

We Need YOU To Teach These Classes:

Swimming	Music Lessons
Stress Management	Self Development
Auto Maintenance	Aerobics
Golf	Computers
Painting	Etching
Typing	Word Processing
Dungeons & Dragons	

Call us to set up your very own class.

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 Monday at 6:30 p.m.

Photo Contest

UFM is proud to present some of the entries in the Fourth Annual UFM Black & White Photo Contest. Over 50 entries were received, not only from Manhattan but also from Milford, Marysville and Westmoreland.

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

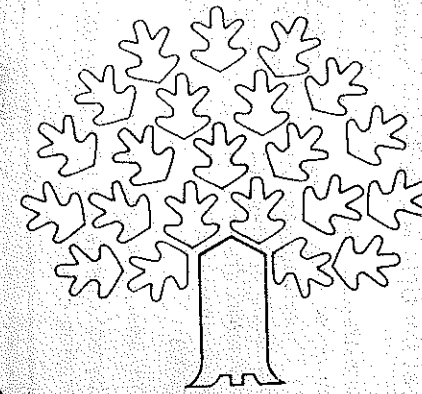
The twelve winning entries will be exhibited from June 9 to June 20 in the K-State Union second floor showcase.

UFM

Where you can learn to . . .

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

UFM
1221 Thurston
Manhattan, KS 66502



**FREE CATALOG
OVER 250 CLASSES**

UFM
SUMMER, 1986
CLASSES BEGIN JUNE 18
REGISTER NOW



Looking for something special this summer?

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

Upholstering
Black Forest Cake
Snakes Alive!
Verbal Self Defense
Real Estate Refinancing
Walking For Fitness
Dog Obedience
Coupon Refunding
Oil Painting
Wheat Harvest Tour
Cooking With Insects
Central America
Flintknapping
Parenting
Mountain Biking
Prairie Wildflowers
Martial Arts
Compassionate Storytelling

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.

Standard Fare . . . Co-ops

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, and saw, table saw, working tools. The membership fee is for equipment and facility use only. No materials are included. The **mandatory** organizational meeting will include instruction in safe equipment use and conduct in the woodshop.

Darkroom

Located just one block east of campus in the UFM House, the UFM darkroom is available to anyone who needs access to a well-equipped facility. Equipment is capable of handling up to 11 x 14 prints and 6cm x 6cm negatives as well as 5mm. The fee includes everything but paper.

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

Pottery

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

Use Busy Summertime

UFM's After-school Program is expanding to full days for summer. Beginning June 2 and operating from 7:30 am to 5:30 pm to accommodate working parents, our summer program will include swimming, pottery, drawing, gardening, photography, arts and crafts, and more! Call Tybel or Julie for more information. 532-5866.

Home

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



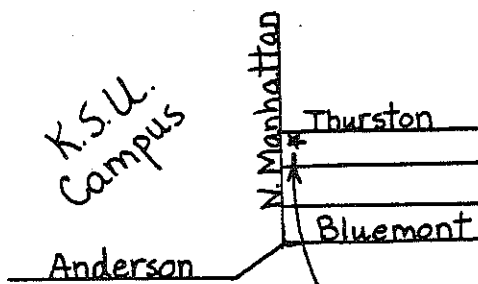
The Board of Directors of the University for Man would like to introduce Thomas L. Searcy. Tom succeeds Sue Maes as Executive Director of UFM. He brings extensive experience in planning, development and management along with strong public relations and promotional skills.

Before joining UFM, Tom was Community Education Director in Morris, Minnesota. The Board is pleased to welcome Tom to UFM and hopes that you will have an opportunity to meet him soon.

Why Do We Charge Fees?

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

Cover: Tony Ridder, 3rd in People, "Jessica"



UFM is located on the east side of campus.



Why We Need Your Support

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

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

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

Teacher Feature

A lot of folks in Kansas have turned shutter bug, thanks to Ernie Peck, instructional media specialist, and his extension photo workshops. Manhattan probably has more than its share of photographers, however, because of the classes Ernie teaches for University for Man. This summer, he'll offer classes in both photography and calligraphy. It's only the third year for calligraphy, but his photography workshops go back to 1978. Since then, he's reached over 75 people in the UFM classes alone. "The oldest was 72; the youngest 10," Ernie said. "I'm constantly surprised at how many different ways there are for one person to see something."



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Class locations will be noted on your receipt.

1

Fine Arts

Draw it up, write it down . . .

STORY AND NOVEL WRITING FA-1

Leonard Bishop 258-2066

Wednesdays, 7-9:30pm 1st Mtg: June 18 (3x's)
Location: Will be noted on your receipt
Class Fee: \$8, pay with registration

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

BEGINNING CALLIGRAPHY FA-3

Ernie Peck 537-9883

Mondays, 7-9pm 1st Mtg: June 23 Length: 4x's
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: \$15, pay at class Limit: 12

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

WRITING FOR YOURSELF S-2

Jadis Manney, Edie Kirk 537-0624 539-2053

Tuesday, 7pm, 1st Mtg: July 8 (organizational)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Journals, poems, songs, stories and other forms of creative verbal expression can help you come to know and love and understand yourself and the world around you. There is no right or wrong, no good or bad, no rules except the rules you set when you write for yourself. If you are an experienced self-writer, or would just like to get started, come join us. (Edie and Jadis have been writing for themselves for over 10 years and it has enriched their lives.)

DRAWING FA-4

Danny Blea 537-9732

Tuesdays & Thursdays, 7:30-9pm
Organizational Meeting: July 1 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration Limit: 20

The first meeting will decide our interests and goals. We'll discuss pencil vs charcoal, decide on supplies and start you on techniques that may lead to another Durer or Da Vinci. Seriously though, this class may help you get a job someday and will certainly give you a skill and hobby that lasts a lifetime. (Danny has a BFA in graphic design.)

Watch my lips

SIGN LANGUAGE FA-21

Natalie Smith 539-3136

Wednesdays, 7-9pm 1st Mtg: June 18 Length: 6x's
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: 50c, pay at class Limit: 25

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. (Natalie learned sign language from her parents who are both deaf.)

ARABIC FOR BEGINNERS FA-24

Aida Dabbas 776-3458

Saturdays, 10-11am 1st Mtg: June 21 Length: 8x's
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration Limit: 12

This is your chance to learn Arabic from a native speaker. You will learn the alphabet and vocabulary of this exotic language and some basic reading and conversation skills. Who knows, this class may help you land a job, someday...or better yet, get you a new friend. (Aida, a native Jordanian, is a KSU graduate student in Education Administration.)

INTRODUCTION TO FRENCH CONVERSATION FA-22

Kiley Crill 776-5928

Mondays & Wednesdays, 10am 1st Mtg: June 23
Location: Will be noted on your receipt Length:
Class Fee: \$12, pay with registration 8x's
Materials Fee: \$5, pay at class Limit: 15

This class is a basic introduction to common French conversation, emphasizing that which would be useful while traveling in French-speaking countries. The intent is to build a sound beginning vocabulary without much worry about grammar. No text book is needed, class material will be provided. There will be a slide presentation about Quebec and we will have a crepe party during the last day of class. (Kiley is a French major, former president of the Kansas State French Club and spent a year in Quebec as an exchange student.)

CHINESE FA-23

Fong-Jui Huang Tsai 539-0832

Tuesdays & Thursdays, 7-8pm 1st Mtg: June 19
Length: 18 times
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration Limit: 10

This class will offer the basic elements of Chinese including pronunciation, simple conversation, and reading and writing characters. If you're planning a trip to the far east or just want to impress your Chinese friends with your language skills--this class is a must! (Fong Jui Huang Tsai graduated from the Nursing Department of Taipei Medical College, and then worked as a nurse for 3 years in Taiwan. She has taught Chinese to Americans before.)

Do the shutter-bug

BEGINNING PHOTOGRAPHY FA-9

Ernie Peck 537-9883

Classroom: Tuesday, Wednesday, Thursday, 7-9pm
June 24, 25, 26

Shooting: Saturday, 8:30am-4:30pm, June 28
Critique: Tuesday, 7-9pm, July 1

Location: Will be noted on your receipt
Class Fee: \$10, pay with registration
Materials Fee: \$30, pay at class Limit: 12

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

BLACK & WHITE AND COLOR FILM PROCESSING FA-10

Brian McBride 539-2519

Wednesdays, 7-9pm 1st Mtg: July 9 (3 times)

Location: Will be noted on your receipt
Class Fee: \$8, pay with registration
Materials Fee: \$10, pay at class Limit: 5

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

CLOSE-UP NATURE PHOTOGRAPHY FA-11

Bob Habiger 532-5866

Wednesday, 7-9pm, July 9 (2 times)
Saturday, 8-10am, July 12

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

Let's get close to nature with our camera; capture the sunlight filtering through a rose petal, or a dewdrop on a bud. First session includes instruction on techniques, equipment, exposure, etc. Second session will meet at the Rose Garden in Manhattan's City Park to practice those skills learned. (Bob is a professional architectural photographer who enjoys looking at roses and other flowers up close.)

UFM PHOTOGRAPHY DARKROOM COOPERATIVE FA-12

BLACK & WHITE AND COLOR

Neil Schanker 532-5866

Organizational Meeting: Monday, 5-5:30pm, June 23
or by appointment

Location: Will be noted on your receipt
Class Fees: Pay with registration

Black & White only

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

Black & White and Color

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

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

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

2

Class locations will be noted on your receipt.

Register any day 8-5 at the UFM House, 1221 Thurston.



Interior design

INTERIOR DESIGN: MAKING A HOUSE A HOME FA-16
Kathy Colvig 539-4121

One Time: Monday, 7pm, June 23
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Color and accessories can make the difference between just existing within four walls and enjoying living within those four walls--no matter where those walls are. We'll learn some "tricks" to change the appearance of a room to add intimacy or a sense of space, and some "quick and easy" decorator tips to make your home comfortable and attractive. (Kathy is an Interior Accessory Designer and Decorator in the Manhattan area.)

CHOOSING WALLPAPER FA-17
Steve Lundberg

Register and you will be contacted for day, time and date.
Location: Will be noted on your receipt
Class Fee: \$5, pay with registration
FACT: Wall papering is the home improvement most likely to increase the value of your home and recover its cost. In this class you'll learn how to choose the proper paper for your specific need and taste as well as the different properties of different types of paper. Learn how to choose the right paper to create the atmosphere you want, or to create the illusion of spaciousness in a small room. Look out Better Homes & Gardens! (Steve works with wallpaperers locally.)

FURNITURE REFINISHING FA-18
Brigitte Carver 485-2500

Section I: Wednesday, 3-5pm, July 9 one time/
Section II: Thursday, 3-5pm, July 10 section
Section III: Friday, 3-5pm, July 11
Location: Will be noted on your receipt
Class Fee: \$4/section, pay w/registration
Limit: 5/section

Visit an antique store in Riley and see how the experts do it! Learn furniture restoring step-by-step. Find the short cuts to make old furniture look beautiful again so you can turn your garage sale specials into antique treasures. (Wear grubby clothes.) (In furniture refinishing, Brigitte has 18 years experience. Brigitte and her husband own The Olde Shoppe in Riley.)

STAINED GLASS DEMONSTRATION FA-19
Andy Carver 485-2500

Section I: Wednesday, 2-4pm, July 16 one time/
Section II: Thursday, 2-4pm, July 17 section
Section III: Friday, 2-4pm, July 18
Location: Will be noted on your receipt
Class Fee: \$4/section, pay w/registration
Limit: 6/section

Demonstration will consist of techniques and materials required to build or repair stained glass windows. Lead channel and copper foil construction methods will be demonstrated. Types of stained glass and glass cutting tools will be emphasized. This class is held in Riley, famous for its many antique stores. (Andy has studied stained glass in several countries. He owns and operates one of the largest European Victorian stained glass studios in the Midwest.)

INNOVATIVE APPROACHES TO UPHOLSTERING FA-20
David Brown 539-6009

Saturdays, 9am, June 21-July 26 (6 times)
Location: Will be noted on your receipt
Class Fee: \$10, pay w/registration Limit: 10
Don't send that old divan to garage sale heaven! Reupholster it. Our discussions will cover the appropriate use, selection, and sources for upholstery materials and we'll provide students with a problem-solving and creative approach to upholstering new furniture and/or re-upholstering old furniture. We will NOT learn "traditional" upholstery technique, but determine the best approach for each situation. (David has spent the last seven years both designing furniture and teaching the design of furniture. The originality of each design has forced him to be innovative in his approach to upholstery.)



Scott Studley 3rd in Architecture Untitled



Would a wood chuck?

UFM WOODSHOP CO-OP FA-14
Brian Hobbs, Woodshop Coordinator 537-1714

Mandatory organizational meeting: You'll be contacted for time and date
Membership Fee: \$40, for 4 months
+\$20, refundable deposit
\$60, pay with registration

Located in the UFM solar addition, the woodshop is equipped with a wide variety of power and hand tools, including a radial arm saw, table saw, jointer, lather, band saw, and most common 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.)

SKILLS EXCHANGE FA-15
UFM Staff 532-5866

Need something done that you cannot or would rather not do? Have a skill or other exchangeable knowledge to offer in return? Trade a casserole for bike repair, a lawn mower for painting, planting a garden for babysitting. Register and we'll put you in touch with each other.

BASIC WOODWORKING FA-13
Brian Hobbs 537-1714

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

Individualized instruction will get you started on a simple project of your choice. Then you're on your own. Register, and we'll set up a time to learn about tools and materials required.

John's Shop
Solar Heat

The Do-It-Yourselfer's Helper

456-9470
RR2 Box 416 Wamego

Journeyman Carpenter John Miller Flatwork Concrete

Kansas Lumber Company

HOMESTORE

776-4811 Seth Childs Road

Class locations will be noted on your receipt.

3

World language: Music

CELTIC MUSIC WORKSHOP

FA-25

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

One Time: Friday, 7:30-10pm, July 11
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

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

ROCK SCHOOL TV VIDEO COURSE

FA-26

Vicki Shult 776-9911

Saturdays, 5-5:30pm 1st Mtg: May 31 Length: 8x's
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10
Materials Fee: (Optional) \$15-\$25, pay at class

TV course produced by BBC and presented by WNET, New York & KTWU, Topeka. The technique, theory, and craft behind today's music are presented in an 8-part series, emphasizing rock music as a craft, the skills of music making, teaching basic instrumental technique and theory associated with blues, rock, funk, reggae, and new wave styles. All this elucidated by this century's rock greats.

VOICE

FA-28

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. Indicate preference for individual or group instruction.

RECORDER ENSEMBLE

FA-29

Vicki Shult 776-9911

One Time: Sunday, 7pm, June 22
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Intended as a reading/playing get-together for recorder players. Music will be provided for the session, but please bring a stand if you have one, and indicate on your registration form what recorders you play and any consort playing experience so we don't have to dig for appropriate music during session time. We can play as one group or divide into small groups for duets, trios, etc. Participants can decide at this meeting whether or not to continue.

BASIC GUITAR SET-UP AND REPAIR

FA-31

Vicki Shult 776-9911

Sunday, 1:30-3pm, June 22
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10
Materials Fee: \$4.40 must be paid by Sat 6/21.

Harvey Citron on Homespun Video - A 90-minute video that will teach you valuable information and save you money as well. Shows you with clear, step-by-step instructions how to do the minor repairs and set-up that will have your electric or acoustic guitar playing perfectly. With the simplest of tools and no prior experience, you'll take care of tasks that will save you costly trips to the shop: proper string installation; truss rod adjustment (for neck warp); string buzzes at the nut; adjust height of nut; adjust height of bridge saddles; locate and file high frets; complete fret grind and polish; set intonation; eliminate rough fret ends; balance pick-ups; clean noisy pots; repair stripped screw holes.

PIANO:

FA-27

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 w/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. Indicate preference for individual or group instruction. (Ann is a graduate of the Oberlin Conservatory. She is a professional pianist, accompanist and singer.)

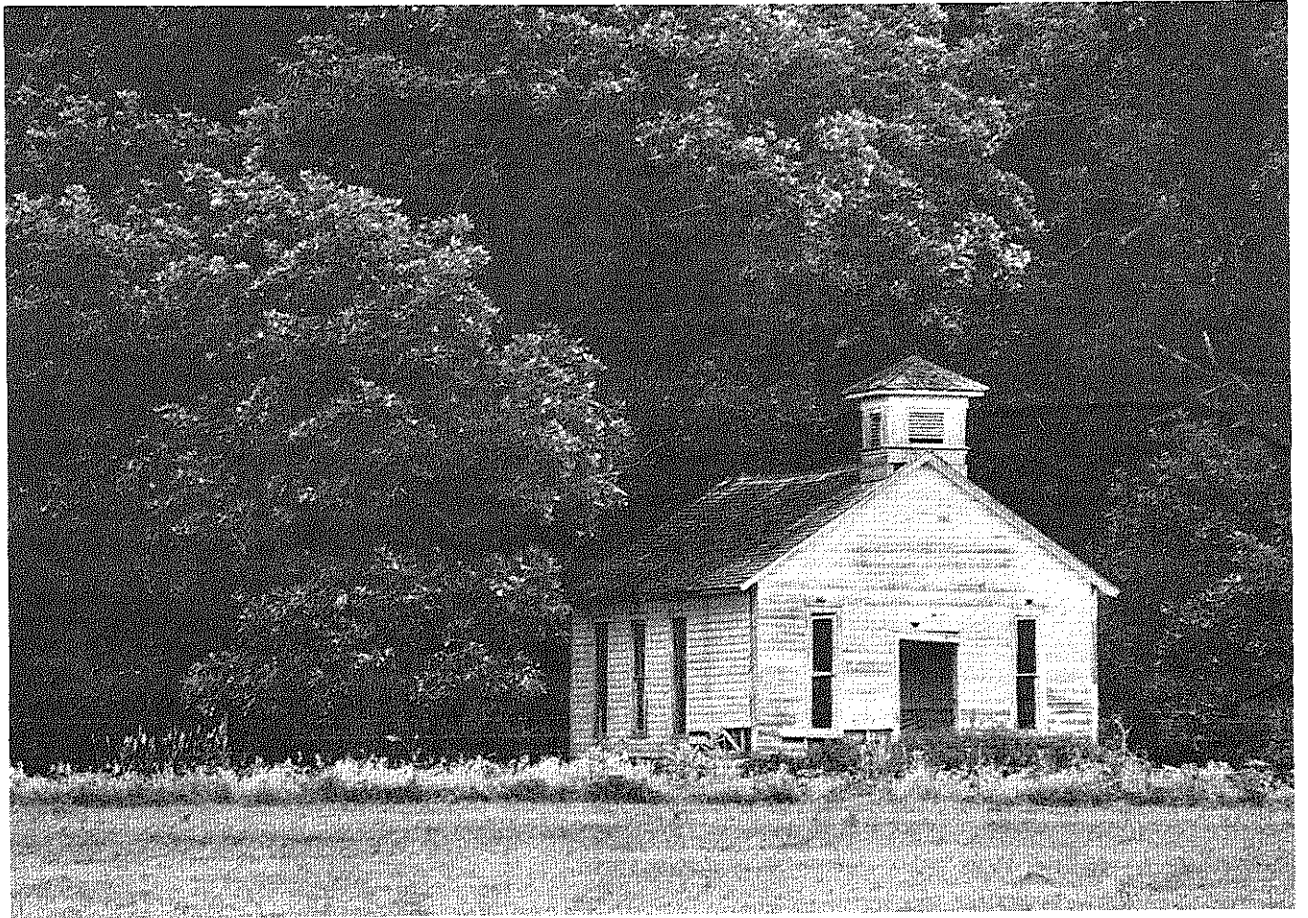
SYNTHESIZER BASICS VIDEO COURSE

FA-30

Vicki Shult 776-9911

One Time: Sunday, 1:30-3pm, June 29
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10
Materials Fee: \$4.50-must be paid by Sat. 6/28.

Secrets of Analog and Digital Synthesis, Vol. 1. Designed as a 5-lesson course, 1-1/2 hour 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 creating sound-patches, giving you a basic vocabulary and overall view to build on. Experienced synth users will find it useful to broaden their understanding of programming techniques. (Vicki works at Westron Wynde.)



Tom Sanchez 2nd in Architecture Untitled

Poetry in motion

SWING DANCE

FA-5

Art Clack, Kathy Colvig 1-293-5343

Wednesdays, 6-7:30pm June 18, 25, July 2 (3x's)
Location: Will be noted on your receipt
Class Fee: \$8/person, pay with registration
Limit: 18 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 and Kathy is his partner.)

BEGINNING BALLET

FA-6

Crissy Hess 537-2982

Tuesdays & Thursdays, 7-8:15pm Length: 8 times
June 19, 24, 26, July 1, 22, 24, Aug 5, 7
Location: Will be noted on your receipt (Limit: 20)
Class Fee: \$12/person, pay with registration

Participants will learn the basics of ballet, the five positions and some basic steps and exercises. Classes will include a warmup, bars and center. Participants are to wear a leotard, tights and ballet slippers. (Crissy has been dancing for 13 years and is presently a member of the Kaw Valley Dance Theater in Lawrence.)

FLINT HILLS FOLK DANCERS

FA-7

Paul Weidhaas/Enid Cocke 539-4805 539-6306

One Time, June 20 7:30-9:30pm
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, from British Isles to Polka to Israeli to American round dances. If you can walk, you can dance. All are welcome, from beginners to advanced dancers. (Paul and Enid danced before they could walk.)

CREATIVE MOVEMENT FOR ADULTS

FA-8

Nancy Stover, Jan Allen 537-1219

Tuesdays, 8:30pm, July 15, 22 (2 times)
Location: Will be noted on your receipt (Limit:20)
Class Fee: \$4/per person, pay w/registration

Get hold of the child within and take it home with you. Excursions into playtime with two leaders of creative movement for adults will enhance your health and sense of well-being. Warm-ups and relaxation, learn simple choreographic sources from your daily life and who knows what else?! (Nancy has worked and played with all ages of people through Life Song Theater and the Exceptional Theater. Both Nancy and Jan have attended Susan Warden dance workshops.)

4

Class locations will be noted on your receipt.

Crafts with class

RURAL FIBER WREATHS FA-37
Susan Toy
One Time: Saturday, 9:30am, June 21
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: For supplies used Limit: 5
Made it yourself! Design a wreath of straw, corn husk, or grapevine with ribbon, flowers and/or woodcuts to show off your own inimitable style. (Susan is very knowledgeable about crafts.)

STENCILING FA-38
Susan Toy
Section I: Tuesday, 1pm, July 15 One time each
Section II: Friday, 9:30am, July 18 section
Location: Will be noted on your receipt
Class Fee: \$4/section, pay with registration
Materials Fee: For supplies used Limit: 3/section
As old as the hills, stenciling is an easy way to decorate a room or a notepad. This time we will learn to stencil a useful floor cloth or rug.

PAINT ART FA-39
Susan Toy
One Time: Saturday, 9:30am, June 28 (One time)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: For supplies used
Have fun learning basic painting techniques used by Europeans centuries ago to beautify their surroundings. No charge for paints or brushes.

RIBBON WREATH FA-36
Susan Toy
One Time: Wednesday, 7pm, June 25
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: For supplies used
Using more than 35 yards of ribbon, choose your own colors to make a lovely door or wall decoration or centerpiece.

MACRAME (ART OF KNOTTING) FA-33
Neelam Jain 776-8305
One Time: Saturday, 9:30-11:30am, June 21
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$6-\$12, pay at class Limit: 10
Macrame is the art of fancy knotting. It is easy to learn and fun to do. We will be making a plant pot hanger 5-6 feet tall, but there's no limit to what you can do with your new skills. Participants who want to use special beads can do so. Make it a family affair and come if you're 12 or older! (Macrame is fun and one of Neelam's favorite hand crafts.)

BASKET WEAVING FA-40
Susan Toy
One Time: Monday, 9:30am, June 23
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: For supplies used Limit: 3
To market, to market. Learn to weave a sturdy basket. Learn several different weaving techniques and basket dying ideas.

RAG RUGS FA-32
Fran Walter 539-2961
One Time: Friday, 7-9pm, June 27
Location: Will be noted on your receipt
Class Fee: \$5, pay with registration Limit: 12

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

ROSE BEADS FA-34
Jayne Link 539-7605

One Time: Wednesday, 6:30-8:30pm, June 25
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$3, pay at class Limit: 6
Learn how to make scented rose beads that can be used as necklaces, bracelets, "rosaries" or to tuck away with your garments. A great way to preserve roses from someone special or from your garden. (Jayne has been experimenting with flowers and plants for years.)

JEWELRY MAKING AND REPAIR FA-35
Marge Somsen 776-6634

One Time: Tuesday, 7-9pm, July 29
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: Depends upon materials used

You can remake old jewelry into stylish accessories. Using either pierced or clip-on jewelry findings, you can make earrings from antique and collectible cut glass beads or repair family heirlooms. Bring your own beads or use those supplied at the class. Earring backings, stringing materials and beads will be supplied to repair old jewelry, make new accessories to match your antique and collectibles or just make something new from something old. (Marge is an avid collector of antique jewelry and has made many beautiful pieces.)

Bob, bob, bobbin' along

BEGINNING SPINNING FA-42
Karen Barron 532-5866
One Time: Wednesday, 7-10pm, June 18
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration Limit: 10
Materials Fee: \$2, pay at class

Do your part to keep spinning from being a vanishing art! If you've never spun before, this class is for you! Handouts and information will be given on how to process raw wool to prepare it for spinning, including skirting, washing and carding or combing. Spinning will be demonstrated and each participant will get to practice the technique. Two-ply spinning will also be shown and tips given on spinning wheel maintenance. If you have a wheel, bring it. (Karen likes to spin different fibers for fun and won overall champion and first place with her homespun collie fur last year at the Wabaunsee County Fair.)

COSTUME WORKSHOP FA-45
Dee Dee Miller 468-3625

Thursday, 7-8pm, June 26
Saturday, 1-4pm, June 28
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration Limit: 6
Materials Fee: \$10/work session, pay at class
Design and create a costume for under \$10 in materials fees. Discover secrets to successful costume design and construction. Find and create an inspiration using basic pattern alterations as we recycle yesterday's fashions and remnants. Additional work sessions may be arranged. (Dee Dee has many years of clothing and textile experience.)

NEEDLEPOINT FA-46
Carolee Stark 539-1781

Mondays, 7:30-9pm, June 23, 30 (2 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration Limit: 10
Materials Fee: \$2, pay at class
Needlepoint has been used for producing decorative items--pillows, tapestries and personal items for hundreds of years. This class will teach with basic needlepoint stitchery, but those who are more advanced are welcome to come and work on something more challenging. We will try to complete at least one small project. (Carolee has done needlepoint for years and has lots of examples of ways you can use this form of needle art.)

GATHERED SKIRT FA-43
Peggy Miao 539-9119

One Time: Saturday, 12-6pm, June 21
Location: Will be noted on your receipt
Class Fee: \$8, pay with registration
In one afternoon you can make a beautiful jiffy gathered skirt with a split-fronted overskirt. Please bring to class 2 matching/contrasting fabrics (e.g., orange calico and green solid, or pink floral print and pink solid). Yardage is 2 yards of fabric each. (e.g., 2 yards of orange calico and 2 yards of green solid). (Peggy is a free-lance home economics journalist.)

WEAVING FA-41
Susan Lala 537-9610

Mondays, 6:30-9:30pm, July 28, Aug. 4, 11, 18
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration Limit: 4
Materials Fee: Loom rental \$10; Yarn, \$8
Beginning weaving. Our main objective is to learn how to prepare the loom for weaving. Each week we will get the looms ready and take them home with weaving to be done before the next class.

More weaving techniques. In this class we will weave samples for the following weaving techniques: double weave; weft faced weaves, and leno. This class is for weavers who have already had Basic Weaving. The 2 classes will run concurrently. (A member of Manhattan's Weavers Guild, Susan loves to weave.)

TATTING--THE ART OF MAKING LACE FA-47
Jessie Fouveaux 776-6806

Mondays, 7-9pm, June 23, 30, July 7 (3 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration Limit: 3
Tatting, or "frivolite" as the French call it, is a very old art. This process of making lace by looping and knotting a single strand of thread on a small shuttle originated in Europe. Years ago tatters used very fine thread and many long "picots" to create a lacy effect. Modern tatting has shorter and fewer picots, uses heavier thread, and will outwear the cloth it is on. Please bring a plastic tatting shuttle, spool of tatting thread, crochet hook or needle and a basic tatting instruction booklet. (Jessie was 11 years old when she learned this art from her grandmother and has continued tatting to this day.)

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Class locations will be noted on your receipt.

5

Get all fired up!

BEGINNING POTTERY FA-48
 Courtney Clark 539-4033
 Mondays, 2-4pm 1st Mtg: June 29 Length: 9x's
 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 pottery. You will have an opportunity
 to learn both hand-building and wheel-throwing
 techniques. 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. The
 basic materials fee covers clay and glazes; you
 may want to purchase your own tools and more clay
 as you progress. Come try your hand! (Courtney's
 been working with clay for six years now, but no
 one ever talked her into teaching a class before.
 This ought to be fun!)

RAKU POTTERY FIRING FA-49
 Gene Sievers 539-8926
 Saturday, 9-11am, July 19 (2 times)
 Saturday, 8am-12n, July 26
 Location: Will be noted on your receipt
 Class Fee: \$6, pay with registration
 Materials Fee: \$3, pay at class Limit: 8
 This class, an American adaptation of a tradi-
 tional oriental social event, will feature the
 firing process--which is very exciting, spontaneous
 and unique to RAKU. Each participant will be pro-
 vided with three "simple" tea cups to glaze and
 decorate at the first meeting and the actual
 firing will be the second meeting. No previous
 pottery experience necessary to have an enjoyable
 time. (Gene is a graduate student at KSU in
 ceramics. He has taught this class at UFM in
 the past.)

UFM POTTERY STUDIO CO-OP FA-50
 Courtney Clark 539-4033
 Mandatory organizational meeting - you'll be
 contacted for day, time and date
 Location: Will be noted on your receipt
 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 con-
 fident 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 pur-
 chased a sophisticated slab roller for use in
 sculptural handbuilding, and electric wheel to
 augment its studio equipment. (Courtney is the
 pottery studio coordinator for UFM.)

Young people only

FRIENDS AND MUSIC USA FA-53
 Micki Shult 776-9911
 Register and you'll be contacted for day, time
 and date Length: Ongoing
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Local chapter of Friends and Music, USA (FAMUSA),
 the national music club network for 14-20-year olds,
 is currently being formed under the sponsorship
 of Westron Wynde Music. FAMUSA is a not-for-
 profit organization created to provide new music-
 making opportunities for young people across the
 country. Activities planned for the Westron
 Wynde chapter of FAMUSA include special clinics
 and workshops featuring experts in the music
 field, group trips and social events, rehearsal
 sessions and frequent musical performances by
 members. Those who sign up through UFM will be
 assured of being contacted for the organizational
 meeting and a free FAMUSA t-shirt. Please indicate
 t-shirt size on registration form.

FRENCH FOR KIDS (AGES 7-12) FA-51
 Sheri Valentine
 Mondays & Wednesdays, 1-2pm 1st Mtg: June 23
 Location: Will be noted on your receipt (Length:
 Class Fee: \$10, pay w/registration 8x's)
 Limit: 10
 It's a fact. It's easiest to learn another language
 when you're a kid. Start your child (7-12) with
 this fun class which includes French greetings,
 foods, and simple songs. Also, we'll learn one
 fable in English, but with the correct French
 names of characters, and the simple expressions
 the children already have learned in French.
 (Sheri has been a French teacher and is excited
 about helping young people discover "foreign"
 ways.)

FOLK DANCE FOR BEGINNERS-TEENAGERS FA-52
 Sharon Bockelman 537-8609
 Section I: Wednesday, 6:30-7:30pm 1st Mtg: 6/18
 Section II: Wednesday, 7:45-8:45pm 1st Mtg: 6/18
 Length: 6 times Limit: 8/section
 Location: Will be noted on your receipt
 Class Fee: \$10/person/section, pay w/registration
 Have fun dancing the polka, waltz, mazurka and
 other folk dances. Not only is this good fun but
 also good exercise. Learn a little about the
 history and culture of the dances you learn. If
 desired by students, later in the class we will
 dance to popular songs of today. If you are 12-19
 years of age, check out this class! (Sharon
 taught a folk dance class in college as part of
 her practical experience in teaching.)

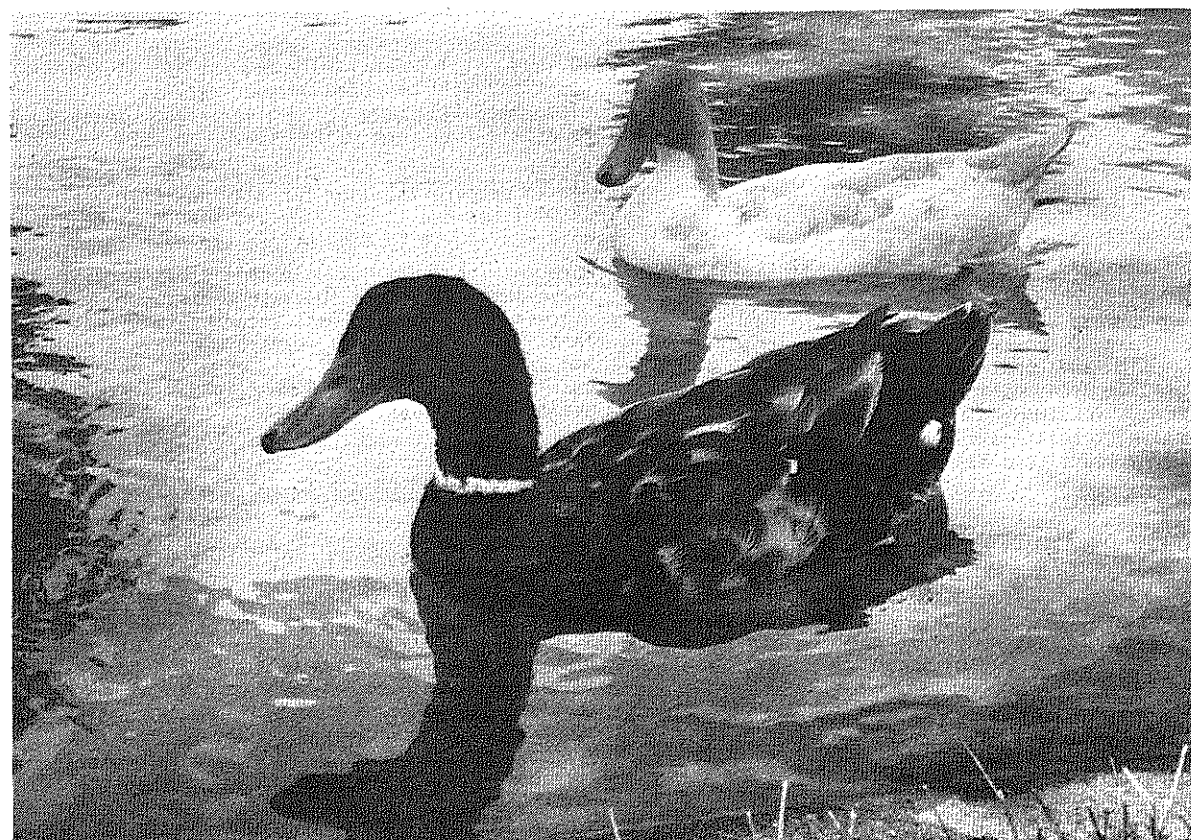
DOLL HOUSES (AGES 7-12) FA-54
 Miranda Mortlock
 One Time: Saturday, 10am, June 28
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Peek through the magic keyhole into a tiny minia-
 ture world. Build a cozy, comfortable house for
 your doll out of a box, scraps of material and
 paper. Be as creative as you want. This is a
 chance for those 7-12 years old to explore the
 wonders of designing a home for a special little
 friend. (Miranda has taught this once before.
 She is a KSU student.)

COOKIE DECORATING FOR YOUNG COOKS FA-57
 Miranda Mortlock
 One Time: Saturday, 10am-12n, July 5
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 10
 Materials Fee: \$2, pay at class
 Have you ever wished you could make those beauti-
 ful, delectable cookie delights like you see on
 magazine covers? Well...you can. For young cooks
 and moms, this class will provide ready-made
 cookies and crackers and necessary frostings. Use
 them to create some tasty party temptations.
 (Miranda just thought this would be fun to do.)

BE BUSY AFTER SCHOOL FA-58
 Lybel Miller 532-5866
 Monday thru Friday, 3:30-5:30pm, Aug 25-May 30
 Length: school year
 Location: Will be noted on your receipt
 Charge: \$20/week Limit: 30
 Be Busy is an after-school arts enrichment pro-
 gram for kindergarten through sixth grade. UFM
 picks kids up at schools, serves snacks and pro-
 vides materials, projects, special events and TLC
 until parents pick them up. Sign up now and avoid
 the anxiety of what to do about after school care
 this fall. Contact UFM for more information at
 532-5866.

CHILDREN'S FOLK ART FA-55
 Susan Toy
 One Time: Tuesday, 9:30-11:30am, Aug 12
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 4
 Materials Fee: \$5, pay at class
 Young people can enjoy painting wooden cut-outs
 (3) and make them into magnets or keychains, a
 necklace or a wall hanger. Learn the basics of a
 very old skill.

STENCILING FOR KIDS FA-56
 Susan Toy
 One Time: Tuesday, 9:30-11:30am, Aug 5
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$3, pay at class Limit: 4
 Using cut-out patterns and paint, take home a
 completed project. Bring to class an item such
 as an apron, a tea towel, or a t-shirt to stencil.



Christy Carlson Untitled

6 Class locations will be noted on your receipt.

Tours

KSU CAMPUS TOURS

FA-59

Jack Taylor 532-6250

Tuesday or Thursday, 10-11am

Register and you'll be contacted for dates

Location: Will be noted on your receipt

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

Explore the nooks and crannies and hidden places on the campus at K-State and the Manhattan area. The class can select the tour sites at the first meeting. We'll be sure to include the TRIGA Mark II Nuclear Reactor, Grain Science & Milling and the Vet Med Complex. (Jack is the 1986-87 tour coordinator. He is a junior in microbiology. He will be arranging all tours but will not be giving them all himself.)

THE AMERICAN INSTITUTE OF BAKING

FA-64

Carol Fiser 537-4750

Section I: Thursday, 2pm, June 5

Section II: Thursday, 2pm, July 24

Section III: Tuesday, 2pm, August 12

Location: Will be noted on your receipt

Class Fee: \$2/section, pay with registration

Limit: 5/section

The American Institute of Baking is a non-profit organization devoted to education, training and research for the baking, food processing industries, and the general public. A tour of the facility will give you a view of what the Institute is doing for the community and all people in general. (Carol is Communications Assistant at AIB.)

UFM TOURS

FA-61

Register for the tour or tours you want to take

Fee: \$26/section

Section I: Festival International, June 21-22
Agricultural Hall of Fame grounds, 130th & State Avenue. Main Centennial Celebration activity and one of seven festivals selected as part of the state of Kansas' 125th Anniversary Celebration. Multi-ethnic festival centered around diverse groups in Kansas City, Kansas, highlighting traditional arts and crafts. Performances by groups in the region. Admission fee extra.

Section II: 24th Annual Kansas City Indian Club Pow Wow, July 25-27. Wyandotte County Fairgrounds, 98th & State Avenue. Three-day Indian encampment with Indian foods, crafts and dances. Contest dancing in all categories. Traders invited. Saturday, 2 & 7 pm.

Section III: 10th Annual Renaissance Festival, August 30, Agricultural Hall of Fame grounds 130th & State Avenue. Presented by the Kansas City Art Institute, the Renaissance Festival is an authentic re-creation of a 16th Century English harvest faire. Horse races and skills, street performers, craftsmen, theater, choirs, food and craft demonstrations. 10am-6:30pm. Adults \$8 (approximately), children \$3.25 (approximately). Children under 5 free.

Section IV: Mexican Independence Day Celebration, Sept 6-7. Emerson Park, 29th & Strong Avenue. Annual outdoor Mexican fiesta with live entertainment, music, food, booths and games. Free. Saturday, 3-10pm.

VICTORIAN HOUSES

FA-62

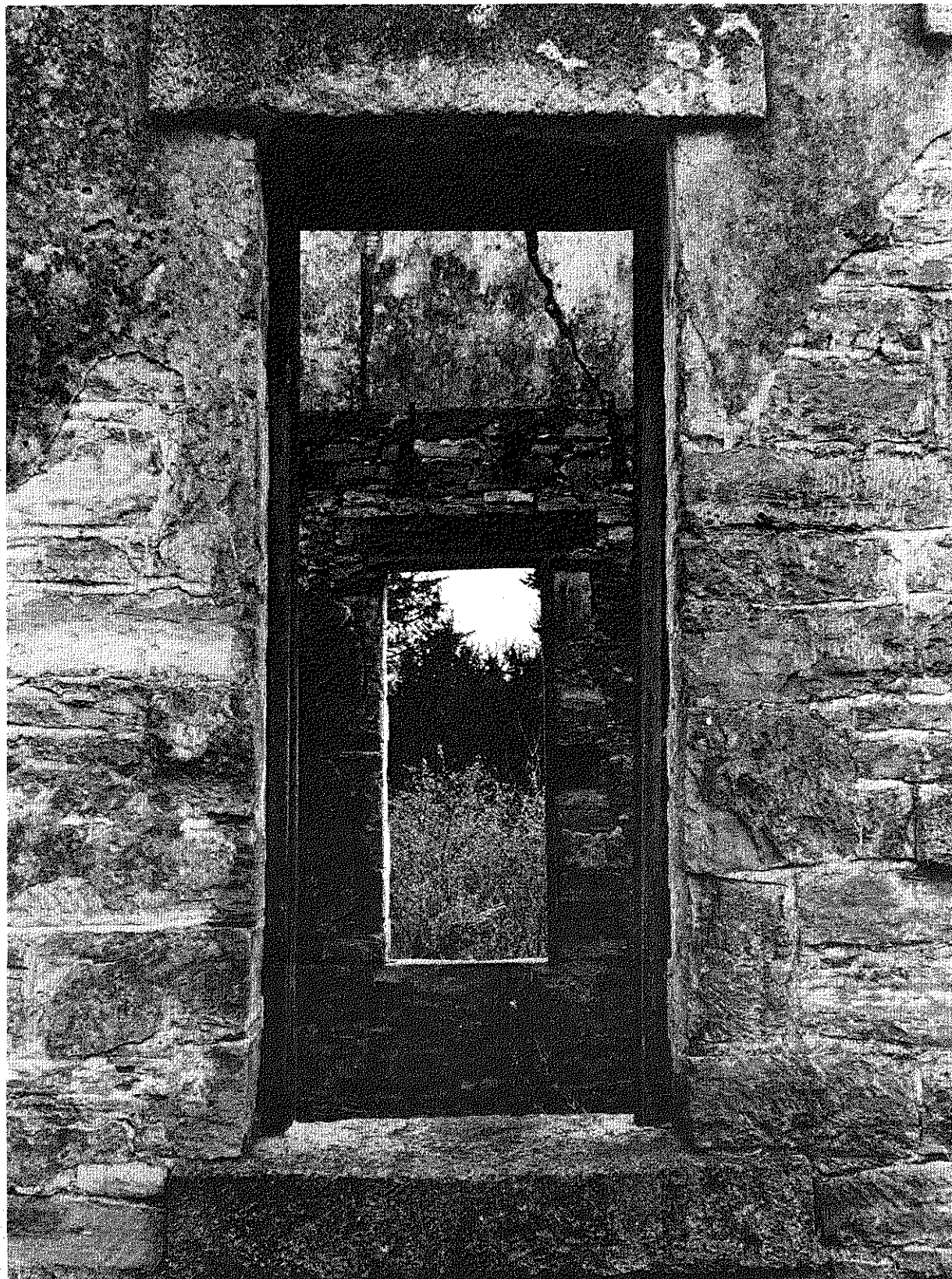
Ned & Sheri Valentine

One Time: Wednesday, 7:30-9pm, July 9

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration Limit: 30

Tour a modern Victorian home and find out how Ned and Sheri researched, designed, planned and built it! Kansas offers a treasure of lovely Victorian homes, since that was the building style during the time it was settled. As Virginia, New England and other colonial areas revive their colonial traditions in new construction, so can Kansans correctly and economically recreate the warmth of the style early Kansans loved. (Ned and Sheri decided to build a Victorian house because there were few available to purchase, and they couldn't picture themselves living in a "modern" home, with sharp angles and low ceilings.)



Tony Ridder 1st in Architecture Untitled

McCALL PATTERN COMPANY TOUR

FA-60

McCall Staff

776-4041

Section I: Wednesday, 9am, June 25

Section II: Wednesday, 1pm, July 16 one time

Section III: Monday, 10am, Aug 18 each

Location: Will be noted on your receipt section

Class Fee: \$2, pay with registration

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

PERFUMES AND POTIONS AND HERB TOUR

FA-65

Carol Ebert

1-456-2841

Section I: Thursday, 2-3:30pm, June 26

Section II: Thursday, 7:30-9pm, June 26

Location: Will be noted on your receipt

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

Materials Fee: \$1.50, pay at class

Limit: 12/section

Come on an herbal tour. 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.)

DAIRY PLUS ICE CREAM

FA-63

Elwood Schmidt

1-485-5621 539-1312

Saturday, 4-6pm, June 21; Sunday, 1-3pm, June 22

Location: Will be noted on your receipt

Class Fee: \$5, pay with registration

Materials Fee: \$3.50-\$7, pay at class Limit: 10

Did you ever wonder what goes on inside those dairy barns and how all those cows turn grass into chocolate ice cream? Now's your chance to find out. We'll tour a modern operation and see how milking and separating cream is done. At the second class we'll make and eat ice cream from the milk and cream produced in the first class. Come with a suggestion for a favorite flavor (we'll make 2) and wear work clothes for an "udderly" delightful experience. (Elwood has 15 years experience milking Jersey cows and 3 years experience in making ice cream.)

Class locations will be noted on your receipt.

7



Inner Self

Learning and growing

WORKING TOWARDS EQUALITY IN INTIMATE RELATIONSHIPS

S-8

Sandra Coyner

532-5738

One Time: 7:30-9:30pm, July 1, Tuesday
Location: Will be noted on your receipt (Limit: 15)
Class Fee: \$4/person, pay w/registration

It's not easy to achieve real equality in intimate relationships because traditions of male dominance, female subordination, and overblown expectations for "love" tend to mislead. This class will discuss definitions, hopes and plans, and strategies for equality. Both couples and singles are welcome. (Sandy has spent a lifetime working for equality in intimate and other relationships. She is director of KSU's Women's Studies Program.)

I CAN DO IT!

S-11

Robbin Waldner

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

A look at the way we view problems and some innovative ways to change the way we think about ourselves. Let's start looking at our assets instead of our liabilities. Believing in ourselves is the first step to making changes in our lives. Come and learn some practical ways to change the way we see ourselves. (Robbin is a social work graduate of KSU and is currently in a masters program at KU.)

EFFECTIVE COMMUNICATION

S-9

Mark Reiff

537-9726

Register and you will be contacted for day and date. The class will meet from 7-9pm (one time)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10

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

THE SCIENCE OF GOAL SETTING

S-13

Greg Potter, PhD, CCMHC

537-0076

One Time: Tuesday, 7-9:30pm, June 24
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15
Materials Fee: \$6, pay at class (cost of cassette tape.)

Approaching life without well-defined, meaningful goals can be likened to playing a basketball game without baskets. This class is designed to help you stop approaching life aimlessly and gain more control of making your goals a reality. (Greg is a national certified counselor in private practice.)

ALCOHOLISM AND THE FAMILY

S-12

Sarah Bowers
Tuesdays, 7:30-9pm, July 8, 15 (2 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 12

There are predictable patterns of behavior within the alcoholic family. The children of alcoholics continue these patterns of behavior, many times inappropriately, into other relationships creating problems and tensions which need not exist. Research is now available showing that family members of alcoholics have many similar behavior patterns. This class will look at the effects of alcoholism on family members through discussion, and films. If your life is in any way affected by an alcoholic family member or friend, this class will help you to understand your own or other people's behavior. (Sarah has a masters degree in counseling and has worked in the field of chemical dependency since 1979.)

DEALING WITH ANGER AND OTHER TROUBLESOME EMOTIONS

(S-10)

537-0624

Jadis Manney

Section I: Tuesdays, 7-9pm, June 24, July 1
Section II: Tuesdays, 7-9pm, Aug 12, 19
Length: 2 times/section Limit: 15/section
Location: Will be noted on your receipt
Class Fee: \$4/section, pay with registration
Materials Fee: 75c, pay at class

Not happy with the way you react to some people or situations? We will discuss various techniques to help you and your feelings be friends. We'll talk about accepting feelings, avoiding unwanted feelings, not letting feelings make you do things you'll regret and other emotional topics. (Jadis is a Junior in Sociology and Psychology at K-State. She has been a volunteer for a crisis hotline for several years, is active in two local self-help groups, and has dealt with lots of troublesome emotions.)

VERBAL SELF-DEFENSE

S-14

Eunice Dorst

532-5866

Wednesdays 7-9pm 1st Mtg: July 2 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

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

Feeling good

BASIC MASSAGE

S-18

Bob Parr

762-5569

One Time: Tuesday, 5:30-8:30pm, June 24
Location: Will be noted on your receipt
Class Fee: \$4/person, pay with registration
Materials Fee: \$1/person, 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 2½ years he is now a free lance outcall masseur by appointment only giving sessions or lessons.)

REFLEXOLOGY

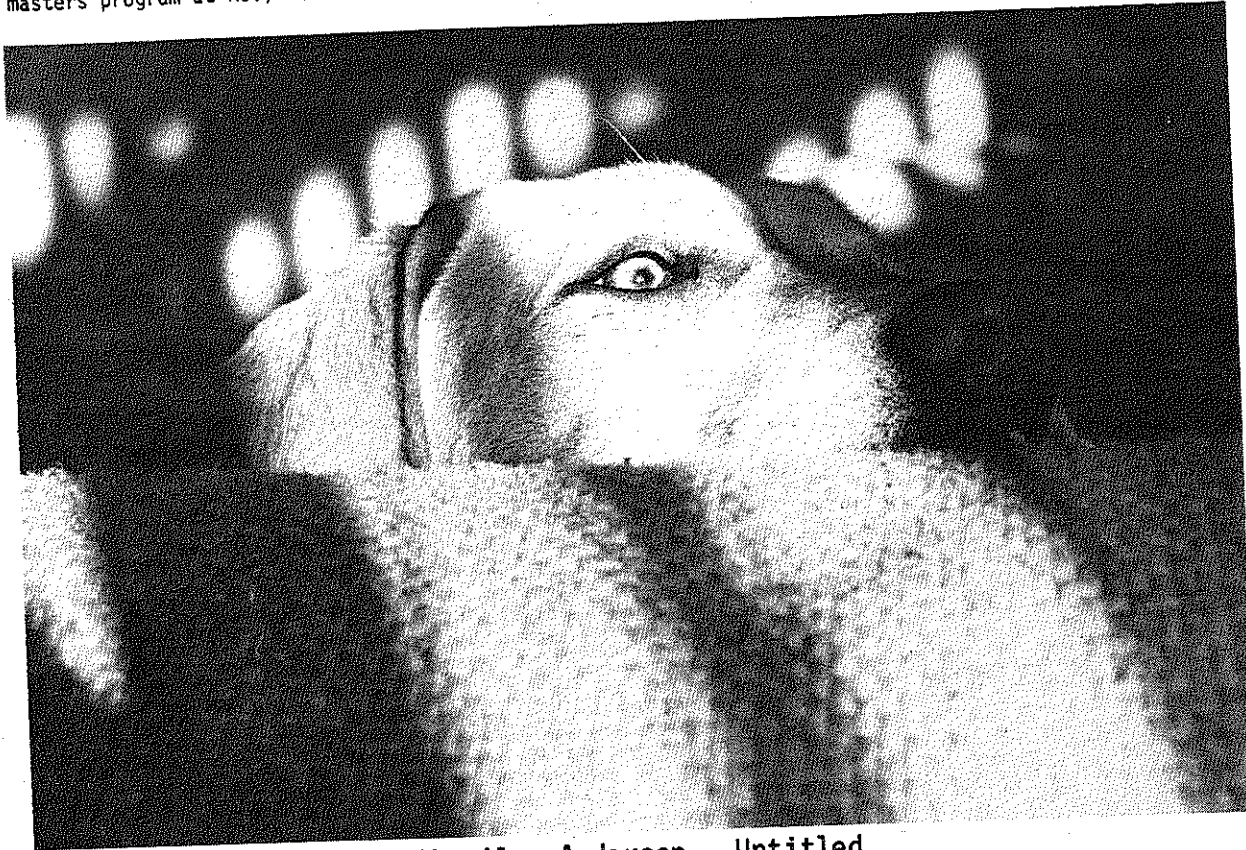
S-19

Russell Gillespie

776-8768

One Time: Wednesday, 7-9pm, June 25
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.)



Sharilyn Anderson Untitled

8

Class locations will be noted on your receipt.

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

For women only

BOOKS BY AND ABOUT WOMEN

S-15

Lorrie Cross 539-5337
 Wednesdays, 7:30-9pm 1st Mtg: June 25 (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. Books we have read are: *Silas Marner* by George Elliott; *Mists of Avalon* by Marion Zimmer Bradley; *Awakening* by Kate Chopin; *Choices* by Liv Ullmann; and *Out of Africa* by Isak Dineson. (Lorrie has been a member of this informal reading group since 1978.)

FEMINIST CONSCIOUSNESS-RAISING

S-16

Mary Holm 537-3762
 Wednesdays, 7-9pm 1st Mtg: July 16 (Ongoing)
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 12

The first meeting will be a general discussion open to any interested woman. Then, a group of women will form to explore such specific topics as "mothers and daughters" and "roles and stereotyping" to discover societal influences in our personal lives. (Mary is a feminist and interested in the effects of societal influences on women's lives.)

WOMEN'S SELF-DEFENSE

S-17

Mary Holm 537-3762
 Wednesdays, 7-9pm, June 18, 25 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$6, pay with registration Limit: 20

Regardless of age, race, social class or lifestyle, all women are potential targets of violence. Women rarely receive any training for their own defense. This class will introduce simple but effective self-defense skills taught by women, for women. Be sure to wear loose, comfortable clothing. (Mary has taught "Self-Defense for Women," one of UFM's most popular classes, for several years.)

Supporting each other

SINGLE PARENT SUPPORT GROUP

S-1

Tybel Miller 532-5866
 Organizational meeting: Saturday, 7-10pm, June 21
 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 facilitate sharing experiences, knowledge and friendship.)

WRITING FOR YOURSELF

S-2

Jadis Manney, Edie Kirk 537-0624 539-2053
 Organizational meeting: Tuesday, 7pm, July 8
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration

Journals, poems, songs, stories, and other forms of creative verbal expression can help you come to know and love and understand yourself and the world around you. There is no right or wrong, no good or bad, no rules except the rules you set when you write for yourself. If you are an experienced self-writer, or would just like to get started, come join us. (Edie and Jadis have been writing for themselves for over 10 years, and it has enriched their lives.)

UFM is currently compiling a list of support groups in Manhattan and surrounding areas. This list will be available to interested persons who want to join a support group, but have no idea if one exists to fill their particular need, or how to make contact with existing groups. If you run a support group and would like your group to be included in this list, please contact Eunice, 532-5866. S-3



Tom Sanchez Untitled

Look at me now!

MODELING TECHNIQUES

S-29

Jodie VanPelt

One Time: Thursday, 7pm, Aug 14
 Location: Will be noted on your receipt
 Class Fee: \$6, pay with registration

Graceful...elegant...these are the qualities we associate with models. Now they can be yours. Whether you are interested in a career as a model, or just want to learn the techniques so you too can be graceful and elegant, this is the class for you. You will learn about the different types of modeling, how models are trained, how to put together your portfolio and how to make all eyes look in your direction when you enter a room. (Jodie trained as a model in Wichita and wants to share with you her experiences and expertise.)

COLOR PERFECT

S-27

Bonnie Hansen

776-3438

One Time: Thursday, 7pm, June 26
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 8
 Materials Fee: \$35, pay at class

Enhance your personal appearance with a seasonal color analysis by a trained color consultant. Each member will have her personal colors analyzed and receive her color packet. Facial shapes, hair styles and eye glass shapes will be determined. Individual appointments will be made for makeup at a later date.

IMAGE REFLECTIONS

S-28

Bonnie Hansen

776-3438

One Time: Saturday, 1pm, July 12
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 6
 Materials Fee: \$35, pay at class

Reflect a more beautiful you! In our image reflection class, each member will receive a complete figure analysis. The challenge points will be determined and optical illusions will be planned to minimize these areas and give the impression of total body balance. New lengths and wardrobe tips will be presented.

WEIGHT CONTROL/FAT: WHO OWNS THE PROBLEM? S-30

Bonnie Hansen

776-3438

One Time: Monday, 5:30pm, June 30
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 10

We will discuss the fad diets on the market and how important good nutrition is when dieting. Goal setting, how fat affects the body, types of fats and how to conquer the problem will all be presented. (Bonnie is a certified diet counselor with eleven years experience in private counselling. She owns the Diet Center.)

MAKE-OVERS: WOMEN ONLY

S-25

Deanna Pierson

1-485-2790 539-8920

One Time: Tuesday, 7pm, July 8
 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.)

MAKING THE MOST OF YOUR GOOD LOOKS

S-26

Alicia & Company

537-9825

One Time: Monday, 6-8pm, June 23
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 10

Everyone can look her best with the right hairstyle and use of makeup. In this class you'll learn how to maximize your best features and play down those "other ones." Facial shape, makeup techniques (demonstrated on class volunteers) and other beauty tips from color to hairstyle can help you look your smashing best. (The staff at Alicia & Co. are looking forward to helping you make the most of your looks.)

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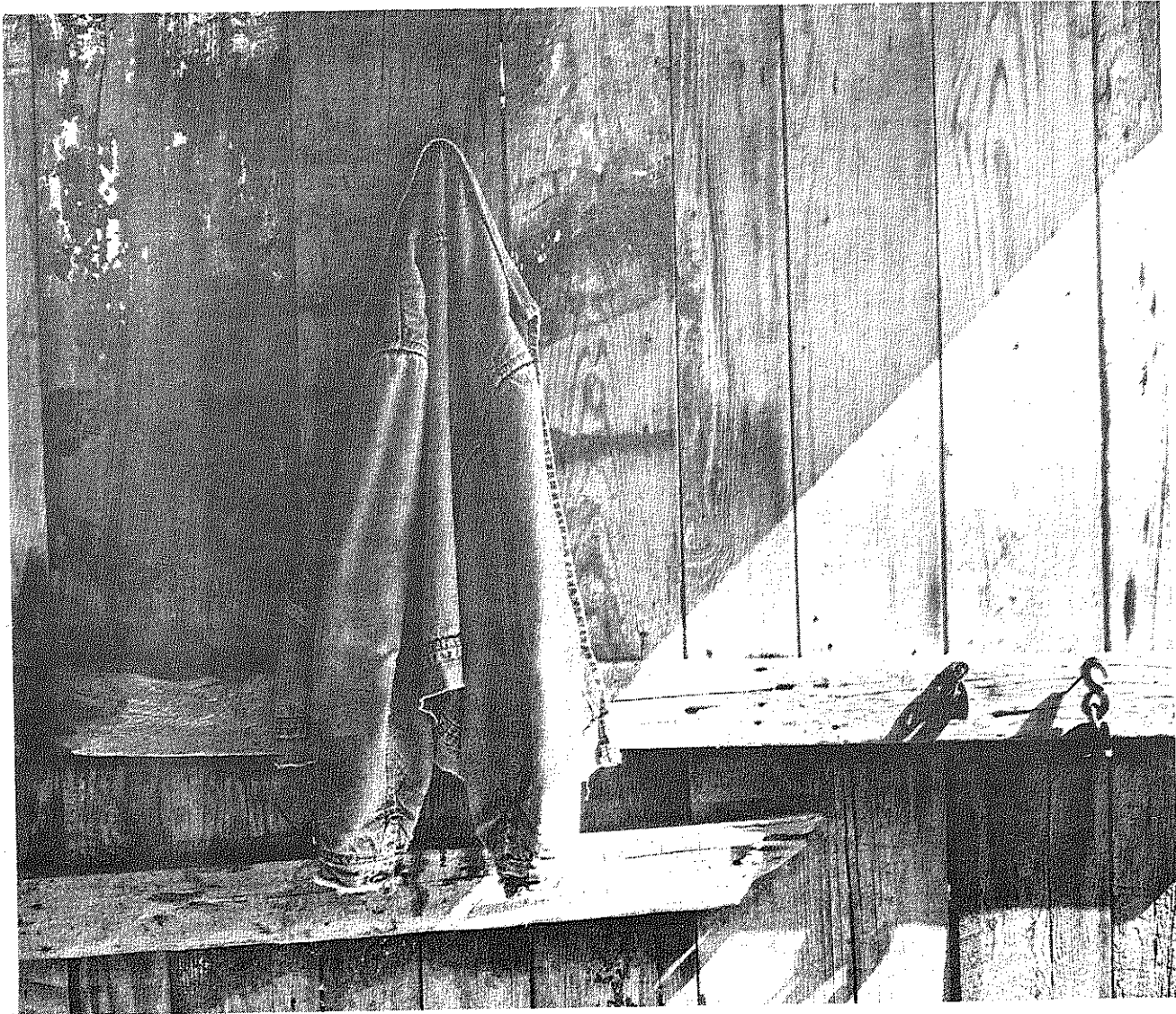
1330 Westloop
 Manhattan, Kansas 66502

537-4528

Pam Nabors, owner

Class locations will be noted on your receipt.

9



Carol Gulker "Day's End"

Spirituality in many forms

INTRODUCTION TO ZEN MEDITATION S-20
 Al Potter 532-5634
 Wednesdays, 7:30-9pm, June 18, 25, July 2 (3x's)
 Location: Will be noted on your receipt
 Class Fee: \$4, 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 CLASS S-24
 Dave Stewart 539-3051
 Mondays, 11:30am-1pm, May 19 to July 7
 Location: Will be noted on your receipt
 Class Fee: \$2, pay with registration
 Materials Fee: Approximately \$10 (cost of text)

The tradition of open and stimulating dialogue will continue in an early summer session of the Sack Lunch Theology. For our consideration, we will read and discuss the book, *A Worldly Spirituality*. The book deals with the human relationships to the earth and raises the question of whether or not humanity misunderstood the first command to assume "dominion of the earth." The book discussed how we have abused the earth; and how the earth may be redeemed and restored. It challenges our theologies at its core. At the same time it offers alternatives for new possibilities. This is an on-going class and you are invited to join at any time. (Dave is the American Baptist campus minister who has led many Sack Lunch Theology sessions and who welcomes partnerships in the continuing search for knowledge and truth.)

10

Class locations will be noted on your receipt.

INTRODUCTION TO UNITY METAPHICS S-23
 Reverend Don Jennings 539-8416
 One Time: Wednesday, 6:30-8:30pm, July 9
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration

We will discuss the metaphysical aspects of Unity teachings. Bring your questions and we will do our best to answer them. Unity School of Christianity (the publishers of the Daily Word) has its home offices at Unity Village in Kansas City, Missouri. (It is not to be confused with the Unitarian or Unification Church.) (The Reverend Jennings is the minister of the Unity Church of Christianity in Topeka.)

DREAMS, IMAGINATION AND INTUITION S-21
 Fred Newton 532-6927
 Wednesdays, 7-8:30pm June 18, 25, July 2, 9
 Location: Will be noted on your receipt (4 x's)
 Class Fee: \$8, pay with registration Limit: 10

How can we make use of our dreams, fantasies, hunches or what we typically call intuition to understand ourselves, resolve conflicts, and create new possibilities for our lives? This discussion centered group will show us techniques for understanding our subconscious thoughts and interpreting our intuitions in positive, productive ways. (Both professionally (as a psychologist/educator) and personally, Fred has been interested in the use of creative processes for the invigoration of our lives.)

LISTENING TO YOUR INNER VOICE S-22
 Sharon Landrith 539-1546
 Wednesdays, 7:30-9pm, June 18, 25 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration

Many people have experienced the feeling of being guided at some point in their lives. Spiritual guidance is available to all who take the time to listen to the inner voice. (Sharon will share with you her spiritual experiences and her channeling abilities developed over many years.)

For parents only

PARENTS ANONYMOUS S-5
 Don and Irmie Fallon 539-4451 539-5582
 Wednesdays, 7-9pm, 1st Mtg: June 18
 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.)

ADOLESCENTS: HOW PARENTS CAN SURVIVE S-4
 Larry Peak, PhD 537-4014
 One Time: Monday, 7-9pm, June 30
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration

Very few parents get through their children's adolescent years without worry or questions. This class will help you to understand the needs of adolescents, their development and when their behavior goes beyond the "normal" parameters and professional help is needed. By learning what to expect and how to cope, parents can survive the teenage years. Parents of pre-adolescents, adolescents and survivors are welcome. There will be group discussion so that we may all share our experiences and coping strategies. (Larry has a local mental health practice.)

EFFECTIVE PARENTING S-6
 David Hamilton

Tuesdays, 7pm 1st Meeting: June 24 (Length: 8x's)
 Location: Will be noted on your receipt
 Class Fee: \$10, pay with registration

This is an in-depth class for all parents and would-be parents. Areas to be covered include behavior, discipline, communication and child development, both physical and cognitive. Knowing what to expect as your child grows and how to deal with the various stages of development will make parenting easier. (David is a student at KSU and has taught parenting classes at Fort Riley.)

COMPASSIONATE STORYTELLING S-7
 Chuck Smith 776-6378
 Mondays, 7-9pm, July 14, 21 (2 times)
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration

Children's literature has a profound effect on children's behavior and values. This class, designed for parents of 3-8 year olds, will examine how stories can teach children skills and values such as helping, caretaking, compassion and generosity. We will also look at children's literature and the power of the storyteller as they convey important ideas through stories. (Chuck is an extension specialist in human development at KSU. He designed and promoted the "Once Upon a Mind" program and has traveled extensively talking about the role of stories on children's and their parent's lives.)

BRINGING HOME THE SECOND BABY S-31
 Linda Siegle

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

Bringing home the second baby creates a whole new situation for parents to deal with. This class will cover what to expect, how to avoid problems and what to do when problems do arise. There will be time for discussion and sharing of ideas. (Linda has been an RN in obstetrics at Memorial Hospital for 8 years and teaches their sibling class.)

Food

Preserve your health

FOOD DEHYDRATORS F-3

Dean Denner 776-5589

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

Drying food is a method of preservation that is easy and inexpensive--no freezer bags or standing over a hot pressure canner. And, the result--dried peaches for snacks, dried vegetables for soups, fruit leathers--YUM! You'll see both electric and solar dehydrators and sample some products. (Dean is a proponent of the many uses of solar power and has built a solar food dehydrator.)

CAN IT: FOOD PRESERVATION F-4

Karen and Janet Kiser 776-9936

Mondays, 7-9pm, June 23, July 7, 14 (3 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration Limit: 8
Materials Fee: To be determined

Three classes will be given on the topics of preserving sweet spreads, pickling, and drying. Actual preserving will be done on a small scale for the practice of techniques. Handouts on other types of preserving, such as freezing, etc., will be available. Cost of the class will be determined by the cost of supplies and produce at class time. (Karen is a 17-year-old 4-H'er with 5 years experience in the food preservation 4-H project. She has done many phases of preserving and has won awards on the county and regional level. Janet is a 4-H leader.)

HEALTH FOOD BUSINESS F-1

Lynn Whittlesey, Jayne Link

Register and you'll be contacted for day, time and dates Length: Ongoing
Location: Will be noted on your receipt
Class Fee: \$2, pay with registration

Ever dream of being your own boss? This could be your chance. Join us to create a successful cooperative business in providing an exciting dining and live entertainment alternative for Manhattan. Your talents in cooking, baking and community service can become a career. This is a good opportunity to own cooperatively your own whole foods cuisine restaurant, bakery, and coffeehouse. (Lynn owned and operated a similar business for five years in Wisconsin.)

EXTRA PROTEIN: COOKING WITH INSECTS F-2

Hugh E. Thompson 532-6154

One Time: Saturday, 9am, June 28
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 6

Insect fragments, whether we realize it or not, are a part of everyone's diet; and, in many cultures, insects are a regular part of the diet. They are high in proteins and could be an excellent source of protein in the diet. Unfortunately, we have psychological "hang-ups" when considering insects as food. We'll make and try chocolate chip cookies with beetles, french fried caterpillars, chocolate covered grasshoppers and discuss other recipes. (Hugh has been cooking insects as a class demonstration for about five years.)

Cheers!

BEER MAKING

F-5

Pat Dreese 539-9150

Mondays, 7:30-9:30pm, June 30, July 14 (2 times)
Location: Will be noted on your receipt
Class Fee: \$8, pay with registration Limit: 6
Materials Fee: \$1.75, pay at class

Ever dream about your own home-brew? This class will teach you how to modify standard beer-making procedures to fit your own personal taste. You'll learn what equipment you'll need for your basement brewery as we brew and bottle a batch of beer. The final product will be divided among class participants. REQUIREMENT: YOU MUST be of legal age to enroll in this class. (Pat has been brewing beer for 3 years.)

WINE FROM CONCENTRATE

F-6

Randy Biswell 532-5752

One Time: Thursday, 7-9pm, June 19
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10

The objective of the class is to provide information necessary for a person to be able to make good quality wine from fruit concentrate at a reasonable cost. The basic concept of making wine from concentrate and the equipment necessary will be presented. (Randy is a forester by profession but has been making wine for home use for 10 years.)

WINE TASTING

F-7

Tom Wittwer

Thursdays, 8pm, July 10, 17, 24, 31 (4 times)
Location: Will be noted on your receipt
Class Fee: \$10, pay with registration Limit: 15
Materials Fee: \$20, pay at class

Here's an opportunity to demystify the alchemy that takes you from vine to wine and to eliminate the mystique of choosing a pleasing wine. Learn how to match wines to food and amaze your friends with your savvy. Educate your palate to the wines you appreciate. You will taste a large selection of wines and will have each expertly explained. REQUIREMENT: YOU MUST be of legal age to enroll in this class. (Tom is a salesman for Standard Liquor Corporation.)

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Class locations will be noted on your receipt.

11

From three continents

CHINESE TEA

F-11

Su Hu and Lee Shih Wu 539-6192 539-7841

One Time: Sunday, 2-4pm, July 6
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 25

Taking tea is an ancient tradition in China. "Freshness, purity and light are the characteristics valued in a table tea which also must harmonize unobtrusively with the flavors of the food, while cooking and refreshing the palate, and aiding the digestion." An excellent opportunity for pleasant relaxation and conversation. (Su is a freelance artist and writer. Lee Shih has taught many classes in Chinese cooking for UFM.)

MEDITERRANEAN PICNIC

F-9

UFM Staff 532-5866

One Time: Saturday, 4pm, June 21
 Location: Will be noted on your receipt
 Class Fee: \$2, pay with registration
 Materials Fee: \$3 (without dish) 0 with dish

Be part of an international feast! Register to bring a dish or come and eat what others bring. We would like to see Italian, French, Greek, Turkish, Spanish, Portuguese, Yugoslavian and Egyptian represented. Tell a friend and bring your family. At registration, indicate dish and country of origin.

BLACK FOREST CAKE

F-8

Peggy Miao 539-9119

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

Hailing from Germany's Black Forest comes this delicious cake. The cake is drowned with cherry brandy, filled with cream and dark cherries and smothered lavishly with grated chocolate. YUM! Please bring to class 2-layers of baked chocolate or devils food cake (Preferably 8" round) and a good appetite! (Peggy is a certified baker from the local American Institute of Baking.)

CHINESE COOKING CLASSES

F-10

Lee Shih Wu 539-7841

Saturdays, 6:30-8pm (all classes)
 Location: Will be noted on your receipt
 Class Fee: \$4, per section, pay with registration
 Materials Fee: \$5, per section, pay at class

- Section I: July 5: sweet and sour chicken with pineapple, fry beef with garlic and celery
- Section II: July 12: sweet and sour pork with green pepper, shredded chicken breast with sweet corn
- Section III: July 19: fried bean threads with ground pork, steamed pearl balls of ground pork with sweet rice
- Section IV: July 26: fried beef with oyster sauce, mix fry fresh mushroom with bacon

An exploration of the many types of Chinese cooking and methods used in each. Lee Shih will demonstrate how to choose ingredients, how to cut and prepare them, and which cooking procedures to use. Then comes the eating. Yum! (Lee Shih is a native of China and graduated from the Chinese Cooking Institute in Taiwan.)

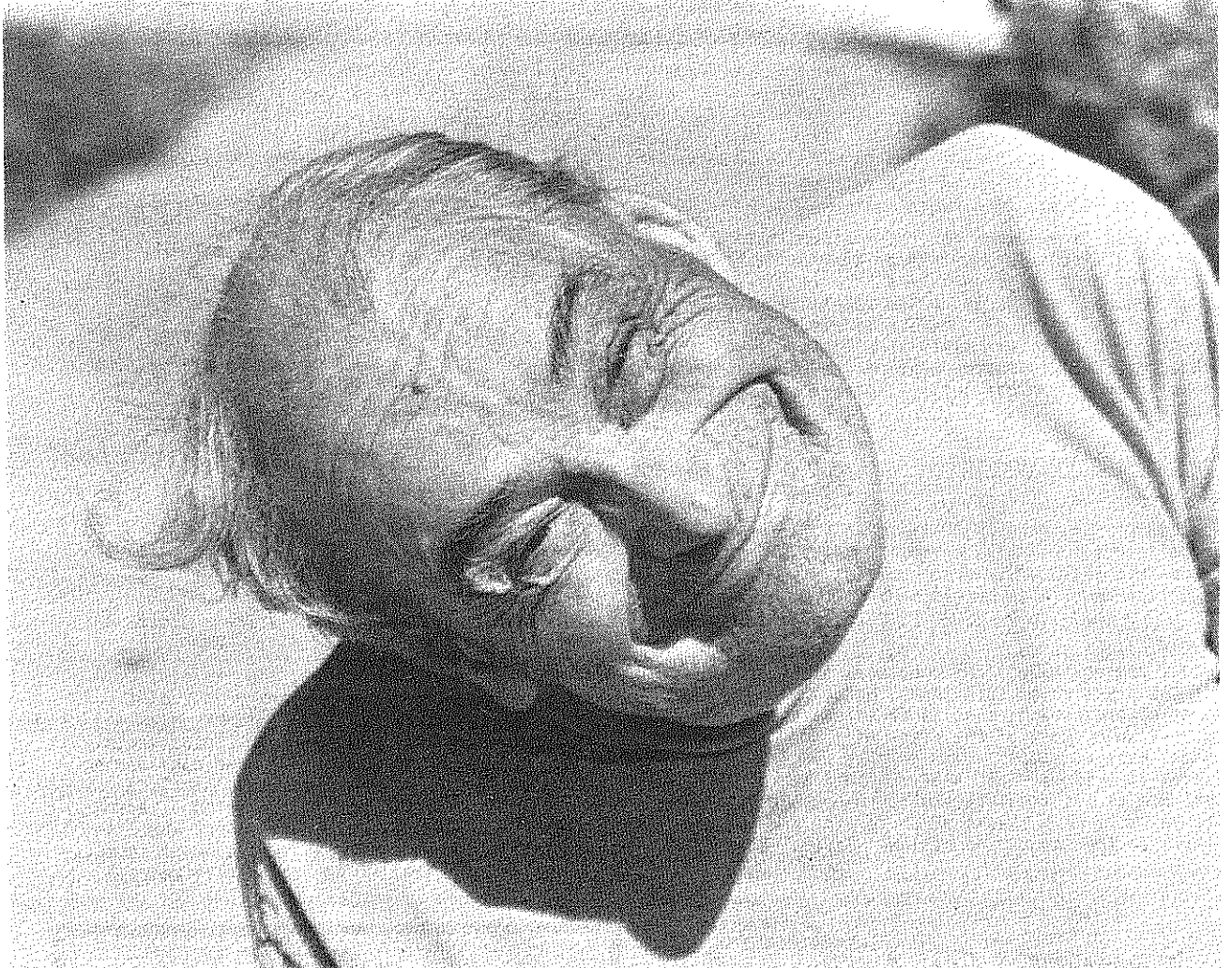
VEGETARIAN INDIAN COOKING

F-12

Neelam Jain 776-8305

One Time: Saturday, 5pm, June 28
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 10
 Materials Fee: \$12, pay at class

Some people think that vegetarian cooking has to be boring. This class will combine the exotic cuisine of India with the basic elements of vegetarian diet. The class will introduce you to the versatility of cooking with easily available ingredients for balanced vegetarian meals. The class is designed for both beginners and experts. Besides hands-on experience, Neelam will discuss food value of milk products, appetizers and desserts. Enjoy learning and eating and take home some recipes! (Neelam has been sharing her native cooking for the last five years.)



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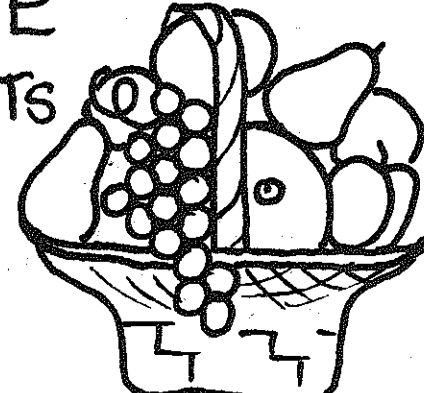
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12

Class locations will be noted on your receipt.

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Community

Money matters

FINANCIAL PLANNING FORUM FOR YOUNG MARRIEDS C-1 THROUGH MIDDLE AGE

Fred Freeby 537-4505

Section I: Monday, 7:30-9pm, June 23
Section II: Thursday, 7:30-9pm, June 26
Location: Will be noted on your receipt
Class Fee: \$4/section, pay with registration

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

MONEY MANAGEMENT SEMINAR FOR THE RETIRED C-2 AND NEAR RETIRED

Fred Freeby 537-4505

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

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.

THE BASICS OF INVESTING C-3

Greg Barron 776-1066

Tuesdays, 7-8:30pm, July 8, 15 (2 times)
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration

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

FINANCIAL PLANNING FOR WOMEN C-4

Barbara Heid 537-4505

One Time: Saturday, 9:30-11:30am, June 21
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

This is a class designed for women to help women become better 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.)

ESTATE PLANNING AND FINANCIAL PLANNING PRINCIPLES

Gil Sabatka CLU ChFC CFP (C-5) 776-4873

One Time: Monday, 7-9pm, June 23
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

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

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.

REAL ESTATE REFINANCING C-6

John Richardson 537-0200

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

Is it time to refinance your home loan? This class covers rates of interest available, closing costs necessary, how to! why to! and where to! We all know that the changing economy, lower interest rates and real estate boom has implications for us now. Come to this class and learn whether you should consider refinancing now. (John is Vice-President, Real Estate Lending, First National Bank, with 13 years real estate mortgage experience.)

HOW TO OBTAIN CREDIT C-7

Ken Thomas 537-1234

One Time: Wednesday, 7-9pm, June 25
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 35

Applying for credit means more than just walking into a bank and asking for money. This class will teach you how to shop for credit, how interest rates affect your payments, consumer regulations and rights, the how's, where's and whyfor's of second mortgages and how to apply for credit. (Ken is presently in charge of lending at Union National Bank, overseeing consumer, commercial, and real estate loans. He has 24 years lending experience.)

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Class locations will be
noted on your receipt.

13

And . . .

TRACING YOUR ROOTS

C-39

J. Harvey Littrell 539-2646

Mondays, 7-9pm, July 14, 21 (2 times)

Location: Will be noted on your receipt

Class Fee: \$6, pay with registration

Materials Fee: \$6, pay at class 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.)

DIVORCE LAW

C-38

Drew Frackowiak

537-2943

One Time: Tuesday, 7-9pm, June 24

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Materials Fee: \$2, pay at class

This class will present a general overview of Kansas and federal laws as they relate not only to divorce but also separations, annulments, paternity, custody, visitation, child support, etc. (Drew is an attorney with Flint Hills Legal Services and approximately half of his cases involve domestic disputes.)



Harumi Matsuhashi 2nd in Scenery "Kansas In Winter"

Making money

NETWORK (MULTI-LEVEL) MARKETING

C-40

John Hofmann

1-456-2584

One Time: Wednesday, 8-10pm, June 25

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Thousands of men and women are searching for ways to establish their financial future. They are tired of limitations placed on them by "regular" jobs. Take the chance, reach for the opportunity of being your own boss. Examples of network marketing are Shaklee and Amway and many corporations are now using this form of marketing. (John has been involved in multi-level marketing for four years, and has done extensive research on various multi-level programs.)

MARKETING YOURSELF: PREPARING FOR EMPLOYMENT

C-10

Joan McCullough Evelyn Hausmann PhD 532-6561

Tuesdays, 7-9pm 1st Mtg: July 1 4 times

Location: Will be noted on your receipt

Class Fee: \$10, pay with registration Limit: 15

As unemployment increases, so does the competition for the available jobs. This class will give you the edge in your job search. July 1: Identifying your skills and interests, filling out an application

July 8: Writing a resume of your marketable skills

July 15: Interviewing techniques

July 22: Developing a job search plan

Participants will be assisted as they work on filling out an application, writing a resume, answering interview questions and developing their own job search plan. (Dr. Hausmann is director and Joan is coordinator of the Single Parent/Displaced Homemaker Program. The program offers 'Preparing For Employment' classes in Clay, Geary, Marshall, Pottawatomie, Riley, Wabaunsee and Washington counties.)

RED CROSS BABYSITTING

C-12

Lynda Frey

537-2180

Saturdays, 9am-12n, July 19, 26 (2 times)

Location: Will be noted on your receipt

No class fee

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.)

CAREER AS A LEGAL SECRETARY

C-13

Sandy Koehler

One Time: Wednesday, 7pm, July 9

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Have you ever wondered if you could be a legal secretary? This is your chance to learn the qualifications needed and the duties and responsibilities connected with this career. (Sandy has many years experience as a legal secretary and is currently working for Legal Aid Services, Manhattan.)

COUPON REFUNDING: EXTRA INCOME THE FUN WAY

C-16

JoAnn Nickerson

776-5126

Wednesdays, 7-9pm, June 18, 25, July 2 (3 times)

Location: Will be noted on your receipt

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

Refunding makes sense--break the high cost of living by turning your trash into dollars! Informative and fun-filled classes on how to get started in refunding, record keeping, "how to" and "how not to," what to save, and many other valuable tips to become a successful refunder. Bring paper and pencil and any refund forms you may have. Let's get started and make \$\$\$\$! (JoAnn has been a refunder for 4 years and has used her refund money for vacations and to buy items for her home. She also works full-time and still manages to make money by refunding. You can too!!)

HOW TO BE A RADIO D.J.

C-15

Ed Klimek

776-0104

Wednesdays, 7pm, June 18, 25, July 2 (3 times)

Location: Will be noted on your receipt

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

Always wanted to be a radio star? Here's your chance, either for fun or profit! Learn about all the equipment, music, sales, programming, and operations of commercial radio. You'll get hands-on experience in the studio. Bring a blank cassette tape so you can record the commercial you'll produce. The best participant will get to co-host a real KQLA show! (Ed is the manager of KQLA FM104, Manhattan's new radio station.)

REAL ESTATE AS A PROFESSION

C-14

Laurie Kaloper

776-6575

One Time: Monday, 7-9pm, June 30

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

Have you ever thought it would be fun to sell houses? Well, now is your chance to find out. This class will cover the pros and cons of selling real estate and the prelicensing requirements. You'll learn how to "get into the business" if you think this is for you. (Laurie is broker and office manager, recruiter and trainer of Little Apple Realty and a recent graduate of the Dale Carnegie Sales Course.)

THE JOB INTERVIEW: RECOGNIZING THE HIDDEN AGENDA

C-11

Marcia Schuley

One Time: Tuesday, 7-9pm, June 24

Location: Will be noted on your receipt

Class Fee: \$5, pay with registration Limit: 12

Materials Fee: \$1, pay at class

Employers use the job interview to finalize hiring decisions. Knowing what influences employers to hire can help you prepare for the interview. You'll have a chance to role play and observe in this class. (Marcia conducted her dissertation for her PhD on training for the employment interview. She is director of the Older Kansan Employment Program (OKEP).)

14

Class locations will be noted on your receipt.

Getting it together

TIME MANAGEMENT C-19

Kathy Corpus 532-5510

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

This class is for those who always say "there are not enough hours in the day." Busy people, whether at home or work, need to gain control over their use of time or they will end up "spinning their wheels." This class will cover: understanding the concept of time; how to view time as a resource; a look at the common problems of time management and the myths and strategies for correct time use. (Kathy is a PhD candidate in family economics with a particular interest in time management.)

THE SIDE TRACKED HOMEMAKER C-26

Susan Martindale 1-948-2831

One Time: Thursday, 7-9pm, June 26
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class

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 or pursue your favorite hobby... no longer will you have to envy those immaculate ladies with immaculate homes that are photographed for magazine covers. (Susan has taught this class for the Onaga Area Resource Center and is anxious to share the techniques with others.)

Spending money

PURCHASING A NEW OR USED VEHICLE C-8

David Troup, Roderick Hoffman 537-3387 537-8236

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

Whether we buy a new or used car, it is a major purchase. We want the best deal, but with so many options, it becomes more and more difficult to choose. Should we buy new or used? Foreign or domestic? What should we look for when buying a car? What questions should we ask? Can we negotiate the price? What financing options are available to us? What is blue book value? And, if we do end up with a lemon what can we do about it? David will discuss the lemon laws and what you can do if you should end up with a lemon. Then Rod will discuss buying your new or used car. Don't miss this great opportunity of having a lawyer and a salesman in the same room! (David is a local attorney and Rod is experienced in automobile sales.)

HOME SWEET HOME: HOUSE BUYING C-9

Duane McKinney 539-1588

One Time: Tuesday, 7-9:30pm, June 24
Location: Will be noted on your receipt
Class Fee: \$5, pay with registration

As mortgage interest rates drop, many people are buying a house for the first time. This will probably be the biggest purchase of your life--make sure you make the right choice. This class will cover the basics of buying real estate--how to search for the house of your dreams--what to look for--and financing. If you make a mistake when you buy a house it is not so easy to correct. Learn all you can about purchasing a home before you start looking. Take this class for \$5 and maybe save \$500 or even \$5,000! (Duane is broker/owner of Manhattan Realty dealing in sales, appraisals and property management.)

Next session begins Sept. 10.

Deadline for class descriptions is July 25.

Job skills

OFFICE ETIQUETTE C-17

Ron Downey 532-5712

One Time: Wednesday, 7-9pm, June 18
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 20
Materials Fee: \$3, pay at class

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

BRUSH UP YOUR GRAMMAR C-18

Patricia Kearney 539-4428

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

We all know how to talk and write but sometimes it is useful to know "the rules." This class, on essential English skills, is for the person who wants to review fundamentals and avoid common errors. The participants will work with the instructor on common sentence structure problems, troublesome points of usage and conventional punctuation. This class could help you get, keep or advance your job. (Patricia is a senior at KSU majoring in English and Literature. She has previous tutoring experience.)

TIME MANAGEMENT C-19

Kathy Corpus 532-5510

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

This class is for those who always say "there are not enough hours in the day." Busy people, whether at home or work, need to gain control over their use of time or they will end up "spinning their wheels." This class will cover: understanding the concept of time; how to view time as a resource; a look at the common problems of time management, and the myths and strategies for correct time use. (Kathy is a PhD candidate in family economics with a particular interest in time management.)

PUBLISH YOUR OWN BROCHURES C-20

Rhonda Keith 539-9168

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

A brochure should be sufficiently appealing to: (a) make the public pick it up, and (b) easy to read with information displayed in an interesting manner. This class will teach you the basic principles of design and layout, how to work with printers, and how to get by without an artist. Please bring your projects for individual suggestions. (This is not an art class.) (Rhonda is a professional editor with KSU publications.)

COMPUTER BASICS C-24

Chuck Kincaid

Tuesdays, 7pm, July 1, 8, 15, 22 (4 times)
Location: Will be noted on your receipt
Class Fee: ?

This class will teach you the basics of the Apple Computer. Access to an Apple Computer for practice between classes is preferable but not necessary. At the end of the four weeks, you will be able to operate your own home computer. (Chuck is a whiz kid with computers at KSU.)



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539-5891

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GETTING GRANTS--WHERE TO BEGIN C-22

Jana Hesser 776-8495

Tuesdays, 7:30-9pm, June 17, 24 (2 times)
Location: Will be noted on your receipt
Class Fee: \$5, pay with registration
Materials Fee: \$1.50, pay at class

Did you ever wonder who those people are who get those mysterious "grants" of money for various causes or organizations? Well--it could be you! This class will show you the ropes of writing government and foundation grants to raise money for your organization. At the first class we'll review reference materials and sources. The second class will focus on proposal writing techniques. (Jana is a grants and research coordinator for KSU's division of Continuing Education and was previously grants officer at Washburn University.)

ELEMENTS OF EDITING C-23

Glenna Wilson 539-7723

One Time: Tuesday, 7:30-9pm, July 22
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class

Editing involves reading, thinking, correcting, checking, shortening and sharpening. If you are looking to brush up on your skills this class will give you some good direction. You will learn the responsibilities of an editor and about the editing process. Your newsletters or in-house publications will show the difference after you take this class! (Glenna has edited copy for publications for more than 13 years. She has a degree in home economics and journalism and an MS in journalism.)

PUBLISHING YOUR OWN POSTERS C-21

Rhonda Keith 539-9168

One Time: Monday, 6-8pm, July 14
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10

Will people stop and look at your poster? Is the information displayed in such a manner that the public can easily understand the message you want to get across? This class will teach you how to design a poster if you are not an artist and give you tips on working with printers. Bring your projects for individual suggestions.

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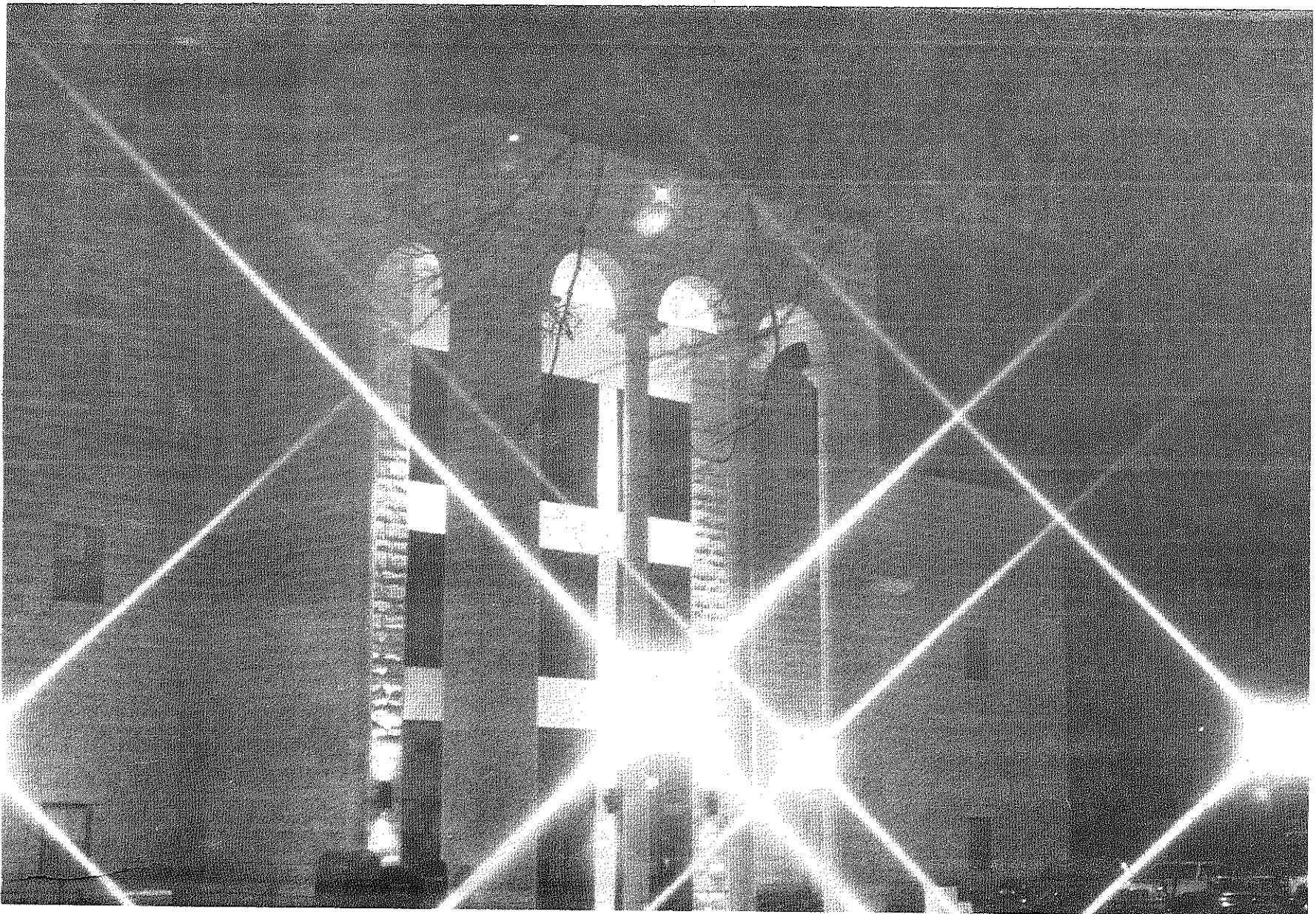
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Class locations will be noted on your receipt.

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Carla Foth Untitled

The beginning of life

NURSES/MIDWIVES: THEIR ROLE IN WOMEN'S HEALTH CARE

Ginger Haynes (C-27) 1-437-2722

One Time: Thursday, 7-9pm, July 24
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

This class will cover the national trends of nursing/midwifery and the availability of certified midwives in Kansas. Discussion will focus on how nurse/midwifery care encompasses a more holistic approach to women and their families. (Ginger completed her graduate work at the Medical University of Charleston, S.C. She has worked with Dr. Josie Norris of the Wholistic Birth & Growth Center in Topeka for 8 years.)

LAMAZE REFRESHER COURSE C-28

Cia Verschelden, Janet Schroll 776-5589 776-4894

One Time: Tuesday, 6:30-9:30pm, July 22
Location: Will be noted on your receipt
Class Fee: \$5, pay with registration
Materials Fee: \$1, pay at class

If you are pregnant and have had a previous prepared childbirth experience, join us for this one-night refresher course. We'll cover Lamaze breathing and relaxation, and exercise. We'll also try to answer questions about changes in theories or procedures since your last child was born. This will be a brief but thorough review for women and their coaches. Bring two bed pillows. (Janet and Cia are certified instructors through the Childbirth Education Association and teach prepared childbirth classes.)

**Don't wait 'til the last minute
to register!**

16

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

Health and safety

HOME & OFFICE SECURITY C-25

Darrell Yarnall

One Time: Monday, 7-9pm, June 23
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Do you lock your door and think you are safe? Would you know what to do if someone tried to snatch your purse? Through slides and discussion, we will look at ways to make your home secure and what actions you should take if someone does break into your home or tries to mug you in the street. This is an important class for everyone. All too often we rely on locks that are inadequate and believe that when we are in our own home we are secure. (Sgt. Yarnall has been with the Riley County Police Department for 12 years and is currently a specialist with Project and Community Services for RCPD.)

C.P.R. C-30

Daniel White 776-6459

Section I: Tuesday & Thursday, 6-10pm, June 17,19
Section II: Monday & Wednesday, 6-10pm, July 14,16
Section III: Tuesday & Thursday, 6-10pm, Aug 19,21
Location: Will be noted on your receipt
Materials Fee: \$10, pay at class Limit: 10

This class will teach basic life support techniques to use on victims who have heart attacks, have stopped breathing or are choking.

BASIC FIRE SAFETY C-33

Daniel White 776-6459

Section I: Tuesday, 6-9pm, June 10
Section II: Tuesday, 6-9pm, July 8
Section III: Thursday, 6-9pm, July 17
Section IV: Tuesday, 6-9pm, Aug 5
Location: Will be noted on your receipt
Materials Fee: \$3, pay at class Limit: 10/section

This class goes beyond just the basics. You will learn how to service, inspect and use fire extinguishers, smoke detectors. You will also learn how to properly plan and execute an escape plan and how to properly inspect your home.

STANDARD MODULAR FIRST AID C-31

Daniel White 776-6459

Saturdays, 9am-5pm, July 12, 19, 26 (3 times)
Location: Will be noted on your receipt
Class Fee: None
Materials Fee: \$19, pay at class Limit: 10

This class will teach CPR, mouth-to-mouth breathing, splinting, bandaging, etc. The participants will also learn the basics of vehicle rescues. The class will cover many medical emergencies as well as treatment of injuries.

BASIC FIRST AID (AGES 9-13) C-29

Daniel White 776-6459

Section I: Tuesday, Wednesday, June 3, 4, 6-10pm
Section II: Wednesday, Thursday, July 9, 10 (6-10)
Location: Will be noted on your receipt
Materials Fee: \$8.50, pay at class Limit: 10

This class is designed to teach basic first aid to young people ages 9-13. The course covers mouth-to-mouth breathing, splinting, bandaging and other first aid topics. (Dan is a firefighter in Manhattan and a former E.M.T. ambulance attendant.)


CHIROPRACTIC IN 1986 C-32

Dr. Timothy & Dr. Grace Reischman

One Time: Wednesday, 7-9pm, July 23
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10

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

Guide to Community Services

<p>OGDEN FRIENDSHIP HOUSE OUTREACH MINISTRY Food Pantry/Clothes Closet/Tutoring/ After School Program 913/539-1791</p>	<p>SENIORS' SERVICE CENTER 412 Leavenworth, Manhattan, KS 66502 Information, classes, recreation, meals and other services for persons over 60. 913/537-4040</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>
<p>BIG LAKES DEVELOPMENTAL CENTER, Inc. 1500 Hayes Drive, Manhattan, KS 66502 Training of Developmentally Disabled. 913/776-9201</p>	<p>SCORE/ACE 505 Poyntz Avenue, Manhattan, KS 66502 This program offers assistance to small businesses. 913/776-8829</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>EMPLOYMENT & TRAINING SERVICES Citizen's Bank Building, Suite J 6th & Humboldt, Manhattan, KS 66502 Job and vocational training. 913/539-0591</p>	<p>ST. JOHN'S ASSESSMENT CENTER 210 Southwind Place, Manhattan, KS 66502 Assessment and referral Outpatient Counseling: family, marital, adult and adolescent alcohol and drug. 913/776-7533</p>	<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>The HUNGER PROJECT PO Box 1369, Manhattan, KS 66502 Information and empowerment on ending hunger. 913/537-0938 or 532-5866</p>	<p>HOME HEALTH SERVICES 2803 Claflin, Manhattan, Kansas 66502</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>FLINT HILLS 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 CITY and UNITED WAY FUNDED</p>	<p>Home Health, Private Duty Nursing, Homemaker, Companion Sitter, and Personal Care Services 24 HOURS CALL: 913/537-0688 A UNITED WAY AGENCY</p>	<p>BIG BROTHERS/BIG SISTERS of Manhattan, Inc. 103 South Fourth, Manhattan, KS 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 or older and have a vehicle. They must also be willing to make a year's commitment to spend 3 to 6 hours per week with a child. 913/776-9575</p>
<p>RILEY COUNTY/MANHATTAN HEALTH DEPARTMENT 2030 Tecumseh Road, Manhattan, KS 66502 <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... 913/776-4779</p>	<p>CRISIS CENTER, Inc. Rape Survivor Support Group 913/539-2785</p>	<p>TALENT EXPERIENCE WISDOM RILEY COUNTY RETIRED SENIOR VOLUNTEER PROGRAM 412 Leavenworth, Manhattan, KS 66502 Shopping assistance, transportation, senior companion, visitation and volunteer opportunities. 913/776-RSVP </p>

Political issues: Home & abroad

<p>PRIMARY ELECTION '86 C-34 Carol Peak 539-9513 One Time: Tuesday, 7:30-9pm, July 15 Location: Will be noted on your receipt Class Fee: \$4, pay with registration Local and state politics impact on our lives every day. This class will look at the August- 1986 primary election with special emphasis on the explanation of the Kansas Constitutional Amendments and the quality of life bond issue and the effect on Manhattan citizens. (Carol is currently president of the League of Women Voters and has served as Voter Service chair since 1975.)</p>	<p>WHAT'S GOING ON IN CENTRAL AMERICA?-- SOME STARTING POINTS FOR THE CURIOUS C-35 Lyman Baker & John Exdell Wednesday, 7:30pm, June 18 Location: Will be noted on your receipt Class Fee: \$4, pay with registration Materials Fee: \$1, pay at class Nicaragua...Honduras...El Salvador...Guatemala: If you have decided that you as a citizen need to know more than can be gathered from CBS or Newsweek about what Central America is and what the implications are of what we are doing there, this is an evening we think you will find helpful and encouraging. We will discuss some ways ordi- nary citizens can begin to take charge of their own education in order to equip themselves to make informed critical judgments about what the issues are and about what sorts of resolutions are plausible, in terms of both Central America social realities and their personal values as American citizens. (Lyman teaches in the English Department and John in the Department of Philosophy at K-State. Both have been active in the Manhattan Alliance on Central America, a local organization devoted to increasing public awareness of the implications of U.S. policy in the region.)</p>	<p>GETTING ACQUAINTED WITH NICARAGUA C-36 Lyman Baker, John Exdell, Jan Flora Tuesdays, 7:30pm, June 24, July 1, 8 (3 times) Location: Will be noted on your receipt Class Fee: \$5, pay with registration Who are the Nicaraguans, and why has the conflict in their country taken shape as it has? To ap- proach an answer to these questions, we shall have to address some more specific ones. What are the sectors that oppose them--internally and externally? What is their make-up and what are their aims and tactics? We will aim at a more in-depth view of the posi- tions of the Sandinistas, their Nicaraguan op- position and the U.S. Administration (President Reagan, Secretary of State Shultz, Elliot Abrams, Jeanne Kirkpatrick and others.) Why has the con- flict shaped up as it has? (Lyman, John and Jan teach, respectively in the Departments of English, Philosophy and Sociology, Anthropology and Social Work at K-State.)</p>
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**Class locations will be
noted on your receipt.**



Home

THE HOME PROGRAM

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

BUILDING YOUR OWN HOME H-2

Betsy Edwards 1-456-7018

One Time: Saturday, 9am-12n, June 28
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.)

BASIC PAINTING APPLICATIONS H-3

Al Johnson, Mike Morrison 537-1926

One Time: Monday, 7-9pm, July 21
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10

Learn basic painting techniques. Discussion will cover the different available coatings and tools, surface preparation and when, where, why and how to use applications of specific coatings for different surfaces. Individual cases are encouraged. (Al owns Johnson AC Painting Co. and Mike is the manager of Sherwin-Williams Co.)

PLAN BEFORE YOU PLANT H-6

Kathy Weller 776-0397

One Time: Saturday, 9:30-12n, July 19
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10

There are many things to consider before starting a landscaping project around your home. We will discuss different ways to make your outdoor areas look great and stay looking that way through the use of some simple landscape designs, installation and maintenance techniques. (Kathy is the landscape architect for Horticultural Services Garden Service.)

FOLLOW THE RED BRICK ROAD H-5

Bob Habiger 532-5866

One Time: Wednesday, 5:30-9pm, July 2
Location: Will be noted on your receipt
Class Fee: \$6, pay with registration Limit: 12

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.)

A SOLAR ROOM FOR YOUR HOME H-1

Ray Stockman 532-5866

Thursdays, 7-9pm 1st Mtg: June 19 Length: On-
Location: Will be noted on your receipt [going
Class Fee: \$2, pay with registration Limit: 12
Materials Fee: \$13, pay at class

Are you considering a home addition? For a limited time, the HOME Solar Design is providing personalized solar plans for Manhattan homeowners. This first meeting will explain the cooperative owner/designer effort that will result in site monitoring, cost/benefit calculations, construction advice, and a detailed design with cost estimates. (Ray is the technical consultant for the HOME program.)

IT'S UNDER YOUR FEET - FLOOR COVERINGS H-4

Bob Lamborn 539-8802

One Time: Wednesday, 7-9:30pm, July 23
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 15

Thinking about installing a new floor? Learn what you should know and what questions to ask before buying. Discussion will cover the different products, styles, compositions and qualities, warranties, price ranges, tools, accessories, various installation methods, initial care and maintenance procedures, and accidental damage repair. Individual problems/questions are wanted! (Bob is the owner of The Decorating Center.)



Tom Sanchez 3rd in Scenery Untitled

Earth



Shauna Lally 2nd in Animals Untitled

BEGINNING DOG TRAINING--ADULTS E-1

Cheryl May
 Wednesdays, 7:45-8:15pm, June 25-July 16 (4 x's)
 Location: Will be noted on your receipt
 Class Fee: \$8, pay with registration Limit: 8
 Teach your dog to obey simple commands including heel, sit, stay, down, come. You'll learn "how-to" in class and reinforce training with daily practice sessions at home. Bring your dog, a 6-ft leather or nylon lead and a "choke" training collar to the first class. (Cheryl trains Shetland Sheepdogs and teaches advanced obedience for the Riley County 4-H dog project.)

BEEKEEPING E-8

Dale Waller 539-5249
 One Time: Wednesday, 7:30pm, June 18
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Honey is that wonderful natural sweetener that bees make--but few people know how they do it. The class will cover many aspects of hobby beekeeping; from obtaining the bees and needed equipment, to managing the hive for your first and future honey crops. With sufficient interest, more sessions will be scheduled. (Dale has been a beekeeping hobbyist for over 10 years.)

Animal friends

DOG TRAINING FOR KIDS E-2

Cheryl May
 Wednesdays, 7-7:30pm, June 25-July 16 (4 x's)
 Location: Will be noted on your receipt
 Class Fee: \$8, pay with registration Limit: 6
 You'll learn to teach your dog the basics - walk with you, sit, down, and come when called. You'll learn "how-to" in class and then work with your dog between classes. For kids 8 and up, dogs over 9 months. Bring your dog, a 6-ft leather or nylon lead and a "choke" training collar to the first class.

HOW TO KEEP YOUR PET HEALTHY E-3

Gerald Bond, DVM 539-7922
 Tuesdays, 7pm, June 24, July 1, 8, 15 (4 x's)
 Location: Will be noted on your receipt (Limit: 10)
 Class Fee: \$4/family, pay with registration
 Learn to examine your pet's teeth, nails, heart, ears and more. This class is open to children grades 4 through 7. The goals of the class are to teach children how to examine and care for a variety of pets and how their bodies function. We will try to use personal pets for demonstrations. Parents are encouraged to attend and participate. (Dr. Bond is a veterinarian in private practice in Manhattan.)

HORSES FOR KIDS (OF ALL AGES) E-4

Bernard Wells 539-1263
 One Time: Thursday, 6-8pm, June 19
 Location: Will be noted on your receipt
 Class Fee: \$4/family, pay with registration
 You'll get to feed, groom and RIDE a horse in this class. Learn to enjoy and have fun with a horse. What does a horse need to become your best friend? What is horse safety? How much does a horse eat? We will have some horses there for a hands-on experience. Parents are encouraged to attend. Don't miss this opportunity. (Bernard has owned and enjoyed raising horses for many years, as well as being Riley County 4-H Horse Leader.)

DAIRY GOAT FIELD TRIP E-6

Ron Pauli 539-6569
 One Time: Monday, 7:30pm, June 23
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Do you believe that goats really eat tin cans? Have you heard that goat milk tastes bad? Unfortunately goats have suffered an image problem for years. Goats are tame, domestic, friendly, clean, smart, can be trained, don't smell and give lots of good tasting milk. Come meet these animals and find out what they are really like. You can even sample some of their dairy products including milk and cottage cheese. (Ron has been raising goats for the past ten years.)

BREEDING AND CARING FOR LOVEBIRDS, CONURES AND OTHER SMALL PARROTS E-7

Dan Land 776-3367
 One Time: Saturday, 7-9pm, June 28
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Ever thought of breeding and raising birds for fun and/or profit? This class will cover breeding, color mutations, inheritance, housing and general care. Afterwards there will be a tour of the aviary. Don't miss this class by an expert! (Dan currently has four species of lovebirds and four species of conures. He has bred cockatiels, parakeets, conures and lovebirds and is a Lovebird Society judge.)

**ADVERTISERS HELP TO MAKE THE UFM CATALOG POSSIBLE.
 Tell them you saw their ad here!**

Class locations will be noted on your receipt.

19



L. Huber 3rd in Animals "Fritz"

The wild side

ZOO PHOTOGRAPHY (HIGH SCHOOL AGES AND UP) E-9

Denis Hancock 776-3246
 Wednesday, 7:30-9:30pm, Saturday, 10am-2pm (2 x's)
 Location: Will be noted on your receipt (6-25, 28)
 Class Fee: \$4, pay w/registration (Limit 20)

Do your zoo pictures look like they've been taken in a zoo? Here are some techniques to make your pictures look like they're taken in a more natural habitat (without bars!). The first meeting we will discuss techniques and hints. At the second meeting, bring your camera and film and we will take a trip to the zoo and take some natural zoo animal shots. Bring a sack lunch on Saturday. (Denis is a biologist and photographer who likes to combine his two interests.)

CLOSE-UP NATURE PHOTOGRAPHY FA-11

Bob Habiger 532-5866
 Wednesday, 7-9pm, July 9, Saturday, 8-10am, July
 Location: Will be noted on your receipt (12)
 Class Fee: \$4, pay with registration Limit: 10

Let's get close to nature with our camera; capture the sunlight filtering through a rose petal, or a dewdrop on a bud. First session includes instruction on techniques, equipment, exposure, etc. Second session will meet at the Rose Garden in Manhattan's City Park to practice those skills learned. (Bob is a professional architectural photographer who enjoys looking at roses and other flowers up close.)

SNAKES ALIVE! E-10

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

Matt will introduce you to the behavior of snakes and the identification of species native to this area. You will be shown representatives of the different snake families found throughout the world, including venomous species. We will discuss facts and fiction concerning these very misunderstood animals. This is a great class for the entire family. Come see some snakes! (Matt has ten years experience teaching about, collecting and studying reptiles.)

EXPLORING UNDER ROCKS (FOR CHILDREN AND ADULTS)

Stephen Hoffman E-11 776-8072
 Saturday, 8-10am, June 28 (one time)
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration

Under every rock is a world most people have never seen. Join with Steve as we search for ringneck snakes, lizards, toads, scorpions, centipedes and millipedes along with other rocky residents. Wear appropriate clothing, and bring your favorite cold drink. (Steve has been exploring these worlds for years and is the author of *What's Under That Rock?*)

KANSAS WILDLIFE REHABILITATION E-12

Mike Eubanks 537-2465
 One Time: Thursday, 7:30pm, June 26
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration

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

FISHING IN KANSAS: DISCUSSION AND FIELD TRIP E-13

Don Kraft 776-3638
 One Time: Saturday, 1-5pm, June 21
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration

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

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.

20

Class locations will be noted on your receipt.

**FREE
 SIDEWALK
 BRICK
 TO REPAIR
 BRICK SIDEWALKS
 FOR INFORMATION
 CALL H.O.M.E.
 532-5866**

Bats, birds, bugs, and bison

GREAT BLUE HERON ROOKERY EXCURSION

E-14

Marie Dellen

537-4400

One Time: Saturday, 8am-1pm, June 7
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

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

CHEYENNE BOTTOMS IN SUMMER

E-15

Duane Kerr

456-2771

One Time: Saturday, 7am, June 14
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

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

INSECT SAFARI

E-16

Richard Elzinga

532-6154

One Time: Saturday, 9:30am-12n, June 21
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Insects are the most abundant animals on Earth and they offer an incredible diversity of beauty and interesting adaptations. We'll explore a nearby area for ant lions, dobson flies, dragonflies and others. Dress for a hike and bring all of your questions about insects. This outing will be great for kids and families. (Richard is a KSU professor of Entomology.)

BISON ON THE PRAIRIE

E-17

Duane Kerr

456-2771

One Time: Saturday, 8am-6pm, June 28
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Maxwell Game Preserve, east of McPherson, Ks. is home to the largest free-ranging bison herd in Kansas. It also shelters a healthy elk herd. As we explore the preserve and nearby McPherson County Lake, we'll also watch for scissor-tailed flycatchers and other birds. Bring a sack lunch and gas money.

BIRDS OF AUSTRALIA

E-18

Richard Vanderlip

One Time: Wednesday, 7:30-9:30pm, June 18
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Australia has about 775 species of birds, some 360 of which are found only on the island continent. In 1983 Elisabeth and Richard Vanderlip had the opportunity to spend six months in Queensland, Australia. Armchair travelers will enjoy the fruits of the Vanderlip's visits (they returned to the land down under in February) at the monthly meeting of the Northern Flint Hills Audubon Society. (The Vanderlips photograph the fowl of the air as well as record their calls.)

BATS OF KANSAS

E-19

Dr. Horace Hays

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

You needn't have bats in your belfry to attend this monthly meeting of the Northern Flint Hills Audubon Society. An excellent slide presentation will identify the many bat species found in the sunflower state. Bat myths will be dispelled as well. (Dr. Hays is a biology professor at Pittsburg State University.)



Carol Gulker 1st in Animals "Red-Tailed Hawk"

Energy matters

PHOTOVOLTAICS

E-39

Bill Dorsett

539-1956

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

Usually overlooked in the search for new energy, these space technology chips have no moving parts, consume no fuel, produce no pollution, and can be fashioned from the second most abundant element in the earth's crust. Plan to be your own utility in 1987. (Bill has researched P/V's for several years.)

WANTED: APPROPRIATE TECHNOLOGY/LANDSCAPE TOUR GUIDES

E-40

Bob Habiger and Lynn Doxon

532-5866

Day, time and dates to be announced

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

WHY PASSIVE SOLAR?

E-38

Bob Habiger

532-5866

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

Passive solar systems collect and transport heat by non-mechanical means, which equals FREE heat! We will look at passive solar design in comparison to active solar design. Passive solar technologies have proven to be a viable, cost-effective, maintenance-free strategy in the field of energy efficient home design. (Bob is coordinator of the UFM Appropriate Technology Program and an advocate of PASSIVE solar design.)

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

*Class locations will be
noted on your receipt.*

21



Carla Foth Untitled

From stones to stars

GEOLOGY FIELD TRIP: FLUSH GLACIAL AREA E-20

F. C. Lanning 537-7599

One Time: Saturday, 8:30-11:30am, July 12
(raindate July 19)

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

We'll carpool to the Flush area of Pottawatomie County to find rocks and minerals left by the glaciers many thousands of years ago. We'll find agates, jasper, pipestone, petrified wood, quartzite boulders and there's always the possibility of something really rare. Bring something to drink and something to carry your goodies home. Be a rockhound! (Dr. Lanning is a long-time member of the Manhattan Mineral, Gem and Fossil Club which is sponsoring this class.)

TUTTLE CREEK TOWER TOUR E-23

Paul Weidhaas 539-8511

One Time: Saturday, 8:30am, June 28
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Discover how much Tuttle Creek Lake has to offer. A Corps park ranger will present a slide show, answer your questions, and take you on a tour of the intake tower. (Tour not recommended for small children or those afraid of heights.) (Paul has been a park ranger at Tuttle Creek Lake for over six years.)

GET TO KNOW MILFORD LAKE E-22

Greg Wurst 776-0532

One Time: Sunday, 9am, June 22
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class Limit: 5

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

1986 WHEAT HARVEST TOUR: INCLUDING ABILENE, GARDEN OF EDEN, MUSHROOM ROCKS AND BROOKVILLE HOTEL SUPPER E-24

Neil Schanker 532-5866

Saturday, 8am-9:30pm, June 28 (one time)
Location: Will be noted on your receipt
Class Fee: \$29, pay w/registration Limit: 14

Travel the highways and byways of Kansas in an air-conditioned van as we see the 1986 wheat harvest in action. Our first stop is the Eisenhower Center in Abilene which includes the Museum, Library, family home and burial site. Next is perhaps the most peculiar home in the midwest, S.P. Dinsmoor's Garden of Eden in Lucas. Mr. Dinsmoor was an eccentric character who used over 113 tons of cement to create numerous monuments depicting biblical stories. Our third stop is the unusual rock formations of Mushroom Rocks State Park. For supper, we'll partake of the Brookville Hotel's "Famous Family Style Chicken Dinner," perhaps the best eating in Kansas. Along the way, we will see what Kansas is famous for--wheat! All transportation, entrance fees and supper is covered by the \$29 fee. Bring a sack lunch, camera, appetite and prepare for a super time! (Neil has led numerous tours.)

FLINTKNAPPING E-21

Harry Diesel 539-8511

One Time: Tuesday, 7-9pm, June 17
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 20

Ever wondered how the American Indians made arrowheads and spearpoints? Curious as to how pre-historic peoples developed weapons and tools? All of us are separated from flintknapping ancestors by relatively few generations. This class will help you discover what has almost been forgotten--a utilitarian craft and timeless art form. We will discuss techniques, tools and materials and see a live demonstration using local materials. Bring safety goggles. (Harry is the park manager at Tuttle Creek Lake and is a practiced flintknapper.)

PERSEID METEOR SHOWER AND CONSTELLATION WATCH

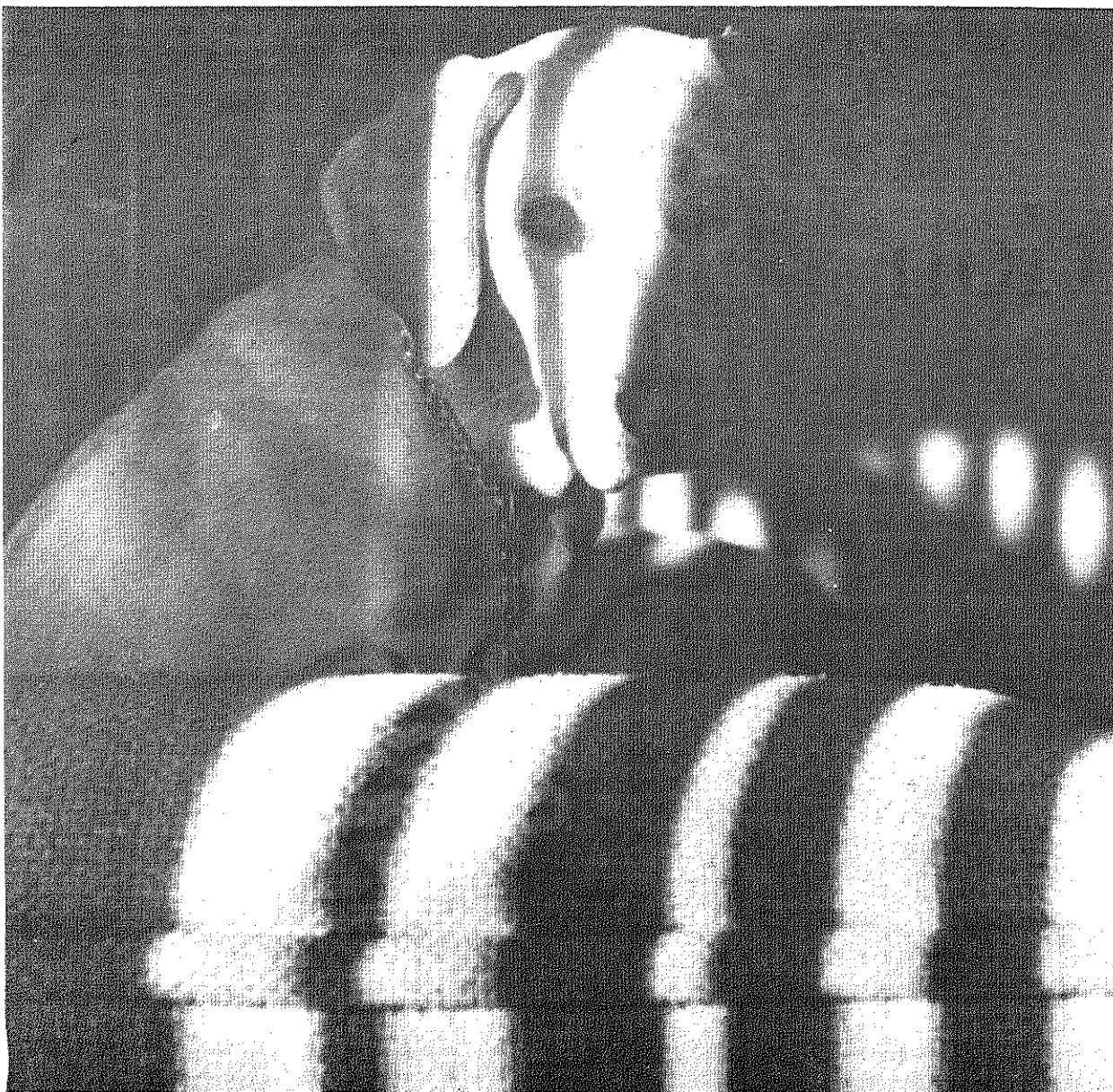
Dean Stramel E-25 539-1931

One Time: Monday, 8:30pm, Aug 11
(rain/cloud date, Wednesday, Aug 13)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

The Perseid meteor shower is consistently one of the most spectacular galactic events, with about 65 meteors per hour. Mother nature is putting on the show, so lets go see it! Constellation identification and a visual tour of the night sky will be included. Bring folding chairs or blankets (to lie on) and binoculars if you have them. Lets take advantage of one of our resources that big city folks don't have--dark skies! (Dean is a science teacher at Manhattan High School.)

22

Class locations will be noted on your receipt.



Sharilyn Anderson Untitled

Trees, herbs, & wildflowers

PRAIRIE WILDFLOWERS E-26

Gene Towne 532-7233

One Time: Saturday, 10am-12n, June 21
(rain date Monday, 6pm, June 23)
Location: Will be noted on your receipt
Class Fee: \$1, pay with registration

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

PRAIRIE GRASSES E-27

Gene Towne 539-0353

One Time: Saturday, 10am-12n, June 28
(rain date, Monday, 6pm, June 30)
Location: Will be noted on your receipt
Class Fee: \$1, pay with registration

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

BASIC FLOWER ARRANGING E-32

Lynn Doxon 532-5866

One Time: Tuesday, 7-9pm, June 24
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration
Materials Fee: \$1, pay at class Limit: 15

Learn the basics of color, form, and mood of traditional flower arranging. We will use flowers and other plant material in the UFM edible landscape to make arrangements. Participants are requested to bring vases or containers and any special flowers or plant material from home which they would like to include in arrangements. Don't miss this class by an expert! (Lynn is a horticulture graduate student at KSU and has taken lessons on flower arranging in Kobe, Japan.)

AFRICAN VIOLETS E-31

Maryetta Teaford

Saturdays, 9am, June 28, July 5, 12 (3 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

African Violets are beautiful houseplants, but need some extra care:

Lesson I: Potting (actual hands-on experience,) soil requirements, fertilizer requirements and care of African Violets.

Lesson II: African Violet problems, bring your plant and problems, grooming your violet.

Lesson III: Propagation--leaf petiole and division, grooming your plant continued. (Maryetta really enjoys African Violets.)

SHARING PERENNIALS E-34

Lynn Doxon 532-5866

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

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

1986 KSU GARDEN TOUR: ASHLAND HORTICULTURE FARM

Section I: Tuesday, 6-8pm, July 15 E-35
Section II: Wednesday, 6-8pm, July 16
Location: Register and a map will be sent

Riding tours of the field exhibits will begin every 15 minutes from 6 to 7:30pm. Horticulturists will describe research plots and discuss improved varieties and methods of growing vegetables, fruits and landscape plants. Several exhibits and demonstrations will be within easy walking distance of the information center. You may visit these at your leisure.

TREE FRIEND (FOR YOUNGSTERS) E-29

Neil Schanker, Jayne Link 532-5866 539-7605

One Time: Monday, 9-10:30am, July 21
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10

Children who take this class will make a friend for life--a tree! Blindfolds will give kids a chance to really examine and get to know a tree. We'll learn about tree growth, draw pictures, use our imaginations and read *The Giving Tree*. Bring a beach towel or something to lie down on, we'll supply the rest. Please list your age when you register. (Both Neil and Jayne have taught environmental education.)

GROWING THINGS IN YOUR HOME: EXOTIC PLANTS AND AQUARIUMS E-30

Sam Lacy 539-4404

Thursdays, 7-8:30pm, June 19, 26 (2 times)
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

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

USING AND GROWING FRESH HERBS E-33

Jayne Link 539-7605

One Time: Monday, 6:30-8pm, July 28
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 8

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

CAMPUS TREE WALK II E-28

Keith Lynch 532-6923

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

Last fall, Keith gave a fascinating tour of some of KSU's trees. This time he plans to continue where he left off. The KSU campus serves as sort of an arboretum for a wide variety of native and introduced trees and shrubs. We'll stroll through some of the more heavily planted areas and identify as many species as possible. Discussion will emphasize natural history and usefulness to wildlife. (Keith is a professor in the KSU Forestry Department.)

CHILDREN'S GARDENING E-36

Richard Mattson, Shari Kuenzi 532-6170

Saturdays, 10am First Meeting: June 21 thru fall
Location: Will be noted on your receipt

Children of ages 5-12 will be assigned individual and group gardens. They will learn planting, soil preparation, weeding, harvesting and other cultural practices throughout the gardening season. (Dick is a professor of horticulture at KSU. Shari is coordinator of the Manhattan Community Gardens.)

EDIBLE LANDSCAPE: INTERNSHIPS AND VOLUNTEER PROGRAM E-37

Lynn Doxon 532-5866

Day, time and date to be announced

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

Class locations will be noted on your receipt.

23



Recreation



Tom Sanchez Untitled

24

Class locations will be noted on your receipt.

Register early! The class you want may fill quickly.

Getting in shape

GENERAL FITNESS EXERCISES TO MUSIC: AEROBIC R-9
EXERCISE FOR EVERYONE (WOMEN, MEN & CHILDREN)

Susan Greco 776-9574

Mondays, Tuesdays, Thursdays, Fridays, 5-6pm
Location: Will be noted on your receipt
First Meeting: June 19 Length: Ongoing
Class Fee: \$12, 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.)

DO IT IN THE HILLS: RUNNING! R-11

Greg Barron 456-7336

One Time: Saturday, 9am, June 21
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration

Are you a runner who takes the same route week after week? Are you an outdoors enthusiast who finds jogging too monotonous? The goal of this class is to associate an appreciation for both running and nature. Visit Greg for a Saturday morning run in the beautiful Flint Hills near Wabaunsee. Take in the wildflowers, wildlife and solitude of the hills as you get in a run. All running levels welcome. (Greg has been running for 15 years and enjoys Flint Hills running especially.)

WALKING: GETTING STARTED ON A DAILY EXERCISE PROGRAM R-12

Earl Nolting, Chet Peters 532-6432 537-2632

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

The research is in! Walking burns 300 calories an hour, almost equal to jogging! Walking builds endurance and tones muscles! Walking is a virtually injury-free aerobic sport! Walking is good for the heart, lungs, bones, weight loss and mental outlook! It's not how hard we exercise that matters, but rather how consistently! The purpose of this class is to help adults who are interested in starting a regular exercise program. Walking is fun and an ideal exercise alternative for many reasons--special equipment or facilities are minimal and it can be done near home or work. The discussion will include getting started, exercise programs now available, when to walk, special problems, and how to stay with it when tempted to quit. (Earl has been walking for exercise for many years. Chet has been active in race walking.)

ATHLETIC INJURIES R-13

Dr. Grace & Dr. Timothy Reischman 537-9330

One Time: Tuesday, 7-10pm, June 24
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 20

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

The PATHFINDER
OUTDOOR EQUIPMENT SPECIALISTS

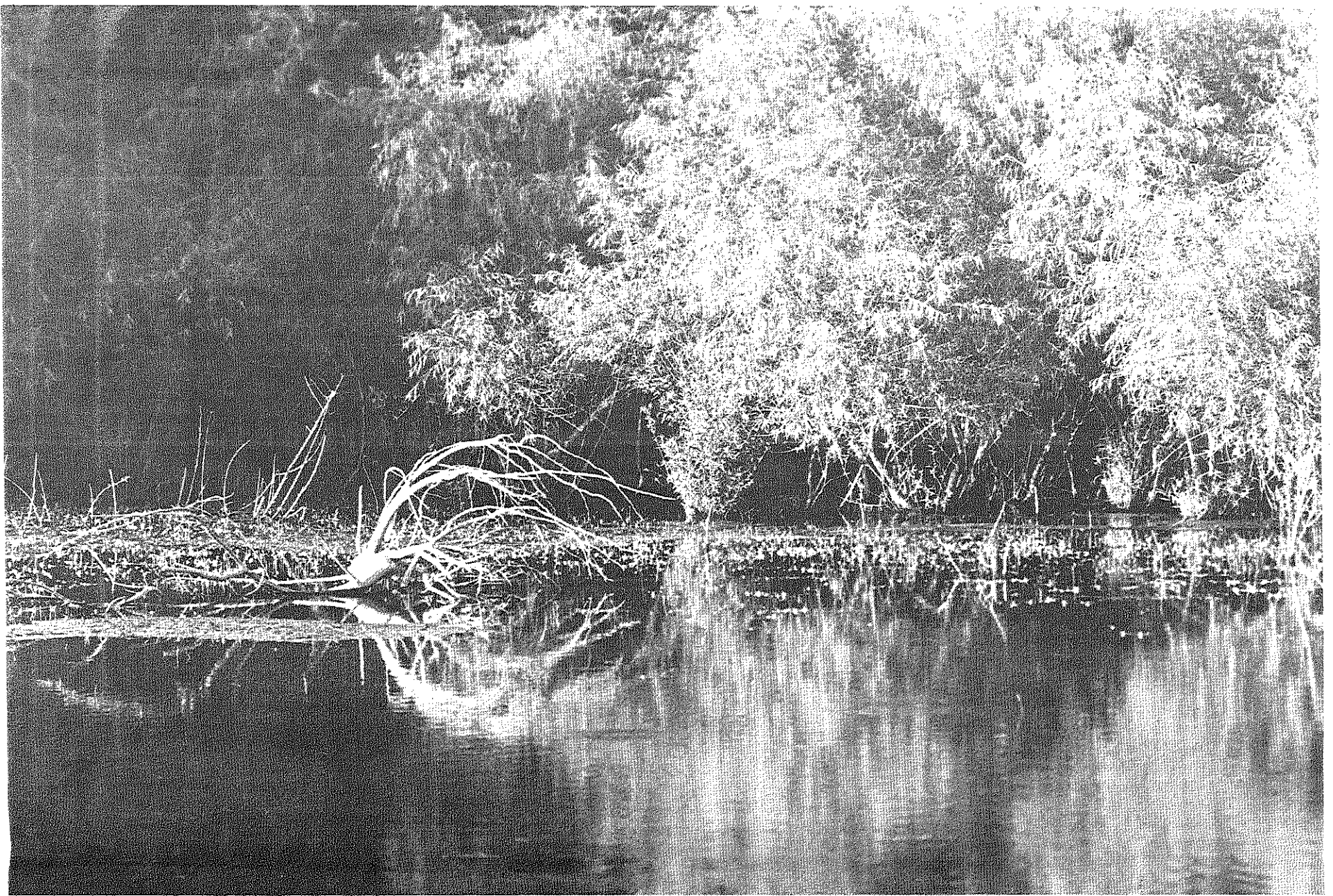
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Carol Gulker "Autumn's Splendor"

Boating and swimming

CANOEING R-2

Jefferson Brown 537-9403
 Register and you will be contacted for day, time and dates (2 times)
 Class Fee: \$6, pay with registration Limit: 7
 Canoe the mild waters of Deep Creek and Pottawatomie County Lake No. 2 in a two-meeting canoe class. We'll learn canoe basics and enjoy some pretty scenery. Jeff will help you rent or borrow a canoe. Beginners welcome. (Jeff has been canoeing regularly since 1979 and is a graduate of the National Outdoor Leadership School.)

WINDSURFING R-3

Brenda & Bernard Buster 776-3530
 One Time: Sunday 1-4pm, June 22
 Location: Will be noted on your receipt
 Class Fee: \$5, 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.)

BEGINNING SAILING R-4

Mike Jensen 776-1611
 Wednesday, 7-9pm, June 25
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Materials Fee: \$1, pay at class Limit: 16
 This class will cover sailing from buying your first boat to learning the skills needed for taking the "helm" of a small sailboat. We will learn the terminology, principles and basics of sailing. A hands-on session might be scheduled. (Mike has been hooked on sailing for four years and is on his second sailboat.)

TAKE THE PLUNGE: SPRINGBOARD DIVING FOR ALL AGES

Brett Balkenhol R-5 539-8455
 Sundays, 10-11:30am, June 22 (5 x's) no class 7/6
 Location: Will be noted on your receipt
 Class Fee: \$6, pay with registration Limit: 8
 Do you find yourself feeling jealous of those who perform graceful dives, back flips and twists at the ol' swimming pool? Wish you could show off at the diving board but afraid of belly flopping? Brett will teach you basic diving skills including forward, reverse, flips and twists. He promises nothing serious or dangerous. Please bring a short-sleeve sweat shirt. (Brett was involved in high school diving competition and has been an avid diver at KSU.)

TINY TOT SWIMMING (PARENT AND CHILD) R-6

Lynda Reid, Marcia Sol 776-7700 539-8180
 Sundays, 12n-1pm, June 22, 29, July 13, 20 (4 x's)
 (no class July 6)
 Location: Will be noted on your receipt
 Class Fee: \$8/parent-child pair Limit: 15
 This class will deal with methods of teaching the very young child the basics of swimming and personal water safety, for example, backfloating and survival floating. Emphasis will be placed on parent and child relaxing and enjoying the water. Activities will include blowing bubbles, going under, dipping, torpedos, jumping, floating and others. Important tips and do's and don'ts will be covered. A parent must accompany each child in the water. This is a good primer for ages 18 months to 3 years old. (Lynda and Marcia are mothers who have taught this class before.)



Register early!

The class you want may fill quickly.



TRY KAYAKING! R-1

Rex Replogle 537-2643
 One Time: Sunday, 9am-12n, June 15
 Location: Will be noted on your receipt
 Class Fee: \$5, pay with registration

Here's your chance to see if kayaking is for you! Rex will show some videos, demonstrate kayaking, and then you get to try it out. Learn how to enter and exit from a kayak, how to paddle and how to turn. If you enjoy it, you'll want to take the complete kayaking class this fall. Bring your swimming clothes and prepare for an exciting time! (Rex has been a kayaking enthusiast for years.)



WE'VE GOT YOU BY THE EARS

PLAYS YOUR FAVORITES

MANHATTAN'S KF

PLAYS THE "ROCK"

Class locations will be noted on your receipt.

25

Outdoor fun

BEGINNING TENNIS

R-14

Wendy Smith

539-0112

Sundays, 8-10am First Meeting: June 22

Length: six times (no class July 6)

Location: Will be noted on your receipt

Class Fee: \$10, 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. (Wendy enjoys tennis and other sports.)

DIAL-A-PARTNER TENNIS/RACQUETBALL

R-17

Neil Schanker

532-5866

Class Fee: \$2, 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.)

VOLLEYBALL FOR FUN (16 AND OVER)

R-19

Lois Morales

539-8867

Tuesdays, Thursdays, 6:30-8:30pm 1st Mtg: June 19

Location: Will be noted on your receipt (Length:

Class Fee: \$4, pay w/registration [Ongoing

Materials Fee: \$1, pay at class

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

SUMMER SOCCER

R-20

Charles Hedgcoth

532-6121 539-4760

Sundays, 5:30-8:30pm 1st Mtg: June 22 (thru Aug 24)

Location: Will be noted on your receipt

Class Fee: \$4, pay with registration

For the novice and the experienced player from 15--? No practices--just matches for fun among ourselves and other area teams. Classes will run through August 24. (Charles has been involved in soccer for more than 11 years and is a coach, player and referee.)

RACQUETBALL FOR BEGINNERS

R-15

Bill Shafer

539-3412

Sundays, 8-10am First Meeting: June 22

Length: six times (no class July 6)

Location: Will be noted on your receipt

Class Fee: \$10, pay with registration

Materials Fee: \$2, pay at class Limit: 15

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.)

OPEN PLAY OUTDOOR RACQUETBALL

R-16

Sundays, 8-10am First Meeting: June 22

Length: All semester

Class Fee: \$4, 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.

GOLF FOR BEGINNERS

R-18

Jim Gregory

539-1041

Section I: Thursdays, 6-7pm, June 19, 26, July 3

Section II: Thursdays, 6-7pm, July 10, 17, 24

Each section will meet 3 times

Location: Will be noted on your receipt

Class Fee: \$12/section, pay with registration

Materials Fee: \$1, pay at class Limit: 12/section

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



Sharilyn Anderson Untitled

26

Class locations will be noted on your receipt.

PIZZA PARTY AT YOUR PLACE!

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- SHOPPING CENTER
- 3RD & MORO 776-4334

*FOR DELIVERY CALL 539-7666





Tony Ridder "Chris"

Martial arts

TANG SOO DO KARATE R-21
 Richard Bammes 1-485-2480
 Joel Cederberg 537-7090
 Mondays, Wednesdays, Fridays, 6:30-8pm
 First Meeting: June 18 Length: All semester
 Location: Will be noted on your receipt
 Class Fee: \$12, 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 instructors. (Joel and Richard have taught this class for several years.)

ALL STYLE KARATE WORKOUT R-22
 Richard Bammes 1-485-2480
 Joel Cederberg 537-7090
 Mondays, Wednesdays, Fridays, 8-9:30pm
 First Meeting: June 18 Length: All semester
 Location: Will be noted on your receipt
 Class Fee: \$12, 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-23
 Mark Buono 537-2528
 Tuesdays, 6:30-8pm 1st Mtg: June 24 Length: All
 Location: Will be noted on your receipt (semester
 Class Fee: \$12, pay with registration Limit: 5
 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.)

ADVANCED KUNG FU (PAI TE LUNG STYLE) R-25
 Stan Wilson 539-7723
 Tuesdays, Thursdays, 9-10pm 1st Mtg: June 19
 Location: Will be noted on your receipt
 Class Fee: \$12, pay w/registration (Length: On-
 Materials Fee: \$2, pay at class going)
 This class is a continuation of the beginning class. Participants will learn kata, application of kata, self-defense, awareness drills and sparring.

ADVANCED JUJITSU R-27
 Stan Wilson 539-7723
 Sundays, 8:30-9:30pm 1st Mtg: June 22 Length: On-
 Location: Will be noted on your receipt (going
 Class Fee: \$12, pay with registration
 Materials Fee: \$2/semester, pay at class
 This class is a continuation of the beginning jujitsu class. Participants will further their knowledge of jujitsu including drills and self-defense techniques.

BEGINNING KUNG FU (PAI TE LUNG STYLE) R-24

Stan Wilson 539-7723
 Tuesdays & Thursdays, 8-9pm 1st Mtg: June 19
 Location: Will be noted on your receipt
 Class Fee: \$12, pay with registration (Length:
 Materials Fee: \$2, pay at class Ongoing)
 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.)

JUJITSU FOR BEGINNERS R-26

Stan Wilson 539-7723
 Sundays, 7-8:30pm 1st Mtg: June 22 Length: On-
 Location: Will be noted on your receipt (going
 Class Fee: \$12, 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 1st Mtg: June 18 Length: 10 x's
 Location: Will be noted on your receipt
 Class Fee: \$12, 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 2 years.)

CHINESE STICK, SWORD AND SLAP-HANDS (TAI CHI) DEMONSTRATION R-29

Lee Shih Wu 539-7841
 Section I: Wednesday, 8:15pm, June 18 (children)
 Section II: Wednesday, 8:15pm, June 25 (adults)
 Location: Will be noted on your receipt
 Class Fee: \$4/section, pay w/registration
 One time each section
 Martial arts buffs and other interested folks are urged to see this unusual demonstration. Using slow, relaxing postures, Lee Shih will show how exercise, health, grace, poise and inner strength can be developed.

BEGINNING FENCING R-30

Doug Varney, Randy Hanes 539-1510
 Wednesdays, 7:30pm First Mtg: June 25
 Location: Will be noted on your receipt
 Class Fee: \$10, pay w/registration (Length: All
 Materials Fee: \$10, pay at class semester)
 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 and Randy enjoy fencing.)

INTERMEDIATE FENCING R-31

Doug Varney 539-1510
 Wednesdays, 8:30pm 1st Mtg: June 25 Length: All
 Location: will be noted on your receipt semester
 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 Garde, Prets. Allez!

Class locations will be noted on your receipt.



Tom Sanchez 2nd in People Untitled

hobby for everyone

BASIC BICYCLE MAINTENANCE R-41
 John Carson 539-4751
 Time: Wednesday, 7:30pm, June 25
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 Whether for basic transportation or recreation, the way you take care of your bike can affect your safety and riding pleasure. We will discuss general maintenance, how to patch tires, make minor gear adjustments and answer questions you have about how your bike works. (Jim is a bicycle mechanic at Green Thumb.)

BACKPACKING R-39
 Paul Mathewson 539-4176
 Time: Tuesday, 7:30pm, June 24
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration Limit: 20
 This class will provide information about equipment, map reading and essentials of experiencing the wilderness; how to plan a backpacking trip, places to go and when to go. Both novice hikers and intermediate backpackers are welcome. Bring your questions about equipment and backpacking aids. Some equipment will be provided for inspection and comparison. (Paul has backpacked in California, Utah and Colorado and elsewhere for over 13 years.)

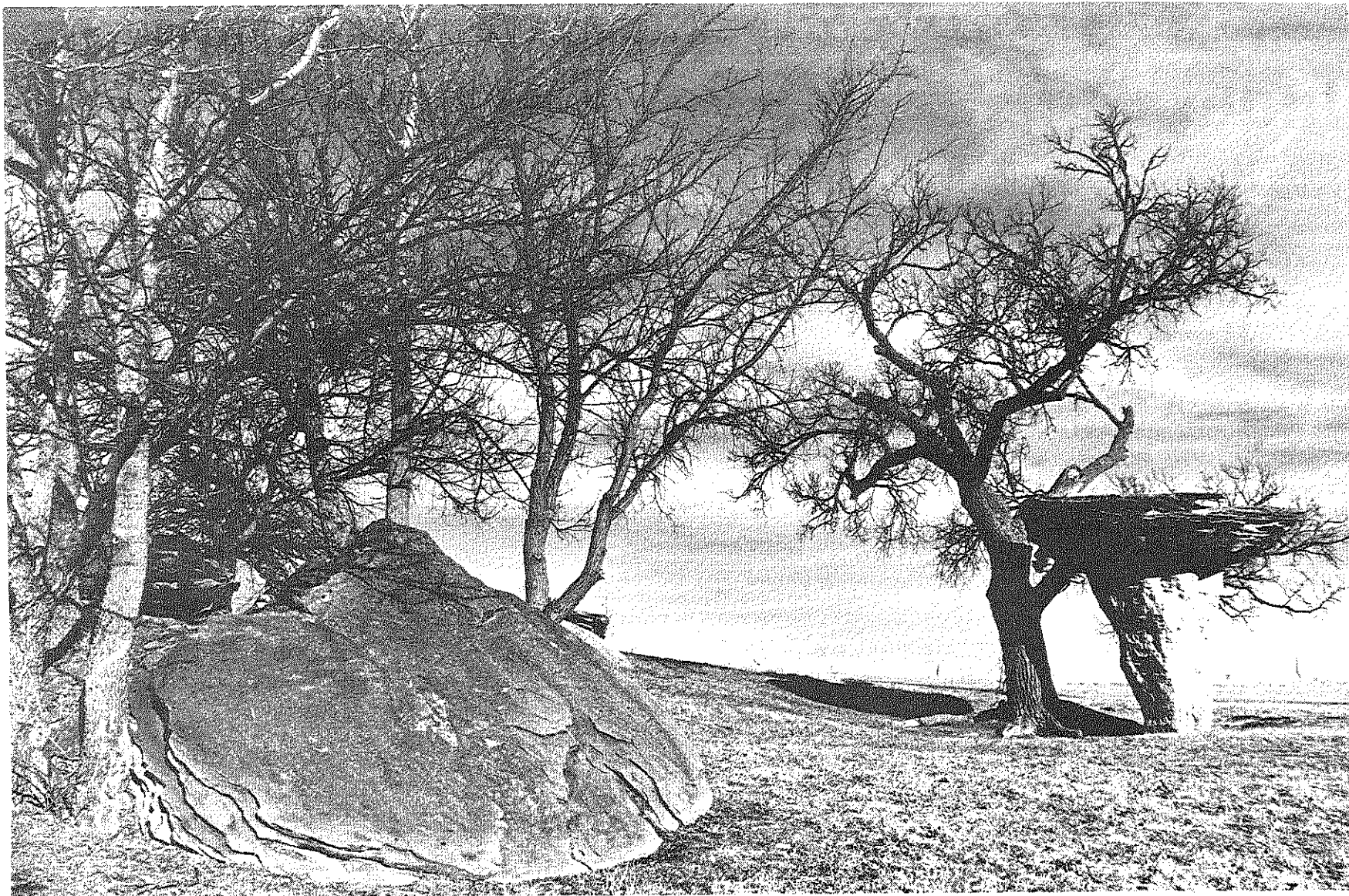
INTRODUCTION TO MOUNTAIN BIKING R-40
 John Hurd 539-6823
 Tuesday 7-8:30pm 1st Mtg: July 1 Length: 2x's
 Location: Will be noted on your receipt
 Class Fee: \$4, pay with registration
 You've seen 'em - those fat tired, many geared tough looking bicycles! First popular in the mountain states like Colorado, mountain bikes are the new sensation in Manhattan, Ks. In our first class we'll discuss information ranging from frame geometry and maintenance to riding techniques and where to ride in Riley County. We'll then organize a ride at one of the local riding spots where you too can join the "over the handlebars" club. (John is a former skinny tire bike rider who has caught the fat tire bug.)

WEDNESDAY MORNING PLAY GROUP R-37
 Linda Irwin, Barb Stork 537-1084 539-1379
 Wednesdays, 10am-12n 1st Mtg: June 18 Length:
 Location: Will be noted on your receipt Ongoing
 Class Fee: \$2/family, pay w/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-36
 David White 776-0057
 Register and you'll be contacted for day, date and time
 Location: Will be noted on your receipt (Length: Ongoing)
 Class Fee: \$4, pay w/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.)

LEARN TO FLY AT LOW RATES R-32
 Hugh Irvin 532-6311 539-3128
 Saturdays, 9-10:30am 1st Mtg: June 21 (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. 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.)

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



Brian Ferrin 1st in Scenery "Mushroom Rock"

A hobby for everyone

POCKET BILLIARDS FOR BEGINNERS R-33

Jerry Riggs 776-6338
Saturdays, 10:30am 1st Mtg: June 21 Length: 6x's
Location: Will be noted on your receipt
Class Fee: \$4, pay w/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. He owns Jerry's Family Billiards.)

BRIDGE CLUB R-34

Charles Clack 776-1625/776-0471
Thursdays, 5:30pm 1st Mtg: June 19 Length: On-
Location: Will be noted on your receipt going
Class Fee: \$4, pay with registration

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

INTRODUCTION TO RADIO CONTROL HOBBIES R-42

Tom Okerlund 776-6099

One Time: Wednesday, 8pm, June 18
Location: Will be noted on your receipt
Class Fee: \$4, pay with registration Limit: 10

Radio controlled hobbies are fascinating and fun sports! Our introduction class will touch upon the most popular aspects of this marvelous hobby; flying, cars, and boats. We'll view several films of recent radio control events, demonstrate some of the popular electric powered cars, and answer all of your questions. (Tom runs Wings & Wheels Hobby Haus.)

ADVANCED CLASS CUTTING FOR THE OVER COMMITTED

Neil Schanker R-38 532-5866

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

No bells, no grade, no class. Don't show up, no one will call you. For the person who needs to schedule every night of the week and can't skip anything because of guilt, the inability to say no, or compulsive committing. Just sign up, pay your \$4 to UFM, put it on your calendar and don't go. You could pay a lot more for a night off. No one excluded. Wear comfortable shoes.

JUGGLING FOR BEGINNERS R-35

Mike Hudson 539-0931

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

Juggling can be a relaxing art as well as a wonderful learning experience. The art of juggling develops a good feel for hand-eye coordination. The only requirement is that you must bring three tennis balls. Juggling is for the young and the old, so come join the fun! (Mike is looking forward to passing on this hobby.)

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*Class locations will be
noted on your receipt.*

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Registration Form



PLEASE PRINT ★★ ONE FORM PER PERSON

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

SURVEY—Please check all that apply.
 I am a:
 KSU Student (_____ credit hours this semester)
 Student Spouse Fort Riley Personnel
 KSU Faculty/Staff Townsperson (non-KSU)
 Faculty/Staff Spouse Rural Riley County
 Public School Age Geary or Pott. County
 Senior Citizen Handicapped

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

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

I am interested in teaching for UFM.

I would like to see offered next term: _____

Please indicate where you obtained catalog _____

If KSU student, list ID# _____

Have you taken a UFM class before? _____

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

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

Registration

Priority Registration Period: June 2-20
 After June 20, you can still register if space is available.

WALK-IN:

Tuesday	June 3	Public Library	11am-2pm
Tuesday	June 3	Public Library	5pm-7pm
Saturday	June 7	Downtown Fun Festival	10am-5pm
Monday	June 9	KSU Union	9am-2pm
Tuesday	June 10	KSU Union	9am-2pm
Sunday	June 15	Wal-Mart	2pm-4pm
Monday	June 16	KSU Union	9am-2pm
Tuesday	June 17	KSU Union	9am-2pm
Thursday	June 19	Public Library	5pm-7pm

THREE WAYS TO REGISTER:

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

Late registrations accepted on space-available basis.

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

RECEIPTS:

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

CLASS LOCATIONS:

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

REGISTRATION FEE EXEMPTIONS:

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

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

REFUND POLICY:

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

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

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

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

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

PLEASE PRINT ★★ ONE FORM PER PERSON

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

SURVEY—Please check all that apply.
 I am a:
 KSU Student (_____ credit hours this semester)
 Student Spouse Fort Riley Personnel
 KSU Faculty/Staff Townsperson (non-KSU)
 Faculty/Staff Spouse Rural Riley County
 Public School Age Geary or Pott. County
 Senior Citizen Handicapped

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

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

I am interested in teaching for UFM.

I would like to see offered next term: _____

Please indicate where you obtained catalog _____

If KSU student, list ID# _____

Have you taken a UFM class before? _____

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

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

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



Class locations will be noted on your receipt.