be encouraged to share their own stepfamily experiences. (This program is co-sponsored by Flint Hills Social Workers Association and Pawnee Mental Health Services.) (Debbie and Marilyn offered a fall class on stepfamilies that met with so much enthusiasm by participants, that they're anxious to meet again!)

LITTLE VOICES-- HELPING YOUR CHILD DEVELOP SPEECH AND LANGUAGE

S-12

Stephanie Keitel, Lori Cross Elliott 532-6879

One Time: Tuesday, 7-9pm, Feb 11
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Good speech and language skills are essential in our ever more complicated world. This class will assist you in joyfully appreciating your child's natural development of communication. Parents and other caregivers will be offered suggestions for participating in the development of speech and language skills from birth through school age. (Stephanie and Lori are nationally certified speech pathologists-audiologists teaching and supervising in the KSU Speech and Hearing Center.)

PARENTS ANONYMOUS

S-14

Don and Irmie Fallon 539-4451 539-5582

Wednesdays, 7-9pm 1st Mtg: Jan 29
Location: Will be noted on your receipt
Class Fee: \$1, pay with registration
Length: All semester

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

CHILDREN AND CHANGING SEX ROLES

S-11

Diane Atkinson

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

We will discuss the changing roles of men and women in the home and in society, and how these roles impact on the way we raise our children. Is it possible to raise children to be non-sexist in today's society and educational system? This and other questions will be discussed. Bring your questions, ideas and concerns. (Diane has a degree in psychology and is particularly interested in developmental psychology.)

HOW TO RECOGNIZE TEENAGE ALCOHOL/DRUG PROBLEMS

Sarah Bowers

S-13

776-7533

Tuesdays, 7:30-9pm, Feb 4, 11 (2 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration

This class is for parents, teachers and concerned others to develop an understanding of the disease concept of chemical dependency, to learn to recognize symptoms of teenage alcohol and drug abuse and to become aware of what to do and what not to do. This class is a 'must' for all parents of teenagers. (Sarah has a masters degree in counseling and has worked in the field of chemical dependency since 1979.)



Fiber Arts UFM class

Single People

SINGLE AGAIN--NOW WHAT?

S-9

Jan Copeland 532-5510 762-3298

One Time: Monday, 7:30-9pm, Mar 3
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class

Single again means the beginning of a whole new lifestyle. We will look at the problems of being single and responsible for ourselves, how we get back in the mainstream of life again and how we deal with loneliness. (Jan has been single again for six years and has worked with many people adjusting to life as a newly single person.)

SINGLE PARENT SUPPORT GROUP

S-10

Tybel Miller 532-5866

Organizational meeting: Thursday, 7-10pm, Feb 6
Location: Will be noted on your receipt
Class Fee: \$3, pay with registration Limit: 15

Being a single parent can be difficult. If you would like a dependable and positive group experience to share those frustrations and triumphs with others in the same boat, come at least to the first meeting. We can discuss a change of time and/or venue. (A single parent completing a masters degree in psychology, Tybel will help make each meeting a positive learning experience.)

SEXUALITY AND THE SINGLE PARENT

S-8

Jan Copeland 532-5510 762-3298

One Time: Monday, 7:30-9pm, Feb 17
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class

We will examine our need for intimacy while parenting alone and consider our children's attitudes toward their parents' sexuality. We will also discuss how to open channels of communication with our children about our sexual needs.



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Red Cross Connection

RED CROSS BABYSITTING (GRADES 4-8) S-49

Lynda Frey, Darrell Marr 537-2180

Saturdays 9am-12n, Jan 25, Feb 1 (2 times)
Location: Will be noted on your receipt
Materials Fee: \$2, pay at class Limit: 20

Learn how to earn money! This course will teach you basic skills of caring for children. Topics include emergency procedures, first aid, development, and practical tips on feeding and diapering. You must attend both sessions. (Lynda is the Red Cross director; Darrell is an experienced first aid instructor.)

RED CROSS LATCHKEY TRAINING (K-GRADE 6) S-46

Lynda Frey, Darrell Marr 537-2180

One Time: Friday, 2-5pm, Feb 28
Location: Will be noted on your receipt
Materials Fee: \$2, pay at class Limit: 30

PARENTS! NEED SOMETHING FOR THE KIDS TO DO ON INSERVICE DAY? Send them to the Red Cross for the afternoon. They'll learn skills for being home alone--life-saving skills. Topics we'll cover are: emergency procedures, first aid, fire and storm safety, and a parent/child contract for understanding the rules when they're home alone.

RED CROSS CPR MOD S-47

Rachel McDougald

Monday, Wednesday, Thursday, 6-9pm, Jan 20, 22, 23
Location: Will be noted on your receipt
Materials Fee: \$10, pay at class Limit: 12

This is the "top of the line" Red Cross CPR training. Learn one-and two-person CPR, choking, and CPR for infants/children. LEARN VALUABLE LIFE SAVING SKILLS--you never know when you may have to use them! (Rachel is an experienced Red Cross instructor in first aid, water safety and CPR.)

RED CROSS MULTIMEDIA FIRST AID S-48

Rachel McDougald

Monday & Wednesday, 6-10pm, Feb 3 & 5 (2 times)
Location: Will be noted on your receipt
Materials Fee: \$12, pay at class Limit: 12

How would you stop bleeding or care for a broken bone? Do you know how to restore breathing? Ever cut or burn yourself? This course teaches basic skills in caring for emergencies. Films, demonstration and practice are the tools for learning.

RED CROSS BASIC FIRE SAFETY S-45

Dan White 776-6459

One Time: Thursday, 7-9pm, Mar 6
Location: Will be noted on your receipt
Materials Fee: \$3, pay at class

Okay, so you know where the fire extinguisher is, BUT DO YOU KNOW HOW TO USE IT?? It saves time if you don't have to stop and read the directions! This course will teach you basic fire safety skills and actual practice on using an extinguisher. Bring the entire family! It's fun and can be a life-saver. Included in the class is an excellent reference manual...does your family have an escape plan?? (Dan is an active Red Cross instructor, and is a local fire fighter.)



UFM staff, early 1980's

Self

VALUE OF THE HUMAN TOUCH S-28

Dorothy and Reid Barnett 776-7274

Saturdays, 1-4pm, Feb 8, 15 (2 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration Limit: 12

Become aware of the emotions you pass on to others when you touch them. This is a learning experience to become aware of emotion through touch and how to develop a healing touch. (Dorothy and Reid are ministers in the Universal Light of the Cross Church.)

REFLEXOLOGY S-29

Russell Gillespie 776-8768

One Time: Monday, 7-9pm, Feb 3
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 16

Learn to relax, relieve tensions (stress) and improve your general health. Easy to learn and to put into practice the very first time. Bring clean feet and hands. Good health to you. (Russell has used reflexology for over fifteen years and has taught many people how to benefit from its practice.)

BASIC MASSAGE S-30

Bob Parr 762-5569

One Time: Tuesday, 5:30-8:30pm, Feb 25
Location: Will be noted on your receipt
Class Fee: \$4/person, pay with registration
Materials Fee: \$2/couple, pay at class
Limit: 14 (7 couples)

This class will introduce you to traditional Swedish massage for the purpose of increased/improved circulation and total relaxation. It is requested that participants 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 2 1/2 years he is now a free lance outcall masseur by appointment only giving sessions or lessons.)

PROFESSIONAL MANICURES S-50

Judy Goodson 776-5488

One Time: Wednesday, 7-8:30pm, Mar 5
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 6

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

HAIRBRAIDING S-52

Crimpers Salon 539-7621

One Time: Monday, 7-9pm, Feb 17
Location: Will be noted on your receipt
Class Fee: \$5, pay with registration Limit: 12

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

MAKE-OVERS: WOMEN ONLY S-51

Deanna Pierson and Hair Dimensions 539-8920

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

A very in-depth workshop that includes a total makeover for each participant. You will discover your best colors, including your colors for business and leisure. Then, you will get ideas on hairstyles to complement your facial shape. All will receive a color packet of 30 swatches to take home. A second session will be by appointment to cover makeup application. (Deanna is a certified fashion and color consultant with Color For All Seasons. Her many years of color experience and image improvement are complemented by the staff at Hair Dimensions to create a total look.)

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.

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Community

Around the World

WANT TO KNOW MORE ABOUT CRUISES AND SHIPS? C-19

Judy Samuelson 776-4756

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

We will cover all facets of cruising--where to go--what to wear and how to match the ship's personality to your own. Judy has sailed through a typhoon and now feels qualified to talk about how to deal with bad weather. (Judy, and her husband, Marvin, have been local travel agents for 10 years.)

EUROPE ON A BUDGET: LOW COST TRAVEL TIPS C-20

David Garvin 539-0531

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

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 travel agency. They have been in the travel business 7 years.)

SWEDEN-LAND OF THE MIDNIGHT SUN C-21

Anna Lena Bjornmalin 532-5478

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

Sweden is close to home! Many native Kansans are of Swedish descent, and have parents or grandparents from the "old country." This class will give an up-close, up-to-date look at an exotic country that is close to many of us. The people, climate, customs, social systems and culture as well as the natural environment of Sweden will be discussed. So, whether you're Swedish or just want to know more about the land where the sun never sets, this class is a must for you. (Anna was born and grew up in Sweden. She is visiting the U.S. for one year to study at KSU.)

PALESTINE IN FOCUS C-29

Kayed Khalil 537-3249

Mondays and Wednesdays, 6-8pm 1st Mtg: Feb 3
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration
Approximate length: 8 times

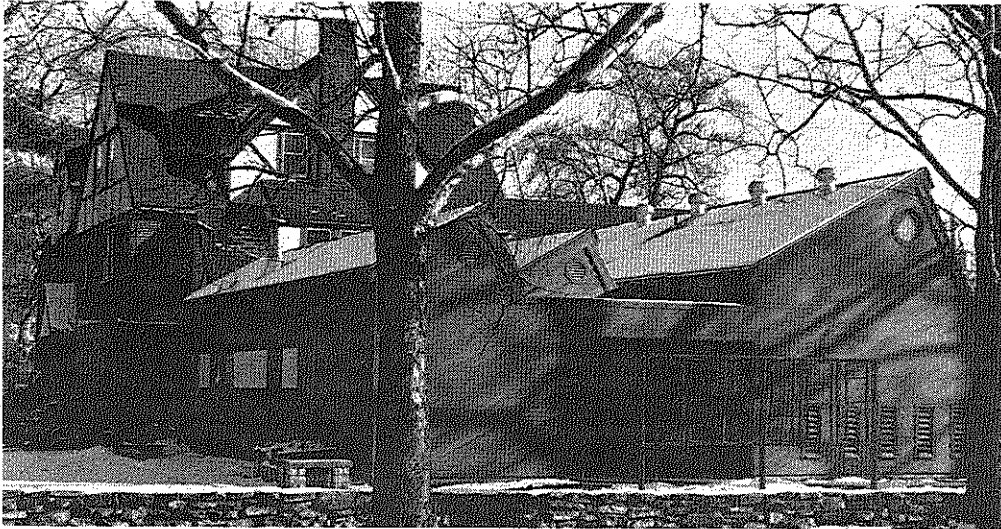
This class will provide information about the Palestinian people, their history, culture, problems, and aspirations. It also offers a unique opportunity in learning about Palestinians in contrast to what is commonly presented by the media. (Kayed is knowledgeable in this subject.)

ENDING HUNGER C-30

Edith Stunkel & Lynn Doxon 532-5945 532-5866

Thursdays, 12n-1pm, 1st Mtg. Mar 20 (8 times)
Location: Will be noted on your receipt
Class Fee: \$3, pay with registration

Sack lunch discussions of the issues which keep hunger in the world. Each week, points of view on a different issue will be discussed. Issues to be considered will include population, food production, distribution and marketing, national security and the New International Economic Order. The book Ending Hunger: An Idea Whose Time Has Come will provide the basis for the discussion. (Lynn and Edith have both been active in activities to end hunger on the local, national and international level.)



TEACHING
LEARNING
GROWING
TEACHING
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TEACHING
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GROWING

Personal Planning

YOUR 1985 INCOME TAX RETURNS C-8

James L. Gordon, CPA 537-0190

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

The class will review the 1985 tax laws and how to complete the tax forms. Topics covered will include itemized deductions, filing status, exemptions, business expenses and tax reform. A question and answer period will follow the presentation. (As a certified public accountant, Jim prepares tax returns on a daily basis. He is a frequent speaker on taxes and tax planning.)

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

Wednesdays & Monday, 7-8:30pm Feb 26, Mar 3, 5
Location: Will be noted on your receipt (3 x's)
Class Fee: \$6, pay with registration
Materials Fee: \$1.50, pay at class

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

INDIVIDUAL INCOME TAX ASSISTANCE C-9

Elias Saig 539-8417

Mondays, 7-9pm, Mar 3, 10 (2 times)
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

This class will provide assistance to enable you to accurately prepare your individual federal (forms 1040, 1040A, 1040EZ) and state income tax returns for 1985. It will point out what is new in the law this year, answer your questions, and whatever else you need. Bring your 1984 tax records. (Elias is certified by IRS to assist taxpayers.)

RESUME WRITING C-13

Steve Cunningham 532-5549

One Time: Tuesday, 7-9pm, Feb 11
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class

When you apply for a job, you have to count on your resume to get you to the interview. You can take it from there! This class was designed for people who want to learn how to analyze and develop the skills for successful personal resume development. Upon completion each person will have the understanding of the principles of skillful resume development and will be able to complete a personal resume. (As a faculty member of KSU, Steve works with well over a hundred undergraduate and graduate students on resume development each year.)

PLANNING & ENJOYING YOUR WEDDING C-10

Christie Irish 776-7387

Wednesdays, 7-9:30pm, Feb 5, 12 (2 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration
Materials Fee: 50¢, pay at class Limit: 20

From the most lavish wedding to an informal ceremony, your wedding must be organized. We will discuss the different styles of bridal gowns and headpieces and will go through the 6-month calendar. We will also discuss invitations, flowers, accessories, tuxedos as well as expenses. Very informative, a great place to get started. (Prior to opening Christine's - The Wedding Co., Christie has worked in the bridal industry for 3 years designing silk wedding bouquets and doing consulting and wedding planning.)

THE SIDE TRACKED HOME EXECUTIVE C-11

Susan Martindale 1-948-2831

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

Learn about how two amazing women, both mothers of several children, have created a unique system that transformed their homes from pig pens 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 with your knitting...no longer will you have to envy those immaculate ladies with immaculate children who entertain in 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.)

Bits and Bytes

INTRODUCTION TO COMPUTERS

C-26

Ellen Gehring 532-5866

One Time: Monday, 6:30-8:30pm, Feb 3
Location: Will be noted on your receipt
Class Fee: \$5, pay with registration Limit: 12
Materials Fee: \$5, pay at reg. (computer rental)

We will discuss what you need to know before going out and buying a computer, either for personal or small business use. There will also be hands-on experience for those who have never touched a computer before.

BASIC - THE COMPUTER LANGUAGE

C-27

Ellen Gehring 532-5866

One Time: Monday, 6:30-9:30pm, Feb 17
Location: Will be noted on your receipt
Class Fee: \$5, pay at registration Limit: 12
Materials Fee: \$5, pay at registration (computer rental)

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

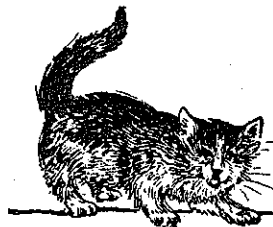
WORD PROCESSING

C-28

Ellen Gehring 532-5866

One Time: Monday, 6:30-8:30pm, Feb 10
Location: Will be noted on your receipt
Class Fee: \$5, pay with registration Limit: 12
Materials Fee: \$5, pay with registration (computer rental)

Word processing is being used more and more not only for large and small businesses, but also for home uses. Get a jump ahead of everyone else when going to apply for that new job by knowing a little about word processing. Hands-on experience. (Ellen was a data processing major at Hutchinson Community College and has worked on the computer at UFM.)



PROGRAMMING THE HP41 COMPUTER

C-25

Dennis Brown 537-7690

Tuesdays, 7-9pm 1st Mtg: Feb 4 Length: 4 times
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: \$1, pay at class Limit: 30

Your HP41 is a computer. Learn how to use and program your HP41 to your best advantage. This course will cover everything from basic functions to full fledged programming. Card reader, optical wand, printer and other HP-IL devices will also be covered. We will also include a short section on synthetic programming. (Dennis is a senior in electrical engineering and a programmer for the soybean project. He is experienced in using and programming the HP41.)

UFM on television

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

Guide to Community Services

<p>BIG LAKES DEVELOPMENTAL CENTER, INC. 1500 Hayes Drive, Manhattan, Kansas 66502 Training of Developmentally Disabled (913) 776-9201</p>	<p>RILEY COUNTY RETIRED SENIOR VOLUNTEER PROGRAM 412 Leavenworth, Manhattan, Ks 66502 Shopping assistance, transportation, senior companion, visitation and volunteer opportunities (913)776-RSVP</p>	<p>EMPLOYMENT AND TRAINING SERVICES Citizen's Bank Building, Suite J 6th & Humboldt, Manhattan, Ks 66502 Job training and vocational training (913)539-0591</p>
<p>BIG BROTHERS/BIG SISTERS OF MANHATTAN, INC. 103 South Fourth, Manhattan, Kansas 66502 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 and older and have a vehicle. They must also be willing to make a year's commitment to spend three to six hours per week with a child. (913)776-9575</p>	<p>U-LEARN Holton Hall Basement - Room 2 U-Learn's mission is to provide the most direct means of assessing information, assistance and resources for students and faculty (913)532-6442</p>	<p>FLINTHILLS BREADBASKET 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. (913)537-0730</p>
<p>SCORE/AGE 505 Poyntz Avenue, Manhattan, Ks. 66502 This program offers assistance to small businesses. (913)776-8829</p>	<p>THE HUNGER PROJECT P.O.Box 1369, Manhattan, Kansas 66502 Information and empowerment on ending hunger 537-0938 or 532-5866</p>	<p>CRISIS CENTER RAPE SURVIVOR SUPPORT GROUP (913)539-2785</p>
<p>CRISIS CENTER, INC. P.O.Box 164, Manhattan, Kansas 66502 24-hour service to spouse abuse and sexual assault victims (913)539-2785</p>	<p>PAWNEE MENTAL HEALTH SERVICES 2001 Claflin Road, Manhattan, Ks 66502 Complete mental health services Confidential counseling for adults, children and families Counseling for alcohol and drugs (913)539-5337</p>	<p>OGDEN FRIENDSHIP HOUSE OUTREACH MINISTRY Food Pantry/Clothes Closet/Tutoring/ After School Program (913)539-1791</p>
<p>RILEY COUNTY-MANHATTAN HEALTH DEPARTMENT 2030 Tecumseh Road, Manhattan, Ks.66502 Available Services: 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... (913)776-4779</p>	<p>ST. JOHN'S ASSESSMENT CENTER 210 Southwind Place, Manhattan, Ks 66502 Assessment and referral (913)776-7533 Outpatient Counseling: family, marital, adult and adolescent alcohol and drug</p>	<p>INNER DEVELOPMENT FELLOWSHIP We are an eclectic spiritualist discussion and meditation group that meets Sundays at 5:00 pm in the UFM House. The group is informal but seriously working on spiritual/psychic development. Let us know ahead of time if you need child care. (913)539-9168</p>
	<p>FRIENDSHIP TUTORING PROGRAM 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>FIT-TRAIL A 20 station/32 exercise course and 1/2 mile track, provided free for your use by THE SAINT MARY HOSPITAL (913)776-3322</p>	

Making the Most of Things

MONEY MANAGEMENT SEMINAR FOR THE RETIRED AND NEAR RETIRED C-4

Fred Freeby 537-4505
 Section I: Monday, 7:30-9pm, Feb 17
 Section II: Wednesday, 7:30-9pm, Feb 19
 Location: Will be noted on your receipt
 Class Fee: \$4/section, pay with registration
 Length: One time each section

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.

INVESTING FOR RESULTS C-5

Sherl Prawl 537-3700
 Tuesdays, 7-9pm, Mar 11, 18, 25 (3 times)
 Location: Will be noted on your receipt
 Class Fee: \$6, pay with registration Limit: 20

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 an investment counselor and stock broker with Edward D. Jones for over seven years in Manhattan.)

TELEPHONE TECHNIQUES SEMINAR

Tuesday, April 8
 Continental Inn
 Part I: Techniques for Secretaries
 9am-12n
 LUNCH 12n-1pm
 Part II: Telephone Sales
 1pm-4pm
 COST: Morning or Afternoon Only
 \$20 (no lunch included)
 Morning and Afternoon
 \$40 (includes lunch)
 Part I: Telephone Techniques for Secretaries

Do you believe that first impressions are important? Well, indeed they are. When you answer the telephone at your place of business you convey the first image many potential customers receive. Professionalism, energy level, courtesy, and more pour across the wires. This seminar will help you be an effective telephone ambassador.

Part II: Telephone Sales
 We all know that the best way to make sales is face-to-face, but this is not always possible. The next best thing is voice-to-voice, but this requires some special skills and understanding of effective techniques. This seminar will cover all aspects of telephone sales from introducing the product to negotiation. Call UFM at 532-5866 for more information or to register. Space is limited, so sign up now!

CAREERS IN TRAVEL C-22

David Garvin 539-0531
 One Time: Wednesday, 7-9pm, Feb 19
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 15

In this class we will learn about a career as a travel agent, including skills assessment, means of acquiring training, career goals as owner or employee and what to expect in a typical day's work.

INTRODUCTION TO INVESTMENTS C-6

Jeff Lewis 776-4921
 Mondays, 7:30pm 1st Mtg: Feb 3 (7 times)
 Location: Will be noted on your receipt
 Class Fee: \$10, pay with registration
 Materials Fee: \$7.50, pay at class Limit: 15

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

REAL ESTATE INVESTMENTS C-7

Bill Fogerson 776-9492
 One Time: Thursday, 7-9pm, Mar 6
 Location: Will be noted on your receipt
 Class Fee: \$5, pay with registration

This class is not a "get rich quick" program, but logical, legal and ethical methods for the small investor to invest profitably in real estate. (Bill is a real estate broker in two states, a certified appraiser, syndicator and real estate investment counselor. He currently operates a real estate investment brokerage and syndicates real estate investment projects.)

At Work

DEALING WITH DIFFICULT PEOPLE AT WORK C-14

Ron Downey 532-5712
 One Time: Wednesday, 7-9pm, Mar 19
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$3, pay at work Limit: 20

We've all had "those days" when it just seems like we are out of tact and patience. Our class discussion will deal with techniques for handling difficult people in a work situation. We will focus upon the motivations, attitudes, and situations that can lead to these problems. Your ability to cope with difficult people will make your day a more pleasant one. (Ron is a KSU psychology professor.)

TIPS ON SUCCESSFUL SUPERVISION C-15

Frank Saal, PhD 532-6850
 One Time: Tuesday, 7:30pm, Feb 18
 Location: Will be noted on your receipt
 Class Fee: \$5, pay with registration

Motivation! Problem solving! Communication! If you are a supervisor or group leader, you will benefit from learning about these areas. Sharpen your skills as we discuss effective approaches and techniques for supervising both new and current employees.

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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THE BEGINNING INVESTOR C-1

Greg Barron 776-1066
 Tuesdays, 7-8:30pm, Feb 4, 11 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$6, pay with registration

Want to make a mint but worried about losing your shirt? Here's a chance to learn the basics in a non-threatening, no-risk setting. We will try to eliminate all the mysteries of the investment world. Investment vehicles discussed will include: stocks, CD's and real estate. You may not be J. Paul Getty on Feb 12, but you will know a zero coupon bond when you see one and how to judge the value of your personal investments. (Greg has a masters degree in economics and is a financial consultant for Stifel, Nicolaus & Co.)

FINANCIAL PLANNING FOR WOMEN C-2

Barbara Heid 537-4505
 One Time: Saturday, 9:30-11:30am, Mar 1
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration

This is a class designed for women to help them become informed financial consumers. The class will provide important information on taxes, inflation, estate planning, structuring a savings program, investments, and planning an insurance program. In today's rapidly changing economic environment, it's important to begin planning today for tomorrow's needs. (Barbara is a 1982 graduate of Kansas State University in family economics. She is a registered representative of Waddell and Reed, Inc. and specializes in financial planning.)

FINANCIAL PLANNING FORUM FOR YOUNG MARRIEDS THROUGH MIDDLE AGE C-3

Fred Freeby 537-4505
 Section I: Monday, 7:30-9pm, Feb 24
 Section II: Tuesday, 7:30-9pm, Mar 4
 Location: Will be noted on your receipt
 Class Fee: \$4/section, pay with registration

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 Inc. Waddell & Reed is one of the largest financial planning organizations in the U.S. with over 5 billion dollars under management.)

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LOU DOUGLAS LECTURES ON PUBLIC AFFAIRS

U.S. 1986: MYTH AND REALITY
 This year's series will ask us to re-examine our conventional assumptions about the United States by looking closely at our nation's stance as a society and as a world citizen. All lectures on campus at KSU, 7:30pm.

Mar 4: Frances Fox Piven, political scientist who is an advocate for the poor will speak on "Women, Politics, and Public Policy."

Mar 25: George Reiter, physicist, will speak on the issues of "Star Wars."

Apr 1: John Stockwell, former CIA agent will speak on terrorism and the "Secret Wars of the CIA."

Date to be set: Mitch Snyder, Community for Creative Non-Violence, shelter for the Homeless in Washington, D. C. will speak on the "Homeless in America."

LOU DOUGLAS LECTURE SERIES: BROWN BAG LUNCHEONS

Before each of the Lou Douglas Lectures on Public Affairs, we will meet to discuss the topics and issues of the coming lecture. We will discuss informally the speakers' interests and previous publications. Bring your lunch and your ideas. No charge for this class. All lunch-time discussions will be held on campus.

Monday, Mar 3: Brown Bag Luncheon to discuss the work and writing of Frances Fox Piven

Thurs, Mar 20: Brown Bag Luncheon to discuss Star Wars and the writing of George Reiter

Weds, Mar 26: Brown Bag Luncheon to discuss the work of John Stockwell and the covert activities of the CIA.

Date to be set: Brown Bag Luncheon to discuss Mitch Snyder, who has been much in the news this spring as he seeks to find aid for the homeless in America.

For the Entrepreneur

STARTING YOUR OWN BUSINESS C-16
 Bill Edison, Bernie Buller 537-1234
 One Time: Thursday, 7:30-9pm, Mar 13
 Location: Will be noted on your receipt
 Class Fee: \$5, pay with registration

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

Right at Home

OPEN HOUSE S-55
 friendly folks at UFM 532-5866
 Time: Sunday, 2-4pm, Feb 16
 Location: UFM Fireplace Room
 1221 Thurston

Come to the UFM open house and meet the staff. Hear our plans for 1986 and bring your questions, comments and suggestions. Come and share in the experiences. There will be a film and slide presentation showing our growth over the past 15 years and our work in the community. Refreshments will be served.

VOLUNTEER WITH THE KANSAS FOLKLIFE FESTIVAL S-54
 Tamara L. Compton 532-5575
 Saturday & Sunday, 10am-7pm, May 3 & 4
 Location: Tamara will contact you after registration

Join in the celebration! Help the Kansas Folklife Festival commemorate Kansas' 125th birthday in 1986. The festival needs volunteers to help with a variety of activities both before and during the festival weekend May 3 and 4. Whether you or your group can sell tickets, build a display booth, organize children's games, or be an actioneer, we can find a job for you to do. Join the crew and earn free passes to the eighth annual Kansas Folklife Festival at K-State this year. Tamara is assistant coordinator of the Kansas Folklife Festival.)

Speaking Up

AIDS--WHAT IS IT? S-35
 Panel 532-5866
 Time: Thursday, 7-9pm, Mar 20
 Location: Will be noted on your receipt
 Class Fee: \$2, pay with registration or at the door

Do you know how AIDS is contracted, how contagious it is, the length of time before it can be detected? These and many more questions will be answered by a panel of experts. This is an informal forum designed to answer questions of public concern. AIDS cannot be ignored. Please let us know if you plan to attend.

AIDS--THE MORAL DILEMMA S-36
 Panel 532-5866
 Time: Thursday, 7-9pm, Mar 27
 Location: Will be noted on your receipt
 Class Fee: \$2, pay at registration or at the door

The incidence of AIDS is a growing concern for all people in our society. The panel will discuss the moral issues involved and how they affect our daily lives. This forum will explore the moral implications of this dreadful disease and the potential effects on our lifestyles. Please let us know if you plan to attend.

VOLUNTEER AT UFM
 Call Julie Coates—532-5866

Practical Skills

FOUR-ON-THE-FLOOR: DRIVING C-24
 Julie Coates, Tybel Miller 532-5866
 One Time: Saturday, 10am-12n, Mar 29
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 5

Here's your chance to learn to drive a stick-shift car with no risk. You might not be ready for the Indy 500 by the end of the class, but you will be independent from automatic transmissions forever. (Julie has been driving for 23 years and has never owned a car with automatic transmission. Tybel owns a 5-on-the-floor and wants to lead others to driving independence.)

TRACING YOUR ROOTS C-23
 J. Harvey Littrell 539-2646
 Mondays, 7-9pm, Feb 3, 10 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$6, pay with registration Limit: 12

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

CITIZENS AGAINST PORNOGRAPHY S-43
 Eunice Dorst 532-5866
 Thursdays, 7-9pm 1st Mtg: Jan 30 (Ongoing)
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration

Are you incensed by pornography? Have you ever wondered what you can do about it? At the first meeting we will discuss pornography in our community and how it affects our daily lives. A united front is a strong front. Let us get together to find ways to effectively combat the growth of pornography in our community.

DIRECT MAIL PROMOTIONS C-17
 Bill Draves 539-5376
 One Time: Tuesday, 7:30-9pm, Feb 11
 Location: Will be noted on your receipt
 Class Fee: \$5, pay with registration Limit: 12

Do you have a product or service you would like to promote through direct mail? Learn the techniques and how to plan your direct mail promotion. This class is especially valuable for non-profit organizations. (Bill is director of the Learning Resources Network, a national organization in adult learning, and he has done mail promotions nationally for five years.)

HOW TO DESIGN AND PUBLISH A BROCHURE C-18
 Rhonda Keith 539-9168
 One Time: Monday, 7-9pm, Feb 3
 Location: Will be noted on your receipt
 Class Fee: \$5, pay with registration Limit: 10

This class will help you organize your information and present it in the most suitable and attractive form for your audience. We will cover general editing, layout and working with printers. (Not an art class.) Bring your materials for specific suggestions. (Rhonda is a professional writer and editor and works in publications for KSU.)

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Food

Fabulous Fixings

MANHATTAN'S FOOD CO-OP

F-19

Jayne Link, Mary K. Brinker 539-4811

Tuesdays, 7pm, Feb 18, 25 (2 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Yes, there is an alternative! People's Grocery Cooperative Exchange, organized in 1975 as a storefront, is thriving as a pre-order and retail buying cooperative. Members combine their orders to purchase foods including cheeses, grains, nuts, herbs, spices...and much more! You can learn how to be a part of the co-op and you will be able to participate in an ordering meeting. You do not have to attend to become a member; however, the class is a good introduction. We'll discuss ways to give your diet a healthy change for spring... and beyond. (Mary K. and Jayne are People's Grocery members.)

PRACTICAL BAKING: BREAD

F-8

Vince Martin 776-0218

One Time: Saturday, 9am-afternoon
Register and you'll be contacted for date
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration
Materials Fee: \$2.50, pay at class Limit: 20

After a film on baking, participants will make dough for French bread, rye, raisin, pumpernickel and croissants. While dough is rising, more film and discussion. (Vince is a senior in bakery science at KSU.)

BREADMAKING

F-7

Mary Nansef 532-5579

One Time: Thursday, 7:30-9:30pm, Feb 20
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class Limit: 12

It has been said that one can tell the quality of a society by the quality of its bread. This class will surely put you on the list of high culture! We will learn the techniques for two popular breads -- sourdough and whole wheat as well as the skills for mixing, kneading, and shaping the dough. This class will make bread baking "a piece of cake." (Mary has had over 20 years experience in making breads and rolls. She works full time and still has time to bake when she wants to.)

SWEET ROLLS AND ICING

F-9

Vince Martin 776-0218

One Time: Saturday, 9am-afternoon
Register and you'll be contacted for date
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration
Materials Fee: \$2.50, pay at class Limit: 20

Make pecan spins, Danishes and cinnamon rolls. Add basic icing making and you'll satisfy your sweet tooth.

HOMEMADE NOODLES

F-14

Larry Shubert

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

Tired of bland store noodles? Homemade noodles are SO much better and are easy to make. We will each make a batch and cook them in turkey and beef broths. You will be sent a list of kitchen utensils to bring including 2, 32-oz containers to carry your noodles home. (Larry has taught this class before.)

CAKE DECORATING

F-5

Jo Rodriguez

One Time: Tuesday, 6:30-8:30pm, Feb 18
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: 50¢, pay at class Limit: 10

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.)

PROGRESSIVE DINNER: A GREAT WAY TO MEET NEW PEOPLE

UFM Staff F-20 532-5866

Easter Sunday 8-11pm, Mar 30
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: Cost of meal

Those who sign up will progress from hors d'oeuvres to dessert, through main course, etc. changing places at each course. Thus, the idea is to meet new people, getting friendly with new ones from time to time throughout the evening. (A UFM staff person who appreciates food and new friends will be along to see that switches run smoothly.)

WINNING THE DIET GAME

F-21

Noaleen Ingalsbe 539-1733

One Time: Thursday, 7pm, Feb 13
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class

Win the "Diet Game" and achieve a lifestyle change by selecting diets which include good nutrition, exercise and psychological attitude. A discussion of the importance of these will be included as well as guidelines for starting a weight control program. Handouts will be provided which include a booklet on fitness. (Noaleen is a registered dietician and has a masters degree in dietetics. She has been teaching weight control classes in conjunction with the wellness program at The St. Mary Hospital.)

NUTRITION

F-22

Linda Yarrow 776-3322

One Time: Saturday, 1:30-4:30pm, Feb 15
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1.50, pay at class

This class will include a general overview of basic nutrition, dietary guidelines and personal health with an emphasis on weight control. (Linda has a B.S. from KSU in Home Ec Ed and an M.S. from KSU in Institutional Management. She is currently a dietitian at The St. Mary Hospital.)

SPROUTING

F-17

Jayne Link 539-7605

One Time: Monday, 6:30-8pm, Feb 24
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class Limit: 15

Sprouting seeds and beans is an economical alternative to grocery store greens in the winter months. Learn how to sprout alfalfa, mung, red clover, radish, wheat berries, lentils, garbanzo and cabbage seeds. Low-cost, high nutrition and super yummy. (Jayne has been "sprouting" for 10 years.)

Fine Wine

WINE APPRECIATION

F-1

Michael Goldschmidt 539-0316

Tuesdays, 7-9pm First Mtg: Feb 4 Length: 5 x's
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: \$15, pay at class Limit: 25

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

INTRODUCTION TO WINE

F-2

Lloyd Davenport 539-1823

Fridays, every other week, 7-9:30pm
First Meeting: Feb 7 Length: 5 times
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: \$20, pay at class Limit: 14

The meeting Feb 7 is a short session to allow discussion of class structure and collect material fees. Meeting dates can be changed if class desires. A study of wine from vine to glass-- will include history, geography, chemistry and viticulture, accompanied by tasting of foreign and domestic wines. (Lloyd is retired from KSU. He tends a small experimental vineyard, is a winemaker and is a member of the Society of Wine Educators.)

WINE MAKING

F-3

Dean Taylor 539-7654

One Time: Monday, 7pm, Feb 3
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15

Next to alchemy, wine making is considered to be the most magic of chemistry. We'll discuss the basic process and necessary equipment. Ingredients and equipment will be available for demonstration. By the end of the class you'll be able to go home and make your own. (Watch out, Ernest and Julio -- here we come!) This is a vintage class-- don't miss it.

BEER MAKING

F-4

Dean Taylor 539-7654

Mondays, 7pm, Feb 10, 17 (2 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration Limit: 15

Homebrewed beer -- the beer for discriminating palates. Come learn the brewer's art. We will make, bottle and taste different varieties of beer. It is legal to make up to 200 gallons a year for a two-adult family. Participation subject to state laws. (Dean has five years experience and sells wine and beer making supplies at the Palace Drug.)

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.

ADVERTISERS HELP TO MAKE THE UFM CATALOG POSSIBLE.

Tell them you saw their ad here!

International Flair

MEDITERRANEAN MEAL F-11 776-0964
 Patti Paxson
 Register and you will be contacted for day, time and date Length: One time
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$3, pay at class Limit: 8
 Share in a Mediterranean meal. Participants will have "hands-on" experience making a delicious Italian main dish, a Greek side dish and a Mid-East salad. (Patti is a Greek American who lived in Italy and Greece and traveled in the Mediterranean region.)

VARIATIONS ON AN ENCHILADA F-12 539-6934
 Barbara Lanning
 One Time: Thursday, 6-9pm, Feb 20
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$5, pay at class Limit: 6
 Enchiladas are easy to make and have endless variations. Class participants will chop, dice, slice and stir cream cheese, olives and eggs with a goal of sharing a wonderful meal. Come hungry! (Barbara has enjoyed cooking all her life and collects cook books.)

INTERNATIONAL DESSERTS F-6 539-6177
 David & Sheila Margolies
 Wednesdays, 7:30pm First Mtg: Jan 29 (3 times)
 Location: Will be noted on your receipt
 Class Fee: \$6, pay with registration Limit: 5
 Materials Fee: Will be determined at class
 When the recipe calls for folding, marbling or making meringue, do you know how? Come make and eat some scrumptious desserts. (David and Sheila love desserts.)

CREPES F-15 539-6143
 Mary K. Brinker
 One Time: Thursday, 7:30pm, Feb 6
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Crepes breakfast, lunch, dinner? Easy, versatile, and healthy. We'll make a variety to eat any time including some yummy dessert crepes.

PIZZA F-16 539-6143
 Mary K. Brinker
 One Time: Thursday, 7:30pm, Feb 13
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Making your own pizza is fun and easy. Depending on the ingredients you choose, it can be on your table in 30-60 minutes. We will make both regular and whole wheat crusts with a variety of toppings. (Mary Kay's family prefers this over commercial products.)

NOPALES (CACTUS) TACOS F-13 537-2853
 Sally Martinez
 One Time: Friday, 7-9pm, Apr 4
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$5, pay at class Limit: 10
 During Lent, cooking with cactus is typical meatless, Mexican dish. Nopales, or cactus tacos, are one epicurean experience that class participants will enjoy making and eating. Throw in a little onion, potato, egg, garlic and chili powder, and serve with corn or flour tortillas. The result is ...de-liciously similar to asparagus or green beans. Don't miss it! (Sally is a Manhattanite who loves to cook.)

CHINESE HOLIDAY COOKING CLASSES F-10 539-7841
 Lee Shih Wu
 An exploration of the many types of Chinese holiday cooking and methods used in each. Lee Shih will demonstrate how to choose ingredients, how to cut and prepare them, and which cooking procedures to use. Then comes the eating. Yum!
 Section I: Friday, 6:30-8pm, Mar 21
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$3, pay at class
 Smoked chicken-Peking style!
 Section II: Friday, 6:30-8pm, Mar 28
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$5, pay at class
 Stewed beef with brown sauce and quick fried beef with Sa-De sauce!
 (Lee Shih is a native of China and graduated from the Chinese Cooking Institute in Taiwan.)

VEGETARIAN COOKING F-18 539-6143
 Mary K. Brinker, Julie Coates
 One Time: Monday, 7pm, Feb 3
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$3, pay at class Limit: 10
 Simple or complicated, expensive or low-cost, low or high calorie -- vegetarian foods are many things, but they're always good for you! We'll discuss several types of vegetarianism, protein balancing, and methods of preparation. Whether you're new to a meatless diet or a long-time vegetarian looking for new recipes and ideas, you'll enjoy this class. Come ready for some tasty treats. (Mary K. and Julie both love to cook and have years of experience with meatless diets.)

UFM & People's Grocery Co-op Cheese Order

Please order in full pounds

- France:
 - ___ Brieu De Meaux \$4.32 lb
 - ___ Brie L'Excel (8 oz) 2.23 ea
 - ___ Camembert L'Excel (8 oz) 2.23 ea
 - ___ Port Salut S.A.F.R. 3.88 lb
- Canada:
 - ___ Black Diamond Aged White Cheddar (8 oz) 3.36 ea
- Denmark:
 - ___ Cream Havarti Plain 3.13 lb
 - ___ Havarti with Dill 3.28 lb
 - ___ Duke 60% Spiced Cream Cheese 3.43 lb
 - ___ Herb & Spice 3.43 lb
 - ___ Peach Melba 3.43 lb
- England:
 - ___ Cheshire 3.97 lb
 - ___ Cotswold 5.23 lb
 - ___ Stilton 4.93 lb
- Germany:
 - ___ Butter Kase 3.37 lb
- Greece:
 - ___ Feta (1 lb jars) 3.12 ea
- Holland:
 - ___ Edam 4.48 lb
 - ___ Red Gouda 3.73 lb
 - ___ Baby Gouda (10 oz) 3.61 ea
 - ___ Smoked Gouda 3.58 lb
- Italy:
 - ___ Fontina 4.18 lb
 - ___ Grated Parmesan 4.78 lb
 - ___ Grated Romano 4.78 lb
- Norway:
 - ___ Gjetost 3.88 lb
 - ___ Jarlsberg 3.58 lb

- Sweden:
 - ___ Farmers Plain 3.28 lb
- Switzerland:
 - ___ Emmenthal 3.52 lb
 - ___ Gruyere 4.12 lb
- United States:
 - ___ Alma (Ks) Cheddar 2.25 lb
 - ___ Mild Yellow 2.25 lb
 - ___ Sharp Yellow 2.25 lb
 - ___ Extra Sharp Yellow 2.25 lb
 - ___ Nys Sharp White 2.25 lb
 - ___ Smoked Cheddar 4.04 lb
 - ___ Monterey Jack 2.25 lb
 - ___ Tescott (Ks) Mild Longhorn 2.25 lb
 - ___ American White Sliced 2.84 lb
 - ___ Cheddar, mild white 3.15 lb
 - ___ Bleu \$3.43 lb
 - ___ Brick, raw milk 2.70 lb
 - ___ Cheddar, garlic (r.m.) 3.04 lb
 - ___ Cheddar, mild white (r.m.) 3.26 lb
 - ___ Colby, white (r.m.) 3.02 lb
 - ___ Cream Cheese 2.22 lb
 - ___ Hot Pepper Jack 3.21 lb
 - ___ Mozzarella 2.92 lb
 - ___ Muenster (r.m.) 2.92 lb
 - ___ Provalone 3.09 lb
 - ___ Mild Swiss 3.26 lb
 - ___ Baby Swiss 3.23 lb

- NUTS - DRIED FRUITS**
- ___ Almonds 2.61 lb
 - ___ Cashews (lg. pieces) 3.57 lb
 - ___ Peanuts (raw shelled) 1.26 lb
 - ___ Pecans (shelled) 5.03 lb
 - ___ Pistachios (natural) 4.89 lb
 - ___ Pumpkin seeds (pepitas) 2.86 lb

- ___ Sunflower seeds (raw shelled) 1.35 lb
- ___ Walnuts (shelled) 3.51 lb
- ___ Tamari nuts (mixed) 3.19 lb
- ___ Apples (org.) 3.66 lb
- ___ Apricot halves (org.) 5.03 lb
- ___ Apricots (uns. Turkish) 3.29 lb
- ___ Banana chips 2.22 lb
- ___ Black mission figs (org.) 2.92 lb
- ___ Calmyrna figs 3.96 lb
- ___ Currants 1.70 lb
- ___ Date pieces (w/oat flour) 2.23 lb
- ___ Halawi dates 2.36 lb
- ___ Medjool dates 3.45 lb
- ___ Pineapple (uns.) 4.51 lb
- ___ Peaches (org.) 3.57 lb
- ___ Pears (org.) 3.83 lb
- ___ Prunes (large org.) 2.27 lb

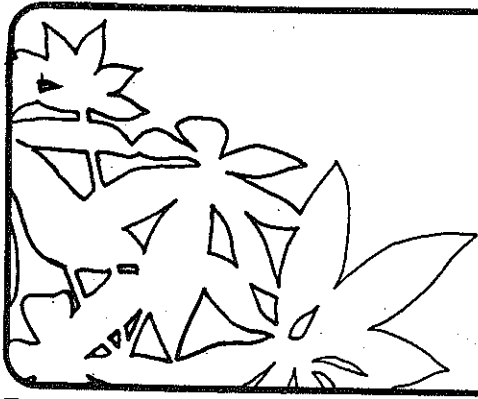
- Crackers & Trail Mixes:**
- ___ Ak Mak (5 oz) 1.06 ea
 - ___ (stone ground wheat crackers, no salt)
 - ___ Bremer sesame biscuits (4 oz tin) 1.62 ea
 - ___ N.Z. cracked pepper crispbread (7 oz) 1.49 ea
 - ___ N.Z. sesame crispbread (7 oz) 1.49 ea
 - ___ Weston stoned wheat thins (10 oz) 1.54 ea
 - ___ Mountain Top Trail Mix (1 lb) 3.52 lb
 - ___ Summer Corn Trail Mix (1 lb) 3.09 lb

Sub Total -----
 4 1/2% Sales Tax -----
TOTAL DUE -----
 Check _____ Visa _____ MC _____
 Card# _____
 Expiration Date _____

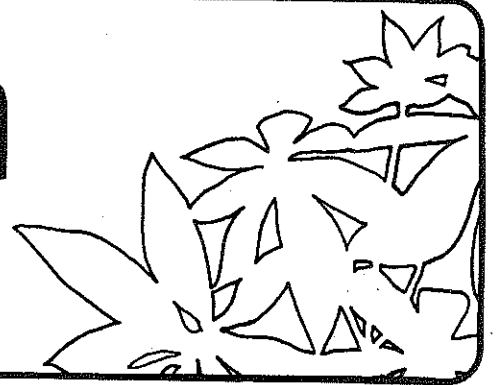
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Recreation



Getting Wet

ADULT BEGINNING SWIMMING

R-1

Laurie Jones 537-1074

Sundays, 9-11am, Apr 6, 20, 27, May 4 (4 times)
Location: Will be noted on your receipt
Class Fee: \$8, pay with registration Limit: 12

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. (Laurie is a Red Cross certified water safety instructor.)

ADULT BEGINNING SWIMMING

R-2

Patricia Villasi 539-8401

Sundays, 11am-1pm, Apr 6, 20, 27, May 4 (4 times)
Location: Will be noted on your receipt
Class Fee: \$8, pay with registration Limit: 12

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.)

TINY TOT SWIMMING (PARENT AND CHILD)

R-3

Laurie Jones 537-1074

Section I: Sundays, 11am-12n all classes:
Section II: Sundays, 12n-1pm Apr 6, 20, 27
Location: Will be noted on your receipt May 4 (4 times/section)
Class Fee: \$8 per parent-child pair/section
Limit: 15/section

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

DIVING FOR BEGINNERS (AGES 6-13)

R-4

Lynn Schanker 537-0720

Sundays, 10-11am, Apr 20, 27, May 4 (3 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration Limit: 6

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

MARATHON CANOE RACING - GROUND SCHOOL

R-9

Jefferson M. Brown 537-9403

Saturdays, Tuesday, 7pm, Feb 1, Mar 1, Apr 1
Location: Will be noted on your receipt (3 times)
Class Fee: \$4, pay with registration Limit: 9

We will explore the sport of canoe and kayak racing on flatwater. In three evening classes, types of races, types of boats and paddling techniques will be discussed. Later in the spring, students who have completed this "ground school" may enroll in a "flight school" where we actually paddle racing craft nearby. (Jeff has been canoe racing for five years, and has received lots of exercise and enjoyment from this pursuit.)

WINDSURFING

R-5

Brenda & Bernard Buster 776-3530

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

Windsurf on a dry-land simulator to see if windsurfing is the sport for you! Brenda and Bernard will demonstrate techniques and then you'll get to try them. They'll also cover safety, cost, use and general information. All ages and sizes of people are welcome! (Brenda and Bernard are the owners of Blue River Water Sports and are certified instructors through the Sailboard School System.)

FUNDAMENTALS OF KAYAKING (AMERICAN RED CROSS)

R-6

Denny Lee 1-455-3574

Sundays, 9am-1pm, Feb 9, 16, 23, Mar 2 (4 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration
Materials Fee: \$40, pay at class Limit: 16

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

INTERMEDIATE KAYAKING WORKSHOPS

R-7

Denny Lee 1-455-3574

Sundays, 9am-1pm, Jan 26, Mar 23 (2 times)
Location: Will be noted on your receipt
Materials Fee: \$2.50, each Sunday, pay at class

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

FRIENDLY KANSAS CANOEING

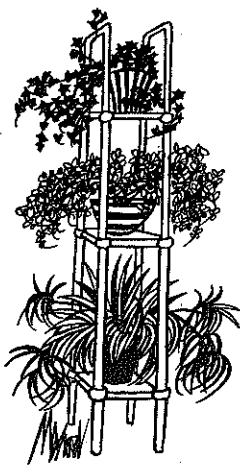
R-8

Bob Poresky 539-2967

Organizational Meeting: Tuesday, 7:30-9pm, Apr 1
Sundays, 1-5pm - dates to be announced at organizational meeting

Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Length: 4-6 times Limit: 20

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



UFM staff, late 1970's



U.F.A. staff, mid-1970's



Sue Maes teaching edible wild plants
UFM class in her backyard

All Kinds of Fun

BECOMING A PARTY CLOWN R-33

Michele J. Jonas 537-8959
Time: Saturday, 1-4pm, Apr 5
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$4, pay at class Limit: 12
Join Michele and create your own party clown character. We will create the character complete with make-up (white face), costume and personality. Part of clowning will include magic tricks, stunts and personal interaction. Bring your own ideas. All materials supplied. All ages welcome! (Michele is a self-taught part-time clown who does parties, picnics and grand openings.)

CROSS COUNTRY SKIING FOR BEGINNERS R-10

Jefferson Brown 537-9403
Time: Wednesday, 8pm; Saturday, 11am, Feb 5, 8
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10
This is a class for the complete beginner who would like to learn a little bit about cross country skiing. We will meet Wednesday night to talk about skiing, and then ski on Saturday if there is enough snow. B.Y.O.S. on Saturday -- bring your own skis. (Jeff has been a beginning skier for 12 years and likes going uphill more than down.)

HIKING TRAILS IN KANSAS R-11

Jim Hinhswonger 532-5752
Time: Wednesday, 7:30pm, April 9
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
This spring, hike the beautiful hills and valleys of Kansas. We will discuss what Kansas has to offer in the way of hiking opportunities. Emphasis will be on trail locations and their unique features. Information and guides will be available at handout. Foot trails will be emphasized and horse trails will be mentioned. (Jim has taught a popular class before.)

19TH ANNUAL WINTER RENDEZVOUS OF THE PAW VALLEY MUZZLELOADERS R-12

Jim Bean 776-6365
Time: Friday, Saturday, Sunday, Feb 7, 8, 9 (all weekend)
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration
Join these fun-loving folks as they become 19th century trappers, traders and hunters. The three-day campout will include target competition with muzzleloaders, knives and tomahawks, a wild game dinner, bartering, photographic opportunities and lots of fun. Period costume requested but not required. (Jim has been a muzzleloader since 1967.)

ULTIMATE FRISBEE R-21

Pat Wisbey 532-3666
Time: Tuesdays & Thursdays, 5-6pm First Meeting: Mar 18
Location: Will be noted on your receipt Length: Ongoing
Class Fee: \$4, pay with registration
Members of the KSU frisbee club, Aerial Wizards, will be teaching the basics of ultimate frisbee on a low-key recreational level. Men and women, ages 14 and up, experienced players to those who've never seen a frisbee are welcome. Bring a frisbee if you have one and wear running shoes and shorts. (Pat has five years frisbee experience.)

VOLLEYBALL FOR FUN (16 AND OVER) R-20


Lois Morales 539-8867
Time: Tuesdays, Thursdays, 6:30-8:30pm First Mtg: Jan 30
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class Length: Ongoing
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.)

HORSEBACK RIDING FOR MENTALLY RETARDED YOUNG PEOPLE R-13


KSU Horsemen's Association
You will be contacted for day, time and date
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10
Basic horseback riding will be taught and will include listening and coordination exercises. Grooming and horse diet will also be covered. At registration, please designate your age. Participants of past sessions have really enjoyed and benefitted from this class and some have gone on to advanced horseback riding and rodeo. (The KSU Horsemen's Association has held this class for the past five years.)

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LEARN TO FLY AT LOW RATES R-31

Hugh Irvin 532-6311 539-3128
Time: Saturdays, 9-10:30am First Mtg: Feb 1 (Length: Indef.)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
The first meeting will be an information session to overview what's involved in learning to fly in general and the advantages of the K-State Flying Club in particular. Options available for ground school and for flight training in the Manhattan area will be discussed. If there is enough interest, 6 to 8 free group tutoring sessions may be scheduled to help those who decide to study for the FAA written examination using self-instructional courses. Introductory flight lessons and/or short sight-seeing flights at minimum cost will also be scheduled at the first meeting. (Hugh is a FAA Certified Flight Instructor and a member of the K-State Flying Club.)

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Martial Arts and

BEGINNING KUNG FU (PAI TE LUNG STYLE) R-25

Stan Wilson, Bob Johnson 539-7723 537-4199

Tuesdays & Thursdays, 8-9pm First Mtg: Jan 30
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration (Length: Ongoing)
Materials Fee: \$2, pay at class

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

ADVANCED KUNG FU (PAI TE LUNG STYLE) R-26

Stan Wilson, Bob Johnson 539-7723 537-4199

Tuesdays, Thursdays, 9-10pm First Mtg: Jan 30
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration (Length: Ongoing)
Materials Fee: \$2, pay at class

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

JUJITSU FOR BEGINNERS R-27

Stan Wilson 539-7723

Sundays, 7pm First Mtg: Feb 2 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: \$2/semester, pay at class

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

TAI CHI CH'UAN FOR HEALTH AND SELF-DEFENSE R-28

Lee Shih Wu 539-7841

Wednesdays, 7pm First Mtg: Jan 29 (Length: 10 times)
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: \$5/month, pay at class

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

GENERAL FITNESS EXERCISES TO MUSIC: AEROBIC EXERCISE FOR EVERYONE R-19

Susan Grecu 776-9574

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

Come four days a week or only a couple, whatever fits your schedule. Exercises include jogging and steps to music to increase the heart rate, and limbering and firming exercises done singly and with partners. Continuous activity is stressed, and will increase progressively through the semester. (Susan learned this course in West Germany and taught it professionally at the Damascus, Syria Sheraton Hotel.)

TANG SOO DO KARATE R-22

Richard Bammes 1-485-2480

Mondays, Wednesdays, Fridays, 6:30-8pm
First Meeting: Jan 29 Length: All semester
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: \$2, pay at class

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

ALL STYLE KARATE WORKOUT R-23

Richard Bammes 1-485-2480

Mondays, Wednesdays, Fridays, 8-9:30pm
First Meeting: Jan 29 Length: All semester
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: \$2, pay at class

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

VADHA KEMPO KARATE R-24

Mark Buono 537-2528

Tuesdays & Thursdays, 7-8pm First Meeting: Jan 30
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Length: All Semester

Karate is good exercise and great self-defense. No previous martial art experience needed. Wear comfortable clothing. Ages 18 and up only. (Mark has a first degree black belt with over three years teaching experience.)

BEGINNING FENCING R-29

Doug Varney 539-1510

Wednesdays, 7:30-9pm First Mtg: Jan 29
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration (Length: All semester)
Materials Fee: \$10, pay at class

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

INTERMEDIATE FENCING R-30

Doug Varney 539-1510

Tuesdays, 5:30-7pm First Mtg: Feb 4 (Length: All semester)
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration

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

Racquet Sports

OPEN PLAY OUTDOOR RACQUETBALL R-17

Sundays, 8-10am First Meeting: Apr 6 (Length: All semester)
Class Fee: \$2, pay with registration

Want to meet some new racquetball players? Having trouble finding open courts? UFM has outdoor racquetball courts reserved, so register, and then show up as much or as little as you like. No instruction provided. Bring your own equipment. All ages and skill levels welcome.

DIAL-A-PARTNER TENNIS/RACQUETBALL R-18

Neil Schanker 532-5866

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

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

BEGINNING TENNIS R-14

Jennifer Hankins 539-5709

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

Tennis lessons for the beginner will teach forehand, backhand, serves, court tactics, equipment selection and game rules. Bring a can of marked balls and a racquet. (Jennifer has taught tennis lessons before.)

INDOOR RACQUETBALL FOR BEGINNERS R-15

Bill Shafer 776-6060

Saturdays, 8-10am First Meeting: Feb 1 (Length: 6 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration Limit: 15
Materials Fee: \$2, pay at class

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. Cottonwood Fitness Center will be donating court space. (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.)


INTERMEDIATE INDOOR RACQUETBALL R-16

Bill Shafer 776-6060

Sundays, 8-10am First Meeting: Feb 2 (Length: 6 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration Limit: 15
Materials Fee: \$2, pay at class

This class will be primarily for the intermediate to advanced player who would like to play in racquetball tournaments and for those with tournament experience. Cottonwood Fitness Center will be donating court space.

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ONE-TO-ONE PARTNER (CARDS, CHESS/CHECKERS, BOARD GAMES, TABLE TENNIS/BILLIARDS, ETC.) R-41

Neil Schanker 532-5866

Register and a list will be mailed to you
Class Fee: \$1, pay with registration

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

WEDNESDAY MORNING PLAY GROUP R-42

Linda Irwin, Barb Stork 537-1084 539-1379

Wednesdays, 10am-12n First Mtg: Jan 29 (Length: Ongoing)
Location: Will be noted on your receipt
Class Fee: \$2/family, pay with registration

This is an ongoing "Support Group" for at-home mothers and their pre-school-age children, a "Mother's Morning In" with children playing and moms visiting with other adults. Mothers are responsible for their own children, no separation necessary. During nice weather we will be meeting outside and during colder months we will meet in homes of participants. The group has been in existence for about nine years. (Linda and Barb are mothers of young children.)

MODEL ROCKETRY AND MODELING R-37

David White 776-0057

1st & 3rd Mondays, 7-9pm First Mtg: Feb 3
Location: Will be noted on your receipt (Length: Ongoing)
Class Fee: \$2, pay with registration

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

STAMP COLLECTING R-38

Tim Lindemuth 532-6415

Mondays, 7:30pm, Apr 7, 14, 21 (3 times)

Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: 50¢, pay at class

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

DOMINOES AND DARTS BRITISH PUB STYLE R-39

Peter Miles, Amanda Price, Neil Schanker 532-5866

One Time: Wednesday, 7:30pm, Feb 19

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

Does the tavern/bar scene bore you? Did you think dominoes and darts were just children's games? Let's do as the British do and learn the many games, rules and scoring of dominoes and darts in a local tavern. We'll play, talk and drink a brew or two. Participants must be 21 years old or older. (Peter is from England and has spent a good deal of his life in pubs where he has played. Amanda, from Wales, has some expertise. Neil, a Kansan, played dominoes as a child.)

A TOUCH OF MAGIC R-32

David Schaefer 532-4876

Mondays, 8pm, Feb 3 & 10 (2 times)

Location: Will be noted in your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$2, pay at class Limit: 10

Want to do magic tricks? David will demonstrate and teach basic card manipulations and flourishes, close-up magic and stage magic. All ages welcome! (David has studied magic for seven years, won several contests and is a member of S.A.M. and I.B.M.)



Sue Maes and Lloyd Hulbert, teaching edible wild plants UFM class

LEARN TO BOWL BETTER R-34

Jack Connaughton 532-6591

Saturdays, 8:30-10am, Feb 1, 8, 15 (3 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 25
Materials Fee: 85¢/game, rental shoes are free

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

TRIVIAL PURSUIT R-40

Ron Pavelka 539-6235

Organizational Meeting: Wednesday, 7:30pm, Feb 12
Length: Indefinite
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

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

PING PONG! R-43

Dona Snyder 539-6748

Organizational Mtg: Monday, 7:30pm, Feb 3
Location: Will be noted on your receipt
Length: Ongoing
Class Fee: \$4, pay with registration
Materials Fee: \$1.40/hr, pay at class

You don't have to have big biceps or marathon legs to play table tennis. We'll have an organizational meeting to select days and times to play. Rules, scoring, forehand, backhand, spins and serves will be covered. Paddles and balls can be rented for \$1.40 per hour. Prepare for a good time. (Dona played almost daily in her teenage years.)

LEARNING THE CORRECT STROKE IN POOL (BILLIARDS)

John and Sam Gilman R-36 539-4323

Saturdays, 10:30am First Mtg: Feb 1 Length: 4
Location: Will be noted on your receipt times
Class Fee: \$4, pay with registration Limit: 15

Many people play billiards without the fundamental knowledge of correct stroke. This class will be "back to basics" instruction on holding, shooting, posture and follow-through. Video-tapes and optional free practice time will be provided. (John and Sam have owned Fast Eddys for two years.)

POCKET BILLIARDS FOR BEGINNERS R-35

Jerry Riggs 776-6338

Saturdays, 10:30am First Mtg: Feb 1 Length: 6
Location: Will be noted on your receipt times
Class Fee: \$4, pay with registration Limit: 12

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

Be sure you look for our beginner pool class in this section.

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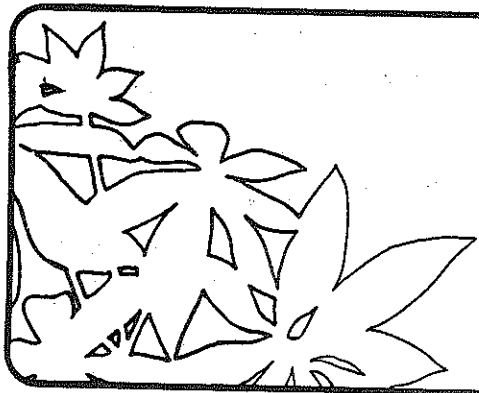
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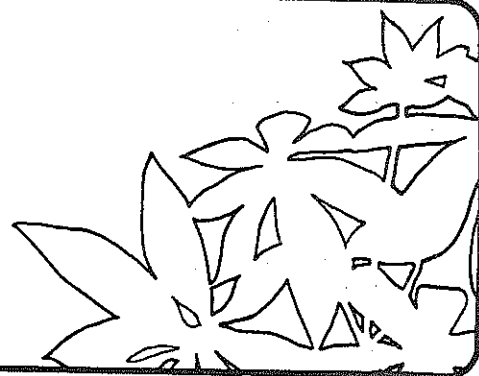
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FOSSILS IN THE MANHATTAN AREA: IDENTIFICATION AND LOCATION

E-1
Dr. Ronald R. West 532-6724
One Time: Thursday, 7:30pm, Feb 13
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
(or \$14 for Series E-1/E-4)

Some folks think that dinosaur bones can be found around Manhattan. If they had taken this class, they would know that the local geology is seafloor sediment, about 260 million years old, which definitely predates the big reptiles. The local fossils are sea creatures, mostly invertebrates, many of which are extinct today. Ron will discuss the different fossilized animals, how to identify them, prehistoric conditions and where they can be collected near Manhattan. The Manhattan Mineral Gem and Fossil Club is sponsoring this class. (Dr. West is a professor of geology at KSU. He is much interested in fossils.)

COMET HALLEY

E-5
Chris Sorensen 532-6786
One Time: Thursday, 5:30pm, Jan 9
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 12

There's good news and bad news about Halley's Comet: the good news is that it can be seen from Manhattan, Ks., the bad news is that early January is the best time. Bring your binoculars for a good look. While observing we'll discuss comets in general and the behavior of Halley's Comet in particular. DRESS WARMLY. (Chris is a physics professor at KSU.)

FOSSIL FIELD TRIP

E-3
Benjamin G. Mullinix, Sr. 539-3846
One Time: Saturday, 9:30am-2pm, Apr 12
(rain date: Apr 19)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
(or \$14 for Series E-1/E-4)

As marine creatures died and sank to the bottom of the shallow seas covering Kansas, some became fossilized. Even though they lived and died 260 million years ago, we can still find near-perfect specimens as they weather out of limestone and shale. Bring a sack lunch, drink and fossil container as we spend the day hunting brachiopods, crinoids, fusulinids, echinoids and others. (Benjamin is president of the Manhattan Mineral Gem and Fossil Club which is sponsoring this class.)

GLACIAL REGION FIELD TRIP

E-4
F. C. Lanning 537-7599
One Time: Saturday, 9:30-2pm, May 10 (rain date: May 17)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
(or \$14 for Series E-1/E-4)

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.)

GEM STONES AND FACETING

E-2
Dr. F. C. Lanning, Benjamin G. Mullinix, Sr. 537-7599 539-3846
One Time: Thursday, 7:30pm, Mar 13
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
(or \$14 for Series E-1/E-4)

How do you think those facets were ground into that gem stone on your favorite ring? The instructors will demonstrate their faceting apparatus and will show that with it, a methodical nature and a few calculations, faceting is not as difficult as might be imagined. They will review types of gem stones in terms of their characteristics, origin, use and value. The Manhattan Mineral Gem and Fossil Club is sponsoring this class.

JOIN THE FLAT EARTH SOCIETY

E-6
Tami Ptolemy 776-3111
One Time: Tuesday, 7-9pm, Apr 1
Location: Will be noted on your receipt

"Columbus was wrong! The reason he didn't fall off the edge of the earth," according to Tami, "was that he was in the wrong ocean." If you have questions about the Bermuda Triangle, extraterrestrial travel or plate tectonics, Tami has all the answers. Bring a globe. (With enough interest, Tami hopes to start a Manhattan chapter of the Flat Earth Society. She has a B.S. in geography.)

HALLEY'S COMET SLIDE SHOW AND LECTURE

E-38
Larry Paris 537-3221
One Time: Monday, 7pm, Mar 3
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10

Halley's Comet will be visible through late March but it is not as easy to see as you might think. Larry will explain through lecture, slides and handout exactly when, where and how to see it. The basic physical structure of the known universe, with emphasis on comets, will be discussed. (Larry has been an avid stargazer for years.)

PLANNING A VEGETABLE GARDEN

E-10
Lynn Doxon 532-5866
One Time: Tuesday, 7-9pm, Feb 11
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Homegrown lettuce, carrots, broccoli and more! Participants will produce a garden plan appropriate to the size and preferences of their family, and will learn some techniques which will allow them to manage the garden in just a few minutes each day. (Lynn is a PhD student in horticulture, studying home gardening for improved nutrition in subsistence level societies, and is the horticulturalist at UFM.)

AQUACULTURE

E-11
Lynn Doxon 532-5866
One Time: Tuesday, 7-9pm, Feb 18
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Growing fish for food is an activity that can be accomplished in a greenhouse or backyard as well as a lake, pond or stream. Learn how we do it at the UFM greenhouse. Find out what fish need to eat, how to purify the water and keep it chemically balanced, and how to make sure there is enough oxygen for the fish. (Lynn learned about aquaculture at the New Alchemy Institute and has developed the aquaculture system at UFM.)



Sue Maes leading KSU faculty on UFM tour

Our Natural World

KANSAS LANDSCAPE ARBORETUM E-29

Duane Kerr 1-456-2771

One Time: Sunday, 1-5pm, May 25
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

If you are interested in landscaping your property and wonder what varieties can successfully be grown near Manhattan, you should visit the Kansas Landscape Arboretum in Wakefield. We'll carpool to the 193-acre site near Milford Reservoir and spend the afternoon examining the plantings. Arboretum volunteers will be on hand to answer questions.

EARLY MIGRANTS BIRDING TRIP E-24

Audubon Society Members 1-456-2771

One Time: Saturday, 7am-12n, Mar 15
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Ever see a redhead or pintail duck? By mid-March, many birds--especially ducks and geese--are heading back north for their nesting season. Several local water bodies are frequent stopping places for these birds and we'll set up spotting scopes to give you a close look. Beginners are especially invited.

TUTTLE CREEK NATURE HIKE E-25

Paul Weidhaas 539-8511

One Time: Saturday, 8:30am-12n, Mar 29
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

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

BIRDING AT FLINT HILLS NATIONAL WILDLIFE REFUGE E-26

Duane Kerr 1-456-2771

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

Flint Hills National Wildlife Refuge, near John Redmond Reservoir was established mainly as a waterfowl area, but it attracts a large variety of birds. We'll make a one-day trek to observe the birds there; and if time allows, we'll take a quick look at the Wolf Creek cooling lake which is renowned for unusual birds. Bring your binoculars and a sack lunch; gas expenses will be shared.

NATURAL HISTORY OF THE GALAPAGOS ISLANDS E-31

Eileen Schofield

One Time: Wednesday, 7:30-9:30pm, Feb 12
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

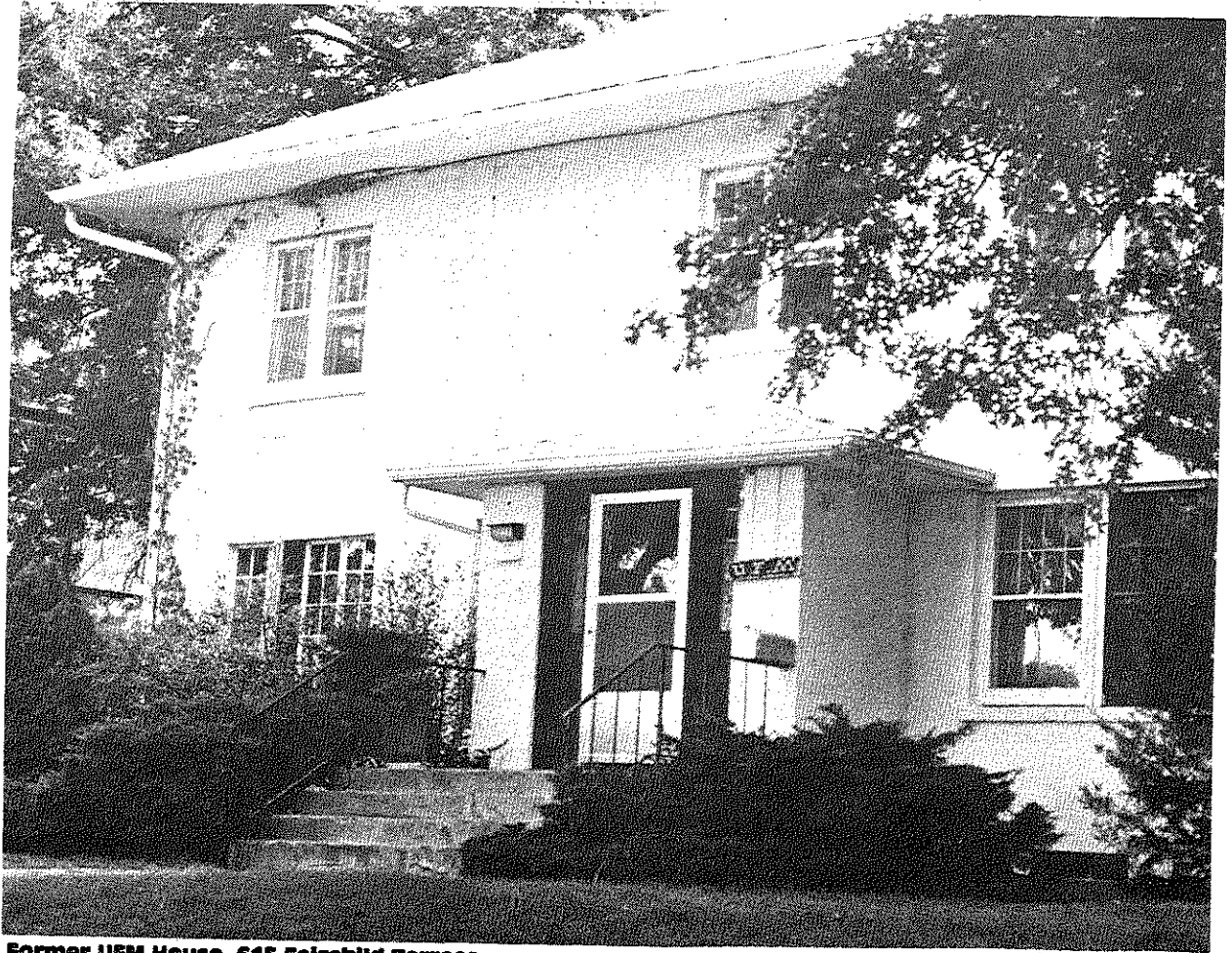
Darwin's visit to the Galapagos Islands helped him formulate his ideas of evolution. Join a celebration of the birthday of Charles Darwin! The conservation of the plants, animals and bird-life of these historic islands will be the center of discussion. This is the monthly meeting of the Northern Flint Hills Audubon Society. (Eileen is connected with the Agricultural Experiment Station and has conducted research on on the Galapagos Islands.)

PLATTE RIVER SANCTUARY SLIDE SHOW E-30

Ken Strom

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

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



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WARBLERS AT MARAIS DES CYGNES E-27

Duane Kerr 1-456-2771

Saturday-Sunday, 8am Sat-5pm Sun, May 3-4
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$10, pay at class

Accompany members of the Northern Flint Hills Audubon Society on this weekend trip to the Marais des Cygnes state wildlife area in eastern Kansas. We'll see warblers in the woods and waterfowl on the marshes and we'll keep an eye out for specialties, such as pileated woodpeckers. Bring a sack lunch for Saturday, \$10 for remaining meals, gas money and your own camping gear.

HISTORY OF MEDICINAL HERBS E-12

Jayne Link 539-7605

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

Jayne does not profess to be an expert in the area of herbal medicinal, however she has been reading about the uses of different herbs and plants for about 12 years. She would like to share some of her knowledge and folklore with you. Herbs included are goldenseal, cayenne, slippery elm bark, peppermint, comfrey, myrrh, blacksamson echinacea root and others. Bring your questions. (Jayne has an ever-growing library of around 30 books on herbs, which she enjoys reading frequently.)

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KANOPOLIS CAMPOUT E-28

Duane Kerr 1-456-2771

Saturday, 8:30am to Sunday, 6pm May 17-18
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$10, pay at class

Kanopolis Reservoir, southwest of Salina, offers a diversity of activities for outdoor types. Situated in the Smoky Hills, it has interesting wildflowers, a good diversity of birds, lots of neat reptiles and most notably, fascinating fossils and rocks. We'll explore Horsethief Canyon and hike along the rocky shoreline. Bring a sack lunch for Saturday, \$10 for the remaining meals, gas money and your own camping gear.

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Spring is Springing

RAISING SPRING FLOWERING BULBS

E-13

Tim Lindemuth

532-6415

One Time: Saturday, 1-3pm, Apr 12 (raindate Apr 19)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

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

FLOWERING SHRUBS

E-14

Lynne A. Teaford

1-456-2026

One Time: Saturday, 9-11am, Apr 19 (raindate Apr 26)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 20

Got your tax returns in and want to take a beautiful nature walk? The KSU campus is an arboretum of sorts and has flowering crabapples, redbuds, spirea and many others. Preceding the walking tour will be a slide show on different colors and sequence of flowering. (Lynne currently teaches the woody plant materials class at KSU.)

DESIGNING WITH PERENNIALS FOR HOME LANDSCAPING

Patrick Mooney

E-15

532-5961

Tuesdays, 7-9pm, Jan 21, 28 (2 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15

Tired of planting zinnia seeds each year? Fed up with buying petunias and pansies that die every winter? Try perennial plants that need little or no care and come up year after year! Patrick will discuss principles of planting design, basic plant type recognition and use, color, color modulation, modern and traditional approaches and selection of perennial plants. Participants will be encouraged to develop planting plans for review by the instructor. (Patrick is a landscape architect with several years experience in landscape design and currently teaching at KSU.)

WORLD'S LARGEST ELM TREE FIELD TRIP

E-16

Joel Brinker

539-6143

One Time: Saturday, 9am, Mar 1 (raindate Mar 8)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Let's visit the Kansas State Forest! It consists of one tree, the world's largest American Elm, less than 30 miles from Manhattan. We'll drive out to see the Louis Vieux Elm following a short slide presentation. How old do you think the world's largest elm is: a)67, b)167, c)267, or d)367 years old? Bring your answer to class. (Joel owns Brinker Tree Care and is currently the caretaker of the Louis Vieux Elm.)

CELEBRATE OUR KANSAS WILDLIFE HERITAGE: GET TO KNOW A KONZA PRAIRIE STREAM

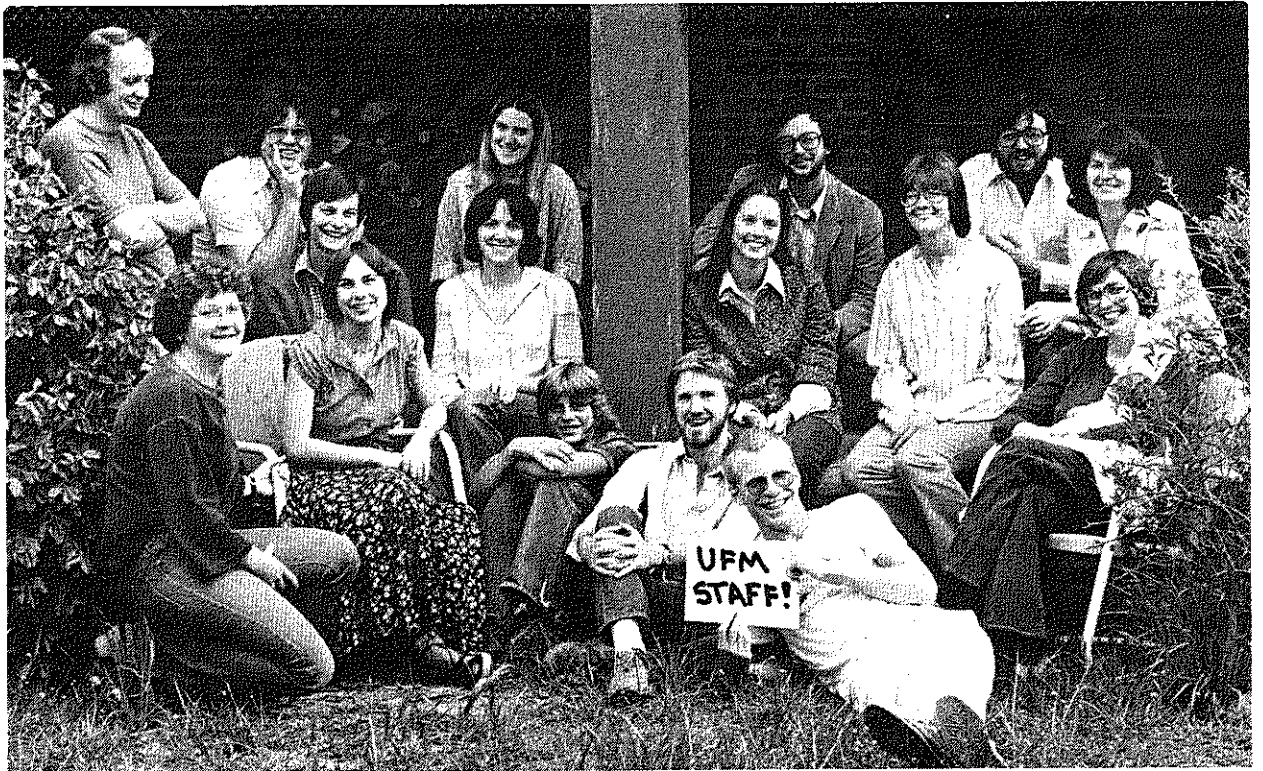
E-17

Marty Gurtz, Cathy Tate

532-6643

Section I: Saturday, 9-11am, Mar 8
Section II: Saturday, 11am-1pm, Mar 8
Section III: Saturday, 1-3pm, Mar 8
Location: Will be noted on your receipt
Class Fee: \$1/section, pay at registration
Limit: 25/section

March is Kansas Wildlife Heritage Month, and the theme is the importance of rivers and streams to wildlife. To celebrate this special month, come to Konza Prairie and get to know Kings Creek, a pristine prairie stream. We will present slides and discuss how life in and around a prairie stream changes with the seasons. You will have the opportunity to view demonstrations on the kinds of living things found in prairie streams and learn about the various kinds of scientific research being done on Kings Creek. Following each section there will be optional guided hikes (weather permitting) to see the prairie and its streams. A short (about 1 mile round trip) easy walk, to see Kings Creek where it flows through the nearby gallery forest, will be offered after all three sections. After Sections I and II (only) we will lead a longer (3-4 miles) guided hike to see the headwaters and visit one of our new stream monitoring sites. Bring your camera and good walking shoes. (Marty and Cathy are with the KSU Division of Biology.)



UFM staff, late 1970's

WINTER WILDLIFE SIGNS

E-20

Audubon Society Members

1-456-2771

One Time: Saturday, 8:30am-12n, Feb 8
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

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

TOPEKA ZOO TOUR

E-23

Duane Kerr

1-456-2771

One Time: Saturday, 9am-4pm, March 8
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10

What better place is there to spend a March day than in the tropical rain forest at the Topeka Zoo? Come on this trip and we'll not only do that, but we'll have a discussion with Ron Kaufman of the zoo staff about the role of zoos in aiding endangered wildlife. Time will be allowed for a complete tour of the zoo. Bring a sack lunch, \$1.75 for admission and money for gasoline.

EAGLE EXCURSION

E-19

Audubon Society Members

1-456-2771

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

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.

CAMPUS BIRDS THROUGH THE SEASONS

E-21

Audubon Society Members

1-456-2771

Fridays (every second and fourth) 1st Mtg: Feb 14
Time: early morning--you'll be contacted for exact time Length: Continuing
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

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

K.U. MUSEUM OF NATURAL HISTORY VISIT

E-22

Duane Kerr

1-456-2771

One Time: Saturday, 8am-5pm, Feb 22
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

If you are unaware of the Museum Of Natural History in Dyche Hall on the K.U. campus in Lawrence, plan to go on this trip. The museum has a huge and fascinating diorama of all the North American life zones, great fossil exhibits, an entire floor of North American Indian displays and even live snakes and fishes. We'll split gas costs. Bring a sack lunch. Well-behaved children welcome. (Duane is president of the Northern Flint Hills Audubon Society.)

BIRD FEEDER PARADE

E-18

Audubon Society Members

1-456-2771

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

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.

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Under the Sun

MAN'S ATTITUDES TOWARD NATURE E-32

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

Preserve; protect; develop; destroy: these are some of humankind's responses to the natural world. Bernd will use slides he has taken in the U.S. and abroad to present some views on this timely topic. He expects to raise issues for discussion. This is the monthly meeting of the Northern Flint Hills Audubon Society. (Bernd is a professor of Pre-Design Professions at KSU and was the leader of the U.S. delegation on preservation planning to the People's Republic of China in 1982.)

WILDLIFE FILM FESTIVAL E-33

Jan Garton 539-3004
 Thursdays, 7-8:45pm 1st Mtg: Mar 6 (4 times)
 Location: Will be noted on your receipt

Bring the family! By the time this wildlife series is over, you'll be able to see Kansas with new eyes. Learn and talk about farming and wildlife conservation, prairies, rivers and all kinds of wildlife! (Jan is a member of the Northern Flint Hills Audubon Society. This festival is part of their celebration of Kansas Wildlife Heritage month.)

PASSIVE SOLAR HOMES TOUR E-34

Dean Denner, Bob Habiger 776-5589 532-5866
 One Time: Sunday, 1-5pm, Mar 23
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration

Increasing numbers of solar buildings in the Manhattan area are available to visit. This tour will feature solar homes, sunrooms, greenhouses and collectors with some owners and designer/builders available for discussion. Information kits will be provided for each solar example. (Dean has been designing and building solar collector systems in Manhattan for the last seven years. Bob is the appropriate technology director at UFM.)

FREE HOME ENERGY AUDIT H-1

Stacy Kohlmeier & Marvin Rodriguez 776-8893
 Worried about winter energy bills? Call KPL Gas Service and schedule a free personal energy audit. Stacy and Marvin will review the available utility rate options, check your insulation, water heater, furnace, windows, etc., suggest individual energy management styles suited best to your personal lifestyle and check eligibility for regional and state financial assistance. (This is the same class being offered by the HOME program.) (Stacy and Marvin work at KPL Gas Service.)

CHEAP HEAT: SAVING WINTER ENERGY DOLLARS H-2

HOME Staff 532-5866
 One Time: Wednesday, 7-9pm, Feb 5
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 10

Do you want to save up to \$100 or more per year on your heat-energy bills, yet only invest \$10-15 dollars? Low cost-no cost weatherization techniques will be discussed including weatherstripping, pipewraps, caulking, outlet insulators, simple window treatments and others. Energy-saving lifestyle habits, will be presented and each participant will receive an information kit. (This is the same class being offered by the HOME program.)



Investigating the Summer 1981 UFM catalog

BIRD DOGS IN THE FIELD E-7

Larry Hedge 776-9904
 Sundays, 3pm First Meeting: Feb 2 (4 times)
 Location: Will be noted on your receipt
 Class Fee: \$6, pay with registration

Got a bird dog puppy for Christmas and want to get off on the right foot? Want to teach an older dog some new tricks? Come to the organizational meeting to arrange some dates for running bird dogs on the pen-raised quail at nearby farms. We'll also cover training, conditioning and general dog care. (Larry has trained dogs for eight years including gun dogs, shooting dogs and field trial dogs.)

CATS ARE PEOPLE TOO: CARE AND APPRECIATION OF CATS E-8

Maxine Potter 776-4963
 One Time: Wednesday, 7:30pm, Mar 5
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration

We will discuss basic care, some health problems and a brief description of all breeds of pedigreed cats. Also, we'll cover show requirements, a demonstration of proper grooming and a question and answer period. This class will help prepare you for the annual pedigreed and household cat show. 100-150 cats will be competing March 22-23 from 9am-5pm at Pottorf Hall in CiCo Park. (Maxine has been a cat breeder and exhibitor for 28 years. She has been a judge throughout the U.S., Canada and Japan.)

PASSIVE SOLAR HOME CONSTRUCTION E-35

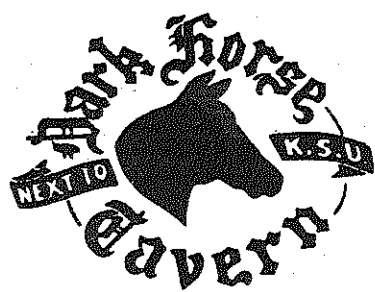
Bob Habiger 532-5866
 Mondays, 7-9pm, Apr 7, 14 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 20
 Materials Fee: \$10 (optional book fee), pay at class

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.

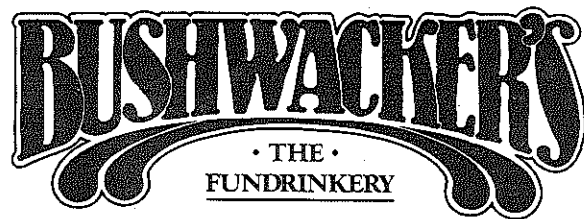
BEGINNING BEEKEEPING E-9

Jeff Zidek 776-9512
 Tuesdays, 7-9pm, Feb 4, 11, 18 (3 times)
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$2, pay at class Limit: 30

Have a sweet tooth for honey? Want to start beekeeping as a hobby or small business? Worried about killer bees? Learn about bee biology, movable frame hive development, hive management, bee forage and other secrets to success in this class. As the weather warms up, Jeff will teach hands-on beekeeping for those interested. (Jeff has kept bees as a hobby for seven years and worked for a commercial beekeeper as well.)



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Home

THE HOME PROGRAM

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

FREE HOME ENERGY AUDIT

H-1

Stacy Kohlmeier & Marvin Rodriguez 776-8893

Worried about winter energy bills? Call KPL Gas Service and schedule a free personal energy audit. Stacy and Marvin will review the available utility rate options, check your insulation, water heater, furnace, windows, etc., suggest individual energy management styles suited best to your personal lifestyle and check eligibility for regional and state financial assistance. (Stacy and Marvin work at KPL Gas Service.)

CHEAP HEAT: SAVING WINTER ENERGY DOLLARS

H-2

HOME Staff 532-5866

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

Do you want to save up to \$100 or more per year on your heat-energy bills, yet only invest \$10-15 dollars? Low cost/no cost weatherization techniques will be discussed including weatherstripping, pipewraps, caulking, outlet insulators, simple window treatments and others. Energy-saving lifestyle habits will be presented and each participant will receive an information kit.

INSULATING YOUR HOME

H-3

Bruce Snead 532-6026

One Time: Tuesday, 7-8:30pm, Feb 18
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10

There are many ways you can personally make your home energy-efficient. Learn why you should or should not insulate your floors, attics and walls, what products are available, the costs involved and installation tips. Each participant will receive an information kit. (Bruce works for the Kansas Energy Extension Service.)

FUNCTIONAL DECORATING

H-4

Kay Ann Heinly 537-6350

One Time: Thursday, 7-9pm, Feb 13
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10

Has your home been too cold this winter? Learn how to conserve energy and lower your heating bills using low-cost decorating techniques. A room-by-room home energy audit will be provided emphasizing various window treatments, floor coverings, lighting and the use of color and space. (Kay Ann is the home economist for the Riley County Extension Council.)

BASIC PLUMBING REPAIRS

H-5

Ed Penn 537-0217

Monday & Wednesday, 6:30-9pm, Mar 17 & 19 (2 x's)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15

Are you unfamiliar with plumbing, but would like to learn how to repair basic plumbing problems that occur in the average home? Such topics as description and usage of tools, different types of pipes, faucet repair and hookup, drain repair and cleaning, commodes, and helpful tips will be discussed. Ed will provide individual information kits and you will provide individual problems/questions to solve. (Ed is a licensed plumber and the manager of Powell Brothers, Inc.)

BASIC CARPENTRY

H-6

Pat Butler 539-2857

Tuesdays, 7-9:30pm 1st Mtg: Mar 4 (4 times)
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration Limit: 10

This workshop is designed for those with little or no previous carpentry experience. In the first two classes you will learn carpentry basics; how to measure, mark, cut, drill, fasten and finish, plus the use of all basic hand and power tools. You will learn how to select wood, the different methods of joining and support, and how to plan out step-by-step procedures. The last two classes will be spent on individual carpentry projects under supervised instruction. Members will be asked to supply materials for their project. (Pat has been the building trades instructor at the VoTech School for 13 years.)

BASIC ELECTRICAL WIRING

H-7

Paul Burke 537-9095

One Time: Saturday, 9am-3pm, Feb 22
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration Limit: 4

Learn one aspect of electrical wiring that any homeowner can use. This workshop involves practical hands-on training supervised by an expert. The one-time project entails installing a 3-way stairwell light using primary power from an alternative source in an adjoining room. (Paul has over 30 years experience in electrical work and is currently working in USD #383's maintenance department.)

BUILDING YOUR OWN HOME

H-8

Betsy Edwards 1-456-7018

One Time: Saturday, 9am-12n, Mar 15
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 7

The toughest thing about building your own home is making the necessary decisions to get started. This class will help you do just that. A tour of the instructor's home will be given with discussion covering zoning legalities, construction, plumbing, wiring and tips on buying equipment and materials. Information sources will be provided and individual questions are encouraged. (In fall 1977, the Edwards began to build their house, moved in during fall 1981, and have continued to fix their home as time and money have allowed.)

HOME BUYER'S SEMINAR

H-9

Lee Stutzman, Jim Ryan,
Lindsay Olsen, John Pence 537-2900

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

Buying a house is probably every family's largest investment. Because it is, there are certain things a prospective buyer needs to know before taking the plunge. A panel discussion will take place consisting of four professional perspectives: an abstractor, a realtor, a mortgage lender and a private buyer/seller. Topics to be covered include different options for home financing, interest rates, and contracts, tax and legal implications, renting vs buying, finding the right property for the right price and how to close a sale. Individual questions are encouraged. (Lee is employed by Charlson & Wilson Bonded Abstracters, Jim is with Ryan Realty, Lindsay is an employee of Columbia Savings and John is a private citizen.)

ORGANIZING NEIGHBORHOOD GROUPS

H-10

Stormy Kennedy & Richard Friesen 539-2749

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

Why form a small neighborhood group? Representatives from several Manhattan neighborhood associations, CESNA, SMNA, AND OMNA, will discuss and answer what, why, and how questions on what is a group, its purpose, orientation and goals, the structure and size, how to set up meetings, whether or not to collect dues, what issues could be important, and what problems could surface. (Stormy is a representative from CESNA and OMNA and Richard is the vice-president of SMNA.)

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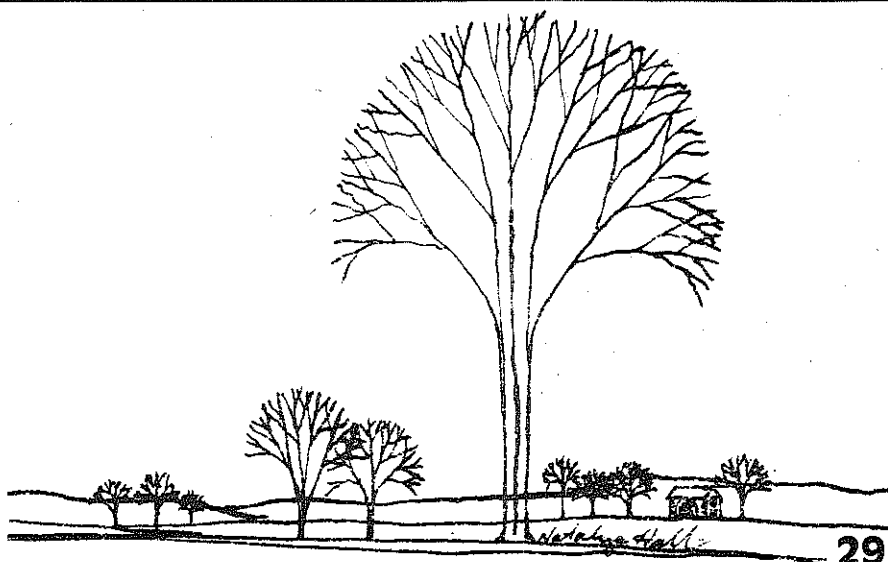
Teacher Feature

This spring we would like to make a special acknowledgement to one of our most special teachers, Sue Maes. Sue has been director of UFM for almost seventeen years. In addition to her leadership in building UFM into a unique national organization, she has given much of herself to UFM in other ways. She has lived the philosophy of sharing through learning by teaching for over a decade in the UFM program. (Her edible wild plants class is a classic!)

This spring Sue will turn over the directorship of UFM to someone else in order to assume directorship of a National Rural Adult Education Project begun by UFM. We will miss her as our director but are glad she'll be teaching with us still. Thank you, Sue, for serving as a model and a teacher for us all.



Sue Maes



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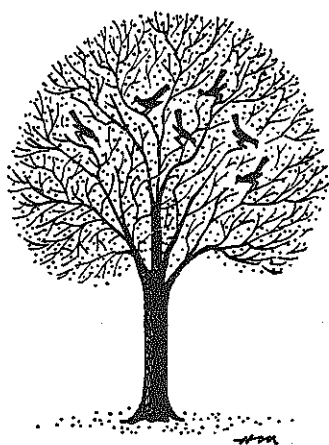
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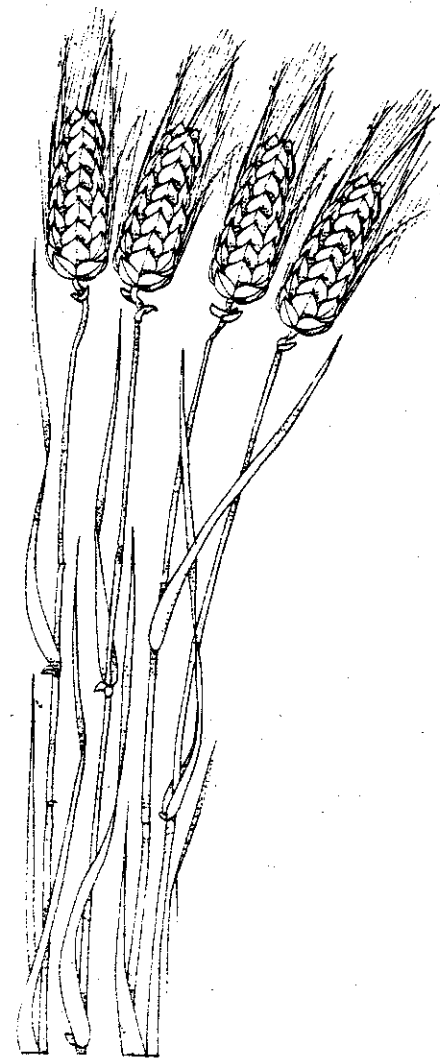
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Looking for something special this Spring?

Try these classes . . . guaranteed to banish the February "blahs:"

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Baking With Vince p. 18

Children's Writing Workshop p. 7

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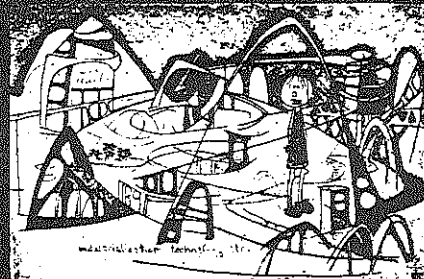
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And much, much, much, much more!

First UFM Class Brochure, Spring, 1968

THE UNIVERSITY FOR MAN



THE UNIVERSITY FOR MAN starts next semester (spring) with seven seminars and workshops.

NEW MEDIA WORKSHOP

For those interested in media and communication. The group will concentrate on communicating a single idea through the use of any or all forms of media—such as photography, sculpture, music, design, painting. The end product will take the form of an exhibit: "a little corner where you can look at loneliness," for example, as expressed through poetry, painting, photography, printing, music, ad infinitum. Creative faculty will be called to stimulate ideas and to help with technical problems. Discussion Leader: Rachel Scott.

THE CREATIVE EXPERIENCE

An interdisciplinary experience in the arts focusing on several facets of the creative act. For example, one session will be devoted to capturing a creative moment, while dance, musical composition, and sculptural creation occur simultaneously. Several faculty members are committed to participate throughout. Architecture: Rex Slack; Ceramics: Angelo Garzio; Music: Dan Haerle; Literature and Painting: Leonard Epstein.

THE FUTURE OF BELIEF

Consideration of questions and problems related to matters of faith and religion, taking into account psychological, philosophical, sociological, and historical questions about man and his beliefs. The group will consider fundamental questions and problems. For example: How does experience with LSD compare with traditional religious experience? Is Zen a religion? Is Communism a religion? What is the meaning of the word "God"? Discussion Leaders: Rev. Don Gayman and Miss Trudy Brewer. Guest speakers representing different religious faiths will be invited.

TOWARD THE YEAR 2000

Study of the future of man. A continuation of a seminar begun in the fall, which attacked problems of the future through the disciplines of political science, sociology, psychology, engineering, education, physiology, and commerce. An engaging look into the future of man. Not a utopian, mainly irrelevant speculation on future events, but a hard look at the next 40 years, focusing on how our decisions and efforts today will shape the events of tomorrow. What will people do when all manual work will be done by machines? Are we coming upon the age of leisure or the age of crisis in man's meaning? What will happen to nationhood? What will happen to neighborhood? What effect on international relations will the crisis of world hunger have? Discussion Leader: Charles Ba-

MILITARY-INDUSTRIAL ESTABLISHMENT

History will come from the people department. Tall, able-bodied R.O.T.C. will contribute. A number of bearded bellies and penny-loafed swells, plus one glass-eyed stenographer, will speak words and ideas and facts and opinions. It will be a discourse on subjects concerning the social, economic, and political power of the U.S. military. For instance, did politicians force the military into Vietnam or vice-versa? Idea men for at least four or five sessions will be provided. Discussion Leader: Ed Smith.

WHAT IS WOMAN TODAY?

Consideration of the problems created by the diverse demands upon the woman today. Some of the subjects will be: What are the educational goals of today's young woman and why? What does the educated woman do in the home? Problems of the woman who is putting her husband through school. Moral implications of contraception and abortion within and outside of marriage plus subjects of interest to those participating. Open to men also. Guest speakers will be invited. Discussion Leader: See Epstein.

STUDIES IN PROBLEMATICS

What is a problem? Where do problems come from? Why do they interest when they do, and fail to when they don't? Do people differ in ability to sense and appreciate problems? How are problems disposed of? Are some insolvable? Are some more appropriately outgrown? What is a pseudoproblem? Are pseudo-problems ever academically respectable? Why? This course of discussions and readings will center around the problem of answering the above and dozens of similar questions. Emphasis will be placed on interdisciplinary and philosophical approaches. Discussion Leader: Cecil Miller.

THE UNIVERSITY FOR MAN will act as a clearinghouse for new ideas for seminars, workshops, happenings. At present, for example, several individuals are compiling a list of faculty willing to speak to students formally and informally. This list will be published. Its intent is to improve communication within the university community.

CONTACT Rachel Scott (9-4651) or Leonard Epstein (9-4735), coordinators, for more information.

Woodshop

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, 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. —see p.4

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 11 x 14 prints and 6cm x 6cm 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. —see p. 3

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. —see p.4

Be-Busy After School

The Be Busy After-School Program at 1221 Thurston is about to begin its second semester. Our emphasis is on arts and crafts, socialization and personal growth through community with others interested in stimulating activities. Our staff is experienced and geared to individualizing each child's experience. We operate in a relaxed atmosphere, engendering cooperation and stress reduction after a hard day at school. Ideas for activities are endless. The children help us to formulate new plans and to achieve a special program accommodating every personality. We have special programs in woodwork, pottery, and photography and horticulture. Although we have free transportation from every school except Marlatt and Amanda Arnold, we are looking for volunteers to bring those children to us beginning January 2, 1986. We are open on regularly scheduled days when school is out plus snow days or days when school is unexpectedly called off. —see p. 7

An Experiment That Worked

Back in 1968 when Len Epstein and a few students, including Sue Maes started UFM, no one had any idea that it would become what it is. The idea is simple and was stated in the first brochure in Spring 1968: SOME STUDENTS and faculty at Kansas State University are initiating an experiment in relevance this spring. It will be called the University for Man, and will provide an environment for combining living and learning. THE IDEA is this: To provide an atmosphere for discovery (and not indoctrination) with no grades, no credits, no one to please. The groups will meet regularly (generally once a week—to be decided upon by each group). There is no rigid blueprint. The direction should evolve. UFM is an experiment that worked. From the 7 original classes in the first brochure, to 5 catalogs with over 1,000 classes per year, from an original enrollment limited to 140 to over 10,000 per year, from a desk in the English Department to two buildings, from a small group in a professor's home to setting up over 50 programs based on UFM throughout Kansas, from Kansas-based to providing seed for a national rural center for Adult Education, UFM has come a long way. But that's not all. UFM has spawned locally a city-wide recreation program for the handicapped, a nationally recognized lecture series in honor of Lou Douglas, a community gardens program, day care for the elderly, latchkey care for elementary school-children, an appropriate technology program, a home owners maintenance and assistance program, a crisis center, a farmers market and a whole foods grocery/co-op. Within Kansas, there are some 50 community programs based on the UFM idea, and each year through the Community Resources Act funded by the State Legislature, UFM helps new Communities Start Programs. Our statewide program for the handicapped involves 10 rural communities who have projects ranging from raised bed gardens to neighbors reading the local newspapers onto tape for the blind. UFM has helped start programs in 5 other states and is presently working with rural adult programs across the U.S. in the rural Action Agenda Project. We never intended to become what we became . . . but we're glad we did!

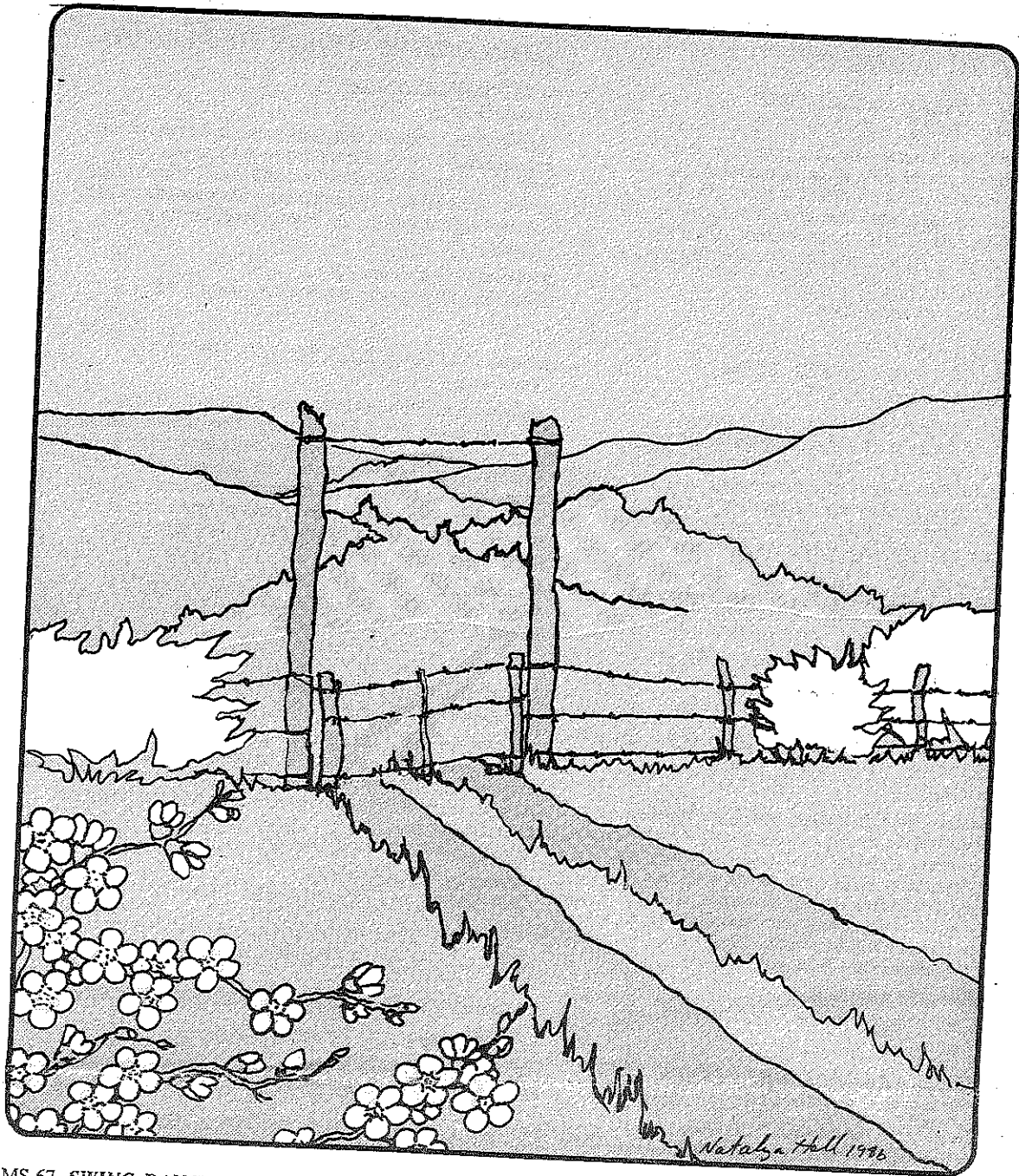
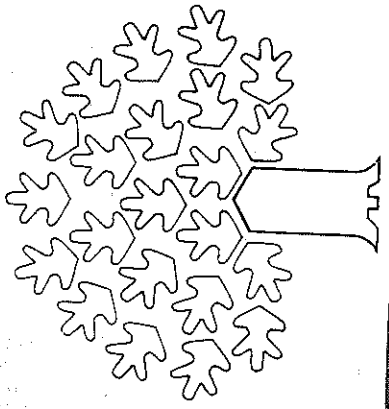
Campus Community Staff
Julie Coates, Director
Eunice Dorst, Coordinator
Tybel Miller, Coordinator
Neil Schanker, Assistant Director
Executive Director
Sue Maes

FREE CATALOG

UFM

MID-SPRING, 1986

CLASSES BEGIN APRIL 2



Dance Into Spring

MS-71 SQUARE DANCE

Spurlock
by mainstream movements, essential to basic square dancing. Learn by following the calls of a professional. Ho-se-do, allemande left, and swing your partner. Sign singly or with a partner. (Dan belongs to the Kansas and North Central District Callers Association.)

Thursdays, 7:45-8:45pm, May 1, 8, 15, 22, 29, June 5, 12, 19
Class Fee: \$10 per person, pay with registration

MS-68 BELLY DANCING

Connie Miller
Stretching, isolations, contractions, hip and foot work. Belly dancing is good exercise and lots of fun. Wear comfortable clothes. (Connie has been dancing for 15 years.)

Will be contacted as to time, date and location
15 (4 times)
Fee: \$10, pay with registration.
Materials Fee: \$1.

MS-69 VIENNESE WALTZ

Gerhard and Barbara Schmitt
The "King/Queen of all dances"! Bring a partner if you can and we'll show you how. (Barbara and Gerhard are the gold level in Germany and taught ballroom dancing for UFM last semester.)

Thursdays, 6-7:30pm, Apr 24, May 1, 8
Class Fee: \$6, per person, pay with registration. Limit: 30 individuals

BALLROOM DANCING: PRACTICE

Gerhard and Barbara Schmitt 537-0873
Pick up or improve your formal dancing skills with our assistance. Participants can help organize a Ball in May. Last semester beginners especially welcome.

Thursdays, 7:45-9pm, Apr 3, 10, 24
Class Fee: \$6 per person, pay with registration
30 individuals

MS-67 SWING DANCE FOR BEGINNERS

Art Clack 1-293-5343
Country western dips, spins, turns and slides. Don't hold yourself back when you hear those hot fiddle tunes. Get down with an excitingly different style of dance, made easy by artful teaching partners. (Art has taught swing for many years.)

Thursdays, 6-7:30pm, Apr 10, 17, 24
Class Fee: \$8 per person, pay with registration. Limit: 20 individuals

Travelling Made Easy

MS-63 VISITING BRITAIN

Miranda Mortlock
An informal discussion of what to see in Britain, including areas of interest and ways of getting around and staying cheaply. Learn how to have an inexpensive, fun holiday. P.S. It is not foggy all the time. (Miranda is English and a student at K-State.)

Monday, 7-8:30pm, Apr 14
Class Fee: \$4, pay with registration

MS-64 TRAVEL WITH A DIFFERENCE

Ruth Brockway 539-3438
Looking for excitement or adventure this summer? Do you want a low cost, different kind of vacation this year? Want to travel, but no one to go with? AESU (American European Student Union) or Earthwatch may be the answer. AESU is a student tour agency and Earthwatch recruits volunteers. Not only is this a fun way to travel and meet people, but is also a wonderful learning experience. (Ruth spent 6 1/2 weeks in the British Isles on an AESU tour, followed by 3 weeks on an Earthwatch expedition.)

Wednesday, 7-9pm, Apr 2
Class Fee: \$4, pay with registration.

Treat Yourself to a UFM Class:

Swing Dance.....	1
Prairie Chicken Booming.....	2
Reflexology.....	2
Intro to Acupuncture.....	2
Pictures & Prints.....	2
Beginning Pottery.....	2
Cajun Cooking.....	2
Perfumes & Potions.....	2
Weaving Studio.....	3
Basic Bookkeeping.....	4
Creative Welding.....	4
Swimming.....	4
Investing for Results.....	5
Adoption.....	6
Roof Repair.....	7

And more, more, more, more...

Class locations will be noted on your receipt.

Birds and Nature

MS-6 TUTTLE CREEK NATURE HIKE 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 over five years.)

Saturday, 8:30am-12n, Mar 29 (1 time)
Class Fee: \$4, pay with registration.

MS-7 KONZA PRAIRIE CHICKEN BOOM Audubon Society Members 456-2771

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

Section I: Saturday, 4:30-9:30am, Apr 5 (one time each section)
Section II: Sunday, 4:30-9:30am, Apr 20
Class Fee: \$4/section, pay with registration. Limit: 5/section

MS-8 BIRDING AT FLINT HILLS NATIONAL WILDLIFE REFUGE Duane Kerr 1-456-2771

Flint Hills National Wildlife Refuge, near John Redmond Reservoir was established mainly as a waterfowl area, but it attracts a large variety of birds. We'll make a one-day trek to observe the birds there; and if time allows, we'll take a quick look at the Wolf Creek cooling lake which is renowned for unusual birds. Bring your binoculars and a sack lunch; gas expenses will be shared. (Duane is president of the Northern Flint Hills Audubon Society.)

Saturday, 7:30am-9pm, Apr 12 (1 time)
Class Fee: \$4, pay with registration.

MS-9 WARBLERS AT MARAIS DES CYGNES Duane Kerr 1-456-2771

Accompany members of the Northern Flint Hills Audubon Society on this weekend trip to the Marais des Cygnes state wildlife area in eastern Kansas. We'll see warblers in the woods and waterfowl on the marshes, and we'll keep an eye out for specialties, such as pileated woodpeckers. Bring a sack lunch for Saturday, \$10 for remaining meals, gas money and your own camping gear.

Saturday-Sunday, 8am Sat-5pm Sun, May 3-4
Class Fee: \$4, pay with registration.
Materials Fee: \$10, pay at class.

MS-10 KANOPOLIS CAMPOUT Duane Kerr 1-456-2771

Kanopolis Reservoir, southwest of Salina, offers a diversity of activities for outdoor types. Situated in the Smoky Hills, it has interesting wildflowers, a good diversity of birds, lots of neat reptiles and most notably, fascinating fossils and rocks. We'll explore Horsethief Canyon and hike along the rocky shoreline. Bring a sack lunch for Saturday, \$10 for the remaining meals, gas money and your own camping gear.

Saturday, 8:30am to Sunday, 6pm, May 17-18
Class Fee: \$4, pay with registration.
Materials Fee: \$10, pay at class.

MS-11 KANSAS LANDSCAPE ARBORETUM Duane Kerr 1-456-2771

If you are interested in landscaping your property and wonder what varieties can successfully be grown near Manhattan, you should visit the Kansas Landscape Arboretum in Wakefield. We'll carpool to the 193-acre site near Milford Reservoir and spend the afternoon examining the plantings. Arboretum volunteers will be on hand to answer questions.

Sunday, 1-5pm, May 25 (1 time)
Class Fee: \$4, pay with registration.

Alternative Ways to Health

MS-42 REFLEXOLOGY Russell Gillespie 776-8768

Learn to relax, relieve tensions (stress) and improve your general health. Easy to learn and to put into practice the very first time. Bring clean feet and hands. Good health to you. (Russell has used reflexology for over fifteen years and has taught many people how to benefit from its practice.)

Wednesday, 7-9pm, Apr 16
Class Fee: \$4, pay with registration. Limit: 16

MS-43 INTRODUCTION TO ACUPUNCTURE Tess Carbajal 539-6697

Acupuncture has been around for 5,000 to 7,000 years. It is a balancing of the body's energies and works with the nervous system. Let's get together and discover its benefits. (Tess received her training in Kansas City and is currently using her different methods in her home and at a local chiropractor's office. She hopes to help others find some simple points to alleviate pain or just help balance the energies in the body.)

Wednesdays, 7:30pm, Apr 2, 16
Class Fee: \$6, pay with registration.
Materials Fee: \$2. Limit: 12

MS-44 POLARITY BALANCING Tess Carbajal 539-6697

Polarity balancing is one of the many techniques that can be included in your field of wholistic healing. It's so easy anyone can do it. With so much stress in our society, it's nice to know there is an easy way to calm our being by balancing the positive and negative in our body. Come join us for a fun night of healing.

Wednesday, 7:30pm, Apr 9
Class Fee: \$4, pay with registration. Limit: 12

A Perfect Way to See and Feel

MS-88 PICTURES, PROCESSING & PRINTING Brian McBride 539-2519

Exposure, light, film, filters, black and white and color processing, lenses and their applications. Using slide illustrations, Brian will cover picture-taking from the lowly angle to the zenith. Especially for beginners and improvers, each participant will shoot and print a roll of film. (Brian is a freelance photographer with 10 years darkroom experience and four in the studio.)

Wednesdays, 7-9pm, Apr 23, 30; May 7, 14, 21, 28
Class Fee: \$10, pay with registration. Limit: 15

MS-89 BEGINNING POTTERY Sharon Spiller 537-9157

From raw clay to finished glazed pieces, learn to make your own pottery. The class will concentrate on hand-built pottery as plain or as fancy as you want. Your pieces can be functional or purely decorative. For "first-timers" all the basics will be covered and for the more experienced, directions to explore will be introduced. Come try your hand! (Sharon has taught this class before with exciting results in finished products.)

Wednesdays, 7-9pm, Apr 9, 16, 23, 30, May 7, 14
Class Fee: \$10, pay with registration.
Materials Fee: \$10. Limit: 8

MS-90 BASIC WEAVING Susan Lala 537-9610

Prepare a loom for weaving. Use various techniques to weave a sampler of different styles and designs. Be on your way in a very rewarding and enjoyable craft. (Susan loves to weave and is a patient, super teacher.)

Wednesdays, 1-3pm, Apr 2, 9, 16, 23
Class Fee: \$10, pay with registration.
Materials Fee: \$7.50 loom rental and \$7.00 materials.
Limit: 4

Put Spring in Your Step

MS-81 MARVELOUS MUFFINS Eileen Schofield Barkley 532-6147

Muffins are tasty and nutritious alternatives to yeast breads. In only a half hour, you can serve hot muffins flavored with grains, fruits, nuts, or spices. We'll prepare and taste several kinds in class and share recipes for several more. (Eileen collects muffin recipes and likes to try different kinds for Sunday brunch.)

Wednesday, 7-9pm, Apr 30
Class Fee: \$4, pay with registration.
Materials Fee: \$2. Limit: 8

MS-82 CAJUN COOKING John Heritage 539-9906

Cajun cooking is that spicy, southern Louisiana country cooking. French settlers in Canadian Arcadia brought this cuisine to Louisiana where it has become quite famous. John will demonstrate and discuss techniques and basic dishes. You'll get copies of some excellent recipes. (John recently learned Cajun cooking from experts. He is the new owner of Hibachi Hut where Cajun is served.)

You will be contacted as to time and date.
Class Fee: \$4, pay with registration. Limit: 10

MS-83 SPROUTING Jayne Link 539-7605

Low-cost, high nutrition and super yummy. Learn how to sprout all kinds of seeds and beans as an economical alternative to grocery store greens. (Jayne has been "sprouting" for 10 years.)

Monday, 6:30-8pm, Apr 21
Class Fee: \$4, pay with registration.
Materials Fee: \$2. Limit: 15

MS-84 TOFU AND SOYMILK Sam and Joy James 776-0529

With basic kitchen equipment anyone can make soymilk and superior tofu at home. Learn the recipe, the technique and some uses for okara, the by-product of tofu. Samples will be served. (After living in Fairfield, Iowa, for four years, and getting paid in tofu, the move to Manhattan inspired Sam and Joy to make their own.)

Saturday, 10am-12n, Apr 12
Class Fee: \$4, pay with registration.
Materials Fee: \$1. Limit: 8

MS-85 ENERGY FOODS Lois Blackman 539-3439

Increase your energy through proper diet of natural carbohydrates, especially whole grains such as rice, millet and wheat. Experience shows how revitalization can take place and help you keep your health longer. Knowledge, recipes and information sources will be shared. (Lois' hobby is natural foods and she has a great collection of special books.)

Two Sections.
I. Monday, 7:30-9pm, Apr 7
II. Monday, 7:30-9pm, May 5
Class Fee: \$2 per section, pay with registration.

MS-86 PERFUMES AND POTIONS Carol Ebert 456-2841

Make body rubs, hair rinse, colognes, bath concoctions, perfumes and toilet waters; even a 16th century lover's potion. Easy and money-saving. Learn how and browse among supplies. (Carol owns an herb shop and makes many of her own herbal products.)

Two Sections.
I. Tuesday, 1:30-3pm, Apr 22
II. Tuesday, 7-8:30pm, Apr 22
Class Fee: \$4 per section, pay with registration.
Materials Fee: \$1.50. Limit: 12 per section

MS-87 HISTORY OF MEDICINAL HERBS Jayne Link 539-7605

Knowledge and folklore of herbs and plants used to heal, cure, and prevent disease and discomfort. For example, some herbs can improve pregnancy, aid in digestion, cut craving for sweets, aid in drug withdrawal, etc. Satisfy your curiosity and perhaps a health problem of someone you know. (Jayne has a large herb library accumulated over her 12 years of study.)

Monday, 7-9pm, May 12
Class Fee: \$4, pay with registration.
Materials Fee: \$4. Limit: 15

2

Class locations will be noted on your receipt.

Guide to Community Services

HOME continued

MS-34 IT'S OVER YOUR HEAD - BASIC ROOF REPAIR

Chuck McCarthy 776-7064

Has the weather taken its toll on your roof and you would like to make your own repairs? Learn about what tools to use and the correct way to repair or reroof through hands-on training. One large roofing project will be supervised by an expert. (Chuck is the manager of Midwest Roofing Company.)

Saturday, 9am-2pm, Apr 26 (1 time)

Class Fee: \$6, pay with registration. Limit: 4

MS-35 FOLLOW THE RED BRICK ROAD

Bob Habiger 532-5866

Brick sidewalks have been around for a long time. Through hands-on training, learn what tools and methods to use for the repair and design of different brick projects. Topics to be covered will include city regulations, cutting, bedding, drainage, paving, and jointing. Participants will be given priority in receiving a limited supply of free sidewalk bricks from the HOME Program. (Bob is the director of the Appropriate Technology Program at UFM.)

Saturday, 9am-1pm, May 10 (1 time)

Class Fee: \$6, pay with registration. Limit: 8

Solar Stuff

MS-12 PASSIVE SOLAR HOMES TOUR

Dean Denner, Bob Habiger 776-5589 or 532-5866

Increasing numbers of solar buildings in the Manhattan area are available to visit. This tour will feature solar homes, sunrooms, greenhouses and collectors with some owners and designer/builders available for discussion. Information kits will be provided for each solar example. (Dean has been designing and building solar collector systems in Manhattan for the last seven years. Bob is the Appropriate Technology director at UFM.)

Sunday, 1-5pm, Mar 23 (1 time)

Class Fee: \$4, pay with registration.

MS-13 UFM SOLAR GREENHOUSE AND APPROPRIATE TECHNOLOGY VISITORS DAY

UFM A.T. Staff 532-5866

In conjunction with the Passive Solar Homes Tour, the UFM Solar Building will be open. We invite you to start your home tour and pick up tour information packets at our facility, or browse through the solar library, or relax between tour visits and/or talk with members of the Appropriate Technology staff. Even if you are not attending the Solar Homes Tour, this would be a good time to visit us and the A.T. Solar Greenhouse Building.

Sunday, Mar 23, 1-5pm (1 time)

MS-14 PASSIVE SOLAR HOME CONSTRUCTION

Bob Habiger 532-5866

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.

Mondays, 7-9pm, Apr 7, 14 (2 times)

Class Fee: \$4, pay with registration. Limit: 15

Materials Fee: \$10 (optional book fee), pay at class.

MS-15 PRAIRIE FESTIVAL AT THE LAND INSTITUTE IN SALINA

Wes and Dana Jackson

"SOIL AND SEEDS: THE SOURCES OF CULTURE" will be the theme for the 8th annual Prairie Festival at The Land Institute. The program will include a variety of presentations, workshops and discussions related to the theme, plus many activities to "celebrate the prairie ecosystem and prairie folk." Gary Nabhan and Karen Reichardt of Native Seed Search in Tucson, Arizona, and Orville Bidwell, soil scientist and Emeritus Professor at Kansas State University have agreed to be on the program. (The Land Institute is a place with windmills, solar collectors, earth houses, and composting toilets in the search for sustainable alternatives in agriculture, energy and shelter.)

Saturday & Sunday, May 31-June 1 (all weekend)

Class Fee: \$2, pay with registration.

<p>U-LEARN 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>HOME HELP SERVICES</p> <p>Providing a complete range of in-home, skilled and support services. Helping persons to maintain an optimum level of health and independence.</p> <p>A UNITED WAY agency.</p> <p>24 HOURS CALL: 913/537-0688</p>
<p>MANHATTAN EMERGENCY SHELTER 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>RILEY COUNTY/MANHATTAN HEALTH DEPARTMENT 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>CRISIS CENTER, Inc.</p> <p>Rape Survivor Support Group</p> <p>913/539-2785</p>
<p>FRIENDSHIP TUTORING PROGRAM 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>BIG LAKES DEVELOPMENTAL CENTER, Inc. 1500 Hayes Drive, Manhattan, KS 66502 Training of Developmentally Disabled. 913/776-9201</p>	<p>FIT-TRAIL A 20 station/32 exercise course and 1/2 mile track, provided for your free use by The SAINT MARY HOSPITAL 913/776-3322</p>
<p>EMPLOYMENT & TRAINING SERVICES Citizen's Bank Building, Suite J 6th & Humboldt, Manhattan, KS 66502 Job and vocational training. 913/539-0591</p>	<p>TALENT EXPERIENCE WISDOM</p> <p>RILEY COUNTY RETIRED SENIOR VOLUNTEER PROGRAM 412 Leavenworth, Manhattan, KS 66502</p> <p>Shopping assistance, transportation, senior companion, visitation and volunteer opportunities.</p> <p>913/776-RSVP</p>
<p>The HUNGER PROJECT PO Box 1369, Manhattan, KS 66502 Information and empowerment on ending hunger. 913/537-0938 or 532-5866</p>	
<p>BIG BROTHERS/BIG SISTERS of Manhattan, Inc. 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.</p> <p>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.</p> <p>913/776-9575</p>	<p>FLINTHILLS BREADBASKET COMMUNITY FOOD NETWORK 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</p>
<p>CRISIS CENTER, Inc. PO Box 164, Manhattan, KS 66502 24-hour service to spouse abuse and sexual assault victims. 913/539-2785</p>	

Class locations will be noted on your receipt.



Registration Form



Registration

Priority Registration Period: March 17-30
After March 30, you can still register if available.

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

WALK-IN:			
Tuesday	March 18	Public Library	11am- 2pm
Tuesday	March 18	Public Library	5pm- 7pm
Wednesday	March 19	KSU Union	9am- 2pm
Sunday	March 23	Wal-Mart	2pm- 4pm
Monday	March 24	KSU Union	9am- 2pm
Wednesday	March 26	KSU Union	9am- 2pm
Thursday	March 27	Public Library	11am- 2pm
Thursday	March 27	Public Library	5pm- 7pm
Sunday	March 30	Wal-Mart	2pm- 4pm

THREE WAYS TO REGISTER:

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

Late registrations accepted on space-available basis.

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

RECEIPTS:

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

CLASS LOCATIONS:

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

REGISTRATION FEE EXEMPTIONS:

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

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.

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

On the Trail

MS-22 HIKING TRAILS IN KANSAS

Jim Nighswonger 532-5752

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

Wednesday, 7:30pm, Apr 9 (1 time)

Class Fee: \$4, pay with registration.

8

Class locations will be noted on your receipt.

MS-23 THE BACKYARD HORSEMAN

Sue Goldschmidt 539-0316

Are you a current or potential horse owner who doesn't relish spending lots of dollars on your animal? Take this class to learn how to do things yourself and save money. Sue will cover buying and mixing bulk grain, cutting hay, getting cheap bedding, horseshoeing and trimming, making a hackamore for under \$10 and plans for jumps, trailers, etc. Basic horse sense including feeding, care, riding and safety will be discussed. We'll meet at a horse stable and everyone will get a chance to ride. Children under ten need instructor's permission. (Sue has ridden since age four and graduated from the Berry School of Horsemanship in Pleasantville, Ohio, in saddle horse instruction and basic horse training.)

Tuesdays, 6:30-8:30pm, Apr 1, 8, 15, 22 (4 times)

Class Fee: \$6, pay with registration.

Materials Fee: \$9, textbook, pay at class. Limit: 12

POTTERY SALE

UFM Potters Guild

Decorative and functional stoneware and porcelain art work from Manhattan area potters: Esther & Yoshi Ikeda, Norm Lally, Terry Rempel, Gene Sievers and Anne Marchin.

9am to 5pm, April 23-24, Wed-Thurs, K-State Union upper courtyard (inside).