As we leave an age of unquestioned faith in technology and the dream of societal progress, it has promised, we must turn our attention to researching, developing, and implementing these technologies which are appropriate in a world of environmental degradation and rapidly depleting natural resources. Thus we have selected the theme of "appropriate technology" for our brochure this fall. With this theme, we hope first to define appropriate technology, and second, to introduce UFM's newly established Appropriate Technology Program.

Appropriate Technology

Actually, there is no single concise statement which adequately defines or describes appropriate technology, a phrase which often means many things to different people. Bruce McCallum has proposed that environmentally appropriate technologies are those which can meet our needs without depleting the environment and which are not subject to resource depletion. This, of course, is implied in our opening statement. Perhaps it would be clearer to summarize some of the many characteristics which have been attributed to appropriate technologies: 1) they conserve non-renewable resources while maintaining the best use of available energy sources, 2) they are simple to construct and understand, 3) they are small in scale, decentralized, and depend largely on human labor and local materials and labor skills, and 4) they are environmentally sound, increasing community understanding and self-reliance.

E.F. Schumacher has probably provided us with the most concise statement of the nature of appropriate technology, describing it as a technology of production by the masses, making use of the best of modern knowledge and experience, conducive to decentralization, compatible with the laws of ecology, gentle in its use of scarce resources, and designed to serve the human person instead of making him the servant of machines.

Our Appropriate Technology Program at UFM has been established to search for ways in which individuals and communities can become more self-reliant and self-sufficient in the areas of energy, food, shelter, and education. UFM has led the way in the design, offering and implementation of courses and projects which address many aspects of the current energy situation. Through our Appropriate Technology Program, we hope to encourage the local sharing of knowledge and skills about energy conserving techniques and the use of renewable energy sources. This fall, we will begin the process of gathering books, articles, publications, pamphlets, newsletters, and magazines for an Appropriate Technology Resource Library to be located in the UFM house. We also will provide technical assistance to local residents wishing to weatherize their homes or retrofit them with solar collecting devices. There are several courses in this brochure introducing our technical assistance services.

Staff support for the Appropriate Technology Program has been provided through several sources. Douglas Walter, a fifth-year student in the College of Architecture and Design at Kansas State, has received a 12-month Public Service Science Internship from the National Science Foundation. He is responsible primarily for program development and implementation of the resource library. Tom Ulbrich, a fourth-year student in the College of Architecture and Design, will be working on a grant from the Clearinghouse for Community-Based Free-Standing Educational Institutions. This fall, we will design, build, and test various simple window treatments which will improve their year-round thermal performance. When this project is completed, the UFM house will be a living museum of low-tech, simple window treatments.

In October, we hope to add another staff member through the CETT program. This position will allow us to assist local residents with weatherization and solar rehab. Already, Gary Cook, Associate Professor of Architecture at Kansas State, is providing supervision and guidance for the Appropriate Technology Program and its activities.

The success of this program is dependent upon the response of the Manhattan community. Please feel welcome to call or drop by and find out how you can use our services.
Fall 1978
for you. Of course we must thank the people in our community who volunteer their time, energy and sometimes, dollars to help keep UPM going. Without these generous friends, we probably couldn’t be here. UPM received funding from the KU Division of Continuing Education, the KU Student Governing Association, the United Way of Manhattan— Riley County, The Department of Human Resources—CEA, The Fund for Improvement of Post Secondary Education, Community Development—City of Manhattan, National Science Foundation Internship, Clearinghouse for Community Based—Standing Education Institutions, The Kansas Office of Social and Rehabilitation Services, The Kansas Arts Commission—a state agency, and The National Endowment For The Arts, a federal agency. Thanks to these groups and others who contribute to UPM as a non-profit, tax exempt organization, we are thriving. To all, our warmest thanks.

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Community

For questions about Community, call Dave Ayers at 532-5866.

LOCAL GOVERNMENT ANALYSIS
Cornell Mayfield Jr. 537-0056
1st and 3rd Thursdays, 7:30pm
First meeting: Oct 5
Length: Indefinite
Location: 700 Fremont, Apt 4
Limit: 10

Where's the mill leave and what's its connection with potholes in city streets? Are you confused or just uninformed about how Manhattan politics work? We will keep a watchful eye on the official actions of the City Commission, discuss their Thursday night voting sessions, and talk about the local government scene and how it affects us.

(Mayfield has read Machiavelli from front to back.)

WOMEN'S POLITICAL ISSUES CAUCUS
Susan Scott Angle 776-9045
Cheryl Ruff
Monday, 1:30pm or 7:30pm
One time, Oct 9
Location: Blue Valley Room First National Bank

With the approaching full election and the 1979 Kansas legislative session many feel the need to become more familiar with local and statewide issues that are of concern to women. The Riley County Chapter of the Kansas Women's Political Caucus will sponsor this information session focusing on current women's political issues. If you are interested in participating in a phone call chain and/or the caucus and cannot attend the meeting, please call Susan or Cheryl. (Susan and Cheryl are members of the Caucus.)

INTRODUCTION TO GENEOLOGY
Elaine Olney 539-4512
Tuesdays, 7pm
Length: 2 times
First meeting: Oct 3
Location: KU, Eisenhower Hall, Rm 226

This class will be a beginners course in family history. It will include basic procedures for collecting and preserving family records, and the importance and availability of public records. This will include census, vital statistics, probate, land and military records. There will be genealogy sheets for sale at the class.

(Elaine is the Riley County Genealogical Society President.)

MANHATTAN G.A.S.P. (GROUP AGAINST SMOKING POLICY)
Edith Stumke 776-3624
Wednesdays, 8pm
First meeting: Sept 27
Length: Every other week
Location: 117 N. Delaware

Clean air to breathe in public places should be a right for everyone, but many times it is not an option. The Group Against Smoking Pollution will study possible actions to create more nonsmoking places in Manhattan.

(Edith has been a member of other GASP organizations and wants to continue her work in Manhattan.)

OLDER MANHATTAN NEIGHBORHOODS ASSOCIATION
Sandy O'Neal 539-9239
Thursdays, 7:30pm
Meetings: Sept 28, Oct 26, Nov 30
Length: Continuing
Location: First Presbyterian Church 8th and Leavenworth

OMNA has been described as Manhattan's urban planners. We are dedicated to the preservation and enhancement of the older areas of the city as sound residential and commercial community. OMNA committees are looking into zoning and planning, neighborhood assistance, real estate practice, streets and transportation, and historical preservation. We meet on the last Thursday of the month. OMNA and the Riley County Historical Society are jointly sponsoring the Manhattan Historical Survey and are looking for volunteers to help with the project.

LAWYERS SERIES
Thanks to the cooperation of several local attorneys, University for Man is once again able to offer sessions on important current legal questions. All classes will be held on Wednesday evening at 7:30pm in KU Union room 204. Room size allows only 30 participants so please register for each session you plan to attend.

Oct 11 Will & Estate Planning Kent Olen 537-9194
We will discuss the advantages of a will to the family that plans ahead.

Oct 18 Law of Self Defense Don Warner 726-4206
We will explore the rights of persons involved in violent situations.

Nov 15 Divorce & Marriage Robert Littrell 776-1000
If you are thinking about making the big step or wish you hadn't we will explore the issues of getting married.

MINORITY FILM FESTIVAL
Antonio Pino
Beverly Gaines
First meeting: Sept 27
Time: 7:30-9:30pm
Length: 4 times
Location: KU Union

We will show several films from the Minorities Resource/Council at KU. Each film will be followed by comments from a K-State faculty member, and we will conclude each session with a general discussion of the film and the issues raised by it. Come watch the films, join in the discussions, and widen your knowledge of other cultures in American life.

Wednesday, Sept 27, Rm 213
North American Indian Series
Part 1: Treaties Made, Treaties Broken
Part 2: How The West Was Won ... And How Lost
Part 3: Law of the Reservation
Comments by Dr. Joseph Wines, History
These films examine the treatment of Indians by the white man, past and present.

Wednesday, Oct 11, Rm 213
Bilingualism: Right or Privilege in America
Bilingualism: Promise for Tomorrow
Comments by Dr. Virginia Reyes - Kramer and Alicia Opheim
Both of these films stress the benefits of bilingual education, both to minority children whose primary language is not English, and to the larger society.

Tuesday, Oct 24, Rm 212
From These Roots
Contacts by Dr. Lucian Agosta, English
This film uses old still photographs, music and poetry from the 1920's to document that extraordinary flowering of the arts known as the Harlem Renaissance.

Wednesday, Nov 15, Rm 213
The 1.0 Myth
Comments by Dr. James Boyer, Education
This CBS Reports film examines the 1.0 test, its use and misuse in the American educational system, and the effect that 1.0 test results can have on minority children.
LEAGUE OF WOMEN VOTERS
Barbara Rees 539-6174

Thursday, 7:30pm
One Time, Sept 14
Location: Blue Valley Room
First National Bank

LEAGUE OF WOMEN VOTERS
Barbara Rees 539-6174
Thursday, 7:30pm

Tuesdays, 7:30pm
First meeting: Sept 26
Length: 5 Times
Location: UWM Conference Room
1221 Thurston

"Which Way Africa?" will cover nearly 100 years of events in Africa from the 'scramble' in the early 1880's until the most recent political occurrences on the continent.

Sept 25 Colonialism: Covering Africa from the 'scramble' in the 1880's until WW II. Colonial Administration and philosophies - French and British.


Nov 21 "Which Way Africa?" Concluding section. Africa's future. Is Africa a battlefield for the West's Foreign Policy?

[Gregory studied Third World Politics and the British Empire, lived in Nigeria and traveled elsewhere in Africa.]

GLOBAL VILLAGE
Bill Dorsett 539-1956

Mondays, 7:30pm
First meeting: Sept 25
Length: 6 Times
Location: UWM Conference Room
1221 Thurston

We anticipate a community village being set up where Americans & Internationals is who intend to work in appropriate technology and ecological small farming can continue to work while in the Manhattan area. There are 500 international students, numerous faculty, former Peace Corps, and mission personnel living here who have a lot of experience working in situations where technology is run on less energy and capital than we're trained to believe possible. The skill base is wide enough to organize and manage co-operative self-employment and low cost housing. We will discuss needs and goals of the village, whether it should be a land trust or a collective, funding of the village, and the tenant housing, and hardware needed for the village. (We all have a dream. The Global Village is Bill's.)

SOUTH ASIA COLLOQUIUM
KSU South Asia Center 532-5738

Sign up at registration and you will be contacted.

This will be a monthly colloquium on topics relating to the subcontinent (India, Pakistan, Bangladesh. A smaller country of the region.) The first colloquium of the 1978-79 academic year, sponsored by the Departments of Architecture and Regional and Community Planning will feature a slide-lecture discussion by Prof. Samuel V. M. Of the University of Cincinnati, on Lahore, Pakistan, as a Muslim City. This meeting is tentatively scheduled for Sept 12. For specific time and place, and for the schedule of later colloquia, phone 532-5738.

RURAL MEXICO
Dorothy Knapel 539-5589

Thursday, 7:30pm
One Time, Oct 12
Location: UWM Fireplace Room
1221 Thurston

This will be a slide presentation of rural Mexico from Nuevo Laredo to Chihuahua in Central Mexico. The terrain, crops, people and some of their problems can be seen in the slides. The small farming village of Tocamazac will be highlighted. (Dorothy has lived in Mexico for the last few summers.)

Food for the Hungry World: Progress and Problems

"Hunger is not something impersonal, something out there, it exists in each of us, in all that is incomplete and unfulfilled in our own lives, in all that we have disenfranchised in the world. Every day it becomes more difficult to pretend that stand alone and unconnected with millions starving. Because we believe this problem has a solution, we are planning a conference. "FOOD FOR THE HUNGRY WORLD: PROGRESS AND PROBLEMS", scheduled for the K-State Union, September 23, is an attempt by members of the K-State community, Manhattan community leaders, and residents of the state of Kansas to initiate a different approach to the problem. Discussion, dialogue, and ideas sharing are the primary ingredients of this conference. We only need your ideas, support and vision to take this attempt beyond the ordinary meaning of the word "conference."
RETURNING TO COLLEGE
Margaret Nordlin
Dick Owen
Dick Owen
Margaret Nordlin
Dick Owen
Monday, 7-9pm
Sept 25
USU Union, Rm 204
Saturday, 9-11am
Sept 29
Manhattan Public Library
Manhattan Public Library
Limit: 25
Limit: 25
Limit: 25
Limit: 25
Limit: 25
Limit: 25
Have you thought about starting or returning to college after being out of school for several years? Are you wondering whether you have the time, money, ability, or support to go back to school? Will you and your family and friends think of you when you enroll in an educational institution? How do you understand and plan for your educational experience? How do you share your hopes and doubts with others, including friends who have recently returned to KSU and have survived. (All three panelists are KSU faculty members whose work involves students at KSU.)

EDUCATIONAL REFORM: THE 60s, 70s, and Beyond
Dave Hurlburt
Sue Mahoney
Wednesday, 7-9pm
One-time meeting, Oct 3
Lemke Hall Conference Room
1221 Thurston
Dave Owen, Holt (here, Free and Alternative Universities, lifelong learning, open classrooms, community control) -- all part of the educational reform movement that helped form the '60s. How has educational change in our schools in the last 15 years? What changes are towards openness required? Are positive changes occurred? We'll meet and share our observations, arrange for speakers, and come up with some conclusions. (Dave and Sue have been active in educational reform.)

PARENT TO PARENT
Winfred Endicott
Tuesday, 7-9pm
Sign up at registration and you will be contacted. If you are a person and would enjoy being a friend to another parent this program, sponsored by the Manhattan Family Council is for you. Our parent volunteers offer support and friendship to families under stress. (Winfred has been working as volunteer coordinator with Parent-to-Parent this past year.)

FIND YOUR "QOTIS" IN SOCIAL SECURITY
Perry Seaton
Monday, 7-9pm
One-time meeting, Nov 13
Location: Carlson Plaza
Manhattan Public Library
This will be an informal forum dealing with Social Security problems. Participants will discuss the history of SS, recent SS legislation, and a speculative view of possible changes in SS up to and past the year 2000. We'll meet and share our observations, arrange for speakers, and come up with some conclusions. (Perry has been a field representative of the Social Security Office in Manhattan.)

STAY ALONG WITH FRANK
Frank Annenburg
Section I: Thursday, 7pm, Oct 10, One Time
Location: Carlson Plaza, 415 Pierre
Section II: Friday, 7pm, Oct 11, One Time
Location: Apartment Towers, 300 N 5th
Section III: Thursday, 12:30pm, Oct 19, One Time
Location: Douglas Community Center, 300 N 5th
This will be fun. Frank is enthusiastic about leading the sing-along, bringing in all musical skill levels. All welcome. No fee, no prerequisite. (Frank was the Manhattan Recreation Director before retirement.)

STRESS MANAGEMENT DURING THE LATER YEARS
Vivian Griffin
Pat Embers
Monday, 7pm
One-time meeting, Oct 9
Location: Apartment Towers, 300 N 5th
We'll learn about stress and stress in our lives, how it affects us, and some techniques for easing some of the unhelpful situations. As a group, we will discuss the difficulties of stress during the second half of our lives. (Charlie is the Director of the Alcohol, Drug, and Stress) Pat is an occupational therapist.

HOW TO SAVE MONEY ON YOUR LOCATION
David Garvin
Hilde Harren
Section I: Thursday, 7pm, Sept 26, One Time
Location: Carlson Plaza, 415 Pierre
Section II: Thursday, 7pm, Oct 10, One Time
Location: Apartment Towers, 300 N 5th
The world is wide, find the way as you make it and this class will show you a way to help open the door. We will discuss the methods of travel, to travel as far as you care, Awareness of your limitations, and responsibilities. You will be given some ideas about where to go and what to do. This is a class for you to meet and share experiences. (Both Dave and Sue have been involved in teaching courses or supporting experiences for people at a local level.)

GRAND CANYON: A FAMILIES' ADVENTURE
Peter Bloom
Thursday, June 10, One Time, Nov 13
Location: Carlson Plaza
Manhattan Public Library
This will be an informal session dealing with Social Security problems. Participants will discuss the history of SS, recent SS legislation, and a speculative view of possible changes in SS up to and past the year 2000. We'll meet and share our observations, arrange for speakers, and come up with some conclusions. (Perry has been a field representative of the Social Security Office in Manhattan.)

AGING SERIES

AGING WITH DIGNITY
George Bason
Kathy Gaver
George and Kathy will explain how the elderly may maintain their dignity despite falling health. (George and Kathy are very interested in maintaining self respect for the elderly.)

AGING ALONE OR TOGETHER
Nancy Lerner
Wednesday, 7pm
One-time meeting, Oct 25
Location: Carlson Plaza, 415 Pierre
This course will give an overview of the aging process and discuss the role of the older person in the "Third Generation." We will also look at some of the issues that concern older people such as retirement, widowhood, and leisure. The course will be geared toward everyone interested in the process of aging and its impact on the aging person. (Nancy is a member of the Kansas County Health Center and has a Master's degree in Gerontology from USC.)

DEALING WITH DELAY LARRY
Charles Malan
Wednesday, 7pm
One-time meeting, Oct 10
Location: Apartment Towers, 300 N 5th
Take a trip down memory lane as Chuck discusses a number of problems for improving memory. Most of these techniques were developed by the Greeks over 200 years ago and have been practiced by several methods. (Chuck presented this class at the Governor's Conference on Aging and it was the most popular out of 176 classes.)

GROUP THERAPY
Dave and Lori Brown
503-957-6952
Section I: Thursday, Aug 29, One Time
Location: Douglas Community Center, 300 N 5th
This will help you find your "QOTIS" in Social Security. Participants will discuss the history of SS, recent SS legislation, and a speculative view of possible changes in SS up to and past the year 2000. We'll meet and share our observations, arrange for speakers, and come up with some conclusions. (Perry is a field representative of the Social Security Office in Manhattan.)
For questions about Crafts, call Julie Coates at 532-5866.

2nd ANNUAL UMF FINE ARTS/CRAFTS CHRISTMAS SALE

Jean Goldman 532-5866

Friday, Dec. 1, 9am-9pm,
Saturday, Dec. 2, 9am-9pm,
Location: UMF Building
121 Thurston
Entry fee: $2.00, pay at registration

Last year's Christmas sale was such a big success that we've decided to do it again! We're asking for a $2.00 entry fee to cover publicity costs. We also ask for 10% of your proceeds to help out the UMF building fund. Interested craftspeople can sign up now. We'll contact you later with more details. If you have any questions, leave a message for Jean at UMF.

ARTS/CRAFTS SALE

This event is sponsored by the K-State Union Program Council Arts Committee. 15% of the proceeds go to the committee, and the seller gets the rest. ALL are welcome! Bring your work in on Monday and Tuesday, Dec. 4 and 5, between noon and 4pm to K-State Union, Union 2nd Floor. The sale will be Wednesday, Thursday, and Friday, Dec. 6, 7, and 8 between 10am-4pm. Pick up unsold items and any profits Tuesday or Wednesday. December 12 or 13 at the K-State Union between noon and 4pm. For further information, contact the Activities Center at the K-State Union, 532-6571.

Margaret Smith — Program Director
Pat Smith — Arts and Crafts Sale Chairperson

CHRISTMAS CLASSES: A CHANCE FOR GIVING

Dave Ayers 532-5866

Twas the month before Christmas and all through Manhattan, people were volunteering to share their craft skills with others during the UMF Christmas Brochure, "Peace on Earth, Good Will Towards People"! If you have a special skill — whether it's Christmas candy, macrame, Christmas ornaments or something else, please sign up at UMF registration and together we'll put together classes that will add to the Christmas spirit in Manhattan.

CHRISTMAS CLASSES

Mary Umbarger 537-7190

Tuesdays and Thursdays, 7pm-9pm
First meeting: Oct 31
Location: UMF Banquet Room
1221 Thurston
Limit: 20
If Christmas bells ring before you have gifts to give, then this class will help you. Students will be creating craft gifts, for anybody that are inexpensive enough for anyone to afford, including mirror images, some fake fur projects and something called 'nothing'. Students will also have an opportunity to work on projects of their own choice. There will be personal materials fees according to length of your gift list. (Mary believes you'll never have to give another necktie for Christmas again.)

CHRISTMAS FOR FUN

Lester Bronson

Tuesdays, 7:30pm
First meeting: Oct 3
Length: Indefinite
Location: UMF Kitchen
1221 Thurston
Limit: 6
The first class will be a discussion about what is involved in whittling. We will talk about projects that might be undertaken and learn what tools are necessary. Whittling is the art of cutting off chips from wood to create something. The object being whittled is held in the hands of the artist is working on it. Nothing is more satisfying than sitting in front of a crackling fire on a cold day with a whittling knife and block of wood. (Mr. Bronson has been whittling for 5 years.)

BEGINNING WHITTLING

Ray Karr 537-0472

Mondays, 7pm
First meeting: Oct 2
Length: 4 times
Location: 3417 Chimney Rock Road
Limit: 15 (over 12 years old please)

In this beginning whittling class, students will learn the care and handling of tools, types of wood suitable for whittling and decide on basic projects. Bring any tools you might have (pocket knives included). To the first meeting. Whittling can be a very inexpensive and relaxing hobby. (Ray has been whittling since he was 5 years old and has over thirty years of experience with this craft.)

SWEATING MOVING

Fran Zarb 537-7600

Tuesdays, 2pm
First meeting: Sept 26
Length: 3 times
Location: 1380 Ft. Riley Blvd.
Limit: 10

Swedish weaving is the art of using a blunt needle to weave embroidery thread through the floating yarns of huck toweling to create various designs. This craft is not difficult to learn and many beautiful items can be made. (Fran has been doing Swedish weaving for almost 10 years and has exhibited her work at the county fair.)

NATURAL FORMS FOR ADULTS

Rosalyn Wilkerson 537-5641

Tuesdays, 7pm-9pm
First meeting: Sept 26
Location: Tom's Hobby & Craft
716 N. Manhattan
Limit: 8

You can learn to decorate and design and use boughs for gifts for friends or for use as wall decorations in your home. (Rosalyn is very good at doing work in her home. She's great with decorations at fall parties.) She will also get into silk and wood fiber flowers on the boughs for an added special touch. (Rosalyn has been doing crafts for all kinds of many years and has always teaching others. She runs Tom's Hobby and Craft Shop with her husband.)

DECORATIVE TECHNIQUES

Daniel P. Ehlers 537-0287

Tuesdays, 7:30pm
First meeting: Sept 26
Length: Indefinite
Location: UMF Banquet Room
1221 Thurston
Limit: 15

This class will consist of informal meetings in which there will be a demonstration and discussion of techniques for successfully creating decorative pictures from many sources. You will learn which items are suitable for decoupage, what kinds of tools and materials you will need. You will have a chance to try your hand at this art yourself. (Mr. Ehlers has made handcrafts as a hobby for over 40 years. He has been doing decoupage for five years and enjoys sharing his talent with others.)

RED BEADING

Judy Cloud 537-5123

Thursdays, 7:30pm
First meeting: Sept 28
Length: 4 times
Location: 1779 Laraine
Limit: 12

One craft rewarding to women for ages is beading rugs from discarded garments or whatever is available. A round rug, 36" in diameter will be made. You will be asked to prepare the materials and join strands. (Judy has made 4 room size rugs from old discarded clothing and blankets.) These rugs are still being used after 27 years. The cost of each was no more than $2.)

RED BEAVING

Harold Hoy 537-0866

Sign up at registration and you will be contacted.

If you would like to learn about materials, preparation of material and weaving as a personal art and also make a small rug of your own design and weaving, register for this class at UMF registration. The looms are currently in use, but you will be contacted as soon as possible for weaving classes. (Harold has been weaving rugs for over 30 years and has several examples of his work available for display.)

CRAFTS FOR KIDS

Rosalyn Wilkerson 776-5641

Saturdays, 10am-12pm
First meeting: Sept 30
Length: Indefinite
Location: Tom's Hobby & Craft
716 N. Manhattan
Limit: 8

Christmas is just around the corner. We'll do all kinds of Christmas crafts, including wreaths, macrame trees and make-it, bake-it tree ornaments. Let your kid's be creative and have fun making Christmas crafts. Costs will vary depending on the materials you choose.

(For a complete list of crafts to people of all ages. She and her husband run Tom's Hobby and Craft Shop.)
BEGINNING MACRONE
Crystal and Jan O'Briant 537-9660
Tuesdays, 7pm-9pm
First meeting: Sept 26
Length: Indefinite
Location: UFM Fireplace Room
1221 Thurston
Limit: 15
Materials fee: $3.50, pay at class
In this class you will learn the most important basic knots. Then your first project will be an owl wall hanging. This will teach you how to follow a pattern and basic construction methods. First meeting: Sept 27. Bring a 70 yard spool of 5-ply jute to the first meeting.
(Janet and Jan have been doing macrame for years and have taught this craft to many people.)

ADVANCED MACRONE
Jan and Crystal O'Briant 537-9660
Thursdays, 7pm-9pm
First meeting: Sept 28
Length: Indefinite
Location: UFM Banquet Room
1221 Thurston
Limit: 20
Materials fee: $2.50, pay at class
This class is for students who already know the basic knots. Each student will pick a project of their choice. The class will focus on more difficult projects - each student should be able to complete at least one advanced project during this class.
(Jan has taught UFM classes in macrame for two years and has eight years of macrame experience.)

PRESENTED IN PART BY
THE ARKANSAS ARTS COMMISSION, A STATE AGENCY, AND THE NATIONAL ENDOWMENT FOR THE ARTS, A FEDERAL AGENCY.

BARBARA BLACKWELL ON CLAY
Jean Golden 532-5866
You will be contacted
Length: 6 times
Location: UFM Pottery Studio
1221 Thurston
Limit: 8
Materials fee: $20, includes 25 lbs clay, pay at class
Hand-building is a way to be in close touch with your material. There are many ways to act upon the clay and watch it respond to your hands. Each session will be imagination ticking!! (Jean makes sculptures using these hand-building techniques.)

CREATIVE POTTERY TECHNIQUES FOR WORKING WITH CLAY
Irene and Martin Levy 539-5119
Sundays, 1:30pm-3pm
First meeting: Sept 24
Length: 6 times
Location: UFM Pottery Studio
1221 Thurston
Limit: 4
Materials fee: $20, includes 25 lbs clay, pay at registration
This is a class that has met during the summer. There is room for more members, either beginners or more advanced students. You will receive instruction in hand-building and decorating techniques, aspects of wheel throwing, and glazing. We also hope to cover some advanced projects such as bottles, handles, lids, spouts, closed forms, and matched sets. (Irene and Marty were pottery teachers in Binghamton, N.Y. They taught here last summer.)

PREVIEW FLOWERS
Milledge Swingle 776-5487
Tuesday, 10am
One time, Oct 6
Location: UFM Fireplace Room
1221 Thurston
Get ready for Christmas early! Fall grasses, colorful leaves, seeds, and small flowers can be used to design very special stationery and envelopes. You will be shown how to use the dried plant for place cards and pictures. Start saving your specimens now! Press them in a book (with newspapers to protect the pages) and you will have many colors and weights. This is a demonstration only.
(With 25 years' large collection of dried flowers that remind her of the different places she has been. She gets a great deal of pleasure from this hobby.)

SURVIVAL SPINNING
Kathleen Barry 1-762-2357
Mondays, 7:30pm
First meeting: Sept 25
Length: 11-12 times
Location: Douglass Center Annex 901 Tula
Limit: 10
If a button falls off your shirt do you have to staple it closed or start wearing neckties to cover the gap? If the heel drops on your dress, do you grab the Scotch tape and Elmer's glue? If you don't know a technique, this class is for you. The class will be for both men and women, and will cover the basics of hiding from sewing on buttons to darning your favorite wool socks. In addition, each participant will learn about fabric and pattern selection and will construct a simple garment. (Kathleen is an excellent seamstress and has taught beginning sewing to women and men.)
TATTING: THE ART OF MAKING LACE
Effie Edwards
776-7975
Section 1: Tuesdays, 2:00pm
Sept 25 & Oct 3
Section II: Tuesdays, 2:00pm
Oct 10 & Oct 17
Location: Wharton Manor, Rm 211
2102 Cliff Tip
Limit: 2 per section
Dress up clothing with beautiful handmade lace, or
make pendants, tablecloths, and any number of items!
Come to class with a shuttle and your string. Effie
recommends ordinary string (as in the packages)
for learning and then moving to the finer tatting
string. Please indicate at registration whether
you are signing up for the first or the second
session if you are on the wait list you will be
contacted later in the semester. (Effie has taught tatting to many people. She has been
tatting for 75 years.)

DARN THOSE SOCKS
Verda Clagett
776-0954
Thursday, 7:30pm
One time, Oct 19
Location: 300 N. 5th, Apt 11F
Limit: 10
Seeks today are both beautiful and expensive, but
even beautiful things become worn. Verda will show
you the age old art of darning those holes in your
wool hiking socks or those argyle! Bring a deringing
needle, a sock with problems, and matching
knit sock or wool. By using the same technique, you
can mend holes in slacks and sweaters.
(Verda has been sewing for 61 years, since she was
ten years old.)

QUILT TIME
Mrs. A.J. Hotte
539-4066
Sign up at registration and you will be contacted.
This class will focus on the recycling of old fabric
and garments into useful and beautiful items. While
the class will focus on the techniques of making quilt
quilts, other ways of using recycled clothing to make
interesting and attractive craft items may be dis-
cussed. If you are interested in this class, sign up
at VPM registration and you will be contacted re-
garding the time and place of the first meeting.
(Mrs. Hotte has been helping others learn to recycle
their discarded clothes into useful items for many
years.)

WEAVING FANCY
Susan Lala
537-9610
Third Saturday &
First Tuesday Each Month
Length: Continuing
Location: Call class leader
This is an ongoing group of experienced weavers in-
cluding those with both intermediate and advanced
skills. The group meets twice a month to share
knowledge and experiences. For locations and meeting
times, call Susan Lala at the above number.
(Susan has been weaving for years and has started
an art shop with other weavers in Allagash.)

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(Susan has been weaving for years and has started
an art shop with other weavers in Allagash.)

Fine Arts

CALLING ALL CLONERS
David Fly
537-0993
Thursday, 7:00-9:00pm
One time, Oct 12
Location: 1001 Anderson
Here is an opportunity for those who have been through
David Fly's "Clone Schools" to form their own "cloning
alley" and find professional ways to put their
learning into practice.

"TAKE UP YOUR PENS (OR CHARCOALS, OR...)"
Samantha Adrian
776-5606
Wednesdays, 7:30-9:30pm
Length: One time each
Session I: Sept 27
Session II: Oct 4
Session III: Oct 11
Session IV: Oct 18
Location: 326 N. 16th St
Limit: 10 per Session
These classes will introduce basic drawing skills in
the four common media. Session I: pencil; Session II:
charcoal; Session III: pastels; Session IV: ink.
Sign up separately for each session. A unique form
of perception will be taught that aids the beginner in
rapidly overcoming school-taught fables - freeing
the beginning artist to create his/her own unique style.
Students are responsible to provide their own supplies.
Contact the leader for details.
(Samantha has studied art in various media for twenty
years. She is currently a senior in graphic design.)

POTTERY AND WHEEL'S BUDG
Paul J. Hart
532-6271
Wednesday, 7:30pm
First meeting: Sept 27
Length: Indefinite
Location: 415 Veitler
Manhattan (believe it or not) is a haven for writers.
The film "Fellini" and all its splendor--attracts poets
as well as writers of fiction and non-fiction. A
few of us are interested in forming a "group of
serious" writers who would like to share information
regarding different types of publication outlets
(both regional and national). If the group desires,
we could also schedule workshops for the construct-
critical of original manuscripts. These could be
divided by genre if the group is so inclined.
Public readings, etc., could evolve from the work-
shops. The possibilities are almost endless. If
you are interested, sign up and we'll see you on the
first meeting date by which we can schedule future
meetings. But do be advised that this is not in-
tended to be a therapy group and hopefully, will
not turn into a bitch session.
(Paul teaches writing at K-State and has been
writing both fiction and poetry for 8 years).

For questions about Fine Arts, call Melody Williams
at 532-5866.

FINE ARTS

WRITERS FOR EDUCATIONAL AND SOCIAL CHANGE
Dave Marcal
539-1677
Melody Millians
532-5866
Sundays, 7:30pm
First meeting: Sept 24
Length: Continuing
Location: 321 N. 4th
Sometimes the hardest part of writing is the begin-
ing. The middle and the end. Other than that we
know what we want to say. We've done some writ-
ing in the past on several issues and we'd like to
meet with some like-minded souls to support one an-
other in centering on what to write next, how to
write it, and to share ideas for publication.
(We have both been involved in reform and are
ready to write about it.)

SCIENCE FICTION AND FANTASY
Karen Lee Kilough
776-6504
Sunday, 1:30pm
One time, Sept 24
Location: KSI, Eisenhower Hall, Rm 122
We want to provide a chance for readers/lovers of
fantasy and science fiction to get together and talk
about fantasy/science fiction/etc. If enough people
are interested, we may make it a regular meeting.
(Lee is the author of numerous science fiction stories.
Her first novel is in publication and she has just
finished a second novel.)

"THE WAYS OF THE STARSHIP ENTERPRISE" OR EVERYTHING
YOU ALWAYS WANTED TO KNOW ABOUT STAR TREK
Beverly Gatto
539-9520
Mondays, 7:30pm
First meeting: Oct 2
Length: 3 times
Location: KSI, Union, Rm 203
Such interesting topics as the change in Spock's charac-
ter or an examination of whether Kirk violates the
Prime Directive may be of interest to Star Trek fans.
Beverly will share information on the TV shows, the
upcoming movie, reading from last year's conference,
and the various writing that has been done about the
show. The group may opt to form a monthly club.
(Bev is a graduate student in history and has watched
Star Trek since its inaugural voyage.)

IT'S SHOW TIME
Phil Hovestadt
532-5745
Monday, 7pm
One time, Oct 23
Location: KSI, McColl Auditorium, Rm 201
Believe it or not, hours of practice and planning go
into a halftime show at the KSI Saturday afternoon
football games. We'll discuss from A to Z the coor-
dination and implementation of the drills, selection
of music, and the rehearsal techniques used to put
togther our productions each season.
(Phil is the Director of the KSI Marching Band.)
CASE OF KEEPSAFE CLOTHING
Margaret Ordóñez 532-6993
Tuesdays, 7-9pm
First meeting: Oct 10
Length: 2 times
Location: KSU, Justin Hall, Rm 347
Limit: 25
This class is for people who are concerned about keeping old clothes, table linens, laces, etc., from past generations. Topics include conditions for proper storage, cleaning, repair, and display. Examples from historic costume and textiles collection will be shared.
(Margaret has a background in historic textiles, historic costume, chemistry, and textiles, and has developed an interest in the conservation of old clothing and textiles.)

INTERLUDES
Lois Moreland 539-8867
Tuesdays, 7:30pm
First meeting: Oct 3
Length: 8 times
Location: 1200 Kearney (first meeting only)
Lois will help you learn about the kinds of things being collected in the Manhattan area and the prices being paid for them. The group will visit shops in the area, go to auctions, view private collections, and have discussions on topics of special interest. Schedules and locations will be distributed at the first class. (Lois has been interested in antiques for 10 years.)

APRECIATION OF MUSIC
Chris Craig 539-8955
Mondays, 7pm
First meeting: Sept 25
Length: 12 times
Location: KSU, McCain Auditorium, Rm 135
This class will attempt to provide the listener with a greater understanding of memorabilia and to what his/her appetite for more exploration in this field will be sustained. (General topics in the general field, such as variations, forms, the string quartet) will be covered each week. (Chris is a senior in applied music; he has experience in teaching and performing at the piano and wants to share his love of music with others.)

EARLY GUITAR
Mel Straight 539-8211
Thursdays, 7pm
First meeting: Oct 5
Length: 7 times
Location: MMTS Conference Room
This is a class for the early and beginning guitarist. Basic chord structures, finger exercises, and simple theory are included. You must bring your own guitar. (Mel has played guitar for 17 years.)

INTERMEDIATE GUITAR
Marlena Hoge 776-3099
Wednesdays, 6pm
First meeting: Oct 11
Length: 6 times
Location: UPM Fireplace Room
Limit: 10
For those with about a year's experience, we will work on polishing skills. A broad range of musical styles is possible; however, we will not include classical. (Marlena has been playing for 14 years.)

BEGINNING BELLY DANCE
Barbara Stahl (Ninemlah) 539-8162
Section I: Tuesdays 6:15-7:15pm
Section II: Thursdays 7:30-8:30pm
First meeting: Sept 25
Length: 8 times
Location: KSU, Justin Hall, Rm 251
Limit: 20 per section
Materials fee: $5, pay at registration
Belly dance is excellent exercise and develops one's sense of self and the concept of the body. Supposed, rhythm, and control of energy. Dance movements will be combined into short dance sequences. Wear tennis shoes and formless tight or comfortable loose fitting clothing. (Barbara has been participating in K-State dance classes during the 1978 spring and summer semesters.)

INTERMEDIATE BELLY DANCE
Joanne Dudley (Nahid) 539-5645
Mondays, 7-8:30pm
First meeting: Sept 25
Length: 10 times
Location: KSU, Justin Hall, Rm 251
Limit: 20
Materials fee: $5, pay at registration
This class is for students with previous belly dance instruction. More time will be devoted to floor work, floor work, zills (finger cymbals) and combinations of steps. We will work on a group dance and students will be given the opportunity to perform, if they wish, in our annual belly dance recital, which will be presented December 1, 1978. (Nahid is an experienced performer as well as teacher.)

DISCO
Sue Sandbey 776-6645
First meeting: Sept 25
Length: 10 times
Location: KSU, Justin Hall, Rm 251
Limit: 10
Materials fee: $5, pay at registration
For those who are interested in dancing, who want to have fun, and want to learn new steps in the world of dance. (Sue has been teaching belly dance for 10 years.)

BASIC THEATRICAL DANCE
Carol Ann Love 539-6170
Tuesdays and Thursdays, 5:30-7pm
First meeting: Sept 25
Length: 26
Location: KSU, Justin Hall, Rm 326
Limit: 24
This class is designed as an integrated course, studying the principles of dance, and dance techniques, and will be combined into short dance sequences. Wear tennis shoes and formless tight or comfortable loose fitting clothing. (Carol has participated in K-State dance classes during the 1978 spring and summer semesters.)

Fine Arts 19
Earth

NATIONAL POWER -- AND OUR ENVIRONMENT
Tom Moore
Lisa Barnes
539-1246

Wednesday, 7pm
First meeting: Sept 27
Length: 8 weeks
Location: KSU, Union, Rm 203

We are interested in learning more about nuclear power: the dangers, its current legislation, and alternatives. The following speakers will discuss nuclear power from their perspectives. Through learning about this source of energy we hope to articulate our opposition about nuclear power (pro and con) -- thus participate in educating others.

Sept 27 -- Andy Allen - Sunflower Alliance Organization.
Oct 4 -- Scott Stucky and Tom Moore - History of Nuclear Power and Current Implications.
Oct 11 -- Film: Lovejoy Nuclear War.
Oct 18 -- Steve Coulson -- Research Assistant in Nuclear Engineering.
Nov 5 -- Doug Walker and the Appropriate Technology Group at UTM: "Alternative to Nuclear Power."
Nov 8 -- Jan Jackson - Director of the Land Institute, "Perils of Nuclear Energy."

(Lisa and Tom are concerned individuals interested in sharing and learning more about nuclear power.)

HOW TO TELL AN APPROPRIATE TECHNOLOGY WHEN YOU SEE ONE
John Selfridge
537-7411

Tuesday, 7:30am
One time, Oct 3
Location: KSU, Union, Rm 203

"Appropriate Technology" is a phrase finding increasing use as our world faces widespread destruction of the natural environment and utilization of finite supply of natural resources. This class will provide an introduction to the objects, ideas, and issues involved in the thing now called appropriate technology. (John spent his sabbatical last year looking at appropriate technology centers and programs in the United Kingdom and Europe.)

MAIDENRING STOVES
David O'Neal
539-3864

Thursday, 7:30pm
One time, Oct 19
Location: KUM Fireplace Room

How can you know what wood stove would be best for your home and needs? What are the pros and cons of the new stoves on the market and the cast iron stoves? What are the installation codes? These questions will be answered and others you might have about wood stoves.

(David is the owner of a local stove store and a builder-designer of wood stoves.)

ARE YOU COMMITTED TO BUILDING A SOLAR HOME??
Jin, Darcy, and Emma Penn

You will be contacted
One time
Location: 2100 Goodnow Circle
Limit: 30

For people who are seriously interested in building a solar home there will be an inspection tour and discussion of a solar home in Manhattan. The home is owned by Darcy and built by the solar group. The home will be designed and built by Great Plains Solar. Small tour groups will be arranged. You will be contacted for your tour date and time.

(For those folks who are seriously interested in buying a solar home.)

GARDENING FOR MORE WITH LESS
Chuck Marr
532-6773

Tuesday, 7:30am
One time, Oct 17
Location: KUS, Waters Hall, Rm 204

Are you interested in maximum production using a minimum amount of resources? This class will include a discussion on conservation of water, growing crops adapted to stressful situations, and achieving reduction of pest problems. Start preparing for your 'more with less' garden now.

(Chuck is a state extension agent in Horticulture.)

COPING WITH
Bob Boufford
537-8374

Thursday, 7:00
One time
Location: KUHF Conference Room

You can turn your kitchen scraps and lawn clippings into fertilizer and mulch. Composts may be made in a variety of ways using a variety of ingredients. A compost pile will provide a variety of uses for your lawn and garden. Yes, you too may be a compost. Join in learning the secrets of composting. (Bob is a graduate student in Horticulture and has taught several UMF classes.)

GARDENING IN YOUR CLOSET
Bob Boufford
537-8374

Thursday, 7:00
One time
Location: KUHF Conference Room

A dark closet or any other low light area of the house or apartment can be used to grow anything from African Violets to salad greens, and other herbs. Topics covered will include artificial lighting temperature, humidity control, and carbon dioxide enrichment.

(Bob is a graduate student in Horticulture and has used artificial lighting during cloudy, snowy winters while living in Michigan.)

PYRAMIDS
Steve Guttermann
776-0027

Tuesday and Thursday, 7:30pm
Length: 2 times, Oct 10 & 12
Location: 305 S. 16th St

Pyramids have been used in ancient civilizations throughout history for such diverse uses as sharpening razors and revitalizing our body energy. This class will discuss the history of Pyramids and their effect on living and inanimate objects. Also a demonstration on the cosmic energy within a pyramid will be included.

(Steve enjoys the benefits of pyramids in Kansas.)

CHILDREN'S GARDENING
Dick Hetstom
532-7170

Saturday, 10am
First meeting: Sept 30
Length: 5 times
Location: Douglas Community Center Annex

This class is intended for children 12 years of age or younger who are interested in outdoor plants and flowers, vegetable gardening, or craft activities related to plant materials. Projects may include dish gardens, bottle gardening, foliage plants and mini-greenhouses.

(Dick is a professor in the Horticulture department at KUS.)

CUTTING AND PLANT EXCHANGE
Lisa Barnes
539-1246

Saturday, 1pm
One time, Oct 14
Location: UMF Living Room

Have you ever wished you could trade in some of your over-abundant Swedish Ivy for a few African Violets? Well, this afternoon is for those of you who wish to exchange the plant of which you have too many for some new ones. Bring healthy plants and cuttings in a container you don't need to have returned.

(Lisa is a student in horticultural therapy who has plants she would like to exchange.)

FERN PROPAGATION, THERE'S MORE THAN ONE WAY TO GET A SPYKE
Keith Coms

Monday, 7pm
One time, Sept 26
Location: KUS, Ackert Hall, Rm 114
Limit: 20
Materials fee: $6.00, pay at registration

This class is intended for those individuals who enjoy ferns and would like to learn more about growing them for their own homes and gardens. We will explore both the sexual and asexual reproductive processes of ferns. Each individual should bring at least two 3’ clay pots.

(Keith was a Botany Lab teaching assistant at KUS for one year.)
IDENTIFYING OUR KANSAS
WOODY PLANT MATERIAL
Steve Still

Wednesday, 7pm
One time, Oct 21, 1970, or 25
Location: Herb Patch
6 miles East on Hwy 24
Materials fee: $3 - $4, pay at class
Herbal wreaths are beautiful fragrant arrangements of herbs. They are available in six different styles. The cost of materials will run between $9 and $12.

POSTPONED AND CANCELLED

Dale Anderson
1-494-2540

PUBLIC ALWAYS WELCOME
Programs are held at 7:30pm, Room 221, Ackert Hall on the KSU campus. Field trips are as indicated. For more information on time, date, or membership call Doug Hesney, 539-0925, or Laura Herod, 537-0941.

Sept 21 Program: "Birdlife of Cheyenne Bottoms" with Marvin Schilling of the Kansas Fish and Game Commission.

Sept 22 Field Trip: Annual Bird and Breakfast outing. Meet 7am in Ackert Parking lot for an early bird walk, some sweet rolls & good company.

Oct 19 Program: "Birds of Kansas" with Bruce Holzemer.


Nov 11 Field Trip: Migratory Waterfowl at Tuttle Creek Lake area.

Dec 2 Field Trip, Eagle Watch at Potawatomie State Lake #2 & Tuttle areas.


Dec 16 Field Trip, Christmas Bird Count.

THE UNIVERSE
James Langford
Dean Ziesler
Wednesday, 7:30pm
Location: KSU, Carroll Hall Planetarium, 4th floor
Limit: 40 per section

Oct 18 I See It But What Is It? This is an introduction to constellations, motions of celestial objects and other everyday phenomena about which most of us have wondered but were too embarrassed to admit it and ask.

Nov 28 Stoneshenge: How and why Stonehenge was built by its builders as a gigantic astronomical calendar in this program.

Nov 1 Red Giants Aren't So Hot. As slow as it may seem, the universe does age. How do we know? What can we expect from our sun in the next four billion years? Is it on the verge of an energy crisis?

Nov 15 The Loneliness Factor. Are we really alone? This program is a description of the search for life beyond earth.

Please sign up for each section you plan to attend. (Dean is a professor in the Physics department and James is a graduate student in Physics.)

WILDFLOWER IDENTIFICATION
Gene Town
1-532-6101

Gene Town
Thursday, 5:30pm
One time, Sept 28
Location: UFM Parking Lot
1221 Thurston

Do you love to see the prairie in full bloom and hike among its beauty? Join Gene-in-a-wildflower stroll during which you will witness and learn to identify the natural garden in our prairie. Gene will have additional wildflower walks if there is interest.

POSTPONED AND CANCELLED
Dale Anderson
1-494-2540

NORTHERN FLINT HILLS AUDUBON SOCIETY FALL CALENDAR

IN SEARCH OF THE GREAT PAPARIS
Sue Merz
1-532-5866

Steve Guettman
1-776-0285

Tuesday, 5:30pm
One time, Sept 28
Location: UFM Parking Lot
1221 Thurston

Not a season goes by that we can't supplement our daily diet with edible free from the wild. It's past time for tender greens, but the wilds now have roots, nuts, berries and particularly paparises waiting for their fall harvest. This class will start with a demonstration session on local plants and we will then go on a short walk up Heber Creek. (Sue is one of the local experts on edible plants and Steve was a 4-H extension agent.)

ZOOCENTER PROGRAM
Mary Rogers
1-537-6271

Saturday, 9am-4pm
Sunday, 10am-4pm
One weekend, Oct 14 & 15
Location: Sunset Zoo Party House
You may be a Sunset Zoo Docent if you are 16 years or older. Zoo Docents are volunteers. To sign up for the education program now being provided by the zoo, they will conduct guided tours for schools and other groups, class lectures, and be involved with various other educational activities. This course is not difficult and should be a lot of fun, bring a pen and paper and a sack lunch. See you there!

COORDINATING
Frank York
1-532-6754

Tuesdays, 6:30pm
First meeting: Sept 26
Location: KSU, Military Science Building, 1st fl

Students will learn basic map systems and navigation with compass. This will include participation in local orienteering meets. Primary instructors are Dale Bryant and Frank York. This course is for the fresh air and outdoor enthusiasts! (Frank is faculty advisor for the K-State Orienteering Club.)
JUNE FOOD POTLUCK
Thomas "Snickels" Hollinger 532-5866
Friday, 5:30pm
One time, Oct 13
Location: Yemch machines near the KSU Union
Catskillier
Tired? Run down? Need a quick picker-upper? For supper we'll usually infuse large amounts of processed sugar and cane cellulose wraps. Everyone is invited to bring a bag of their favorite munchies (no fresh fruits, please) and share in the uniquely affluent American tribal ritual of eating materials as far removed from their source as possible. (This keeps that young and healthy look by adding 11/10 of 13 BtH as preservative.)

SIMINITY IN THE SUPERMARKET
Melanie Stockdale 532-8541
Sign up at registration, and you will be contacted.
Is the biggest size always cheapest? What's the real cost of convenience foods? Is unit pricing all it's cracked up to be? We'll discuss how to become an intelligent consumer by reading labels, comparison shopping, and learning the different "gimmicks" that supermarkets and the food industry use. (Incantate is the new director of the Consumer Relations Board at KSU.)

GOOD NUTRIENT MILK (AND MORE) FUN
Doris Hoeman 776-7500
Friday, 7:30pm
One time, Oct 20
Location: UMF Conference Room
Catskillier
If you've ever had fresh farm eggs or straight from the cow's milk, you know how great these foods can be. We'll talk about how to get in touch with local, organic, regenerative farms, farmers, and others set up their own small milk (in addition to adding a couple of members to our own garden). We can also discuss sources of eggs, meats, herbs, surplus garden produce, cheese, soap, or whatever the group wants to purchase in bulk. Bartering will be encouraged whenever possible. Both suppliers and those wanting to be supplied are welcome to this once a month organizational meeting.

WINEMAKING FOR PROFIT
John Anschutz 1-466-9614
Sundays, 7pm
Length: 3 sessions
First Meeting: Nov 5
Location: UMF Banquet Room
1221 Thurston
Materials fee: $4.00, pay at class.
Learn how to make your own table wine from ingredients which may be obtained locally or through many winemaking suppliers throughout the U.S.A. You will learn the best and most practical methods for winemaking in the home.
(John has been making fine wines for 14 years, has kept up on new technologies, and has lectured on the subject on several occasions.)

DRYING FOOD (SOLAR AND OTHERWISE)
Marie Watson
Monday, 8pm
One time, Nov 6
Location: UMF Fireplace Room
1221 Thurston
Dehydrating food preserves more vitamins and minerals than canning and it takes up less storage space. Marie will show you how to prepare different foods for dehydrating. Also covered are the different ways of drying them, from the oven, outside air, to solar dryers, and believe it or not, your car...<br>(Marie's children are extremely healthy and well fed on her dried bananas with honey.)

FRUIT LEATHERS
Faith Kossey 532-5866
Sign up at registration and you will be contacted.
Have you ever tasted fruit leather? Faith will demonstrate how to make this delicious, nutritious treat. It's good for a snack to carry in your pocket to nibble on. (Faith is really looking forward to enjoying this class.)

THE JOY OF CRERES
Robert Melnick 532-5992
Monday, 7:30pm
One time, Oct 2
Location: UMF Kitchen
1221 Thurston
Limit: 10
Materials fee: $1.50, pay at registration.
(Read! Remember the old cliche "the way to a man's heart is through his stomach"? And how about all of you men? Surprise your ladies by fixing them a gourmet meal! Courses can be made with corn meal, buckwheat, and rice flour. Robert will demonstrate the use of basic crepe making and basic crape filled with butter and jellies and jams for the class to devour. (Robert can hardly wait.)

SOURFLES PICTON
Gabrielle Bailey 537-1448
Sunday, 10am
One time, Nov 5
Location: UMF Kitchen
1221 Thurston
Limit: 12
Materials fee: $1.50, pay at registration.
Gabrielle will show you how to make a very sturdy unbreakable sugar souffle, a mousetrapping cranberry souffle with shrimp sauce and a dessert souffle flavored with Grand Marnier. The recipe for a cheese and mushroom souffle that untilts the pizza will be provided as well. Nothing can be so glorious as the sight of a beautiful souffle, proudly carried to the table if enough interest is shown. Gabrielle will teach another class later this fall. (Gabrielle has to run for miles to justify her souffle eating habit.)

TEAS FOR PLEASURE: TIPS FOR HEALTH
Dale Anderson 1-494-9240
Thursday, 7pm
One time, Nov 2
Location: Herb Patch
216 W. 62nd St. Manhattan on 24
Materials fee: $1.00, pay at registration
Black teas contain tannin and caffeine, while herbal teas do not and some have medicinal, dietary or pleasurable qualities. We will study the difference in the qualities of the two. Show you difference in brewing hot teas, iced teas, deceptions and infusions. There will be at least 10 types of teas to taste. Fee includes a booklet for you to take home. Come relax and enjoy the evening.
(Dale has the Herb Patch where he grows organically grown herbs locally for your enjoyment.)

TOUR OF AIA (AMERICAN INSTITUTE OF ARCHITECTS)
Thursday, 7pm
One time, Oct 19
Location: 2133 Baker's Way
This tour is designed to let you, the public in on what goes on at the American Institute of Architects. You will be guided through the building and shown all of the different departments and the classes in process.)
DINNER OUT IN KANSAS

Lewis Blossom

A brand-new restaurant and bar

Wichita, Kansas

Dine and drink in style at this trendy eatery.

DINING AT LUCY'S

Lucy's is a cozy diner

Kansas City, Kansas

Enjoy classic American fare in a warm, inviting atmosphere.

PLAYacted Oswego

A taste of the Midwest

Oswego, Kansas

Sample local flavors and enjoy friendly service.
BICYCLE RACING FOR BEGINNERS
William Klopfenstein 539-7846
Tuesday, 5:30pm
First meeting: Sept 27
Location: 2417 Rogers
This course is intended for people of all ages who have not raced in United States Cycling Federation sanctioned races. The types of races in this area will be discussed as well as what is required to become competitive. The greatest opportunities are available to women of all ages and boys up to 14. If the group size permits the class will be divided into groups of similar abilities. (William has raced for several years and was the Kansas Veterans time-trial champion.)

AERIAL WIZARDS
Gordon Plank 539-4903
Sundays, 4pm
First meeting: Oct 1
Length: Indefinite
Location: Health Practice Field
Quick releases, trick catches, and throws will be practiced. Some games we will be playing are golf, ultimate, 4 for 3, and maybe baseball and football. Goals for the class are putting on a tournament and playing other frisbee players from around the state. There will also be an overnight frisbee party being planned. Bring your own frisbee to class. (Gordon is one of the best players in town.)

OUTING CLUB
Jon Held 776-0037
1st and 3rd Wednesdays, 7:30pm
First meeting: Oct 4
Length: Indefinite
Location: KU, Union, Rm 213
This is a club for those who enjoy the outdoors or would like to learn new skills. Activities range from camping and hiking to paragliding and sailing. We will try some winter camping this year and maybe some mountain biking. Everyone is welcome and especially people who have already some special skills. Please come and give us a few lessons. (Jon went through Boy Scouts as a kid and is still active in the outdoors.)

COLD WEATHER CAMPING
George Halazon 532-5840
Mondays, 7:30pm
First meeting: Oct 9
Length: 2 hours
Location: UFM Banquet Room
As the cold weather approaches, many people feel their camping fun is over until next spring. We'll explore ways to enjoy the late of the winter climate (i.e., special gear, choice of location, etc.) and make winter camping a joy instead of an impossibility this year. (George has camped in the Colorado and Arctic snow in years past.)
Mickey Mantle Memorabilia
Ronnie Kohler
776-5778
Friday, Sept 20
One time, Oct 20
Location: 1721 Laramie
Friday, October 20, is Mickey Mantle's 47th birthday and over since he entered the majors in 1951 I've collected articles and memorabilia on this man of wonders. Come and help me rummage through old times. People are invited to bring their own memorabilia of MM in particular or the Yankees in general. Memorabilia from other teams will be inspected at the door, but you're welcome to come anyway. (Ronnie has always dreamed of being a Yankee batgirl and in her heart she always will be.)

Horseshoe Pitching
Merlin Potts
1-293-5540
Sunday, 3pm
One time, Oct 1
Location: Horseshoe pit. Manhattan City Park
This class is a dead ringer for those who'd like to learn horseshoe pitching. Various techniques will be demonstrated and our state champ will try to put you off on the right foot. (Merlin is the best horseshoe pitcher this side of the Mississippi.)

Competitive Parts
Jim Hess
776-0290
Tuesdays, 7pm
First meeting: Oct 10
Length: 2 times
Location: To be announced

Learn the fundamentals of this social competitive sport which has been played since the 16th Century. Items such as dart equipment, proper grip and stance, and rules and standards of the game will be discussed. Several popular dart games currently being played in English pubs, such as Cricket, 301 and 51 in 5's, will be introduced and explained. The emphasis of the course will be on actual playing time. The classes will continue past the initial two sessions if sufficient interest is shown. For beginners and experienced players alike. (Jim is excellent at hitting his mark.)

Children's Play Group
Jan Gallitzer
539-9292
Wednesdays, 9:30am-12noon
First meeting: Sept 27
Length: 6 weeks
Location: Continuing
Location: 1504 Humboldt
This is a parent participation play group for children ages 2 and 4 which provides companionship for both child and parent. Jan is also excited about helping parents interested in starting their own children's groups for ages other than 2 and 4. (Jan is a certified teacher on a continuing basis.)

Interscholastic Sports
Barb Stork
539-8386
Saturday's, 9:30am
First meeting: Sept 30
Length: 8 times
BEGINNING SOFTBALL
George Halazon
532-5840
Saturday's, 7:30am-10am
First meeting: Sept 30
Length: 8 times
Materials fee: $20, covers costs of air and book.

Dial A Partner
Wednesday, 6pm
One time, Sept 27
Location: JFM Firehouse Place
1221 Thurston
You may be all grown up by now, but do you still "never have anybody to play with?" whether it's Monopoly, poker, canons, scrabble, chess, crazy eights, bridge, or new games, it takes (at least) two to tango. We would like to do some "match-making" to help people with similar interests find each other. At registration, sign up for Dial A Partner and indicate the game you're interested in playing (not limited to the above mentioned games), when you'd like to play it, and your playing ability, and also if you're interested in organizing one of these play groups, please indicate. After registration, lists of possible playing partners will be distributed Sept 27 and you're on your own to set up playing times. Remember, the person that plays together, stays together.

AutoCross
Keith Boyer
776-7484
Tuesdays, 7:30pm
First meeting: Sept 26
Length: 2 classes and 1 autotrace
Location: KSU, Union, Rm 200
Do you desire a more intimate knowledge of how your car REALLY feels? Does improving your competence as a driver appeal to you? If a tree fell in the forest did it hit anybody? Autocrossing may be the answer to the first two questions. Small "courses" are set up on parking lots with rubber cones and the competitors race the clock to see just what happens in demanding situations. The school will provide hints on how you can improve your driving skill and your car's handling prowess. Who knows? After this class, you may be ready to drive down Poyntz. Great white sharks welcome.
(Keith has been winning auto cross for years and is currently leading a "class B" prepared in "The Kansas State solo II championship."

Road Rally
Greg Wood
776-1197
Tuesdays, 7:30pm
First meeting: Sept 26
Length: 2 classes and 1 rally
Location: KSU, Union, Rm 200
Interested in street shooting? Tough. This is a class in automobile rallying; the art of arriving at the right time when given an unfamiliar and exacting list of instructions. Challenging (time is of the essence, even though you're on the right track) yet same (no need to speed up the public limit); rallying is an excellent way to see the scenery and pick a buddy's brain (a driver and navigator normally work together in one car). Extraterrestrial beings welcome.
(Greg has been a winning rallyer, frequent rallye master, and rallye chairman in the Kansas State Sports Car Club.)

So You Want to Get Some Fun?
Swimming is an excellent way to have fun and get some good exercise at the same time, so why not get some practice this winter and be ready to hit the beach next spring? All instructors are KIS certified and have taught for KIS before. All classes will be held at the KIS Natatorium and are limited to 15.

Adult Beginning
Tom Deaver
537-2692
Thursdays, Fridays, Saturdays, and Sundays, 7:30am
First meeting: Sept 28
Length: 8 weeks
Advanced Beginning
Lisa Barnes
539-1245
Thursdays, 7:30am
First meeting: Sept 28
Length: 8 times
Intermediate
Barb Stork
539-8386
Satuday's, 9:30am
First meeting: Sept 30
Length: 8 times
BEGINNING SOFTBALL
George Halazon
532-5840
Saturday's, 7:30am-10am
First meeting: Sept 30
Length: 8 times
Materials fee: $20, covers costs of air and book.

Play 31
Self

For questions about Self, call Melody Williams at 532-9866.

BASIC FIRST AID FOR KIDS
Nell Schanker

Mondays, 7-9pm
First meeting: Sept 25
Length: 5 times
Location: KSI, Eisenhower Hall, Rm 218
Limit: 30
Materials fee: $3.99, pay at class

This class consists of four illustrated workbooks which cover basic first aid. It is designed for people who are not yet old enough to take multi-media first aid (those under age 13), and those who can read fairly well. Parents are welcome to attend with their children, and interested adults can come too. (Nell is a certified Basic First Aid Instructor and enjoys teaching young children at the Living Learning School.)

FIRST AID MULTIMEDIA
Emel Feenster

Saturday, 8:30-9pm
One time, Oct 14
Location: Red Cross Classroom
206 Poynitz
Limit: 16
Materials fee: $4 - $6, pay at class

This is the American Red Cross Instructional System, featuring filmed demonstrations, guided practice sessions, and programmed work books. The student is certified as a standard first- aider upon successful completion of the course. There is a fee of $6, which covers materials, work books and tests. If you have the Red Cross Standard First Aid and Personal Safety Textbook (the blue book), the fee will be $4. (Emel is a certified Red Cross First Aid Instructor.)

PACK FOR LIFE: ONE PERSON CPR
Emel Feenster

Tuesday, 7-9pm
One time, Oct 10
Location: Red Cross Classroom
206 Poynitz
Limit: 10
Materials fee: $3. - pay at class

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

ADVANCED FIRST AID AND IMMUNITY CARE
Emel Feenster

Mondays and Wednesdays, 1-4pm
First meeting: Oct 2
Length: 16 times
Location: Red Cross Classroom
206 Poynitz
Limit: 12
Materials fee: $4.50 - $6, pay at class

We'll cover immediate care given to a person who has been injured or suddenly taken ill. It includes self-help and home care if medical assistance is not available or is delayed. The multimedia course is not a required prerequisite. (Emel is now certified to teach this course by the Red Cross.)

LEARNING ABOUT STRESS
Dane Hughes

First meeting: Oct 17
Length: 4 times
Location: North Central Kansas Guidance Center
220 Sunset
Limit: 15

Stress affects all of us every day, but not all of it is bad. This class is designed to identify some of our stresses, evaluate how they cause us to feel, and develop ways of controlling our reactions to them. (Dane is the coordinator of Consultation and Education Services with North Central Kansas Guidance Center. Judy is with the Manhattan- Riley County Health Dept. and Charlie is a Stress Management Counselor, Blue Valley Clinic.)

BIOFEEDBACK INTRODUCTION
Dan Pfeifer

Tuesday, 7:30-9:30pm
One time, Oct 10
Location: KSI, Union, Rm 212

We'll give a general introduction to relaxation techniques and equipment used in biofeedback. Some physiological and psychological discussions will be included. (Dan is a PhD. student in counseling at K-State and is a staff member at the KSI Counseling Center Biofeedback Lab.)

YOU MAY WANT TO FURTHER INVESTIGATE THE FOLLOWING SPECIAL UPCOMING EVENTS:


KSI Women's Resource Center Training Programs, for volunteers. Sept 16 and 17, 9:30am-12:30pm. For information call 532-6541.

'The Long Search' TV Series focusing on world religions and each individual's spiritual search. Sundays, 5:30pm, channel 11, starting Sept 12

The Royal Lichtenstein Quartet Ring Sidewalk Circus, sponsored by the Episcopal and Baptist Campus Ministries, will celebrate life north of the K-State union, Oct 5, 12-1pm.

Hatha Yoga I
Bert Franklin

Tuesdays, 8:30pm
First meeting: Sept 26
Length: 8 times
Location: KSI, Union Conference Room
1221 Thurston
Limit: 8

This class includes a thorough grounding in the essential classic asana, mudra, bandha and pranayama including the basics of meditation. The student will receive a good foundation for a lifetime of yoga practice, knowledge of the self, enjoyment of the body. Please come on an empty stomach. (Bert has completed over 200 hours of individual study with his guru, Sri T.K. Krishnamacharya of Madras, and has recently returned from a visit to Krishnamacharya, who is now 85.)

Hatha Yoga II (over 90's)
Bert Franklin

Thursdays, 5:30pm
First meeting: Sept 28
Length: 8 times
Location: KSI, Union Conference Room
1221 Thurston
Limit: 8

See above description. While yoga is not therapy as such, the practice of yoga reduces or eliminates much of the mental and physical distress associated with middle age and the advancing years. It is never too late to benefit from the practice of yoga. (Bert can introduce you to the joys of youth throughout life.)
THE WOMEN'S RESOURCE CENTER OF JSU

We will present a series of lunch-time programs in the State Room of the Student Union. The programs will deal with social issues of concern to both men and women. So bring your lunch and join us for some interesting presentations and discussions. For more information, feel free to talk to the Women's Resource Center located in the S.O.S. Office, the Student Union (S.O.S., 6-241). All programs will be from 11:30 to 1 p.m. in the K.S.U. Union, State House #1.

Sept 26
Is the Bible sexist? Speaker: Rev. David Nelson, Peace Lutheran Church

Oct 3
The battered woman. Gladys Rollins, Director of the Women's Center in Wichita

Oct 11

Oct 26
 Rape. Linda Teener, Director of the Rape Crisis Center in Wichita

Nov 8

RAGING ALONE

Pat Scalora

Monday, 7:30pm
First meeting: Oct 4
Length: Indefinite
Location: Women's Center of Manhattan

616 W. Poyntz (upstairs)

No matter what your age or lifestyle, you may have lived alone, or be currently doing so. You may have considered the possibility of this lifestyle or should be curious about it. For any of you, this group will explore the practical and personal issues of women living alone. The group itself will determine the format as well as the time and place of any future meetings. Discussions could include practical assistance, loneliness, security, boredom, budgeting, and solitude.

SMALL DANCE
Kevin Siek

Sundays, 7pm
First meeting: Sept 29
Length: 2 times
Location: UMW Conference Room

A sweat is the Indian equivalent of a sauna, complete with a purification ritual. We will meet at the UMW House to go out to gather saging and other supplies to build the lodge. The second week, we will build the lodge and fire, and following the ceremonies, participate in the sweat. (Kevin has twice participated in a sweat and is interested in Plains Indian culture.)

BOOKS BY AND ABOUT WOMEN

Section I: Tuesdays, 7:30pm
First meeting: Sept 26
Length: Indefinite
Location: Manhattan Public Library

Section II: Mondays, 7pm
First meeting: Oct 7
Length: Indefinite
Location: Manhattan Public Library

Limit: 4

The group will discuss books and a variety of other materials about women and feminism. The group will meet at the Manhattan Public Library, unless otherwise noted.

The group is open to all women who are interested in discussing books and/or topics about women.

LIVING ALONE

Pat Scalora

Monday, 7:30pm
First meeting: Oct 4
Length: Indefinite
Location: Women's Center of Manhattan

616 W. Poyntz (upstairs)

No matter what your age or lifestyle, you may have lived alone, or be currently doing so. You may have considered the possibility of this lifestyle or should be curious about it. For any of you, this group will explore the practical and personal issues of women living alone. The group itself will determine the format as well as the time and place of any future meetings. Discussions could include practical assistance, loneliness, security, boredom, budgeting, and solitude.

SELF DEFENSE FOR WOMEN

Sue Sandmeier

Tuesday and Thursday, 5:30-7pm
First meeting: Oct 3 & 5
Length: 2 times
Location: UMW Banquet Room

Limit: 25

Using natural body weapons, we will learn practical self defense tactics including holds, striking, using common sense. Women will be given stretching and limbering exercises as well. Wear loose clothing without long sleeves. (Sue is a green belt in Kempo and knows a hundred self-defense skills.)
GUIDED FANTASY JOURNEYS FOR FUN AND PEOPLE AGE 9-12
Tom Moore
2:30 - 3:30
First meeting: Oct 10
Length: 5 times
Location: Kansas Union, Rm 204
Limit: 8
We’ll begin each session by getting as relaxed and comfortable as possible. From there the possibilities are endless. Maybe we’ll float on soft, colorful clouds to lands and wonders or explore new planets. In the process of our journeys, we’ll gain a clearer understanding of our mind’s potential and become more mindful in its use. Bring a pillow and blanket. (Tom really enjoyed leading this class for the evening child care center.)

JOURNAL 2 REFLECTIONS
David E. Nelson
Thursday, 12:00
First meeting: Oct 5
Length: 4 times
Location: Kansas Union, Stateroom 1
I have found that we learn from our experiences only by reflecting on them. Journal writing has become a spiritual discipline to me—an important tool in my growth as a person. I would like to share some techniques that have been useful, using The New Diary, by Tristine Ramer. There will be time between classes to practice and/or read other published journals.
(David is pastor at Peace Lutheran Church.)

CREATIVE SELF-COUNTING
Suresh Chandran
Tuesday, 7:30
First meeting: Oct 26
Length: 5 times
Location: 1432 McClean Lane
Materials fee $1, for handouts, pay at registration
"It’s not facts and events that upset man, but the stories he takes of them!-Socrates. The course considers how emotions occur, examines irrational ideas which lead to unhealthy enjoyment, and finally, introduces techniques of rational self-counseling.
The course is derived from work by Maltz, Stier, and Ellis. A book ($) is used as recommended text.
(Suresh trained the self-counseling at the Association for Rational Thinking (ART) in Madison, WI.)

CAREER OFFICE ASSISTANCE
Narcia Schley
Jim Scales
532-6532
This is a series of workshops (limit 15 each) which can be taken singly or in sequence. All are in the Kansas Union, Rm 206. Information may be had by calling Lisa at the above number.

LIFE PLANNING SET. Sept 23, 8:30-10:30pm. The life planning portion of this seminar involves participants in the deliberate process of influencing the direction of their lives. Each individual in the workshop actively engages in the processes of self-assessment and goal setting. Skills of values clarification, goal setting, and realistic planning are developed through practice.

CAREER EXPLORATION (SET. Oct 14, 9:00am-10:00am.
This workshop is designed to assist participants to acquire the skills and information necessary for appropriate career decision-making. The Strong-Campbell Interests Inventory helps individuals look at their personal interests in relation to a variety of career opportunities. The emphasis of the workshop is on the skills of decision-making, including information gathering and analyzing.

JOB SEARCH SET. Dec 2, 8:30am-10:30am.
This workshop is designed to help participants develop skills important to finding and getting a job. Where and how to look for a job is discussed. Resume writing and interviewing are practiced in a supportive group environment.
(Narcia has worked for several years in the area of mid-life career change. Jim worked for several years with the Kansas Job Service. Both now do career counseling at the Center for Student Development.)

MARITAL PREPARATION CONFERENCE
Don Fallon
Mondays, 7pm
First meeting: Oct 2
Length: 7 times
Location: Catholic Student Center
711 Denison
Materials fee $5, pay at class
Issues related to marriage will be addressed by local resource people in a series of sessions geared to engaged or newly married couples. Call 539-2406 for information.

WEEK II: Communication, love and decision making during courtship and early marriage.
WEEK III: Discussions, consideration, and the deepening of love.
WEEK IV: A lawyer looks at the legal aspects of the marriage partnership.
WEEK V: Some physical and psychological aspects of marriage.
WEEK VI: Ethical concerns in contraception, natural family planning, abortion, sterilization, responsible parenthood.
WEEK VII: A discussion of the spiritual and sacramental dimension of marriage.
WEEK VIII: A practical session covering the options in the ceremony, including a demonstration of suitable music.

CREATIVE DISCIPLE: PAIN AND GROWTH
Don Fallon
Tuesdays, 7:30 - 9:30pm
First meeting: Oct 3
Length: Semester
Location: Ecumenical Christian Ministries
1021 Denison
Limit: 12
The purpose of the group will be to form a supportive, sharing community for those facing or working through divorce. The group will be our past experiences and also our past experiences. Group will be offered in a supportive, caring environment. Each member will be encouraged to grow in their own way and to develop their personal potential.

LOVELESS A STUDY SERIES
Steve Washburn
532-0518
Wednesdays, 7:30pm
First meeting: Oct 10
Length: 5 weeks
Location: First Presbyterian Church
8th and Lemarsouth
Week I: The ‘Myths’ of isolation
Week II: Loneliness through loss
Week III: Depression
Week IV: Relationships - grow and die
Week V: The way out
(Steve came to Kansas this summer, joining the ministry at First Presbyterian Church.)
THE THURSDAY NIGHT FORUM
Blake Cooper 776-1344
Tuesdays, 7pm First meeting: Sept 26 Length: 6 times, 4th Tuesday of each month Location: KSI, Union, 8th Floor
We’ve had stimulating and expert commentary on timely subjects such as Death & Dying, A Perfectly Wonderful System, Improving Family Relations, and The Dead Sea Scrolls, presented by keynse speakers on these topics, and sponsored by the Latter Day Saint Student Association.
OPCIFIAN THOUGHT
Jen Lackey 539-5990
Wednesdays, 7pm First meeting: Sept 27 Length: Semester Location: Baptist Campus Center 1801 Anderson
The class will introduce us to Confucius and Mencius. We will study the brief works of Ta Hau (The Great Learning) and Choun Yang (The Doctrine of the Mean). We will reflect upon and compare Confucian and Christian virtues. (Jen is a philosopher, formerly a minister in WME, and a friend to UFM and KSI.)
PERSONAL EFFECTIVENESS
Margaret Nordin 532-6432
Thursdays, 9-11am First meeting: Oct 5 Length: 5 weeks Location: Catholic Student Center 712 Denison Limit: 12 Materials fee: $15, pay at class Do other people intimidate you? Do you hesitate to say "no" or feel guilty when you do? Do you hesitate to speak up or initiate conversations? If so, increase your personal effectiveness through appropriately assertive (not aggressive) behavior. The sessions will be pertinent to students and homemakers of any age. (Margaret has led many workshops on assertiveness training, both on and off campus. Guest participants will add their expertise from time to time.)
SUBSTANTIAL POWER (UPON MEDITATIONS FOR MWN)
Parthap Kaur Khalsa 537-0641
Oct 2 & 16, 6:30-7pm Oct 31, Nov 14 & 30, Dec 14 & 29, 8-9:30pm Length: 7 sessions Location: KSI, International Student Center
Because women is ruled by the moon she has the power of using lunar energy. By meditating at the time of the full and the new moon, she can re-develop her graceful and positive habits. A woman's mind is then at its most perfect state for breaking old subconscious blocks and rebuilding new, positive, and strong attitudes. We want to share with you your creative Shakti (divine) power. Bring your songs, poems, chants, and prayers to help us grow as the "Grace of God" on Earth. We will include meditation, nutrition, and yoga for women. (Parthap Kaur (Bharat Singh) has spent two summers at the Khalsa Women's training camp and is a member of the "Grace of God Movement" for the women of the world.)
LIBERATION THEOLOGIES
David Stewart 539-3051
Thursdays, 12 noon First meeting: Oct 5 Length: 7 sessions Location: Baptist Campus Center 1801 Anderson
Several of us met with our bag lunches last semester to talk about feminist theology. How we'd like to continue our discussion and extend it then to include Latin American and other liberation theologies. Our ultimate goal is the development of a personal theology related to our own liberation. (Dave is a Campus Minister who, in his own learning, has attempted to compare liberation theologies with established systematic theologies.)
PERSONAL GROWTH
David Vallen 537-0593
Mondays, 7:30pm First meeting: Oct 2 Length: 5 times Location: Baptist Campus Center 1801 Anderson Cassette tapes offer us a rare opportunity to reflect on our own faith in light of some insights from outstanding Christians and Jews on the contemporary world. (David is the Episcopal Campus Minister.)
THE RADICAL JESUS
Mike Klassen 539-4079
Mondays, 7pm First meeting: Sept 25 Length: Continuing Location: KSI, International Student Center We welcome all, from any discipline, who wish to meditate with a group.
CELTIC MEDITATIONS
John Graham 537-0518
Tuesdays, 12 noon First meeting: Sept 25 Length: 8 times Location: First Presbyterian Church 8th and leashworthy
We will study a form of prayer - silent meditation - practiced in monastic communities. In doing so, we hope to experience God's gifts and grace to people in the day to day living of life. (John is the pastor of the First Presbyterian Church. He has been in Manhattan for nine years, with his roots beginning in Great Britain.)
PLATTED FOR FUN
Jen Lackey 539-5990
Thursdays, 7pm First meeting: Sept 28 Length: Semester Location: Baptist Campus Center 1801 Anderson
Nowhere, someone wants to read what Spartans said, as reported by Plato. If you are that person(s), read it with us! We do several of the Dialogues aloud. Not only is it sheer fun, but one also learns where some of our most basic ideas come from.
LIFE AND TEACHINGS OF JESUS
Thomas E. Nelson 537-8039
Thursdays, 7:30pm First meeting: Sept 7 Length: Continuing Location: 1820 Clifton Materials fee: $3, pay at class Using the New Testament, we will study Jesus' life and teachings. The fee covers other materials. You may attend any or all sessions. Call the above number during business hours for more information. (Thomas is Director of the Mormon Student Center.)
OPEN MEDITATION
Mondays, 7pm First meeting: Sept 25 Length: Continuing Location: KSI, International Student Center
We welcome all, from any discipline, who wish to meditate with a group.
For questions about Skills, call Tom Hollinger at 532-9866.

APPROPRIATE TECHNOLOGY AND ENERGY CONSERVATION: HOW TO SAVE YOUR STIPEND

by Tom Hollinger

APPROPRIATE TECHNOLOGY PROGRAM

Tuesdays, 7:30pm
First meeting: Oct 10
Length: 3 times
Location: KU, Union, Rm 204

So you've read everything in print about energy conservation and you're convinced it's the way to go. What do you do next? Let us help you translate that information into action. In this series we will review basic energy conservation measures as they affect homeowners, apartment renters, and people planning new homes. And then, if you're really interested in going all the way, we'll help you develop a specific energy conservation strategy for your own home or apartment. Please indicate at registration which section(s) you'll be attending.

Oct 10: "Proven energy-saving measures for your existing home"
Oct 17: "Energy conservation for the apartment dweller"
Oct 24: "The energy-efficient new home"

Doug and Tom are fifth-year students in the College of Architecture and Design serving their internships with the University for Man.

LOW-COST SOLAR DEVICES YOU CAN BUILD YOURSELF

Doug Walter

Saturday, 10am and 2pm
One time, Oct 28
Location: UMW Lawn
1221 Thurstou

You can put the sun to work for you right now, at less cost and effort than you probably think. We'll take a look at several simple solar devices, including a window box collector, a domestic hot water heater, a food dehydrator, and a steam cooker. We'll also have available plans of these and other solar devices in case you're ready to build your own.

DRESS YOUR HOME UP FOR WINTER

Mary Neil

Tuesday, 7pm
One time, Sept 26
Location: KPAL Auditorium
5th and Payntz

What features should you look for when buying or building a house? How can you modify your house for better heat retention? Who can help you weatherize your house and where can you go for information and assistance? These questions and others will be discussed.

(Mary is the home economist at KPAL.)

RESUMES & JOB SEARCHING

Jim Akin

Dave Kraus

Monday, 7:30pm
One time, Oct 2
Location: KU, Union, Rm 204

It isn't too early to start looking for a job! It's never too late if you haven't had time to at least write a resume. In this course you'll learn different resume writing techniques. Once you have a resume in your hands, tips on how to scope the employment scene and find your place in the working world will be given.

(Jim is the Associate and Dave is the Assistant Director of KU's Career Planning and Placement Center.)

THE ART OF GRANTWRITING

John Murry

Monday, 7:30pm
One time, Oct 9
Location: KU, Union, Rm 204

With the ongoing tightening of the economy, there is a 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 sources available for identifying potential federal, foundation, and state support for various projects.

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

BUDGETING OR WHERE DOES IT GO?

Tom Deaver

Wednesday, 8pm
First meeting: Sept 27
Location: KU, Conference Room
1221 Thurstou

Tight money is times - when you want something about it. You will learn to: care for your money so it lasts longer, how to cope with problems, and how to work on it yourself! Anyone is welcome to the first meeting which will be a short lecture.

(John has many years of experience in dealing with car inners.)

INVESTMENT BASICS

Kraig Hansen

Tuesday and Thursdays, 7-9pm
First meeting: Sept 26, 28 & Oct 3
Length: 4 times
Location: KU, Eisenhower Hall, Rm 21

Back by popular demand, Kraig will give you a basic course in investing. He has done surveys of the securities industry: how it functions, and how you can get involved in it. He will discuss stocks, bonds, and other investment vehicles.

(Kraig is a local broker with an investment firm having membership in the New York Stock Exchange, Inc.)

INSURANCE PRIMER

Mark Woodle

Jim Sites

Thursday, 7pm
One time, Sept 28
Location: KU, Union, Rm 204

All lines of personal and casualty insurance will be explained and discussed. Emphasis will be on the most commonly used lines of insurance such as homeowners, renters, automobile, health, disability, income and life. We'll discuss the role of the agent in helping you choose the proper coverage for your needs.

(Mark and Jim are local insurance agents.)

INTRO TO WELDING

Roy Ward

Mondays, 7pm
First meeting: Nov 6
Length: 4 times
Location: 3417 Oldeney Rock Rd.
Limit: 8
Materials fee: $5, pay at class

Roy will introduce the class to electric and acetylene welding. Also, care and maintenance of equipment and how to choose the welder that fits your needs will be discussed. The few will cover materials used in first hand welding practice.

(Roy is into everything including teaching our beginning whittling course.)

AUTO COMMUNICATIONS FOR WOMEN

John Hughes

Wednesdays, 7pm
Length: Indefinite
First meeting: Sept 27
Location: KU, Conference Room
1221 Thurstou

Limit: 8

Very few women have had much practical mechanical training, especially about cars. Since almost everyone has an automobile, John can help you learn something about it. You will also be taught how to avoid the pitfalls some of us have fallen into. In the first four sessions, Tom will help you realize where your money goes when it seems to just disappear. In the next four sessions, he'll teach you how to better channel your money.

(John has many years of experience in dealing with car inners.)

BASIC HOUSE WIRING

Richard Hagem

Section I: Mondays 8pm Oct 23
Section II: Wednesdays 8pm Oct 25
Length: 4 times
Location: 311 Sage
Limit: 20
Materials fee: $5, pay at registration

This course will cover the tools and test equipment needed for a homeowner to service and repair live house wiring. Richard will teach folks the proper way to add additional wiring to homes. Students should bring their own chairs.

(Richard is an electrical engineer and a master electrician who owns his own electrical contracting business.)
Handwriting analysis
Miriam Field $59-5606

Monday, 7pm
First Meeting: Sept 25
Length: 2 times
Location: KISU, Eisenhower Hall, Room 122
Limit: 25
Materials fee: $10, pay at registration
This class is an introduction to the basic principles of graphomanealy. The scientific study of
the strokes in writing reveals personality and
divergent traits. Graphomanealy is used as a test
in determining aptitudes, social traits, learning
methods, emotional responses, fears and defenses.
Study materials will cost about $20.

Mynor is a certified Master Graphomanealyist. She has
studied 7 years and has lectured and taught
classes on the subject many times.

Basic Sign Language
Sally Ann Stout $59-9801

Tuesday and Thursday, 12 noon
First Meeting: Sept 26
Length: 2 times
Location: UWM Fireplace Room
Materials fee: $10.50 at registration
The students will learn to communicate in sign lan-
guage both by finger spelling and sign. Classroom
experience will be supplemented by some outside,
real life activities which will include field trips.
Each student will be required to sign a song of their
choice.

Bicycle Maintenance
Bob Boufford $37-8374

Wednesday, 7:30pm
First Meeting: Sept 27
Length: 6 times
Location: UWM Fireplace Room
Limit: 12

A properly maintained bicycle will be easier to ride
and will last a lot longer. Through demonstration Bob
will show how easy it is to maintain a bicycle from
tune ups to complete overhauls. Bicycle owners of all ages
are welcome.

Bob is well known in Manhattan as a bicycle mechanic
and has been involved with bicycles and bicycling for a
few years. Bob does touring currently and has
commuted in the past.

Home and Apartment Fire Safety
Chuck Tannehill $59-2510

Wednesday, 7pm
First Meeting: Sept 27
Length: 2 times
Location: KISU, Union, Room 204
In this invaluable course, Chuck will show you how
to clean and inspect chimneys as well as explain
about the different types of smoke detectors and
fire extinguishers that are available.
In the second session, he will help you develop a fire escape plan for your home and
discuss the most hazardous areas in the home.
(Chuck is one of the Manhattan Fire Inspectors.)

Constructing Replica Antique Firearms
Don Roffey
Section I: Saturdays, 1-4pm, Oct 7
Section II: Saturdays, 1-4pm, Nov 4
Length: 3 times
Materials: Call Bob for directions
Limit: 15

Persons attending this class will need to purchase a
gun kit to assemble in class. Kits will be available at
the first session but may be purchased elsewhere
(average cost $32-45,). Topics covered will be the
assembly, fitting and finishing of wood and metal
parts of black powder replica weapons. Limited hand
tools are required and available.

(Do not take class with others about the hobby of
firearms building and collecting.)

Introduction to Book Repair
Ann Carol $32-6516

Tuesday, 7pm
One time, Oct 10
Location: KISU, Farrell Library, Binding Department
Limit: 12

The course will emphasize 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. Bring a book to repair.
If you have one.

(Ann has worked in the KISU library book repair
center for 3 years.)

Leatherwork
Tom Atzen $59-0566

Thursday, 7:30pm
First Meeting: Sept 28
Length: Indefinite
Location: UWM Fireplace Room
Limit: 12

A lecture/demonstration at the leatherwork will
introduce the skill of leatherwork. After the
introduction those who wish to continue will meet
informally with Tom as the Mastercraftsman/instructor
for their individual projects.
(Tom has been teaching with leather for more years
than he will publicly admit.)

Skin Care and Make-Up Application
Lin and Debbie, J.D. & Syd $59-7621

Thursdays, 7:30-9pm
First Meeting: Oct 3
Length: 3 times
Location: 512 Pointz House
Limit: 15

Be nice to your skin! This course will help you create
a long lasting friendship with your skin. Now after
the class you will still know the basics of
proper skin care and skills of applying make up for
day and evening wear.
(Lin, Debbie, J.D. and Syd arc all local beauticians
and have attended Advanced Makeup Seminars.)

Black Hair
Carol, Jeanne, Lea $59-7621

Mondays, 7:30-9pm
First Meeting: Oct 2
Length: 2 times
Location: 513 N. Manhattan

This search for the perfect Afro will involve simple
ways of styling black hair. The proper use of
quality styling methods including curling irons and blow
dryers will be included.
(Carol, Jeanne, & Lea are local hair stylists.)

Hair Care
Brenda, Kathy, Pam & Maureen
Mondays, 7:30-9pm
One time, Oct 2
Location: 512 Pointz House
Limit: 20

How can diet and externally applied products keep
your hair healthy? These and other popular styling
methods not usually taught during salon visits will
be explored.
(These folks have a combined total of 17 years of
education and experience in hairdressing.)

Beginning Magic
Bill Parker $59-4729

Wednesday, 7:30pm
First Meeting: Sept 27
Length: 8 times
Location: UPM Banquet Room
Limit: 12

Colons, cards, and everyday objects will become the
tools in this basic sleight of hand course.
(Leaders include members of the Wizards of Oz, and
the Manhattan Assembly of the Society of American
Magicians.)

Beginning Typing
Anita Klaver $532-5785

Wednesday, 6:30-8pm
First Meeting: Sept 27
Length: 8 times
Location: KISU, Calvin Hall, Room 217
Limit: 15
Materials fee: $2.50, pay at registration
If you need to polish up your typing skills or start
from scratch (or both), this course can help.
(Anita has taught this course before and is a secretary
at KISU.)
Volunteers

UFM has never forgotten that we have been able to thrive because of the voluntary efforts of many fine individuals on the campus and in the community.

In the recent past we have called for volunteers mainly as class leaders or to help with registration. But now, we are asking for help in a variety of other ways. If knowing you’re needed and if the opportunity to be a part of creative work appeals to you, volunteer! You are needed! We need people to help with carpentry, painting, typing, special programs for kids, sales of plants, and other fund raising activities, registration workers, arts and house decoration, and of course, we need people to lead classes. We will also be grateful for any donations of outdoor furniture or sports equipment that might help us in building our outdoor recreational activities.

State Outreach

University of Men's State Outreach Program is set to provide technical and training assistance to any community or group in Kansas that would like to establish a free university-community education program. The response to this service has been excellent and we are working on 22 programs in the state. We hope this number will be over 30 by the end of 1979.

The technical and training assistance involves helping to start new programs, establishing advisory boards, how to design and lay out brochures, writing proposals, and many other activities. The State Outreach Staff publishes a monthly newsletter which is sent to all projects. A quarterly magazine newsletter is published for widespread distribution and this spring, a Kansas Community Education Manual was published for anyone interested in such projects. The Outreach Program also published the Free University Manual which consists of articles from over 50 contributors across the country.

New programs in 1977-78 include: Olsburg, Kenesaw, Libbyville, Pittsburg, Milton, and Melfa. If you would like some more information on these activities, please call the State Outreach Program at 532-4566.

FREE U's

Allen Tough, Rat Hensby, and Charles Bunting will address the issue of lifelong learning in the 1980's at the Eighth National Free University Conference, to be held October 20-22 in Kansas City, Missouri.

Conference topics will include the future of lifelong learning, steering community-based community education, and workshops in practical matters such as funding, publicity, new course ideas and others.

A special pre-conference session on "How to Start a Free University" will be held Friday afternoon for those wishing to start a program in their own town.

The conference is open to people in free universities, learning networks, community education, adult education, and the general public. For more information contact: Free University Network, 1221 Thorton, Manhattan, Kansas 66502. Telephone (913) 532-6386.
Goodbye

We would like to say a special thank you to those people who have been with us during the last year and who are moving on to other things. People don't just work at UPH, they become part of our family. Their unique qualities become part of us as a community, and we appreciate their contributions.

Cathy McRunn came to UPH as a secretary from the state outreach program. Not only did she bring her skills as a typist, but more importantly, her ability to improve the quality of our correspondence. Most importantly, Cathy taught us that we can be effective stewards of our resources and that by working together, we can accomplish great things.

Lisa Barns brought bouquets to keep our clients occupied, and the springtime tulips in our front yard will long remind us of Lisa's contributions to UPH. The plant sale she organized was a stunning success, and she kept the community garden going in fine form. We are grateful for her special touch.

Tana Hayskey sparked our lives with her very special brand of humor and helped turn UPH into a place where people feel at home. Thank you, Tana, for all you gave us.

Pat Murphy, who also worked with UPH as a tri-fish intern, showed great sensitivity in his development of classes for UPH's senior citizens. His talents were greatly appreciated.

Caron Achenbach did thorough and thoughtful work and saw the National Free University Manual become a reality. To all of you, best of luck in your new endeavors and many thanks for all you added to our lives.

Goodbye

Jan Eddy, who worked with us as a recreation intern, brought sparkle to our lives and volleyball nets to our front yard. Thank you, Jan!

The individuals and businesses listed, through their contributions, are Financial Friends of UPH. Other individuals and organizations have participated in our fundraising drive, but there are too many to list. We've thanked them all, and appreciate their gifts. These lists have made substantial contributions. We would like to publicly acknowledge our appreciation. All contributions are tax deductible. Please help us with this one-time capital improvement drive by sending your check to the UPH Building Fund, 1231 Thurston, Manhattan, Kansas 66502. Thank you.

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Star Life Insurance
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Kansas Lumber Company
Kansas State Bank
First National Bank
Credit Bureau of Manhattan
Ag Press
Reynolds
Wildcat Lumber Co.
Manhattan Mutual Insurance
Sears, Roebuck & Co.
Home Savings & Loan
Rockers 11th Street Cafe
Manhattan Rotary Club
Anonymous

Goodbye

Evening Childcare

The UPH evening childcare program will operate in a new location with expanded hours during the coming year. The center will be located in the Education Building of the Blue Valley Memorial Methodist Church and will operate from 5:00-11:00 Monday through Friday. The program is for children ages 2 and 3 only. Please note the following:

- Priority will be given to the income levels of families. No one will be turned away.
- The facility will be open from 5:00 to 6:00 on weekdays.
- There will be a fee of $20 per week for each child.
- Pre-registration is required.
- For more information, call 532-5066.

Friends

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Financial Friends

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Registration is important. It allows leaders to prepare the proper number of handouts, order supplies, and contact you if there is a change in the class. If you register for a class with limited enrollment, it is crucial that you notify the leader if you cannot attend. Persons on the waiting list can then be allowed to join the group.

You can help speed up registration and reduce frustration if you register only for classes you are sure you can attend. Check your calendar before registration and record the dates of your classes. For limited classes, please register for no more than yourself and one friend. Any class fees must be paid by the end of the day on which you register in order to hold your space.

Sept 20, 21, 22 - KSU Union, 9am-4pm
Sept 20 - Manhattan Public Library, 9am-7pm
Sept 20 - Douglass Community Center Annex 11am-1pm
Sept 20 - UFM House, 1221 Thurston, 7am-6pm
Sept 20 - High School, 11am-1pm

If it is impossible for you to register at one of the above locations, you may call 532-5866 to register during the following hours ONLY: Sept 20, 7am-6pm, and Sept 21 and 22, 9am-5pm. Please limit registration by phone to a total of four classes.

UFM
1221 Thurston
Manhattan, Kansas 66502

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