REGISTRATION

For those of you who wish to take one or more of UHN's courses, please consider the following:

There are many reasons as to why we limit you to one course. We realize sometimes the times are long or telephone busy, but the need for registering is essential and would hopefully overcome the brief inconvenience that occurs now and then.

WHEN YOU DON'T REGISTER:

- You cannot be contacted as to a change of date.
- Leaders prepare handouts, cook food, order supplies, etc. for the number of participants they receive.
- Classes are scheduled in a room or space which then feels cold to the participants. This is altered sometimes dramatically when too many people show up.
- We are accountable to those who finance us. One of the ways is through enrollment figures. Insufficient figures can mean insufficient funds.

WHEN YOU DON'T SHOW UP FOR A CLASS:

- The class leader has committed his or her time and energy. It is wasted if you don't follow through. Please call the leader if something prevents you from coming.
- Food, supplies, handouts, etc. are wasted.
- If the class was limited and interested people were put on a waiting list, they lose their opportunity to get in. If the teacher knows you cannot come, the next person on the waiting list can be invited to attend.
- Our accountability suffers.

NOW TO REGISTER:

Come to one of the following locations and fill out a registration card for each class you would like to take:

- Feb 16, 17, 18 (3pm-5pm) UHN
- Feb 16, 17, 18 (3pm-5pm) Public Library
- Feb 17 (3pm-5pm) High School, 1135-1137
- or telephone UHN, 332-3866 from 3am to 6pm, February 16-18.

No early registrations please.

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In this spring's UHN brochure of classes, we have chosen 24 classes which we feel are directly representative in keeping with our theme of "critical social consciousness." Although all classes in the brochure contribute in the spirit of alternatives and personal growth, it is the following classes which we would like to draw your close attention to in hopes that you will consider participation!

COMMUNITY

Community Organizing
Creating Your Own Job
Tom Cooperative
Farm Issues Series
Evening Child Care
Gen. Design Center
Continental Walk
Continental Walk
Eating Society: Simulation Games
Gen. Info. Center
Montessori
Choosing Child Care
Kids' Play Group
Sun Exposure on Skin (Deep-Dry) Drug Volunteer Pro.
Drivers for Elderly
Military Vets
Singles Club
GND Preparatory
High School Drug Use
JFS Access Search
Drug Counseling Center
Drug in Schools
Eating Disorders
Parent and Preparation
Compositions
Women on Credit
NURSING SERIES
Cultures in Contact
Learning Exchange
Self-Help Student Housing
Micropolitan
Big Brother/Big Sister
Tomastered
Castle Crusade
Media Conservation
Page 3 - 7

CRANESHINE:

- Macrame
- Patterns in Knitting
- Calico Flowers
- Bookmaking
- Scrap page
- Libra Press
- Leather Sewing
- Weaver's Fancy
- Rug Rug
- Indian Readwork
- Felt Art
- Ceramic MOLDING WORKSHOP

CRAFTS:

- Flint Hills Craft Guild

GARDENING:

- Head Energy
- Organic Gardening

FOODS:

- Vegetarian Restaurant
- Diet for a Small Planet

MIND,BODY,SPIRIT:

- Yoga
- Women's Awareness
- Space Man Plan
- Illusion Illuminations

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- Philadelphia
- Jewish Counselling
- Antijitos Seminarios
- International Cooking
- Intro to Books
- Mexican Cooking
- Creative Breadmaking
- Scrapbooking
- Bread Basics

MIND, BODY, SPIRIT

- Self & Others

- Time Management
- Assertive Training
- Changing Roles and Men: Neocentrism
- Life Planning Workshop
- I'm OK, You're OK: The Naked Ape
- FAMILY LITE LIFE
- Working Less

- "Would You Like To . . . ." Career Exploration
- Personal Concerns
- Group Solutions

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**philosophy & theology**

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**Page 22**

The Wheel of ‘94

1 China

- Cosmic Consciousness
- Baked Bible
- Islamic Studies
- Daily Word Study
- Astrology
- Sunday Evening Fellowship
- Christian Fellowship
- Judas
- Plato For Fun
- Preparing Thinking
- God’s Presence
- Illness Illumination
- Life and Teaching of Christ
- Tennis Shoe Blues
- Mystics

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**play**

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- Chess
- Table Tennis
- Clown School
- Hosteling
- Aerobic Dance
- Repealing
- Aikido
- Self Defense
- Weightlifting
- Painting
- Tennis
- Dancing
- Take Off Pounds

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**skills**

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PHOTOS: Dave Liebowitz 
Larry Steele 
Evie Williams 
Larry Turner 
Hammer Hungarian

---

**credits**

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### Staff

Staff members are:

- Steve Ernst
- Darla Gilleen
- Shella Russell
- Ann Deagle
- Owen Wrigley

Rural community work:

- Steve Arrows
- Jim Killacky

Kansas Committee on the Humanities:

- Jodi Sherrard

Special welcome to our new high school members:

- Beth Lemons
- John Bode

UHM is financially supported by the KU Division of Continuing Education, Student Government Association at KU, the Manhattan Chamber of the United Way, and the Improvement of Post Secondary Education (IPSE), and grants from various sources for special projects.

The concerns and assistance of these groups enable UHM to provide a learning network of high quality, available for free to all participants.

Personal thanks are also extended to these private individuals who have made contributions of money, time and energy. UHM is a non-profit, tax exempt organization.

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**WHEW! (April Events)**

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This is the largest semester ever - classical! In fact, the brochure assembled a Kansas City Spring before we took the plunge and split our semester into two parts. Classes beginning February 27 - March 28 are present in the brochure. Classes which begin March 29 and after will be described in the second brochure, which will come out around March 22nd. The following is a list of courses which will be in the second brochure.

**COMMUNITY**

- Series on Manhattan and Riley County History - Riley County Museum
- Series on Pioneers and Later Generation and How They Lived - Riley County Museum (May)
- Paul P. Kiefer Conference - Sun Books - April 1
- China Slide Show - Yma & House Plants - March 31
- Cultures in Contact - International Exchange - to be announced

**CRAFTS**

- Fabric Painting - Beth Sparlock - April 3
- Rug Design - Shella Russell - April 12
- God’s Eye - Shella Russell - April 19
- Stained Glass - Steve Gropp - March 31
- Stained Glass Principles and Practice - Bill Bentinger

**MUSIC**

- Raising Wild Pets - Charlotte Doyle - April 19
- How to Build a Stone Wall - R. Norman Wood - April 28
- Land of the Pot Book - George Haldenberg - April 1
- Are We Alone? - G.L.S. - John Edwards & Fred Stewart - April 5
- Lecture - Steve Ernst & Sarah Ohliger - April 10
- Honest - The Art of Miniature Trees - Gary Frey - April 6
- Design Control of Garden & Yard Plants - Bill Willis - April 3
- Animal Rescue Society - Glenda Hildemand - April 5

**FINE ARTS**

- Children as Filmmakers - Dave Murrah - April
- Tombstone Hubbing - Steve Ernst - April 25
- BOOKS

- Super Free Bread - Karl Finlay - April 26
- Making Your Dollar Count for Good Nutrition - Pat Tahach & Chris Banner - Mar 30 & Apr 6
- **BOOK & SPIRIT**

- Self Awareness Through Brain Analysis and Exploration - Larry Glazovner - April 5
- Feedback - Tim Lowenstein - May 2

**THEATRE**

- A Discussion of Marxian Political Applications - Robert Severson - April 1
- Topics in South Asian Literature - Dick Smith - March 30

**SELF & OTHERS**

- The Art of Motorcycle Maintenance - Demis Leffman - April 1
- Assertive Training for Professionals - Mark Bouchal Leffman - April 1
- Marriage - John Grafen, Lynn Peterson - April

**SPEECH**

- The Metrics are Coming - Jim Johns - March 30
- You and Your Auto - Jack McVerry - April 4

**SPORTS**

- Soccer for Fun - Ted Solodkoff - March 15
Critical Social Consciousness

This part of the brochure traditionally is geared towards informing those who read it about the "who's, how's and why's" of UPM. Informative as that page may have been, we have chosen this time to share a message to the readers which we feel is of major significance.

UPM is more than an organization that offers late-night-time activities. It is more than an institution's token excuse for educational innovation. Sometimes it's easier to know what we are not, rather than what we actually are. UPM's commitment to social change encourages us to provide alternatives to traditional education. American education traditionally has not been to encourage ideas but to dictate them; not to debate or discuss them, but to give lectures, not to work with the student, but on him; not to offer a name for authentic thought, but give formulas to receive and store. In UPM, teachers and learners participating together in classes allow debate, exchange, authentic thought, invention.

The above statements are a way for us to center in on our goals. We have several goals in mind, and are earnestly striving to reach them.

The following is founded in a basic UPM premise: we challenge the basic concepts which are a part of the curricular and teaching methods of traditional educational institutions.

Paulo Freire, in "The Science of Education," states: "An education which does not admit of dialogue, which does not accept student participation, which imposes a program whose content is exclusively determined by the educator only 'domesticates man,' makes him adopt - although what it claims to do is to help him become a whole person through a humanistic and liberating education."

Freire, in essence, points out traditional education merely serves to support the status quo which denies "critical consciousness raising" (i.e., learning what our needs are and finding ways of fulfilling them, taking control of our own lives, feeling a sense of personal power, and living whole-istiically.). A goal of UPM is to allow and nurture critical consciousness raising. The philosophy in part, is that education should view individual growth and development just as importantly as the transmission of knowledge. It should assist students in moving toward interdependence from the status quo which denies the personal struggles, capabilities and interests of an individual. Education should provide a means for creative integration in living our own lives and making sense out of the world. It has to do with people taking control of their own lives and being able to construct whatever they want for themselves and our community. Education can be used as a tool to learn more about oneself, whether it's a success or Marxist philosophy, learning in a non-competitive environment contributes to the health, well-being and growth process of anyone who participates. Learning does not have to be purchased, graded and accredited.

Some goals which we would like to move toward are:
1. The student would be primarily responsible for his or her own learning.
2. Through staff expertise, students would be assisted in drawing from skills, knowledge, and talent within the community.
3. We would devise a program of documenting learning experiences in a portfolio form.
4. UPM would help people help themselves move toward conscious critical understanding with their own needs and problems, making them agents of their own recuperation.
5. UPM would be a vehicle for the public and individual to expose and challenge oppression, with the end goal being constructive action.

Currently we are moving towards these goals, through campus free college, and finding out about ways of documenting experiences. We are working with our teachers in their perceptions of what converting a UPM class means; although they teach for free, it should not be equated with "charity work." Perhaps the most learning comes from teaching, and together students and consumers work to challenge traditional concepts and methods.

Our catalogue of classes has taken a different image. We are endeavoring to prepare an image to the participant and potential learner that we are indeed a challenge and an alternative to the curriculum and teaching methods of the traditional institutions. We are available to assist you in evaluating your educational goals, as well as provide learning experiences that meet the interests of a diverse community.
COMMUNITY

CREATING YOUR OWN 202
Rave Steworth, Kathleen Surhal, Melody Williams, and Larry Wheeler 532-5866
Friday, (time & place to be announced)
Length: One Time, March 26
Essentially, what do you want to do?
This class is put up to help those who would like to create their own job, get in touch with those who have done just that:
- Personal insights: experiences as well as practical knowledge about
- Creating your own job will be discussed.
- There is no set of directions, tips, or tricks on how to create a job and
- We'll try to get a broad look at those who are interested in learning. Work can be very meaningful when you're doing what you really want to do.

TOOL-OPPURTUNITIES
We have always felt that cooperative opportunities have potential for
all our lives and have put much of our energies into establishing cooperative. A tool cooperative is to form one of the savings
and learning which could happen if more people had access to a variety
of tools. We used people to make this idea a reality. Count your
at 6 pm, June 25.
- For more information call Mike at 532-5866.

COMMUNITY CENTER

EVING CHILD CARE
For several years we've heard requests for a quality evening child care center from people who had part-time jobs at night, people who wanted to take or teach classes or simply wanted an occasional night out. We have been working on this project for almost a year and have finally had a breakthrough.
We have found a home at the Non-School Children's Center, 500 S. 4th Street, and have applied for our license to operate a child care center.
We hope to open as soon as IHM's semester gets underway. The cost is $6.00 per hour per child and the time is 7-10 pm Monday through Friday.

CONVENTIONAL WALK FOR DISARMAMENT
Steve Greer 532-5866
Tuesday, Time to be announced
Length: One Time, March 23
Location: IHM Living Room 1516 Fairchild St
On August 9, 1965, with the atomic bombing of the people of Hiroshima, we should have become unthinkable. Whatever logic human beings and nations used to have justified the slaughter of their neighbors, on that day we became indisputably a crime against humanity. That fact is still not clear to citizens of the U.S. It is time to try to destroy us and our planet. American's have been devoting their deaths and nuclear armament for future generations - an instrument which furnishes resources away from the solutions. The purpose of the walk will be to draw attention to the world-wide problems. This will be an organizational and discussion meeting. We understand that 40-50 people plan to walk from San Francisco to Washington, D.C.
(These works for FSM and needs to exercises for a good cause Length is with the War Resisters League and the Alternative School in D.C.)

FARM ISSUES SERIES
"If You Complain About Farmers, Don't Talk With Your Mouth Full." University for Men is pleased to offer for the first time, the Farm Issues Series. With the role of agriculture becoming more and more important, there is also an increasing number of problems to be dealt with. The purpose of this Series is to explore some of these problems from the point of view of the farmer, consumer and citizen in between. You are welcome to register for part or all of the Series. All sessions are on
Tuesdays at 7:30 pm at First Baptist Church, 2212 Wise Hills Blvd.
March 2 The Will Control Our Agriculture? - Barry Finley Baker. Five possible answers to this urgent question will be given along with a discussion of trends in U.S. agriculture which will influence its future organization.
March 9 The Farmer and the Consumer. - To be announced. What happens between the field and the kitchen table? Who decides what goes on the way to the market? How to improve consumer awareness of farmers' problems will also be discussed.
March 13 Range Management in the Northern Flint Hills - Clinton Owenby. No discussing words about range management, but rather a lecture on how a range plant grows and its reaction to different livestock management systems.
March 30 Farm Estate Planning. - Roy Bogle. This is a situation concerning the major characteristics of small farms over the last 40 years, and how they have changed due to the recent Green Revolution. Ideas will be presented as to how local and national agencies can improve the income and living situations of small farm families.

EXPLORING SOCIETY THROUGH SIMULATION GAMES
Bob Harris 532-5866
Mondays, 7-9 pm
Length: Indefinite
First Meeting: Feb 23
Location: To be announced.
A simulation game increases the social awareness of a specific situation or process. It focuses on structure more than roles, on playing or psychological game analysis, and one will be a game or playing a few games such as interactions, social, dilemma, drug debate, economic system, and student power. As a player you can experiment with rules and strategies you haven't tried in real life. Depending on interest, we will continue examining new games, discuss where and how to use, evaluate and design games. (Bob has worked with a group developing and testing simulation games for teaching and social research.)

THE COMMUNITY INFORMATION CENTER
The Community Information Center is a project designed to develop better linkage between people and the human services available to them in the Hampton area. If you are in need of information or refer-
 call 770-7776 or stop by the Hampton Public Library.
Health-Related Careers

At the Student Health Center there are approximately a dozen health-related careers represented among the various members of the staff. Although at KUSM many of these are offered as pre-professional curricula, interested persons may not have the opportunity to talk with those practicing in the field. This series of brief presentations is oriented toward bridging this gap. Meetings will be held at noon in conference room 21 at the Student Health Center. The schedule is as follows:

March 3 - CARRIERS IN MEDICINE - Robert E. Sinclair, M.D.
March 10 - THE DENTAL HEALTH PROFESSION - Dr. Robert Kinney, Ph.D.
March 24 - PHYSICAL THERAPY - Bob Norcross, Registered Physical Therapist
March 31 - LIFE AS A DIETITION - Mrs. Richard Olson, Registered Dietition
April 7 - PHARMACY AS A PROFESSION - Robert Den, Registered Pharmacist

RELATIONSHIP OF SUN EXPOSURE TO SKIN
Dr. W. H. Backin 597-8501
Thursday, 7pm
Length: One Time, March 25
Location: To be announced

With spring and summer-like weather approaching, we'll be spending more and more time in the sun. The first exposure and lengthy subsequent exposure have dramatic effects on the skin. 4 discussion and a film by the American Academy of Dermatology will be included in the program.

DRUG-DRUG COUNSELING CENTER
John Stone 598-8809
Barb Bertin 598-8931
326-A Toyota 776-2645
4-8pm Weekdays and Saturdays
4-10pm Fridays and Saturdays
This is a new community service and we have to talk about drugs and provide counseling services for individuals or families that feel they have a drug problem. We want information from you, too, so that we can get a better picture of the ways the community can be better helped.

John Stone 598-8809

John, the counselor at the DDCN, will be starting a new training program for volunteers. As this is a community project, interested Manhattanites, adults or high school students are particularly needed. Sign up at registration and you'll be contracted as to time and place.

MANHATTAN SINGLE'S CLUB
Linda Sharper 776-6135
Jan Wiil 597-9288
Check Jones 537-9584

FRIDAYS, 7pm
Location: Continental
First Meeting: Feb 27
Location: Campus East Clubs, Clubroom
Manhattan Single Club invites fellow singles to a party Friday, February 17 at 7pm. Clubroom 608, six and snacks will be provided. Our activities have included parties, dances, trips to play, problem sessions, and social activities with activities for various special interests groups such as tennis, cards, comics, games, for all singles 22 and over.

GRADUATE PROFEITNENT DEGREE TEACHING
Adult Learning Center 539-7435
Non-Full 9:30-12noon
Mon-Fri 10-12pm
Location: Manhattan Co-Tech
A.G.S. has open enrollment for anyone interested in working toward teaching the G.E.D. instruction in English as a Second Language is also available at no charge. The hours are flexible, individual registration is on-going, if you have questions, call the Adult Learning Center.

"THE VIRGINIA, THERE'S DO GIVE IN THE HIGH SCHOOL/STANDARD HIGH SCHOOL, Etc."

John Leslie 539-3300

Thursday, 9pm
Location: Manhattan Co-Tech
First Meeting: Feb 26
Location: Manhattan
6:15pm - 9:15pm
"I'd say about 80% of the students in their school days..." an MNB student.
Believe it or not, there is a considerable amount of drug use in our public school system with reports of some 30% of students smoking pot.
This course will focus on how students are using drugs and how you as parents can deal with children's drug use. We will look at such things as how to be an effective parent for your children and being able to speak truthfully about drugs with them. This is something that most parents cannot afford to do.

ROY JOHNSON 539-2764

Tuesdays, 7:30pm
Location: Indefinite
First Meeting: Feb 26
Location: Seaton 120, KKE

Our group will remain an informal discussion group criticizing acme- ation theories and hopefully of- fering the community some light into the consciousness. The Satur- day film and slide sessions will be used along with an informal lecture series.

ROY has been an "Acmeation biff" for the past three years. Most of his knowledge comes primarily from material offered by knowledgeable critics and defenders of the Warren Commission.

RESOURCES FOR MILITARY VETERANS AND FAMILIES
537-3188

Each Wednesday from 11:15 to 1:30pm will be held for veterans gathering for activities at the 1st Presbyterian Church. If you are a mil- itary vet and have any unanswered needs, come join us. In addition to providing access to resources of every kind; personal, military, so- cial, we have speakers, book signing, film, play bridge, ping pong, and much to learn about and enjoy a wide range of handicrafts. New faces are always welcome.

CHOOSE CHILD CARE A GUIDE FOR PARENTS
Joe North 539-6609
Irene Iskoe 539-7298

Tuesday, 7pm
Length: One Time, March 3
Location: UFI Living Room
6:15 PM Child Care
This class is intended to provide guidelines for single or parent fames who face the problem of child care in their community. Knowing the personal needs of both you and your child, where do you begin with the search for child care? How do you evaluate if the child care options available to you? Arrangements will be made to visit child care centers in Manhattan. We will use the book Choosing Child Care as one of our guides.

Child Care

LIL SILBERMAN 537-0372
Tuesdays, 10-11:30am
Length: Indefinite
Prices: 200 Newberry Rd.
Ages: 15-25 years

Jan Gallison 539-9229
Wednesdays, 10-11:30am
Length: Indefinite
First Meeting: Feb 25
Location: 1204 Newberry
Ages: 15-25 years
Parent participation play groups for children. We give group companionship for both child and parent once or twice a month. (Lisa and Jan are both mothers and have a sincere interest in children. Both have had children's play groups before.)

DENTAL LIQUID CLEANING

100 NEWBERRY ROAD
Ages: 15-25 years

200 NEWBERRY RD

1204 NEWBERRY RD

1320 NARRI ROAD

1320 S. NEWBERRY ROAD

1204 NEWBERRY ROAD

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Cultures In Contact

CULTURES IN CONTACT

Have you ever wished to meet someone who seemed to be a stranger? Have you ever felt that you were a stranger in your own environment? Have you ever visited a new country, or bad you merely sat down at a dinner table with a stranger?

We at UNH, in conjunction with the Foreign Student Office, are in the midst of planning a symposium on Cultures in Contact, to be undertaken during the International Week of April 16-20. The symposium will be divided into two sections.

The first - Cultures of the Individual - will deal with learning about one's own culture and that of others. The second section will consider the stimulating, frustrating, and challenging dynamics of Cultural Transitions.

If you are interested in participating and/or have specific questions which you wish to discuss, please contact University for Women, 532-3884.

THE LEARNING EXCHANGE

The Learning Exchange is a constantly updated "active file" of resource people who are willing to teach, share or exchange helpful and interesting ideas about a wide variety of topics. If there isn't currently someone in our files who will file you a file on interest until someone registers with us. All the exchange is for the purpose of sharing, and there are no limits on who will share or on an individual basis. The Learning Exchange is a service of the University Learning Center (ULC) in the Center for Student Development. Give us a call and find out how you can help share your knowledge.

SELF HELP STUDENT HOUSING

Tom Marshall 532-5953

Richard lied

"A house is an act or a series of acts of its life; it is not an object but an experience; it is not a commodity to be bought and sold, but a necessity essential to life."

If you are interested in discussing designing and constructing your own house, a group using a system of precut language is forming. It will allow you to identify your needs and establish the basic language of house construction of your habitat. The housing lecture, "Low Income Design-Build Process," will be an introduction to this process. If you are interested in committing themselves to the process you will form an association. (Tom and Richard are with the Department of Pre-Design Professions.)

RECRUITMENT - A DIFFERENT VIEWPOINT

"The Forgotten History of the Architecture of the Other" is a different kind of perspective on the Bicentennial observance. It is a 40-minute video program (slides, music, narration) which portrays a different history and constructs an alternative view of the forgotten aspects of the American revolution, native American history, black, white, migrant workers, etc. It is an animated, animated, animated documentary commentary on our history and our architecture created by United Nations in Higher Education at UNH, and narrated by community groups and churches, among others or for just for fun. (If you are interested, please give us a call)

Through the use of "pictures language," people can build houses for themselves, set up office buildings, etc. You can also learn to design the way that you like and (if you are interested) you can (and Richard all are with the College of Architecture). This workshop is for a session as a whole or an individual session.

Housing Series

RECRUITMENT- Recruiting - Kim Argo, Assistant Professor, Dept. of Pre-Design Professions

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If you are interested in discussing designing and constructing your own house, a group using a system of precut language is forming. It will allow you to identify your needs and establish the basic language of house construction of your habitat. The housing lecture, "Low Income Design-Build Process," will be an introduction to this process. If you are interested in committing themselves to the process you will form an association. (Tom and Richard are with the Department of Pre-Design Professions.)

RECRUITMENT - A DIFFERENT VIEWPOINT

"The Forgotten History of the Architecture of the Other" is a different kind of perspective on the Bicentennial observance. It is a 40-minute video program (slides, music, narration) which portrays a different history and constructs an alternative view of the forgotten aspects of the American revolution, native American history, black, white, migrant workers, etc. It is an animated, animated, animated documentary commentary on our history and our architecture created by United Nations in Higher Education at UNH, and narrated by community groups and churches, among others or for just for fun. (If you are interested, please give us a call)

Through the use of "pictures language," people can build houses for themselves, set up office buildings, etc. You can also learn to design the way that you like and (if you are interested) you can (and Richard all are with the College of Architecture). This workshop is for a session as a whole or an individual session.
CRAFTS

FLINT HILLS CRAFTS GUILD
Nancy Griffin
455-2762
Peter Ezman
537-6787

Monographs, 7pm
Length: Indefinite
First Meeting: March 1
Location: VFM Living Room
413 Fairchild Terr

We are having an organizational meeting of local craftspeople interested in forming a crafts guild. We will examine possibilities of marketing handmade products through craft fairs, showings and exhibitions. Other advantages would be discount privileges for crafts books and volume-buying materials. Possibilities for the future are seminars, workshops and a resource notebook of local artisans. Craftspeople concerned with fostering interest and pride in quality workmanship and who would like to have some exposure for their own products should sign up at registration.

(Peter and Nancy are very energetic people with some concrete yet feasible ideas. They are looking forward to the things happening from this.)

1976 SPRING ALTERNATIVES CONFERENCE
Shelcia Russell
532-5866

University for Men and Women are planning an alternative conference March 23-26 which will be an Arts & Crafts Fair in the USU Dales. March 23, 24 and 25. Artists and craftspeople will be demonstrating, displaying and selling their specialties during the 3-day period. If you are interested in participating, please sign up at registration.

HIGH RISE SETTING CIRCLE
Elsa Hornington
778-4139

Thursdays, 7-40am
Length: 5 weeks
First Meeting: Feb 26
Location: Elderly Highrise Community Room
5th & Audubon

Residents of the Elderly Highrise want weekly to share doing various crafts together. There are knitters, crocheters, embroiderers and a wide assortment of other talents going on. If you are a crafts person who would like to share company and ideas, come join us.

BACHELOR SETTING
Curtis Dose
537-2003

Mondays, 7pm
Length: Indefinite
First Meeting: March 1
Location: 1511 S. 12th P

Limit: 6
Cost can cover: general repairs, alterations, jacket and leathers, costume making, and/or whatever the interests of the class are. Participants should have access to a sewing machine to use in the course. (Curtis has been doing some sewing for about 3 years.)

OUTFITTING
Mary Olson
539-0088
Eric Anderson

Saturday, 7pm
Length: 5 weeks
First Meeting: Feb 20
Location: To be announced

Limit: 10
This will be a basic course in the buying of materials and patterns for cutting out procedure of, and construction of a dress, or other apparel. Participants will need to have access to a sewing machine and be willing to actually construct a dress during the class. Questions? Call 539-0088.

(Say makes some of her clothes and Eric makes nearly all of her own clothes and some for other people.)

QUIRLING & BROOCHES
Nancy Griffin
455-2762

Wednesday, 7:30pm
Length: Indefinite
First Meeting: March 3
Location: VFM Conference Room
413 Fairchild Terr

Working with fabric is an exciting experience leading to endless invention made possible by many fabrics, threads, and inventive stitches. Emphasis in this class will be on quilting and embroidery and on one's own ability to create original and personal forms. The means, processes, and resources are given - the rest is imagination.

(Chancy is a self-taught "folk artist" who uses the embroidery medium for profits and fun.)

TIE AND DYE
Roger Cole
539-3159

Saturday, 11am
Length: 2 weeks
First Meeting: March 6
Location: 340 S. 16th P

Limit: 25
I've been tie dyeing for some time now and want to share what I've learned and learn from you. We'll have two meetings - one to discuss the basic method and a second where we can talk about what we've discovered, and perhaps ask some source persons to talk to the group.

(Roger's interest is an outcome of art design courses.)

QUILLING
Susan Cormelly
537-0841

Tuesday, 6pm
Length: 6 weeks
First Meeting: March 2
Location: VFM Dining Room
413 Fairchild Terr

Limit: 6
Quilling is the art of intricate fancy designs made out of curled strips of paper 1/8" wide. This class will offer basic instructions on how to roll the quilling strips to form various designs. Bring a quilling tool (available in craft departments), tacky craft glue and your ideas. (Susan is self-taught in quilling and has copied projects in gift stores for half the price.)
CROCHETING FOR BEGINNERS
Fran Magee 557-1231

Sunday & Wednesdays, 7pm
Length: 4 weeks
Meeting Times: Feb 29
Location: 1300 Harvard
Limit: 6

This class is for those who have never crocheted. You will learn the basic stitches, and how to combine them to make small afghans and other items.

KNITTING FOR BEGINNERS
Candy Halley 557-7380

Thursday, 5pm
Length: 6 weeks
Location: 1843 Anderson
Limit: 10

This class is for those who have never knitted before. You will learn the basic stitches and how to combine them to make a simple scarf.

CALCED FLOWERS
Susan Cram sled 557-0611

Tuesday, 7pm
Length: 6 weeks
Location: UPM Dining Room
Limit: 6

This class is for those who have never made calcined flowers before. You will learn the basic techniques and how to combine them to make a simple centerpiece.

ROSEMARY
Dorothy Beaufort 559-3990

Wednesday, 3pm
Length: 6 weeks
Meeting Times: March 3
Location: 1021 Dension Ave
Limit: 10

This class is for those who have never made rosemary before. You will learn the basic techniques and how to combine them to make a simple centerpiece.

DECOUPAGE
Elise Colbert 559-5621

Wednesday, 3:30pm
Length: 6 weeks
Meeting Times: March 3
Location: 2418 Bonita Vista Dr
Limit: 20

This class is for those who have never done decoupage before. You will learn the basic techniques and how to combine them to make a simple centerpiece.

CERAMICS
Barry Brown 559-3862

Tuesday, 7pm
Length: 6 weeks
Meeting Times: March 3
Location: UPM basement
Limit: 10

This class is for those who have never done ceramics before. You will learn the basic techniques and how to combine them to make a simple centerpiece.
Riley County Historical Museum

WILDLIFE SAFARI SURVIVAL

Apart from the museum's extensive collection of artifacts and historical items, the Riley County Historical Museum offers a variety of educational programs and events throughout the year. These programs include art appreciation, genealogy workshops, and children's storytimes, providing opportunities for visitors of all ages to learn and explore the rich history of the region.

WILDLIFE SAFARI SURVIVAL

The museum also collaborates with local wildlife organizations and conservation groups, hosting lectures, workshops, and field trips that focus on wildlife conservation and sustainable practices. These initiatives aim to educate the public on the importance of preserving natural habitats and biodiversity, fostering a sense of stewardship and responsibility for the natural world.

WILDLIFE SAFARI SURVIVAL

In conclusion, the Riley County Historical Museum is a valuable resource that offers a unique glimpse into the past while also providing opportunities for learning and engaging with the present. Whether you are a history buff, a genealogy enthusiast, or simply someone who appreciates art and culture, there is something for everyone at the museum.

WILDLIFE SAFARI SURVIVAL

If you are interested in learning more about the Riley County Historical Museum's programs, events, or educational offerings, be sure to visit their website or contact them directly to stay updated on the latest developments. Whether you are a visitor, a local, or a history enthusiast, the museum is a place of learning and discovery that caters to all ages and interests.
INDOOR GARDENING FOR CHILDREN
Shelita Gorn 539-7169
Shonda Davis 539-7627

Saturday, 4pm
Length: Indefinite
First Meeting: Feb 23
Location: Southside Branch Public Library - Manhattan
Limit: 12, age 6 yrs. or older

Growing children have a natural interest in all growing things including green plants. This class is designed to help children learn an appreciation of plants and plant life by learning how to care for plants, how to pot plants and seeds and how plants can be grown. Projects can include dish gardens, bottle gardening and foliage plants, etc. Parents, please save containers and seeds (such as oranges and grapefruit.) (Shelita is a Natural Resources Management major, Shonda is a horticulture major.)

ORGANIC GARDENING
Charles and Mildred Swingle 776-5847
Sunday, 2-4pm
Length: One Time, Feb 29
Location: Baptist Campus Center - 1881 Anderson Ave

We will share our experiences with organic gardening, including insect control without insecticides, composting and sheet composting, and companion planting. (The Swingles have had successful gardens over the years including one on concrete.)

A lake is the earth's eye, looking into which the beholder measures the depth of his own nature.

OLD MAC DONALD & FRIENDS

A BUNNY TOOLKIT
George Ward 532-4137
Sunday, 7:30pm
Length: One Time, March 11
Location: Call Hall 206, KSU

How to have success with your first milk cow. Learn how to get started, facility requirements, feed and management requirements. (Mr. Ward is a dairy science instructor at KSU.)

BACKYARD POULTRY
A. V. Adams 592-6541
Thursday, 7:00pm
Length: One Time, March 4
Location: Call Hall 206, KSU

A "backyard" poultry flock can provide an exciting experience. How to get started, facility requirements, and management practices will be available. (Mr. Adams is a Poultry Scientist in the Department of Dairy and Poultry Science.)

BEE KEEPING
Peggy Garland 485-2742
Saturday, 10am
Length: One Time, March 6
Location: Stone Farm, 6 miles west of Manhattan on County 412 (Anderson Ave)

A management clinic will be conducted for persons interested in keeping dairy goats. The clinic will cover the breeding, feeding and management of dairy goats. (Peggy is a vet student and a breeder of goats.)

Dairy Goats

SNAKES: FACTS AND FICTION
Steve Hoffman 230-6081
Thursday, 7pm
Length: One Time, Feb 26
Location: KSU Union 200

We're going to try to break down some of the fear and hatred most people feel toward snakes. We'll discuss several old wives tales concerning these creatures and there will be some beautiful live snakes on hand for demonstrations - don't miss the 6' python. Also, if there's enough interest, we'll get into keeping reptiles in captivity. (Steve has been keeping reptiles, especially snakes, for 10 years.)
Green Thumb Series

THE GREEN THUMB SERIES

Members of the Kansas State University Department of Horticulture and Forestry have combined efforts to present the following series:

Location: Hemenway Hall
Room 132, KSU
Time: 7:30pm

CONTRIBUTION OF HOME PRUNING

A discussion on the proper tools and techniques to use in pruning ornamental plants. Presentation will also include how proper planting and pruning of ornamentals can reduce the amount of pruning.

FRUIT GARDENING

Frank Morrison
Mar 11
Steps in fruit gardening including kinds and varieties of fruits, growing requirements, pest control and pruning.

ANNUALS, PERENNIALS, AND BULBS

Larry Lushnidge
Mar 18
Selection of around the home flowers. Tips on planting and care. Also the unique characteristics of the multitude of varieties.

DESIGNING OUTDOOR SPACE

Gus van De Meerendonk
April 22
Use of plant materials to design spaces and create attractive outdoor living places, with emphasis on space around the patio. A slide presentation is included.

Location: Potter Hall
 preventive
Time: 7:00pm
Grace Hall
Mar 17

VEGETABLE GARDENING

Steps to a successful home vegetable garden including soil preparation, cultural practices, composting, mulching, and control of some common garden problems.

Plant Parenthood Series

PLANT PARENTHOOD SERIES

Sandy McClanahan
Tuesday, 2:30pm
Length: 4 weeks
First Meeting: Feb 24
Location: First Congregational Church, 701 Potomac

1st Session - General Plant Care
Basic principles and helpful hints on lighting, humidity, watering, fertilization, soils, etc. Bring an unidentified plant if you have one.

2nd Session - Pests and Plant Problems
Identification and treatment or correction of common pests or problems. Bring an ailing plant if you have one.

3rd Session - Propagation: Materials and Methods
Mar 9

4th Session - Planting in Containers
Mar 23
Various techniques for planting in containers without drainage. Basics of hydroponics to include selecting suitable plants.

(Randy is owner of a local plant store. She will have the assistance of two horticulture graduates.)
EVEPLO PLANTS
Dr. James A. Goss 332-6615
Mondays, 7:30-9:30
Length: 4 weeks
First Meeting: Feb 23
Location: Common Room, Episcopal Church, 6th and Peyton (see brown house across street)

Study of local and cultivated plants that can satisfy all of our needs, including most of those demanding non-renewable natural resources - edible wild plants, medicinal plants, forest products. Gardening. Landscaping. There will be $2 fee to pay for copying of outlines.

GARDENS FOR YOUTH
Donna Heroman 352-5866
Blue Ridge

Would you like to save over $200 on your food bill? If you can spend a few hours each week on a garden, you can greatly reduce your grocery bill, make new friends and get some exercise, and have a lot of fun in the process.

This spring UFM will again be leasing plots at the Community Gardens on the 700 block of Maple Lane. The City of Manhattan will be providing the water for the first 40 garden plots. The plots are approx. 20 x 20 ft. and will cost from $5 to $10 each, depending on income, for the entire season. (More information on this can be found on private gardens.) This fee goes for water, garden equipment, newsletters, and other miscellaneous items to run Community Gardens. All kinds of gardening tools, from smartphones to hoes, will be available for free for you to use.

Garden supplies are available at UFM, 615 Fairchild Terr. Applications due February 19.

OUTDOOR GARDENING FOR KIDS
Richard Hackett 352-6170
Saturdays, 10:30
Length: 6 weeks
First Meeting: Feb 21
Location: Manhattan Community Center Annex, 501 Tuma
Limited to age 12 or younger
This will be a class designed to help children raise their own vegetables. Interaction and guidance will be offered for the planting and care of a spring garden. During the spring the children will share a garden plot at the Community Gardens and then watch their plants grow over the summer. Curious, inquisitive, inarticulate therapy students will assist with the class.

Glich is a horticulture professor who's helped many kids learn - like their first vegetables.

ENVIRONMENTAL AWARENESS CENTER
This is a resource, recycling and action organization. Activities include establishing a community recycling center, university wide recycling, topics legislature lobbying and research, bi-weekly state-wide environmental newsletter, alternative energy discussion about environmental education, savings, and bi-weekly state-wide environmental newsletter. Discussion and action on campus and regional environmental issues. The center recently was located in Ackert Hall. It now has a new home in the SGA office at the Union. The Center has weekly meetings for all those involved and interested - watch the Collage for bullets for time and place.

COMPOST RECYCLING CENTER
Environmental Awareness Center 332-6616
Composting Center is in the process of trying to establish a Community Recycling Center. If you are interested in helping out or getting involved, get in touch with us by registering at the UFM table.

RECYCLING POINTS
White Rock-Roosevelt Ball Parking Lot, 820 S. 3rd St. University parking lot (Kawuneeche) 2nd and 4th weekends, between 1 p.m. and 3 p.m. Donation: 15 cents per bottle. Newspapers, aluminum, blue bottles, clay, newspapers, aluminum cans, plastic bottles, glass bottles, paper. (see above)


I was thinking the other day, wouldn't it be weird if we did get invaded from outer space? We would get our whole arsenal and fight the invaders with nuclear bombs, but wouldn't it be wild if, after five days of fighting, we suddenly realized that atomic fallout was worse to creatures from outer space than had grandeurs,bullet boxes, and curing were like ice cream and cake to them, and the only way to destroy them would be through love and affection? We sure would lose that war. Dick Gregory

AUDUBON SERIES
Northern Flint Hills Audubon Society Presents - Spring Programs
Mar 25 - "SCIENCE OR LAND FOR CONSERVATION." A special program dealing with preserving the land of Kansas through land trusts and involvement of people.
Apr 15 - "OUR NATIONAL PARKS - AFTER 100 YEARS." Gary Ward, National Park Service Ranger - Naturalist and Biology Instructor, Manhattan High School.
May 6 - "AUDUBON ACTION IN THE CENTRAL PLAINS AND GREAT PLATES." Tom Elskeidee, West Central Regional Representative, National Audubon Society. First Presbyterian Church basement at 6:00pm. Annual banquet (pot luck supper).

All programs (except for May 6) given in Ackert Hall, Room 231, K.S.U.

The public is cordially invited. Please register at UFM.

Northern Flint Hills Audubon Society Presents - Spring Field Trips
Jan 31 - P.A. Museum of Natural History, Lawrence, Kansas. Free lecture and guided tour. Meet at Ackert Hall parking lot at 8:30am.
Feb 21 - Facsimiles of S.E.U., Division of Forestry, Leader Bill Locks, Extension Forester. Meet at Cliffside Road building at 10:00am.
Apr 24 - Native Plants, Rawlins Co., Leader: J. Binns. Meeting time and place to be announced.
Apr 25 - Indian Artifacts, Leader: Virgil Peterson. Day and time to be announced.
May 8 - "ROSE FLOWER AT HALEYBERRY GLEN." Leader: Paul Chubbuck. Time to be announced.

The public is invited.

THE AUDUBON SOCIETY
Are you interested in nature, the environment, conservation, wildlife? We need you in the Audubon Society. We would like your support. With one membership fee into your local chapter, The Northern Flint Hills Audubon Society and the National Audubon Society. Through your membership you receive The Audubon magazine and our monthly newsletter to keep you posted on programs and field trips. There are special student rates. The membership application sign-up through UFM, gives you name and address. For Audubon information call Laura McComb, membership chairman (352-0241) or Marilyn Shaver, President (317-9428) after 5pm.
AN ALTERNATIVE MAC
David Lowery 539-8802
Tom Swaye 539-0312
Sign up at registration and you will be contacted as to the time, date, place and first meeting of the class.
We're interested in trying to get a regularly posted schedule and a tentative paper dealing specifically with community (Manchester, P.T. Riley, etc.) problems and interests. We're also interested in hearing from...
BEGINNING GUITAR
Steve Brombaugh
Thursday, 7:30pm
Length: 6 weeks
First Meeting: Feb 26
Location: Main Auditorium
Model Music 136, KU
Limit: 10
Basic beginning guitar instruction in the folk style including guitar and ability to play a few chords. (Tears has played for quite awhile and is pretty good.)

BEGINNING GUITAR
Donovan Hendricks
Thursday, 7:30pm
Length: 6 weeks
First Meeting: Feb 26
Location: UM Conference Room
Batschard Terrace
Limit: 6
Designed for the person who doesn’t know much about guitar. We’ll cover basic chords, strum, finger picking, etc. The class will last from 6-8 weeks. Bring yer guitar. (Donovan taught last semester for UM and has played for years and years.)

SPEED PLAY GUITAR FIGHTING
Jeff Morris
Sunday, 1pm
Length: Indefinite
First Meetings: Feb 29
Location: Bell larehouse
Limit: 8
The objectives of this session will be to teach methods, exercises, innovative and concentration techniques as applicable to playing so fast you sound like a thunderbolt. (Jeff has played for over 3 years, two under Ellis Wertz, a classical guitarist.)

BEGINNING DRUM
Mark Kinnick
Sunday, 1pm
Length: Indefinite
First Meeting: Feb 23
Location: Bell larehouse
Limit: 10
I would like to see everyone who has any acquaintance, or any interest in learning and sharing what they know about playing drums. Definitely a good class for beginners. We can get you started on the basic notes, necessary basic techniques, elementary double stops and a few good oils.

BEGINNING HORN
Joe Chamberlain
Monday, 7pm
Length: Indefinite
First Meeting: Feb 23
Location: DMS Fireplave Room
1017 Dennis Ave
Limit: 10
I would like to see everyone who has any acquaintance, or any interest in learning and sharing what they know about playing horns. Definitely a good class for beginners. We can get you started on the basic notes, necessary basic techniques, elementary double stops and a few good oils.

BEGINNING SASSOON
Charles Sargent
Monday, 7pm
Length: Indefinite
First Meeting: Feb 17
Location: MUS auditorium
Model Music 134, KU
Limit: 10
Seems to be a lot of banjos around but either they never get out of the garage or the play well are too shy to lend such a class. We are all in the same boat, let us all sit together and see those who have a little of a lot. Banjos have been historically through sharing and that’s what we would like to do. Bring whatever materials you have and whatever you know.

CHAMBER ORCHESTRA
Brook Dale
Sunday, 7:30pm
Length: Ongoing
First Meeting: Feb 26
Location: 1615 Beemowh Terrace
The object of this class is to make music. The UM Chamber Orchestra can still use more players. Particularly, we need strings, French horns, oboe and perhaps another flute. (Brook has been a musician for years and holds an annual fandome for this fine art.)

WHAT’S NEW IN COLLABORATION AND MUSIC
Lee Horaes
Tuesday, 7pm
Length: Indefinite
First Meeting: Feb 24
Location: 1615 Beemowh Terrace
Limit: 20
We will learn about the kinds of things being collected in the Manhattan area and the prices being paid for them. We will visit stores of the area, go to auctions, view private collections and have discussions on areas of special interest. We will visit stores of the area, go to auctions, view private collections and have discussions on areas of special interest.

CHAMBER MUSIC: AMERICAN PREMIERE WORKS
Tim Mitchell
Monday, 7-8pm
Length: Indefinite
First Meeting: Feb 10
Location: 110 Claffin Road 101D
Limit: 25
By comparative tastings, we will attempt to narrow down a selection of wines. We will dispel some of the myths of wine snobbery, discuss the proper serving and storing of wine, how to decipher a wine label, how to recognize a good wine purchase, how to discriminate between a poor, good and great wine, how to order wines in a restaurant. In general, we will attempt to make you a more educated and knowledgeable wine consumer. The program will be preceded and enjoyed with a few bottles of wine along the way. No fee to be 21 to join. Charge of $11 per person for wines.

The class is exclusively for members. If you have not signed up for the class, please do so now.
WONDER FOLKLORE
Cliff Denzinger
539-4568
Sunday: 7:00pm
Location: Indefinite
First Meeting: Feb 29
Location: 2213 Beech Avenue
We will organize into the appropriate ensemble (ensembles) depending upon the types of instruments showing interest, and answer musicians as well as those who enjoy ensemble playing are welcome. (Cliff has been playing clarinet as a hobby for 10 years.)

PIPE ORCHET
Jim Lackey
539-4281
Wednesday: 7pm
Length: Ongoing
First Meeting: Feb 11
Location: CBSR, 3011 Dupont Ave

As one might suppose, the function of this group is to play with flutes and recorders and recorder-related instruments involving music and instruments. We are interested in the idea of participating in the Philharmonic Society and knowing the group.

THEATRE DEFORMATION
Doug Frost
539-5542
Sunday: 7:00pm
Length: 8 weeks
First Meeting: Feb 29
Location: Purple Mesa Theatre
East Stadium
The class will explore theatre games and traditional improvisation, advancing toward work with sound and movement improvisation by employing a staging technique called a "Dream Play." (Doug is a theatre student.)

CREATIVE WRITING WORKSHOP (Nia) School
Dan Safford
539-3494
Tuesday: 7pm
Location: Indefinite
First Meeting: Feb 2
Location: To be announced at registration

The workshop will provide a medium through which the writer may receive valuable feedback concerning his/her work. The primary objective is to stimulate suggestive techniques through writing. Past has a B.A. in English from Utah State. Dan is a poet and has been writing for as long as he can remember.

THEATRE MASTERY
Dana Pinkston
776-6728
Sign up at registration and you will be contacted as to the time, date, place and first meeting of the class.

This class will provide both demonstration and participation in the art of theatre makeup. Will cover "street makeup" in the first meeting, "Old Age" in the second and special effects in the third. There will be a $5 materials charge. Dana has worked on shows, workshops, and draws classes at the high school.

GUITAR
John Nade
539-5407
Alfie Stein
Wednesday: 7:00pm
Length: 8 weeks
First Meeting: Feb 24
Location: To be announced at registration

Anyone who has a guitar and wants to learn how to play it can take this course. We will meet and divide into groups according to skill and interest. Acoustic and electric welcome. We will toller our teaching to whatever you want to learn. (John has been playing for 2 years and Alfie has played for 6 years and has taught before.)

TEEN 220 WELL,
Doris Hoerner
532-5066
Sunday: 7pm
Location: Indefinite
First Meeting: March 7
Location: UPM Living Room 145 Fairfield Terrace
Use the 220 meal the way the 35 cigar? I am looking for others who are willing to attempt nutritious well-balanced meals for a mere quar- ter of a dollar. We will meet, then divide into groups to plan and prepare weekly meals. Bring ideas, menus, and cookbooks to first meeting. Because of Affiliation we may need to raise the prices to 35c.
(Beth includes the Food Science of the UPM brochure and has been pitching pennies for years.)

UPPER WESTERNER
Willie Pavy
776-7286
We are forming a conspiracy. We are looking for good food who would be interested in helping us get a vegeterian restaurant started in Bon- neman. We personally are tired of eating chicken, pre-frozen, plastic products disguised as food in automo- biles out of "clockwork orange" and feel that there should be an alterna- tive available for dining in the Bonneville area. We are not asking for any money (at least not yet) - we must first be sure of our support in the community. If you've been think- ing along similar lines, or if you are just interested in getting in- volved in a humane enterprise, sign up at UPM registration and you will be contacted.

EASY HOME PREPARATION OF BABY FOOD
Cindy Walsh
537-1684
Wednesday: 7pm
Length: 8 weeks
First Meeting: March 22
Location: You will be contacted

If you want your baby to have the very best, come join the growing number of parents who prefer to pre- pare their baby's food at home rather than use the commercially-prepared foods. Learn the easy techniques of making your baby's first solid foods, using the same food your family eats. Also learn methods of quantity pre- paration and convenient storage. (Cindy is working on her Master's in Home Economics. This class is the result of her research project on "home-prepared vs. store-bought strained baby food.")

MICROWAVE COOKING
Karen Humel
776-8894
Tuesday: 7pm
Length: One Time, March 9
Location: KEL Auditorium
Nestle 50
Microwave cooking can cut cooking time, simplify cleanup, and cut down electricity consumption. The evening will include a discussion of the microwave cooking process and demon- stration of some cooking methods. (Karen graduated from KEL in Home Economics and has a background in teaching and adult education coordination.)

FOODS

THE ECONOMICS OF HOME ECONOMICS SERIES
The following classes will be taught by faculty in the College of Home Economics at KEL. All classes will be held in Faculty Hall on the 2nd floor, unless otherwise noted. The course description and meeting times are shown below.

"American's Great Regional Foods" - Robert Nettles
Tuesday, March 8, 7:00pm
Instructor: The history of American's great regional foods.
Location: Faculty Hall 145

"Secret Conversations" - Nancy Russell
Tuesday, March 23, 7:00pm
Instructor: A social history with Nancy and Jean about registration, socialization, life and relationship.
Location: Faculty Hall 121

"Marketing in the Supermarket" - Art Pianini
Monday, March 29, 7:00pm
Instructor: A social history with Nancy and Jean about registration, socialization, life and relationship.
Location: Faculty Hall 121

"How to Become an Estate Worker" - Art Pianini
Tuesday, March 30, 7:00pm
Instructor: A social history with Nancy and Jean about registration, socialization, life and relationship.
Location: Faculty Hall 121

The latest recommendations for the Home Economics Series are listed here.

"American's Great Regional Foods" - Robert Nettles
Tuesday, March 8, 7:00pm
Instructor: The history of American's great regional foods.
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"How to Become an Estate Worker" - Art Pianini
Tuesday, March 30, 7:00pm
Instructor: A social history with Nancy and Jean about registration, socialization, life and relationship.
Location: Faculty Hall 121

The Home Economics Series provides an opportunity for KEL students to explore various aspects of the field, offering courses on topics ranging from the history of regional foods to marketing in supermarkets and becoming an estate worker.
Kids’ Kitchen Takeover

Ever wished you had your own kitchen to mess around in? Here’s your chance! With only a little instruction and guidance, you can learn how to make really fun things to eat. Participants should be around 8-10 years old. Please indicate on your registration card which sessions you plan to attend. The fee indicated will be collected at the beginning of each session.

*Hone Make Pasta* — Nina Hilerie Saturday, March 13 10am 25c
*Salads* — Ellen Greenhut Saturday, March 20 8am 50c
*Mysterious Macaroni* — Shella Russell Saturday, April 3 10am 50c
*Cocktails — Ellen Greenhut Saturday, April 3 10am 50c
*Hone Make Greens* — Dara Horrem Saturday, April 10 10am 25c
*Hone Make Ice Cream* — Sus Mass Shelle Russell Sunday, April 17 1pm 40c

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**PERSIAN COOKING**
Parisa Shafaei — 539-4904

**JEWISH COOKING**
Charlotte Edelman — 539-0824

**INTERNATIONAL COOKING**
Lola Mirales — 539-3867

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**MEXICAN COOKING**
Bus Kruger — 539-6987

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**BASIC CREATIVE BREADMAKING**
Ellen Grubhous — 539-8392

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**INTRODUCTION TO BAKING**
Mike Rottman — 1-494-2102
Tom Koester

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**BREAKFAST**
Carol Kohlman — 539-0414

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**THE PEOPLE’S GROCERY CO-OPERATIVE**

**EXHIBITION**
The People’s Grocery of Ellicott is Boulder’s only natural foods co-operative. Celebrating its 8th month in existence, the Grocery continues to supply natural wholesome foods such as whole grain flour, dried fruit, nuts, seeds, and non-starch starch. It’s also a good place for yogurt, cheeses and other dairy products. There is a 10% mon- Sa-Sun lifetime returnable membership fee and 10% on your next order. For more information, call 539-4311.
self & others

TIME MANAGEMENT
Jin Bobyn 532-6432
Sunday and Thursday, 7pm
Length: 2 times, Feb 24 and Feb 26
Location: TPM Living Room
615 Fairfield Ave
Limit: 15
This course is designed to introduce people to developing and using specific time scheduling techniques, with attention given to priority setting.
(Jin is an instructor with the Center for Student Development.)

ASSISTIVE TRAINING
Margaret Nevin and staff 532-6432
Tuesday, 7:30pm
Length: 5 weeks
First Meeting: March 27
Location: Catholic Student Center
711 Division Ave
Limit: 12
Do people consistently take advantage of you? Do you often say "yes" when you want to say no, or say no and then feel guilty? Are you embarrassed when people compliment you? Assistive Training can help you change your thinking and behavior. One dollar will be asked for our supplies and equipment.
(Margaret is the Associate Director of the Center for Student Development.)

HANDING RULES AND USE
Mark Lenhart
Thursday, 7pm
Length: 5 weeks
First Meeting: Feb 26
Location: KUO Union 204
second week, Union 207
Limit: 8
How do you relate to your wife earning more money than you working with a woman supervisor? What your son, daughter, brother or sister are going to take in college? The objective of this group is to help people, through talking and sharing experiences, come to terms with their lives and develop strategies for dealing with their basic needs.
(Mark works in the Women's Resource Center, has read in this area and would like new to share information with others.)

EVERYTHING YOU WERE AFRAID OF ABOUT HOMOSEXUALITY BUT NEVER ASKED
Howard
Thursday, 7:30pm
Length: 5 weeks
First Meeting: March 4
Location: TPM Library
615 Fairfield Ave
Limit: 15
If you have recently found out that your brother or sister is gay, or your best friend has confided that she is a homosexual or you're just not sure how to relate to someone with a homosexual preference, then this course is for you. We will attempt to present a useful view of homosexual lifestyles and its various ramifications. Readings will be recommended.
(Howard is a member of the sponsoring committee for Gay Counseling.)

LIFE PLANNING WORKSHOPS
Barb Redwell et al. 532-6432
Limit: 15 per session
Are you currently dissatisfied with your major or what you are doing? Feel like searching for some new directions or interests in your life? These workshops are designed to help you think about what you want, where you are going, how to establish intermediate and long-range goals and how to go about self-assessment and planning which enable you to continue life-planning in the future. The workshops are structured activities and are not group discussion. However, as a participant you will be asked to talk about your experiences, feelings, and goals.

Weekend workshops:
Barb Redwell et al. 532-6432
Limit: 15 per session
Are you currently dissatisfied with your major or what you are doing? Feel like searching for some new directions or interests in your life? These workshops are designed to help you think about what you want, where you are going, how to establish intermediate and long-range goals and how to go about self-assessment and planning which enable you to continue life-planning in the future. The workshops are structured activities and are not group discussion. However, as a participant you will be asked to talk about your experiences, feelings, and goals.

I'M OK - YOU'RE OK WORKSHOP
Wes Rasmussen 559-4881
Length: One weekend, March 5-7
Friday evening, Saturday 9-5, Sunday afternoon
Location: URE, 1011 Division Ave
Limit: 8
An introduction to Transactional Analysis. Use of 12 tools for growth and awareness, self-understanding and ability to relate to other persons in creative way. Help in under- standing the programmed responses and patterns of the past and liberating the self for creative and open living.
(Wes is a campus minister at URE.)

DEADLY MURDERS AND THE MAFIA APE
Neil Schaner 532-6441
Thursday, 7:30pm
Length: One Time, March 4
Location: Van Zile Hall Library, KUO
Limit: 15
This will be an informal sit-down discussion of everyday human behavior in terms of body language, sex, communication strategies, and physical evolution. Reading or partial reading of Deadly Murders: The Naked Ape, the Human Ap, and Homo Neo Behavior would be helpful but not essential.
(Neil is interested in human behavior and thinks that Morris makes it interesting and understandable to the layperson.)

"Who are you?"
"...I know who I was when I got up this morning, but I think I must have changed several times since then..."
Alice in Wonderland

Family Life Films

Kay 0415
532-0023
Wednesday, 7pm
Location: Family Resource Center
611 Foyrer - above Book Shop
All films are free, and everyone is welcome.

Feb 4 - Bridging the Gap (Dr. Gordon's three principles of Parent Effectiveness Training - P.E.T.)
Feb 11 - Talk Up There (A child's look at adults and communication)
Feb 18 - Looking But Not Looking (A child's look at adults and communication)
Feb 25 - No No No (A child's look at adults and communication)
Mar 10 - I'm Afraid to Tell You Who I Am (The marks we wear, self-acceptance, and acceptance by others)
Mar 17 - Love Story, From, A Boy (Three women and their different life- styles)
Apr 21 - Farms - a bottom line look by and through a family's special relationship
May 5 - Beginning of Life (A family sharing the beautiful experience of childbirth)
WORKING TOGETHER
Sarah Olinger 539-8050
Saturday, 10am–4pm
Length: One time, March 6
Location: Baptist Campus Center
1861 Anderson Ave
Limits: 12
This workshop will give the partici-
pants a chance to define their goals in life and look at some real priorities; it is not a counseling session. Participants will have a chance to share about their experi-
ences, feelings, aspirations, and true-
ly explore the meaning of their goals. The workshop is intended to help you think about all the things you want and to enable you to plan to achieve your goals. There will be structured ac-
tivities throughout the day. We will use fantasy and hypothetical situa-
tions, role-playing, and structured questions. We will bring juice and beverage also will be provided.
(Sarah Olinger can discuss in small group workshops, is a senior in Hort. Therapy and is interested in her own life goals with a lot of con-
science and personal feelings.)

"WOULD YOU LIKE TO COME TO ME PLACE AND BE MY EXCELLENT" AND OTHER C audit
Jessa
Thursday, 7am
Length: 3 weeks
First Meeting: Feb 26
Location: 2104 Bromling
Limits: 10 males, 10 females
This group will hopefully consist of people who can talk openly and honestly about what they are experiencing and the wonderful joys and problems and sexual urges between men and women. No couples please.
Personal problems will not be dis-
cussed but generally. Non-sexual experiences will be shared between men and women. If you can't love your partner, please do not attend this group, as you feel this is happening.
(Tessa will also share experiences learning to be friends with men, which is unfortunately rare.)

COMMUNICATION GROUP
Jan Garabini 539-6342
Mark Neaves
Tuesdays, 3:45-10pm
Length: Indefinite
First Meeting: Feb 17
Location: Belts Ball Hall, DHF
This is a great opportunity for you to reaffirm your uniqueness as an indi-
dividual, as well as to recognize the universality of your humanness. In this group you will have the chance to discover how overt and covert group values affect your behavior, and in turn how your individual val-
ues influence the development of group norms. Learning about yourself is relfexivity to others is a great process that may be of benefit to you.
(Ian works in the counseling center and the Women's Resource Center. Mark is a counselor - both have had con-
siderable group experience.)

PERSONAL CONVERSATION
Dave Stewart 539-3051
Thursdays, 7:30-8pm
Length: Indefinite
First Meeting: Feb 15
Location: Baptist Campus Center
1861 Anderson Ave
Limits: 12
Conversation will be for the purpose of relating and pursuing personal meanings, concerns, thoughts, doubts, joys, in order to increase our ap-
preciation of each other and our own life experiences as well as the experiences of others. (Dave is a campus minister who has led numerous VPM classes.)

FAMILY EXPLORATION FOR MID-CAREER PEOPLE
Fred Reeder 532-3937
Sign up at Registration or you will be contacted.
Individual and group exploration of problems and solutions in making de-
sicions about beginning, starting, andreed or redesigning one's career and life planning. These sessions will be ar-
anged to meet the schedules of the participants.
(Fred is an instructor in the Coun-
selling and Student Personnel Services program. Graduates students will be coordinating these sessions.)

GROUP RELATIONSHIPS (HIGH SCHOOL)
John Beyer 537-2670
Tuesdays, 2:10-3:10pm
Length: 8 weeks
First Meeting: Feb 24
Location: to be announced
Limits: 10
This involves exploring relation-
ships with parents, teachers, friends - how can you improve these interpersonal involvements? For high school students only, arrange-
ments will be made with teachers. (John is a former student of this program and has worked with group counseling three years and feels that under-
standing oneself is a key to happy relation-
ships with others.)

RESPONSIBLE DRUG USE
John Leslie 539-3362
Jeff Morris 537-0510
Wednesdays, 9pm
Length: Indefinite
First Meeting: Feb 25
Location: DHF Living Room
415 Patrick Hall
Limits: 15
We are concluding the end of the great drug abuse scare and the be-
ginning of the current upsurge in use and non-use of street drugs. We are confront- ing the question of "Do you really care to 'go carefree of what you eat or drink or do' and then show us what you - how do you eat or smoke or do drug that you choose yourself? Are you one of those who have never been scared of the "60's" and continue to use drugs. This class is for you. If you're using any type of street or prescription drugs, we're no-
ted. There are some things you should know.
(John and Jeff makeup the staff of the DHF Drug Education Center.)

WORKSHOP FOR NEW PARENTS
Victoria and Roy Grando 537-0599
Length: 6 weeks
Limits: 6 couples
Sign up at registration and a mutually convenient time and place will be established.
The class will attempt to provide specific information on infant develop-
ment and care as needed by the partic-
ipants. The addition of the infant to the family involves changes for all family members. The class will encourage the discussion of these changes. Also couples will be intro-
duced to family communication skills that may be helpful for dealing with these changes and other situations.
(Victoria is an RN currently teaching evidenced based childbirth classes, Roy is an assistant professor in Family and Child Development.)

MARRIED COUPLES GROUP LIFE SKILLS: MARRIAGE RELATIONSHIP
Don and Irene Fallon 539-4455
Thursdays, 7:10pm
Length: Indefinite
First Meeting: Feb 19
Location: DHF, 1861 Anderson Ave
Limits: 6 couples
The seminar will provide a chance to share with other couples in a small group the experience of coping with university life. The group will define areas of concern which might include: role expectations, structure time, interpersonal relationships, friends and so-
cial relationships, intimacy, finances and housing and university resources. Couples may choose to use the group to grow in handling conflicts, developing a healthier fight style, coping with different feelers of anger, sex, love.
(Don is a Lutheran campus pastor and Coordinator of Religious Activities.)

COUPLES COMMUNICATION
Candy Russell 539-5510
Irene Russell 716-4666
Thursdays, 7pm
Length: 4-5 weeks
First Meeting: April 1
Location: Family Resource Center
1622 All Poppies
Limits: 4 couples in each group
A training group (not counseling) to practice a variety of communication skills.
Irene will explain, bring a pillow if you like (we often sit on the floor), plan meals and talk about the first meeting on the course materials.
(Candy is an assistant professor in Family and Child Development. Irene is a graduate student.)

CREATIVE LIVING
Warren Rangel 539-4281
Thursday, 7:30pm
Length: 6 weeks
First Meeting: Feb 24
Location: OHRC, 1861 Anderson Ave
Limits: 15
For parents moving on and through the divorce experience; the promises in the pain; the healing process of mourning; accepting divorce as a solution, not as punishment; how to re-new trust in man/woman.
(Warren has convened this course on several occasions.)

RECOVERY, INC.
Barbara Neufeld 539-4471
Tuesdays, 7pm
Length: Indefinite
Location: Baptist Campus Center
708 Blumberg
Recovery, Inc. is a nationwide orga-
nization with the goal of reducing the rate of chronicity and relapse among those who have had or are having emotional problems. This is a very structured technique for learn-
ing to cope with day-in and day-out living. Members vary in their situ-
ations of how long they have been hospitalized and some have never seen a therapist. The group is on-going all year and we are always glad to see visitors.

PARENT-TEEN COMMUNICATION
Roy Grando 537-4099
Length: 6 weeks
Sign up at registration and you will be contacted as to time, date and place for the class.
Location: Family Resource Center
611 Poppy
Limits: 4 couples
This course will introduce and teach teenagers and their parents in the use of communication and problem-
solving techniques. It will meet on a mutually convenient day for all in the late afternoon or early evening.
(Roy is an assistant professor in Family and Child Development, is a family therapist and teaches family communication skills.)

DAY COUNSELING
539-2311
7:30-8am Friday and Saturday
Psycho-Literate spring semester
Length: Entire semester
This is a paraprofessional peer-
counseling service cooperatively with the Fose, Inc., Peer Sex Edu-
cation, Hills Hall Counseling and Mental Health-Lubens, to meet di-

cally the counseling and infor-

mation needs of the university community regarding homosexuality. Calls are kept in the strictest confidence. For information or counseling, call the Fose, 539-2311.

CHILDREN OF SAPPHO
Tuesdays, 8pm
Length: Entire semester
Location: Baptist Campus Center
1861 Anderson Ave
This is a social organization for the Manhattan and Ft. Riley gay community, providing an supportive environment where experiences can be shared. Members are sponsored for the entire community - homosexual and heterosexual.
**WOMEN EVENT**

Marzen Iga

Thursdays, 7:30pm
Length: 6 weeks
First Meeting: Feb 26
Location: VMH, 1021 Donegan Ave

* A series of explorations into the makings of a creative marriage relationship
  * Part 1: Listening, re-contracting the marriage expectations and the communication
  * "Shifting gears" through the growth process
  * A fresh new way of nurturing the relationship.

**WOMEN ENCOUNTER WEEKEND**

Jack and Beth Page

Feb 6, 7:30pm
St. Jeanne’s Church
March 13, 7:30pm
Holy Confession Church
April 11, 7:30pm
St. Vincent Church, Junction City

* The Marriage Encounter weekend is a boot camp, a crash program, in a technique of loving communication that a couple can use for the rest of their lives. It’s a chance to discover what a great thing you have going for you and how wonderful it can be to give to each other.

**FAMILY RELATIONS CONFERENCE**

Roy and Victoria Grando

Length: 3 weeks
First: February 6
Second: February 13
Third: February 20

* The class will introduce and coach families in the use of communication and problem-solving skills. To make these skills useful, families will be helped to apply them to everyday life.

**FAMILY OPENNESS FROM A CHRISTIAN PERSPECTIVE**

Rev. Bill McGovern

Thursdays, 7:30pm
Length: 6 weeks
First Meeting: Feb 19
Location: Holy Cross, 1st Christian Church, 115 N. 5th

* A learning group for couples, married or contemplating marriage, who wish to explore the spiritual issues of realistic expectations, privacy, openness, communication, role flexibility, companionship, equality, identity and trust. Issues will be interpreted from a variety of perspectives including a Christian perspective.

**FAMILY COMMUNICATION AND PARENTING**

Jeanette Cwal

Monday, 12pm
Length: 8 weeks
First Meeting: Feb 23
Locations: Justin Ball 247, KST

* A learning group for couples, married or contemplating marriage, who wish to explore the spiritual issues of realistic expectations, privacy, openness, communication, role flexibility, companionship, equality, identity and trust. Issues will be interpreted from a variety of perspectives including a Christian perspective.

**WOMEN’S RESOURCE CENTER**

Meg Canley

Monday, 12pm

**INTERNATIONAL WOMEN’S DAY**

Nancy Scheel-Freytsell

Thursday, 9am
Length: Indefinite
First Meeting: Feb 26
Location: 2250 Broadway

* What does it mean to be bi-sexual or Lesbian? The purpose of this group is to share with other gay women the experiences of leading a gay lifestyle. Special topics can be planned according to the groups needs. Perhaps some excursions to other groups of gay women in Topeka, Lawrence, Wichita and K.C. could be planned.

**POOR**

Margaret Nordin

Thursday, 12 noon
Length: Indefinite
First Meeting: Feb 26
Location: REU Union, Stature 3

* A discussion group for those interested in sharing and developing solutions to the problems that beset the poor. The goal is to be able to help others and to help ourselves.

**HERITAGE AND ETHNIC WOMEN**

Teresa

Thursday, 9am
Length: Indefinite
First Meeting: Feb 26
Location: 2250 Broadway

* How does it mean to be bi-sexual or Lesbian? The purpose of this group is to share with other gay women the experiences of leading a gay lifestyle. Special topics can be planned according to the groups needs. Perhaps some excursions to other groups of gay women in Topeka, Lawrence, Wichita and K.C. could be planned.

**FOOT**

Margaret Nordin

Thursday, 12 noon
Length: Indefinite
First Meeting: Feb 26
Location: REU Union, Stature 3

* A discussion group for those interested in sharing and developing solutions to the problems that beset the poor. The goal is to be able to help others and to help ourselves.

**SPEAKERS WANTED**

Cindy Thomas

Sunday, 7pm
Length: Indefinite
First Meeting: Feb 29
Location: 1113 Lamire 3

* A learning group for gay women, the purpose of which is to talk about our experiences and confrontations in order to achieve a heightened awareness of ourselves as women and people.

**AUTO COMMUNICATIONS**

Norm Pack

Tuesday, 7pm
Length: 6 weeks
First Meeting: Feb 24
Location: Ackert Hall 116, KU

* A learning group for those interested in sharing and developing solutions to the problems that beset the poor. The goal is to be able to help others and to help ourselves.

**BACK TO SCHOOL, BACK TO WORK**

Margaret Nordin

Dona Neely

Pat Richards

Laura Helsel

Bodice Pickets

Monday, 9am
Length: One time, March 1
Location: REU Union, Room 212

* Are you thinking of returning to school or work after being home for several years? Are you unsure of yourself? Are you friends and/or relatives concerning you? Are you hesitant to speak out about your desires? Family members and women students discuss potential problems and solutions.

**SPEECH, DETERMINATION**

Karen Berteon

Cynthia Hensley

Mary R. Sheehan

Saturday, 9am
Location: REU Union, Room 212

* Are you thinking of returning to school or work after being home for several years? Are you unsure of yourself? Are you friends and/or relatives concerning you? Are you hesitant to speak out about your desires? Family members and women students discuss potential problems and solutions.

**STUDENT RESOURCES CENTER**

Meg Canley

Tuesday, 7pm

**SPEECH, DETERMINATION**

Karen Berteon

Cynthia Hensley

Saturday, 9am
Location: REU Union, Room 212

* Are you thinking of returning to school or work after being home for several years? Are you unsure of yourself? Are you friends and/or relatives concerning you? Are you hesitant to speak out about your desires? Family members and women students discuss potential problems and solutions.

**WOMEN’S RESOURCE CENTER**

Margaret Nordin

Wednesday, 9:30am
Length: Indefinite
First Meeting: Feb 25
Location: 1113 Lamire 3

* A discussion group for those interested in sharing and developing solutions to the problems that beset the poor. The goal is to be able to help others and to help ourselves.

**SPEAKERS WANTED**

Cindy Thomas

Sunday, 7pm
Length: Indefinite
First Meeting: Feb 29
Location: 1113 Lamire 3

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Bodice Pickets

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**SPEECH, DETERMINATION**

Karen Berteon

Cynthia Hensley

Saturday, 9am
Location: REU Union, Room 212

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Meg Canley

Tuesday, 7pm

**SPEECH, DETERMINATION**

Karen Berteon

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Saturday, 9am
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**STUDENT RESOURCES CENTER**

Meg Canley

Tuesday, 7pm

**SPEECH, DETERMINATION**

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Saturday, 9am
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Length: Indefinite
First Meeting: Feb 25
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Karen Berteon

Cynthia Hensley

Saturday, 9am
Location: REU Union, Room 212

* Are you thinking of returning to school or work after being home for several years? Are you unsure of yourself? Are you friends and/or relatives concerning you? Are you hesitant to speak out about your desires? Family members and women students discuss potential problems and solutions.

**STUDENT RESOURCES CENTER**

Meg Canley

Tuesday, 7pm
body & spirit

BEGINNING YOGA
Greg Howard
539-9938
Tuesdays, 5pm
Length: Indefinite
First Meeting: Feb 24
Location: Natick Fellowship House 309 Loomis Ave
Limits: 5
An introduction to basic postures, alignments and breath.
(Greg has studied primarily on his own and with others. This is his second semester with UNM.)

KUNDALINI YOGA
Gurubhaker Singh
1-254-6600
Thursdays, 7:30pm
Length: Semester
First Meeting: Feb 14
Location: Presbyterian Church
Basement, 801 Leavnersworth
Through Kundalini, Yoga, we will attempt to expand our awareness of the physical, mental, and spiritual aspects of the personality. Increased awareness of one's "situation" enables one to better integrate the different areas of one's life into a cohesive whole. We will also investigate the areas of nutrition, natural foods, and we will celebrate a vegetarian feast on the 3rd and 4th Thursday of each month
(Gurubhaker was a personal student of Yogi Bhajan for over 3 years. Coming weekly from the Guru Ram Das Ashram in Topeka, a transportation donation of $5 will be requested)

TEACH YOURSELF TO MEDITATE
Jerry Eade
1-455-2770
Tuesday, 7-10pm
Length: One Time, March 9
Location: Living Room 815 Patch N Terr
Limits: 15
A plethora of paperbacks and handbooks have inundated themselves in the market in the last few years, typically with titles such as "How to Meditate" end, no doubt, "Meditation Made Easy." After several months of reading, my hunch is that one can acquire meditation skills in the absence of the cognitive dissonance professed by certain popular books on the subject. TENSIS (e.g. Hans Koenig) and I will to some extent sit down together and look at the concept of teaching people to teach themselves. (Jerry is a local music instructor who periodically enjoys troubleshooting his social scientifically trained mind with his neighbor that restlessly lingers themselves to traditional measurement methodology).

"There is no such thing as a neutral educational process. Education, either as an instrument which is used to facilitate the integration of the younger generation into the logic of the present system and bring conformity to it, or as an opposition to that practice of freedom, the means by which men and women deal critically and creatively with reality and discover how to participate in the transformation of their world."
Richard Shusti

BROWSER, THE PATH OF TOTAL AWARENESS
Bob Perry
539-6700
Wednesdays, 7:30pm
Length: Indefinite
First Meeting: Feb 18
Location: KIU Union 203
Browser, Key to the Secret World, by Paul Twitchell will be the theme for discussion. The book covers the principles and practices of Alchemy, the ancient science of self creation. (Bob has studied Schneekan 2 years and has completed a teaching program.)

WINDS TO THE TAROT
Diane Barker
Monday, 7pm
Length: 3 weeks
First Meeting: Feb 23
Location: TMM Conference Room 419 Patch N Terr
Limits: 12
This session is to discuss the history of Tarot cards, their use in study, divination and philosophy. Participants are encouraged to bring their own cards for comparison and training. I will leave cards as a workable system of knowledge and a psychological tool after Schneekan and Jung.
(Obviously, Diane claims a limited knowledge, but a consistent interest.)

SUREST AFFIRMATIVE IMAGERY
Paul Hart
Tuesday, 7pm
Length: One Time, March 2
Location: KIU Union 202
Limits: 20
Guided Affirmative Imagery is a method of altering one's consciousness through the means of a semi-music controlled environment. The class will explain and touch on some of the uses of GIS as well as take the individuals through a GIS experience themselves.
(Paul is the former director of the Drug Ed. Center and has experience studying and doing GIS.)

YOGA AFTER DARK
Hatha Yoga for those who initiate Yoga practice in the middle or later years. Emphasizes basic breath control, meditation and a basic series of asanas.
(Best has practiced Yoga for 23 years, six of those years under the guidance of Prof. T. Krishnamacharya, one of India's greatest Yoga teachers, in Marnix, India.)

NAITHA YOGA
Claire Doisy
539-1492
Monday, 7pm (negotiable)
First Meeting: Feb 23
Location: KIU Union 203
Limits: 4
We will practice breathing and simple poses at first. Then we'll learn basic asanas and meditate, first by breathing into this body through asanas, breathing and meditating.
(Claire learned this art from her mother who was a yoga teacher, and as a student of Dr. Frank.)

RUPA ASHARA, A TECHNIQUE TO EXPLORE THE RANGE OF MIND POTENTIAL
Tim Lovestain
539-6492
Session 1: March 4, 7pm
KIU Union 203
Session 2: April 5, 7pm
400 Union 206 AS
A brief introduction to how biological feedback is used to help people help themselves. A discussion of how you can use biofeedback will follow an experience in biofeedback/relaxation training. This training is offered as a service of the 811 Counseling Center.
(Tim is on the staff at the Center and is a doctoral student in the area.)

KOHO-REVIEW/RELAXATION: A TECHNIQUE TO EXPLORE THE RANGE OF MIND POTENTIAL
Tim Lovestain
539-6492
Session 1: March 4, 7pm
KIU Union 203
Session 2: April 5, 7pm
400 Union 206 AS
A brief introduction to how biological feedback is used to help people help themselves. A discussion of how you can use biofeedback will follow an experience in biofeedback/relaxation training. This training is offered as a service of the 811 Counseling Center.
(Tim is on the staff at the Center and is a doctoral student in the area.)

KOHO KASHIKASHI, THE PATH OF TOTAL AWARENESS
Bob Perry
539-6700
Wednesdays, 7:30pm
Length: Indefinite
First Meeting: Feb 18
Location: KIU Union 203
Browser, Key to the Secret World, by Paul Twitchell will be the theme for discussion. The book covers the principles and practices of Alchemy, the ancient science of self creation. (Bob has studied Schneekan 2 years and has completed a teaching program.)

WINDS TO THE TAROT
Diane Barker
Monday, 7pm
Length: 3 weeks
First Meeting: Feb 23
Location: TMM Conference Room 419 Patch N Terr
Limits: 12
This session is to discuss the history of Tarot cards, their use in study, divination and philosophy. Participants are encouraged to bring their own cards for comparison and training. I will leave cards as a workable system of knowledge and a psychological tool after Schneekan and Jung.
(Obviously, Diane claims a limited knowledge, but a consistent interest.)

SUREST AFFIRMATIVE IMAGERY
Paul Hart
Tuesday, 7pm
Length: One Time, March 2
Location: KIU Union 202
Limits: 20
Guided Affirmative Imagery is a method of altering one's consciousness through the means of a semi-music controlled environment. The class will explain and touch on some of the uses of GIS as well as take the individuals through a GIS experience themselves.
(Paul is the former director of the Drug Ed. Center and has experience studying and doing GIS.)

YOGA AFTER DARK
Hatha Yoga for those who initiate Yoga practice in the middle or later years. Emphasizes basic breath control, meditation and a basic series of asanas.
(Best has practiced Yoga for 23 years, six of those years under the guidance of Prof. T. Krishnamacharya, one of India's greatest Yoga teachers, in Marnix, India.)

NAITHA YOGA
Claire Doisy
539-1492
Monday, 7pm (negotiable)
First Meeting: Feb 23
Location: KIU Union 203
Limits: 4
We will practice breathing and simple poses at first. Then we'll learn basic asanas and meditate, first by breathing into this body through asanas, breathing and meditating.
(Claire learned this art from her mother who was a yoga teacher, and as a student of Dr. Frank.)

RUPA ASHARA, A TECHNIQUE TO EXPLORE THE RANGE OF MIND POTENTIAL
Tim Lovestain
539-6492
Session 1: March 4, 7pm
KIU Union 203
Session 2: April 5, 7pm
400 Union 206 AS
A brief introduction to how biological feedback is used to help people help themselves. A discussion of how you can use biofeedback will follow an experience in biofeedback/relaxation training. This training is offered as a service of the 811 Counseling Center.
(Tim is on the staff at the Center and is a doctoral student in the area.)

KOHO KASHIKASHI, THE PATH OF TOTAL AWARENESS
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539-6700
Wednesdays, 7:30pm
Length: Indefinite
First Meeting: Feb 18
Location: KIU Union 203
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(Tim is on the staff at the Center and is a doctoral student in the area.)
INTRODUCE YOURSELF TO HOSTING

Warren & Pat Kempel 539-4934

Wednesday, 7:30pm
Location: One Time, Feb 25

This event is designed not only for hopefuls but also for players who are tired of losing game-after-game. The topics to be covered are movement of pieces, chess notation, opening theory vs. "book" openings, and middle game strategy.

(Phil has been playing chess since he was 5 years old and is currently participating in the Hampton Chess Tournament.)

CHESS
David Irons 539-8992
539-1587

SUNDAY, 7pm
Location: Indefinite
First Meeting: March 7
Location: Recreation Area, KSU Union

The topics to be covered are movement of pieces, chess notation, opening theory vs. "book" openings, and middle game strategy.

(Arusha has been playing chess since he was 5 years old and is currently participating in the Hampton Chess Tournament.)

CHESS
Arusha Richard 532-0316

MONDAY, 7pm
Location: Recreation Area, KSU Union

You should be able to get a good grasp of the fundamentals, strokes, and scoring in a couple of sessions.

(Arusha is not only the fastest runner around but has been out tennis racket expert for years.)

CLONE SCHOOL
David Fly 539-0339

TUESDAY, 7:30pm
Location: Recreation Area, KSU Union

Whitney Face provides an opportunity for participants to explore their inner face-to-face, discover their own hidden clone! Clone school will be a journey into the inner self for those who become involved. We will be working with pantomime, storytelling, etc. Clones will be asked to try their own materials.

(David is an Episcopal campus minister and former professional clown.)

AEROBIC DANCING
Small Percussion 537-0777

Monday and Tuesday, 8:30am
Location: Indefinite
First Meeting: Feb 24
Location: DSU Auditorium
539-1543

This event will provide exercises to train and strengthen the heart, lungs and vascular system. Like other aerobic sports, Aerobic Dancing is a desirable and beneficial form of exercise. It meets three of the most important exercise needs: 1) strengthens heart and lungs, 2) tones skeletal muscles, and 3) provides mental and emotional release. Added benefits are agility, co-ordination, balance and flexibility. Small Percussion (537-0777) has taught swimming, rhythmic exercises, and attended the Aerobic Dancing Certification Clinic in 1976 and 1977.

YAPPY NEW YEAR
Gary Smuda 539-0239

Monday, 7pm
Location: Recreation Area, KSU Union

This class is designed for those interested in working on problem-solving skills. It will focus on agility, building stamina, and learning to work as a team. The class is open to anyone up to 150 years of age. A one-shot introductory session to help you understand what "half-talking" is. What are youth hostels? Who can stay in them? Where are they located? What are hosteling customs? Hostels in the U.S. and abroad? How about family hosteling? Organized trips in the U.S. and abroad? Yappying, backpoking, or camping? Warren and Pat have organized trips in the U.S., Europe, and Japan; they also own and operate one of the finest hostels in the country at Grand Lake, Colorado.

EAGLE DEFENSE
George Halas 532-0743

Saturday, 7pm
Location: Indefinite
First Meeting: Feb 28
Location: Absham Complex 301, KSU
Limit: 35

This event will provide exercises to train and strengthen the heart, lungs and vascular system. Like other aerobic sports, Aerobic Dancing is a desirable and beneficial form of exercise. It meets three of the most important exercise needs: 1) strengthens heart and lungs, 2) tones skeletal muscles, and 3) provides mental and emotional release. Added benefits are agility, co-ordination, balance and flexibility. Small Percussion (537-0777) has taught swimming, rhythmic exercises, and attended the Aerobic Dancing Certification Clinic in 1976 and 1977.

WEIGHT LIFTING FOR WOMEN
Sandra Keith 539-0238

Tuesday, Thursday 6:30pm
Saturday 10am
Location: Indefinite
First Meeting: Feb 28
Location: Absham Complex
Limit: 30

This class is designed for those interested in working on problem-solving skills. It will focus on agility, building stamina, and learning to work as a team. The class is open to anyone up to 150 years of age. A one-shot introductory session to help you understand what "half-talking" is. What are youth hostels? Who can stay in them? Where are they located? What are hosteling customs? Hostels in the U.S. and abroad? How about family hosteling? Organized trips in the U.S. and abroad? Yappying, backpoking, or camping? Warren and Pat have organized trips in the U.S., Europe, and Japan; they also own and operate one of the finest hostels in the country at Grand Lake, Colorado.

(David has permission to teach from the American Athletic Federation.)
BEGINNING
Gordon & Sandy Flank 539-4093
Sundays, 2pm
Length: Indefinite
First Meeting: Feb 20
Location: In front of KIU Union
The class will cover the basics in throwing and catching. We will also
cover trick catching (behind the
back, between the legs, thumbs up and
down, and the Layman Jam) and various
other throws. We will also try new
games (Grasshopper Toulon) plus our
old games (Baseball and Ritu).
We will vary this schedule as
needed, but bring your own. Old members
and IRA members welcome.
(Gordon is a new student at KIU and
has 3 years experience throwing and
one TNI Frisbee class under his belt.)

BEGINNING TOVOS
Emily Kline 539-3294
Thursdays, 7:30pm
Length: Continuing
First Meeting: March 4
Location: First Baptist Church
1123 Blue Balls Road
TOVOS is a non-profit organization to
help overweight people (men and
women) lose weight. Coaches and
visitors are given guidance and
encouragement to help them lose
weight.
(Emily has been leader of the
Manhattan TOVOS Club for 7 years.)

BEGINNING GERMEN
Angela Fong-Chu No 522-3723
Sunday, 3pm
Length: Indefinite
First Meeting: March 7
Location: KIU Library
419 Fairchild Terr
This course is for those who have
no Chinese background. Conventional
Mandarin will be taught, stressing
the idioms for greetings, business,
shopping, etc. This will
also be a cultural exchange of
American and Chinese ideas.
(Noel is a graduate student in
Sociology. She is from Taiwan and
interested in a cultural exchange.)

BEGINNING GERMEN
Fred O. Ohara 537-2105
Thursday, 7pm
Length: 6 weeks
First Meeting: Feb 26
Location: First Lutheran Church
1064 4th Street
Beginners and advanced persons are
welcome to join this class in
German conversation. Learn how
to get along while traveling in
Germany - including shopping, hotels,
restaurants, food, entertainment, etc.
(Ohara is a retired officer living in the U.S. for
40 years.)

BEGINNING TAMIL
Bruce Kiesler 539-2416
Thursday, 7pm
Length: 10 weeks
First Meeting: Feb 26
Location: 1600 Lawrence
Limit: 10
Since mastery of the Tamil-Braille
script is essential for understanding
the breadth of Tamil literature and
for gaining a greater understand
ning and appreciation for the
Dravidian peoples and culture of
South India, the primary focus of
this course will be the alphabet,
the orthography, and the
fundamentals of Tamil. Materials for
the course will be provided.
(Bruce has been a student of Tamil
since 1970 and has twice traveled to South India for advanced
language training.)

BEGINNING FRISBE
Stanley Cross 539-6177
Sundays, 10am
Length: 6 weeks
First Meeting: March 18
Location: Wakamori Complex, KIU
Limit: 16
Bring a body, with tennis shoes and
racket and 2 cans of Viga Unique
(duty falt champion balls) in optic
yellow. Basic strokes will be taught
forehand, backhand and serve.
(Stan is a former tennis instructor
who taught 4 years in California
and plays for the Manhattan Tennis Club.)

BEGINNING ADULT SWIMMING
Beth Jessen 776-6262
Wednesdays, 6:30pm
Length: 6 weeks
First Meeting: Feb 21
Location: Batatorium, KIU
Limit: 12
We will be stressing water safety
for the non-swimmers and novice.
Any level of beginners, 16 years and
up are welcome. We'll work on making
you comfortable in the water, as we
will be ready to enter the water each time.
(Beth has a WSI who has taught
beginners for 8 years.)

BEGINNING ADULT SWIMMING II
Kia Matheny 622-3837
Mondays, 6:10pm
Length: 6 weeks
First Meeting: Feb 3
Location: Batatorium, KIU
Limit: 12
We'll be working on basic
water safety plus beginning and
advanced swimming. Red Cross certification
will be given for those who complete
the course.
(Kia's taught swimming for the past
6 years.)

CONVERSATIONAL REVIEW
Hurt Buchholz 537-4960
A conversational Hebrew class will be
organized for those interested.
Sign up at TNI registration and you
will be contacted as to time and
place of first meeting. Please
include your level of experience.

ANAPIC LANGUAGE
Ishmael Karras 539-2922
Wednesday, 7:30pm
Length: 6 weeks
First Meeting: Feb 25
Location: Slavehousing 122, KIU
Two levels will be offered. One is
a continuation of a previous pro-
gram and is recommended for those
who have some knowledge of Arabic.
The other is designed for those who
have little or no Arabic. Reading,
writing, and basic grammar will be
stressed. Permanent day of class
to be decided by participants.
Greek Language and Culture

Fonse Lambros
539-7860

A discussion group on Greek culture, politics, philosophy, intellectual movements, or whatever, can be set up if there is sufficient interest. Some language can be included for those wanting it. Please sign up at registration and include what areas you are interested in.

(Prof. Lambros is from Greece and is currently on leave from the University of Pennsylvania.)

Introduction to Book Repair

Judy Cook
776-5390

Email: Deejj@Parrell.library.ksu.edu

Tuesday, 7pm
Length: One Time, March 2
Location: Reading Days
Parrell Library, KSU

Limit: 12

Emphasis on simple book repair and upkeep of rare books with some historical background. Free sample book repair kits will be supplied. Please do not bring small children because of limited space and library equipment. Also bring something to repair.

(Diana and Judy have both taught this enjoyable class before.)

Auction Going

Wilton Anderson
776-4934

Monday, 7:30pm
Length: One Time, March 8
Location: Manhattan Public Library

This could be an opportunity to learn about auctions and the rules of auctioning.

(Note: Wilton is a well-known local auctioneer and closer.)

De Q's and Don'ts of Buying and Selling a Horse

Richard Hill
539-2209

Ralph Oune
539-2135

Thursday, 7:30pm
Length: 2 weeks
First Meetings: Feb 26
Location: Kewanee 215, Hsu

We will get together and discuss the de's and don'ts of buying and selling a horse. We will probably visit one or consider how to judge it. Starting at the foundation and working up to the roof, the group will discuss such things as electrical capacity, heating systems, plumbing, etc, with respect to purchase or sale. (These two gentlemen are local realtors.)

Rate

Rick McLellan
776-5222

Monday, 10am
Length: One Time, Feb 23
Location: 404 Humboldt
Limit: 20

How to test produce at home and tell whether products that you buy are beneficial or not; why half in is bad condition; how to understand the use of conditioners; benefits in general. (Rick is a local heirlooms specialist.)

Reading Ready Week

LeVita Wilson
537-2242

Monday, 7:30pm
Length: Four Times, March 8
Location: Manhattan Public Library

This will be a presentation of activities to stimulate reading readiness still development. One activity will be learning how to help your child make a list of her/his own book. A list of supplies needed will be sent before the workshop. (Dr. Wilson teaches early childhood education and is a reading specialist.)

Handwriting Analysis

Miriam Field
539-5586

Monday, 7, 7:30pm
Length: 9 weeks
First Meeting: Feb 23
Location: Glasheen 122, Ksu

Introduction to basic principles of graphomotorics - the scientific study of the stresses in writing which reveal personality and character traits. Graphomotrics is used as a test in determining aptitudes, social traits, learning methods, emotional response, fears and defenses. Study materials will cost about $57. (Ms. Field is a certified Master Graphomotricist. She has studied 7 years and has lectured and taught classes on the subject many times.)

Bicycle Repair

Bill Shippman
537-5150

Tuesday, 7pm
Length: Indefinite
First Meeting: Feb 24
Location: Hill's Bike Shop
207 Park
Limit: 20

We will be teaching the fundamentals of bicycle care and repair. The class will decide its own direction and how to make the most effective use of time. (Bill owns his own bike shop and has taught this class for several years.)

Basic Auto Body Repair

Alan Clark
776-5333

Wednesday, 7:30pm
Length: One Time, March 10
Location: 1005, 1001 Swenson Ave

This will be a session on the basic mechanics of repairing minor auto body problems. A discussion of techniques of filling, rust damage, etc. will be included. (Alan owns an auto body repair shop in Manhattan.)

Beginning Auto Mechanics

Bill Shippman
537-0324

Monday, 7:30pm
Length: Indefinite
First Meeting: Feb 23
Location: Glasheen 122, KSU
Limit: 15

Learn both theory and practical application of auto mechanics. We will also cover basic first aid and trouble shooting for cars when they break down. (Bill is a local mechanic, graduate of To-Ford, and a Certified Master by Chevrolet.)

Plumbing - Help for Troubled Waters

Ken Sarris
539-5467

Monday, 7:30pm
Length: One Time, March 1
Location: Manhattan Public Library

This is a one time class (or more if needed) to show you how you can save lots of money by getting to know your plumbing better - your home's plumbing, that is. We'll cover common household problems with faucets and outlets that can easily be repaired with channel pliers and a screwdriver. Also we'll cover the do's and don'ts of how to deal with a plumber for major repairs. (Ken is a plumber in Kansas City.)

Risk Factor Knowledge

Brian Pick
537-6765

Saturday, 1:30pm
Length: 4 weeks
First Meeting: Feb 20
Location: City Park Pavilion

For those who have nothing about what is under a car hood. We will talk about and show basic parts of engines, and how they work with other parts of the engine, including the cooling and electrical systems, as well as diesel and lubrication. We may get dirty as we dress appropriately. (Brian has been in auto, and under cars for about 10 years.)

By the accident of fortune a man may rule the world for a time, but by virtue of love he may rule the world forever.
SALARIESHIP AND SUCCESS

Bob McClain
537-9888
Sign up at registration and you will be contacted as to time, date, and location of class.

Guarded toward the business-minded. Dependent upon interest, we’ll examine the basic mechanics of selling and/or success philosophies of Napoleon Hill who advanced the laws of success and formulated a how-to-do-it approach to success. He talked of auto-suggestion, sexual transmutation, self-analysis as one of his keys.

(bob is a journalism student and has 4 years of part-time sales experience.)

THE ART OF CRAFTSMANSHIP

Johnyoutu
532-6191
Wednesday, 7:30pm
Length: One Time, March 26
Location: KRU Building 207

With the ongoing tightening of the economy, there is a significant need to know about alternative sources of income. Grants are a possible source of funds – and this session is designed as an introduction to the vast field of grants and federal contracts. The meeting is open to anyone who wishes to attend, and the thrust will be to review the many resources available for identifying potential federal, state and foundation support for various projects.

(john is the accepted campus expert on grant preparation and execution.)

2 HOUR PARKING
7 AM TO 9 PM

BASIC CITIZENS RADIO

Fall Read
537-1364
Doug Wilkins
539-0312
Thursday, 7:30pm
Length: 9 weeks
First: Meetings: Feb 26
Location: Seaton 190, KRU
Limit: 20

Installation and operation of base and mobile Citizens Band Radio stations. A comprehensive basic course, we’ll cover technical aspects and operating procedures. Bring a spiral notebook. Guest speakers will be invited. You do not have to own a CB to attend to enjoy this course.

(both doug and phil are p.c.c. li- censed operators. doug has 3 years experience and phil is an electrical engineering major.)

ANNOUNCEMENTS FOR GENERAL CLASS LICENSES AND BOAT CLASS LICENSES

Scott Casey
776-8618
Dr. Gary Johnson
531-5800
Thursday, 7pm
Length: Indefinite
First Meetings: Feb 26
Location: Seaton 194-K, KRU

For people who have prior knowledge or novices license to prepare them to go to Kansas City to take the FCC general class examination. The E.C. exam costs $12, but there are no other fees required for the class.

There will be a section for people who have an interest in marine radio and would like help getting started with a marine license. No experience needed or fee required. (Scott is an electronics technician for the Division of Biology at KU. Gary is a professor in the Dept. of Electrical Engineering.)

26
Evening Child Care Center

For several years we've heard requests for a quality evening child care center that will remain open during the last three nights of the school week. People who wanted to take or lead UFM classes or simply wanted an occasional all-night out. We've been working on this project for a while now. And we're happy to say that we've reached a breakthrough! We have found a home at Sunnyside Children's Center, 303 N. 5th St., and have applied for our license to operate an evening child care center. We hope to open as soon as our paperwork gets underway. The cost is 550 per hour per child at the times are 1-7pm Monday through Thursday. Parents may register children for one night or for five nights if that suits their needs. Questions? Call Mary Neff at the program director. For more information, call Nina at UFM, 532-3866.

Living Learning School

Manhattan Community Alternative Elementary-Junior High School

Children learn in different ways and at varying rates. Because of these differences we propose an individualized program where each student can daily plan with a teacher aide/ her own learning activities so as to meet his/her specific academic needs. Children would plan to work independently or as a team, or meet for group activities and projects. We want to do an exceptional job at teaching the basics: math, reading, writing, science, social science, and make available art, play, music, architecture, photography and other arts. We also intend to use the community as a classroom and bring outside resources into the school. A primary purpose of the school would be to promote the growth of the whole child, academically and socially. We would work to foster cooperation and success rather than competition and failure. We would also want to listen to children and clearly state what we adults desire so that everyone in the school can learn. We are currently making plans to open the school this summer of 1976. Materials for classroom use and a building are being secured. The school will be financed through tuition, donations and grants. 150 day school year, 8:00AM-3:00PM. State and Federal fire, health and safety regulations will be met. Ages 5-11 accepted. Contact David Burkh, 1020 Kneenway (539-6677) or Sue Sandbarg, 917 Laramie 46 (534-9976).

UFM and the National Free University Network

The National Free University Network (NFUN), organized in the fall of 1974, publishes a monthly newsletter from UFM. The National Central Files have been established at UFM as a source for reference and research of free university programs in the U.S. In the U.S. there are over two hundred free universities. UFM has two of the latest broadsheets published on file. UFM was organized to promote communication between alternative education organizations throughout the country. Consultants are available to help struggling free universities or those just starting.

Campus Free College

Campus Free College (CFC) is a new design in higher education. It's a new structure allowing learners to tailor their education to their own lives and learning patterns, interests, and goals. Its academic process teaches skills needed to become a self-directed learner rather than a student whose goals and direction are set by others. CFC is an independent college licensed to grant Associate of Arts, Bachelor of Arts, and Master of Arts degrees. Learners in CFC are free to draw upon an open range of learning opportunities—tutorials and apprenticeships with professionals, on-the-job learning, training programs and individually designed learning projects. CFC offers free and low cost workshops with college-credit advisors wherever they are available—currently in about 175 towns, 800 schools, and 100 companies. There are now over 8000 students and several locations overseas. There are two program advisors located in Manhattan, Kansas. The technical advisor and the house advisor. In addition to helping students get the learning they need, they have special interests in community development and education. For more information, call David (539-1477) or Sue (534-6469).

Plant Clinic

Note on your calendar that every Wednesday from 6:00 PM until 9:00 PM, there is a Plant Clinic. The Plant Clinic is a place for people to bring their plants and get advice on how to care for them. The clinic is held every Wednesday and is open to everyone. If you have a problem with your plant, bring it to the clinic and get some help. The Plant Clinic meets in room #201 at UFM Library, 615 Fairchild Terr.

UFM on MT-V

Every Wednesday at 6:00 PM, beginning in early February, UFM classes and activities will be featured on the local cable station MT-V. The program, called "MT-V University," will provide a good start to your evening or a pleasant half hour before you leave home for your evening UFM class. Watch the local media for a description of upcoming shows.

Education Resource Center

The Education Resource Center at 703 N. 6th is a center for creating, funding and using innovative ideas in education. The center makes available periodicals, books, and other sources of ideas on humanistic ways of working with children that are not readily available to parents and teachers in Manhattan. The center also publishes a monthly newsletter called "Branch and Branch," which includes various articles on subjects which have an impact on the classroom. It is available on request. Saturday morning workshops for children in photography, art, architecture, etc. are available. For more information, write to the above address, or call here Hurst (539-1877) or Sue Sandbarg (535-9976).

Ganzans on Kansas

Through a $1,100 grant funded to University for Man by the Kansas Committee for the Humanities (KCH) under its current theme, "Changing Kansas Communities: Exploring the Role of Human Values in Shaping Public Policy," John Sherrard of the UFM staff went out across the state to probe into the Kansas past and present role of human values in government. Working with the photographs of Dr. George Eren, associate professor of history at EU, is John Ganzan on Kansas.

Tool Cooperative

Cooperatives can expand the potential for all our lives. A Tool Coop is a really good idea because of the savings to an individual of the learning that can happen with access to a variety of tools. We need people to make this happen. Count yourself in and count on the good things which come out of the tool cooperatives. For more information, call Nina at UFM, 532-3866.

Emergency Interpreters

UFM has put together a list of people fluent in various foreign languages who are willing to serve as interpreters for non-English speaking people in emergency situations. The list has been sent to various groups and agencies (e.g., hospital, the airport, the police), and updated lists will be available at the Community Center. If you would be willing to serve as an interpreter or if your group or agency would like a copy of the listing, please contact UFM.

Kansans on Kansas

In the fall of 1974, a group of community educators, neighborhood leaders, and higher education educators organized the Kansas Community Education Network. The network has about 25 members who meet to discuss the issues of community education in Kansas. The network's goal is to provide a forum for sharing ideas and resources and to promote the development of community education programs in Kansas. The network holds regular meetings and workshops, which are open to anyone interested in community education. If you would like to learn more about the network or its activities, please contact one of the network's leaders or visit the network's website. Community education is a way of involving people in the education process and promoting democratic participation in decision-making. It is a way of making education accessible to all, regardless of their background or circumstances. It is a way of creating a more inclusive and equitable society. Community education is a way of empowering people to take control of their own learning and to become active participants in their own education. Community education is a way of building stronger and more cohesive communities. It is a way of creating a more just and sustainable world.
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<th>Date</th>
<th>Activity</th>
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<td>15</td>
<td>University For Men Class Registration: 9:30-11:30am, Session 2.</td>
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<td>16</td>
<td>University For Men Class Registration: 9:30-11:30am, Session 3.</td>
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<td>Registration of Remaining High School Classes.</td>
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<td>Cancel Flower Delivery.</td>
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<td>Cancel Cheese Order.</td>
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Registration

IMPORTANT: PLEASE READ PAGE 2, REGISTRATION.

The UFM house, 615 Fairchild Terrace houses the Fone Crisis Center, Drug Education Center, Pottery room, darkroom, library and plant clinic. As a result, we have a bad parking problem. There are many more cars than there are parking places. So, if you want to save yourself a hassle and would rather not drive around and around the block, please WALK OR RIDE A BIKE. Thank you.

February 16, 17, 18 19
February 16, 17, 18 19
February 17
February 17

KSU Union
UFM-615 Fairchild Terr.
Manhattan High School
Manhattan Public Library

9am to 4pm
9am to 4pm
11am to 2pm
9am to 9pm

University For Man
615 Fairchild Terrace
Manhattan, Kansas 66502

return postage guaranteed
UNIVERSITY FOR MAN
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spring 1976
INTERNATIONAL WEEK

The week of April 12 -16 has been acknowledged as International Week at Kansas State University, with an emphasis on cultural activities, exhibits, and demonstrations. Join the fun and share the rich cultural assets and personal diversities.

Events for the week include:

Monday, April 12 -
12:30-1:00 - "Teatring the Varieties of Trees in the World" - International Cultural Exhibits - Beal courtyard
3:00-3:30 - "The Culture of Iron" - Little Theatre
7:00-9:00 - "Chinese Films" - Little Theatre

Tuesday, April 13 -
1:30-2:00 - "Fakirian Folk Dances" - Film - Little Theatre
2:00-3:00 - "Korean Dance" - Demonstration - Little Theatre
3:00-4:00 - "Tan Krin do" - Demonstration - Little Theatre
7:00-8:00 - "The Song & Dance of Bangladesh" - Little Theatre
8:00-9:00 - "Cultures in Contact" - A Symposium - Little Theatre

Wednesday, April 14 -
1:00-4:00 - "International Cooking" - Demonstrations - Location to be announced
3:00-7:00 - "Body-Decoding and Dance from the Middle East" - Performed by professional Dance company from the Middle East - Williams Aud. - Decker Ball

Thursday, April 15 -
1:30-2:00 - "Films of India" - Little Theatre
2:00-3:00 - "The Meaning of Islam" - Islamic Assoc. - Little Theatre
7:00-9:00 - "The International Fair: Exhibits and Demonstrations" - Union Ballroom

SOUTH ASIAN LITERATURE

Dick Smith

Tuesdays, 7:30 p.m.
Location: Wes Music Room

This series is intended to help us get something of a "feel" for the rich and powerful literatures that have been produced in the Indian subcontinent over a period of more than a thousand years, and for the tremendous influence this literary heritage has had on the rest of the world. Although our close leaders are highly qualified, their lectures will be staid at our hearts, not our narrow-rule notebooks.

March 30: Ancient Hindustan: Interpretations from the Br Veda, led by Edward Wayman. (Ed, who recently returned from a year of research in India, has been working on ways to help Americans enjoy and appreciate Indian literature. He is a professor of South Asian History at KESU)

April 6: Brahmanism: Selections from the Vedas or Upanishads, led by Dr. Arthur Finkelman. Dr. Finkelman is professor of Hinda in India for many years; is former director of KESU South Asian Center, and is a longstanding patron of KESU.

April 13: Hindu Marriage: How do we reconcile today's marriage arrangements with the Vedic tradition? led by Satish Abbi. (Satish comes from India and has personal experience with this problem. Satish teaches Physics at KESU)

April 20: Religion for the People: Tamil Bhakti (Devotional) Poetry, led by J. Purushothaman. (J.P. comes from Tamil India, where he was a student of KESU literature. He is a graduate student in Electrical Engineering at KESU)

April 27: Islaamic Revival: Poetry of Tughlaq, led by Lai M. Chaula. (Lai M. Chaula is a professor in Lahore, Paki-stan, before coming to the United States. He worked for the establishment of Pakistan and served the same office for over twenty years.)

May 4: Hindu Poetry from the Medieval period to today, led by Anwa Abbi. (Anwa is the brother of the previous poet, who wrote for KESU literature. Many of his poems are available in the "anm-poetry" school."

FABRIC PAINTING

Beth Spurlock

Mondays, 7:30-8:30 p.m.
Location: UES House

Fabric painting will be held on Tuesday, April 5

LIMITS: 25

"Liquid embroidery" or "Fabric Printing" is an ancient, quick, tidy, easy, and fun. During the first meeting, I'll show you what supplies you'll need and how to make a transfer pattern. I'll also show you how to transfer the pattern onto clothing. Later, we will learn the technique of painting."
REGISTRATION

To those of you for whom UFM registration is old hat, we bring you something different.

a) Registration opens in the evening to give everyone an equal opportunity:
   March 25, Thursday
   KSU Union                               7pm-9pm
   UFM 532-5866                             7pm-9pm
   March 26, Friday
   KSU Union                               9am-3pm
   UFM 532-5866                             9am-3pm

b) We are asking that all registration either be at the Union or phone in to the UFM House. We have found that walk-in registration at the UFM house to be too confusing for everyone.

DISEASE CONTROL OF GARDEN AND YARD PLANTS
Bill Willis 532-5811
Mondays, 7pm
Length: 2 meetings
First Meeting: April 5 and May 3
Location: UFM House
615 Fairchild Terrace
Limit: 20
Learn to recognize common diseases of yard and garden plants. Understand control of diseases by cultural practices, fungicides, management and resistant varieties. The first session will be an illustrated lecture. The second session will be a field trip.
(Bill is an extension specialist in plant pathology and an active gardener.)

RAISING WILD PETS
Charlotte Doyle 485-2759
Monday, 7:30pm
Length: One Time, April 19
Location: 615 Fairchild Terrace
I have raised rabbits, skunks, bobcats, ducks, raccoons, possums, etc. I am willing to share my knowledge I have.
(Charlotte is a Manhattan High School Teacher.)

"HOW TO BUILD A STONE WALL"
E. Norma Harold 532-5733
Wednesday, 6pm
Length: One Time, April 20
Location: Rt 4, Box 126N
Lakeview, Manhattan
Limit: 10
Have you ever wondered how the old stone walls you see out in the country were built? Do you have an area where you've always wanted to build a retaining wall for landscape purposes, but have put it off, wondering how to go about it? I would like to share my interest and hobby with others. A detailed map of the class location will be mailed to class participants.
(Norma's Western Kansas background

NATURE IN ACTION: AN EVENING OF PHYSICS LECTURE DEMONSTRATIONS
John David 532-6803
Tuesday, 7:30pm
Length: One Time, April 20
Location: Cardwell Hall 103, KSU
Limit: 178
How can a person lie on a bed of nails with no harm to his/her body? Every kitchen has a mixer but how about an unmixer? Ever seen an artificial sunset? These are only a few examples of what this evening holds in store.
Physics is a dynamic discipline of study—not just a collection of dry static facts. Many interesting and fascinating demonstrations of physical phenomena will be presented showing physics as an entertaining and intriguing part of everyday life.
(John has presented this type of lecture demonstrations for 7½ years as a staff member for N.S.F. and at national meetings.)

TEA TASTING
Sue Maes 539-6609
Paul Palos 539-7342
Martha Atkins 539-6208
Thursday, 7:30pm
Length: One Time, April 1
Location: 1620 Leavenworth
Limit: 15
There's more to a cup of tea than a Lipton flow through tea bag. As in the world of wine there is an art to tea selection. Learn how to select teas to suit your taste. The group will sample imported teas, unblended black teas and herbal teas. Cost will be $1 to cover sampling of teas.
(Sue, Paul, and Martha have been drinking teas for years.)

EVELAP DESIGN
Shella Russell 532-5866
Monday, 7pm
Length: One Time, April 12
Location: 1218 Bertrand
Limit: 6
Learn a simple weaving technique.

PLANT EXCHANGE
Steve Ernst 532-5866
Sarah Oblingan 539-8050
Tuesday, 7:30pm
Location: Capitol Federal Bldg.
14th & Poyntz

Now that weekly grocery shopping has become a major investment.
without curricula? With a piece of art on the wall above a little bit of time, you can always have a highly effective way to decorate. Participants should bring their own ideas, materials and ideas to the first meeting.

(Glassblowing at the UVM crafts area and sharing what she enjoys.)

GOOD GLASS
Shelia Russell 532-5866 Saturday, 9-10am Length: One Time, April 17 Location: 1218 Dartmouth Limit: 6 Glass are a fun project for a day off work and bring a friend to do-it-together, then teach a friend! Glass is highly encouraged to participate.

(Shelia's class seems enjoyed learning to make these.)

STAINED GLASS
Steve Grappe 539-7795 Wednesdays, 7pm Length: One Time, April 17 Location: Old East Schoolhouse at 1842 Waban on Anderson Ave (Route 42) Limit: 15 Not a demonstration on how to make stained glass. Participants may, at that time, order supplies they will use in a project to complete in the remainder of the semester. Each person will be taught how to cut a project to be completed at the next class. Participants will also be taught techniques for making and cutting glass. Time spent on the project will vary from 2-3 hours. Cost: $20 for materials and tools.

(Worked for a year in a glass studio and co-founded the North Star Stained Glass Studio in San Antonio, Texas.)

ERG AND THE ART OF MOTORCULTURE
Dennis Lofgren Thursday, 7pm Length: One Time, April 17 Location: 1415 Clinton Circle Limit: 20

Not a demonstration about the book in general but about how it has affected you personally. Focus will be on the 11 week time frame. Per- seids has fused it into his theme about self-understanding in contemporary America. Please read book first.

(Dennis was once a staff member at UVM and he miss his lively mind. They promise you an excellent evening.)

THE BODY SHOP - A WORKSHOP FOR ALL
Hamel Williams 539-6790 Grammy O'Moore Friday, April 2, 6:30pm-10:30pm Location: One Time, April 17 Location: You will be contacted Limit: 20

The course has a special interest in helping women of all ages grow into a healthier self-regard through raised awareness. We will seek to aid the process of coming into oneself through history and philosophy, but especially through self-race, "centering" ourselves through the body and the techniques. Workshop participants should be interested in personal and mindful (preferably leisured) and will be handouts. Be a blank sheet and paper to keep a diary of your self-awareness.

(Cheryl is a psychology professor with special knowledge of reproduction and gender, who has been into sensory awareness and human potential for a long time. Both have grown since the growth and development of women.)

LAND OF THE POST ROCK
Grace Hallenberg 532-6147 Thursday, 7:30pm Length: One Time, April 1 Location: First National Bank Limit: 50

This interesting slide presentation will focus on Fossaequare Limestone (post-rock) and its role in the settlement and development of our central valley. By blending historical events and landscape features we shall be stimulating recollection of scenes of our Kansas heritage. (Grace is in charge of the post-rock chapter of the Post Rock: Its Origins)

HISTORY AND REVELATION
and have traveled intensively in Kansas, observing the natural scene and collecting samples of local history, much of it oral history.

ARE WE ALONE? 4.03
John Brown 532-6808 Harvey Sturt 549-3323 Mondays, 7pm Length: 2 weeks First Meeting: April 5 Location: Manhattan Public Library What are the chances that life has formed elsewhere in our solar system? In this 4-week course, we will explore the known universe. We will speak by astro- nomers, scientists, and explorers about the universe and our place in it. Next week we will look across the observatories and scientific reports and symbols by astronomers. (John Evans is a professor of astronomy at the PSU physical department. Edwards is the Kansas state telescope director for mutual UFW network.)

ODOR FEET BREAD
Earl Finney Tuesday, 5pm Length: One Time, April 16 Location: Gries Marketing Research Center 1315 College Ave Our subject will be a sugar-free formula for producing regular and high protein breads in which celiac diaper replaces sugar. This is the method that has been used in the production of cereals. Slides and a question and answer period will be included. (Earl Finney has been doing research on this subject since the late 60's.)

BREAD BASICS
Carol Kulmin 539-0414 Thursday, 1:30pm-3:30pm Length: One Time, April 22 Location: 1211 Season Ave Limit: 10 Bread baking is on the rise! Come and learn the very basics - free preparation of the batter to baking the dough. Literature will be available to take home. You will be contacted about the in- gredients to bring. (Carol has been getting a rise out of dough for several years now.)

CHARACTERS OF SMALL TOWNS IN KANSAS: THE PROBLEM OF SURVIVOR
Don Williams 532-8716 Tuesday, 7:30pm Length: One Time, April 6 Location: Justin Hall, Rm 231 This is a discussion concerning the major characteristics of small towns and how these have changed due to the efforts of a number of people. Ideas will be presented as to how local and national agencies can improve the incomes and living situations of small Kansas farms.

Hello everyone, would you all like to know about one of the major characteristics of small towns and how these have changed due to the efforts of a number of people? Ideas will be presented as to how local and national agencies can improve the incomes and living situations of small Kansas farms.

May you have ever wished you could trade in some of your over-abundant Swedish Ivy for a few African Violets? Well, we will, and would like to meet with those with a surplus so that we would like to trade for others. Bring your potted plants and cuttings in containers that you don't mind not seeing again. This can include both indoor and outdoor plants—trees, ground covers, herbs, etc. Bring plants between 1 and 2pm. Ex- change starts at 2:10. (Steve and Marvin are agriculture students.)

BOSSAI — THE ART OF MINIATURE
AND LANDSCAPES
Gary Penn, Thursday, 7:30pm Length: One Time, April 7 Location: KSU Union, Room 205 Contact: 10 The Bossai were first owned by wealthy nobles in Japan, found and collected when they were several hundred years old. Mailed and stunted by nature, Gardemne realises that it would be possible to create a miniaturised from a need from that apple or orange you ate and turn your own masterpiece. This will be a demonstration. (Gary has had many workshop students on this item which he will be able to show. City and for television.)

BREADING
Cheryl Lenz 539-6373 Tuesday, 6:30pm Length: 2 meetings, April 13 and April 20 Location: 101 Ramsey Building (upstairs) Limit: 6

We will explore the basics of bread baking and different types of bread. Please bring a loaf pan and if you'd like to share recipes, that would be great.

(Cheryl has been baking bread for the last 5 years and is interested in sharing with others.)

ANIMAL HUMAN SOCIETY
Glenda Hildreth 774-4831 Thursday, 6:30pm Length: Continuing Course First Meeting: April 8 Location: Blue Valley Room 1st National Bank This group needs highly dedicated people to develop a humane society for mammals. The group is specifically concerned about proper care and treatment of all animals in this area. We feel there is a need for this group and would welcome anyone who wishes to join us.

YOU AND YOUR AUTO
Rick McGuire 537-5599 Sundays, 6pm Length: 6 weeks First Meeting: April 4 Location: UPM Living Room Limit: 12

This class is designed for everyone - men, women, and children. Basic fundamentals and how to do step-by-step, day-to-day maintenance will be covered. There will be class lecturing, demonstrations (show and tell), and all participants will be covered:

(How to change oil, how to change tires, what to buy for replacement parts, how to repair alloys, how to maintain the engine, etc.)

ASSISTIVE TRAINING WHEELS FOR SOFT-WHEEL Cycles
Barbara Rockwell 532-6432 Linda Tenner Saturday, 6-8:30pm Location: One Time, April 10 Location: To be announced

As professionals we have found many colleagues who share an interest in assistive devices in a variety of settings and situations. Perhaps you are a consumer or a service provider and desire to become more aware of what you can do for your own personal interest. This interest in assistive devices is one of the many ways to safeguard our human rights and the rights of others, while getting more of what you want in social and work situations. We encourage professionals (use your own definition) to attend this all-day workshop. Please include your occupation when enrolling.

You will receive an information- al letter after registration.

(Peter has conducted previous AT workshops, courses, and has assisted with AT courses at KSU.)

getting the most nutrition you can. Getting 20% of your daily food needs from fruits, vegetables, bread, and eggs is a good goal. You can also have more variety in your diet by adding fish, poultry, legumes, and nuts. Eating healthier foods can help you maintain a healthy weight and improve your overall health. However, making changes in your diet can be challenging and it may be helpful to seek guidance from a registered dietitian or nutritionist. It's important to choose a variety of healthy foods from all food groups to ensure you are getting all the necessary nutrients for optimal health.