University For Man
Spring 1979
“Downtown”

University of Man (UM) can be viewed as a free marketplace of ideas and, as such, the contents of this brochure are essentially unlimited. It goes without saying that each student member thinks some of these contents are more useful than others, but occasionally all the student members share a common viewpoint. This is the case with Downtown Manhattan.

Downtown Manhattan is a timely theme for this brochure, as its future has recently become the object of much debate. Discussion centers on whether downtown can be revitalized as the area’s major regional shopping complex, or whether a peripheral shopping center should be constructed. Maintaining the status quo is no longer an option; for an increasingly expanding retail market not only represents our future but also the present. There are at least three views of what action can be taken.

Replacement or Revitalization

The Replacement View
One view argues that most of Manhattan’s growth is occurring in the northwest, therefore, a new regional shopping center should be located there. This view assumes that this is a long-term growth trend, and that retail centers are expanding so rapidly that downtown will never have enough space to meet consumer needs. The perceived limitations of downtown are used to support the idea of a new replacement center.

This argument overlooks some important evidence. First, it confuses population growth with retail expansion. Some area has been increasing mostly in the northwest, but the bulk of the population lives east of 17th Street, meaning the growth of the population is not far from downtown. Second, very questionable is the notion that the northwest is the community, which will acquire the most land and/or population in the future. The City Planning Commission has made no public statement on that question, and in fact, some city resources are now being focused on that area. The City Commission’s studies on that area, and in fact, some city resources are now being focused on that area. The City Commission’s studies on that area, and in fact, some city resources are now being focused on that area. The City Commission’s studies on that area, and in fact, some city resources are now being focused on that area.

A second position with the open competition argument is its implicit denial of the value of zoning regulations. Allowing individual and corporate property owners to change their land as they wish is a position which, on the surface, may appear to be harmless. This perception holds up only until nobody wants to build a fast-food restaurant or tavern next door to your home. The city has an obligation to set aside areas where private entrepreneurs can attempt to make a profit in the marketplace, but it also has an obligation to maintain areas which are most appropriate for that purpose.

There is a third position, based on a different argument, that contends that the current shopping facilities which are available are more competitive all retailers will become. Therefore, according to this argument, build another shopping center and let the consumer choose where to consume. But there will be substantial public costs involved in letting private interests fight it out in the marketplace. First, everyone—it retailers and consumers—will lose because the retail market will be diluted, with lower trade volumes, businesses will increasingly fail, and prices will rise accordingly. Second, there is already a substantial public investment in the downtown area, which takes the tangible form of public buildings, water and sewage facilities, and streets and traffic control systems. There is also substantial historical and cultural investment in this area. Finally, it can certainly be argued that there is an important public interest in not parking over quality agricultural land when other sites can be altered to meet shopping needs.

Revolitization

The Revitalization View
The third view of downtown is that it is not possible to replace downtown as a major regional center. This view is based on the assumption that downtown is both possible and desirable. That does not mean it will be easy. To be convincing, the revitalization center, according to the consulting team studying this question, downtown needs five new centers. From the outset, there is a focus on new areas and surrounding communities; 2) more parking facilities and on-street parking; 3) more retail space to provide incentives for the consumer to shop in Manhattan rather than Koreatown or elsewhere; 4) the integration of increased retail space with civic, recreational, and leisure activity spaces; and 5) a new image. Findings of the consulting team addressing these issues, and other evidence, support the following:

1) Better access to downtown is a problem already being attacked. An earlier study has documented the need for a southern arterial and planning for such a trafficway is currently underway.

2) Availability of parking facilities is a problem also nearing resolution. There is currently a benefit paid plan to enrich the City Commission which, if approved, will create 172 additional spaces on three lots downtown. Solutions for improving the short-term circulation should follow logically from the location of new retail sites, new parking sites, and construction of the southern arterial.

3) More retail space is critical if the community is to encourage local shoppers to shop in Manhattan, not elsewhere. The consultants’ report presents substantial evidence that local retailers are losing business to outside merchants. New retail space will allow merchants to move closer to the edge of the downtown area. If they do not, the concentration of downtown retail operations from downtown to the edge of the city. The consultants recommended a new development of existing downtown space. Evidence suggests this challenge is likely.

4) The integration of public and private space is critical. According to the preliminary report of Project manager for the consultants, downtown is presently not a particularly pleasant place for shoppers; it is not physically conducive to congregational gatherings. Manhattan urgently needs a place which has become the focus of downtown as a place where things can happen, which matches better with the needs of public facilities (e.g., restrooms, benches, drinking fountains) are needed. Such places are particularly disturbing since there is a major concentration of public buildings in this general area. A new development of existing downtown public facilities together with increased retail space is needed.

5) Finally, the question of a new image. Speaking at a recent presentation to the City Commission, Ron Stracke, architect and urban planner, emphasized the importance of Manhattan’s historical connection with the past. He also noted that new downtown public buildings and spaces must reflect the past in a way that is authentic itself on Poyntz, and the distinct character of the architecture which remains downtown. Other image concerns, however, are strictly contemporary.

Business hours vary widely downtown, though uniform hours would be good for the consumer. Lamont notes that in the highly successful Boulder, Colorado mall, pedestrian areas are often crowded because it is an active, vital, people-oriented center. This seems to be what Manhattan is missing. The city is a summer is the closest thing Manhattan will have to a center of community life, and indeed, downtown could fit the role not only for the rest of the year, but also year-round.

Cover Stone Detail, Riley County Courthouse, Downtown Manhattan

Conclusion
What the foregoing suggests is that while revitalization of downtown will not be easy, it is both possible and desirable. A unique position, by virtue of having recognized the central issues long before downtown revitalization seriously deteriorated. Manhattan can follow the lead of other progressive U.S. and European cities. European cities have long placed a high value on central business districts. Their gasoline prices were so high that travelling to the city’s edge or farther for shopping was not possible. This is a situation which from which we should now be willing to learn. Many American cities have begun to redevelop their downtowns successfully. Prominent examples abound: The Gallery in Philadelphia, Boston’s Faneuil Hall, or, more comparable to our site, Boulder, Colo. Why should the average citizen support redevelopment of downtown? The advantages are clear. Manhattan needs a people-oriented place where one can not only shop, but also meet people, socialize, be entertained, or simply take a leisurely stroll and get something to eat. Other sites may offer shopping, but that will be about it. Manhattan has always placed a high value on a sense of “community,” and an interest in downtown as the center of community life is only natural. Downtown Manhattan can be the focus of our community, and acting together, we can make it that.
The Courses

Community

6. OKRA
Riley County Historical Museum
Downtown Redevelopment
If You've Seen One Rural Village

7. Wheels for Manhattan?
AHE Tractordrome Support Group
The Outreach Conference
Food for Thought
Village Film Series
International Film Festival Workshops
Colloquium on Human Survival

8. Lawyer's Series
Town Meeting on Public Television
SPR/UMF Film Series
Introduction to Genealogy
Critical Thoughts

9. Lifelong Learning School
Childcare Cooperative
Mothers of Pre-School Children
Your Money or Your Life
What is La Leche League? What is Montessori?

10. Eat Right-Be Bright
Guided Affective Imagery Ages 5-12
Sports for Kids
Puppetry, Storytelling & Movement
Exploration in Art

11. Honest:
Free Tires: Boom or Doo? Slam Along With Frank
Legal Rights of Older Persons
So You Still Want to Learn
Cosm & Con Artists
Free Tax Assistance for the Elderly
Staying at Home = With Care

Crafts

12. Calling All Quilt Owners
UMF Spring Crafts Fair: Going Crazy Over Quilts

13. Macrame
Needlepoint

14. Crochet
Decoupage
Origami
Fundamentals of Rug Weaving
Gem Stones
Tatting
Crafts for Kids

15. Beginning Quilling
Candle Making
Sock Darning
Rug Braiding

16. UMF Pottery Studio
Raku Firing
Wind Chimes
Throwing on the Pottery Wheel

Finer Arts

17. Disco Dance
Beginning Eastern Dance I & II
Music Instrument Maintenance
Woodwind Ensemble
Acting for the Non-Actor

18. Fingerpicking Guitar
Traditional Bluegrass Music
Clay Dancing
Kansas Folk Arc
Advanced Guitar
Basic Slide Guitar

19. Stained Glass Orientation
Music Appreciation
Care of Keepsake Clothing
Drama Reading
Calligraphy
Antiques
Watercolor or Oil Painting
Easter Egg Painting

20. Rosemaking
Floral Arranging
What is the SCAT?
Foods
The Joy of Crops

21. Cookie Baking
Easy Home Preparation of Baby Foods
Homemade Noodles
Shepherd's Pie
Cooking With Herbs
Cooking the Microwave Way
Real Easy Homemade Pizza
Sukiyaki

22. Hot Fudge Pudding
Tass for Pleasure
Wine Enjoyment
The Great American Potato Revival

23. Storage of Foods
Home Canning
Emerytwo in the Supermarket
Four of Kid
Lone Star Beer Breads
Fruit Leather
International Cooking
Freezing and Drying Foods

Earth

24. Small Farm Diversification
Building a Loirena Stove Workshop
Sweekeeping
Organic Pest Control
Look Men and Dogs, I Can Grow Peanuts

25. Faner's Marketing Study Group
Getting the Most From Your Garden
African Violets
Gardening in the Closet
Self-Sufficient Backyard
Spring 2099 Auction Events
The Land Institute Visit

26. Who Lives on King's Creek
A Nature Walk for the Hardcapped
Hiking Trails in Kansas
Abilene Plants
Wildflower Identification
Cattails Scavenging Hunt
Equestrian Care
Weather What the Groundhog Won't Tell

27. Daily Goods
The Universe
Hypnosis
Solar Eclipse - 1999
Growing Tropical Planting Plants
Heating with Wood

28. Solar Series
Appropriate Technology Group
Home Improvement Seminar
Cabinet-Making

29. How Do They Build a Car?
Auto Communications
Bicycle Care & Maintenance
Weather Radar
House Wiring
Wiring & Tune-Up and Sing Along

30. The Art of Grantmanship
Investment Basics for 1999
College Credits at Home
Beginning Magic
Haircare
Skin Care & Makeup Application
Black Hair

31. Jobsearch/Resume Writing
Beginning Typing
Beginning Typing
Beginning Typing
Text Recovery
Basic Sig Language
Dog Training: The Basics

32. First Aid Multimedia
Practicing Aides Systems
Rave for Life/One Person CPR
Feedback Introduction
Test Anxiety

33. A Psychology of Synthesis
Hatha Yoga
On Top of Old Smokey
Stress Ills and Stress Skills
Into to Transactional Analysis

34. Women's Center
Susan B. Anthony Day
Kanisa Legislature and Women's Issues
 Choices for Kids
Women's Program

35. Parent-Infant Separation
Creating a Human Being
Bring Your Babies
An Evening Seminar on Paul & Women

36. Young-Old Dialogue
Assertiveness Training
Soulmates
Singles Together

37. Career Choice Assistance
Working With Volunteers
Couples Communication
Intro to Soto Zen
Sculpting
New Directions in Life

38. A Course in Miracles
The Reality of Love
The Practical Jesus
Guided Affirmative Imagery I & II
Re-Evaluation Counseling

39. Cycling
Physical Fitness Through Walking
Rhythmic Aerobics

40. Backgammon/Chess
Doomsday & Dragonfly
Afternoon Basketball
Pocket Billiards Techniques
AutoCross/Road Rally
Jigsaw Puzzle Competition
Dial-a-Partner

41. Volleyball for Fun
New Games/Volleyball
Ultimate Disc/Futsal
Spades/Bid Whist/Bridge

42. Running
Physical Fitness
Myocarditis
Beginning Judo
Soccer in Manhattan
Cross Country Skiing
Fundamental Sabre Fencing

43. Swimming
Quaking Club
Tennis for Fun
Down-River Canoeing

44. Summer Camps
Search for Summer Camps
Camps for Kids
Kids Sign Up
COMMUNITY

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

MARCH REDEVELOPMENT: WHERE DO WE GO FROM HERE?

Sign up at registration and you'll be contacted

The city of Manhattan is currently engaged in a study of the transportation needs of our community. The consulting firm of Wilbur, Smith, and Associates from Denver, Colorado, charged with examining this question, will explain the transportation topics they are studying and will be looking forward to receiving citizen input on the transportation needs of Manhattan community members.

AM TRACTORS AND SUPPORT GROUP

Jin Converse and AM members

Day tractors arrive at the White House, 12 noon

One time, date to be announced

Location: City Hall Park Lot

11th and Poyntz

Bring your tricycles, skateboards, pedicabs, snow shoes, and dog sleds or other home/oragnized powered conveyances for a non-mechanical show to show our support to farmers and affirm our faith in simpler ways to do it. Also bring peanuts. (Win used to be a farmer until he was driven out by the cost price squeeze in 1961.)

THE OUTDOOR CONFERENCE IS ALIVE AND WELL AND LIVING IN A LAND GRANT

Julie Goert

Sign up at registration and you'll be contacted

This is a coming out party for the long awaited "Agenda of the Land Grant University." Come, meet those involved with the Land Grant Conference and find out what is new in the land of democracy and the People's College.

(just a friend of innovative education, a former 4-H'er, and has done research in the history of the land grant college.

FOOD FOR THOUGHT

Edith Stunke

532-5866

Douglas Stunke

532-5765

Jin Converse

776-1413

The time has come for a different approach to world hunger. Please sign up for each individual section.

Section I:

Tall Grass Hunger Conference for Youth, July 14-15, Tall Grass Research Center, Tomoka, Kansas. This conference for 3,000 people ages 12-25 (and interested others) will illuminate youth's ability to make a difference in this world. A $10 registration fee will be waived for those involved in the planning of the conference. A planning meeting will be held Feb 25, 7:30pm at the Heagy Center, 4202, 4th.

Planning areas include food, transportation, music, equipment, and publicity.

Section II:

Creating a Hunger-Free World: Community Exploration Group to the kick off meeting Friday, Feb 20, 7:30pm at the KSU, International Center as we formulate plans to meet with community groups in Manhattan to visit with them about world hunger. The findings of these meetings will contribute to the 2nd Annual World Hunger Conference Fall in Manhattan.

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VILLAGE FILM SERIES

Bill Dorsett

532-1996

Wednesday, 7:30pm

Location: KSU, International Center

We will be screening village life from different continents and political structures through a series of films in one hour showing will carry us through a span of time from the old order Amish to Tibet.

Feb 21

Old Order Amish

China 

Feb 25

Nepal: Himalayan Kingdom

Stone of Eden, Persia

Mar 7

China, Life on the Land

Romanian Village Life

Indian Village Life

Mar 21

Bali Today

Tibet

Amazon, People, and Resources

INTERNATIONAL SMALL FARM & VILLAGE WORKSHOPS

Bill Dorsett

532-1996

International Student Center

Monday, 7pm

First meeting: Feb 19

Location: 9 Union

Location: KSU, International Center

American and international small farm communities have similar problems of producing enough marketable surplus to pay for increasingly expensive farm inputs, housing, health, and community needs. Please join us in planning a series of workshops which will be held this Spring. The workshops will include:

Mar 4

Small Farm Mechanization and Energy

Mar 31

Low Capital Small Mixed Farming

Apr 7

Community Health and Nutrition

Apr 21

Village Development and Low Cost Housing

COLLOQUIA ON HUMAN SURVIVAL: SPRING SERIES 1979

The Colloquia on Human Survival is a faculty and community group which discusses human survival in the context of the physical and environmental constraints, and the social, economic, and cultural patterns. The following series is scheduled for the following dates from 3:30-5pm in the KU union, room 212.

For more information contact Edith Stunke at 532-5866, 776-3624.

Feb 22

"Problems of Developing Nations," Are their causes largely by internal rapid growth, scarce natural resources, or an aggregational Manhat- tan-Imperialism? Patrick Freeman and Phil Alchuk.

Mar 29

"Capitalism and Land Use Patterns," Exploration of global trends, problems and opportunities in the way we use the land. Charles brushing, Ivan Neflinger, Ray Weisbender.

Apr 26


COMMUNITY
Thanks to the cooperation of several local attorneys, LFMI is now able to offer sessions on important legal questions. All classes will be held at 7:30 p.m.

Feb 27 Estate Planning for Young Hawaiians
Kent Uehara 532-9188
We will discuss the advantages, benefits, and advantages for the young family.

Mar 20 Legal Research
Rodney Olsen 776-9222
This class will investigate local resources and methods available for doing your own legal investigation.

Mar 21 Criminal Justice: A Practical Application
Rodney Olsen 776-9222
We will take a practical look at criminal law in the state of Kansas.

TIME, MEETING, ON PUBLIC TELEVISION IN KANSAS
Robert Fisher 532-6086
Julie Gevert 532-5816

Tuesday, 7pm
One time, Feb 27
Location: Manhattan Public Library

Julieta and Pymont
Should public television be available to all Kansans? The KSU Department of Journalism and Mass Communications along with individuals of the Manhattan community invite the public to a forum which will examine the present legislative proposals for statewide public television and other issues surrounding public television in Kansas. A panel which will include representatives from the Kansas Public Television Board, Channel 11, and the Kansas Legislature will be on hand to answer questions and present their comments. (Robert is assistant professor of journalism and mass communications at KSU and Julie is an interested individual.)

STUDENTS FOR POLITICAL AWARENESS/FILM SERIES
The following series is sponsored by Students for Political Awareness at KSU and University for Man. All films will be shown Tuesday at 7:30 p.m. in the KUU Union. Admission is free and discussions will follow the films.

Feb 27 "Urban Shock." An exploration of the disease and implications of current events and condition

Mar 6 Corporation
A candid documentary about the corporate mind, its attitudes, goals, and ethics.

Mar 20 "Bet Is This Progress?"
An analysis of today's youth and their values as the product of the urban revolution.


Apr 3 "Lovejoy Nuclear War.
A self defense trial

Apr 5 "Vindication of Samuel Lovejoy against New Hampshire's nuclear industry.

INTRODUCTION TO GENEALOGY
Elaine Olsen 538-4542
Tuesday, Thursday, 7pm
Length: 2 hours
First meeting: March 20, March 22
Location: KSU, Eisenhower Hall, Rm 225
This class will be a beginner's course in family history. It will include basic procedures for collecting and recording family records, and the importance and availability of public records, including census, vital statistics, probate, land and military records. There will be no preview sheet for those at the class. (Elaine is the Riley County Genealogical Society President.)

CRITICAL THINKING CONCERNING THE AMERICAN DREAM PHYSICIAN
Dave Colbert
I.M. Brown 776-5589
Sundays, 6pm
First meeting: Feb 18
Length: Indefinite
Location: 710 SW 6th

The left is alive and well in Manhattan. Beginning with the premise "for a ruthless criticism of everything existing," our goal is to evaluate critically various aspects of American culture, including the role of education in forming the American consciousness, the development of the consumer culture, and the role of advertising in American society. We will also discuss from a critical perspective, recent popular movies and novels. Further entertainment will include teas, talks, and playing games (class struggle). (I.M. and Dave have taught classes for LFMI over the past few years.)

LIVING-LEARNING SCHOOL
Dave Hursh 539-1677
Lori Scott 539-2766
Living-Learning School 776-7350

The Living-Learning School is an elementary through junior high school which uses an open classroom, ungraded and individualized learning approach with their students. The teaching staff would like to invite you to join in one or more of the following events, located at 1011 Osage.

Mar 25 Open House: This will be a time to tour the school and discuss questions about the curriculum and discuss the child's needs. Saturday, 2-5pm
Mar 28 How to Teach in the Open Classroom: This will be an opportunity to discuss teaching strategies and alternative structures. Wednesday, 7-9pm
Volunteer to Actually Work in the Classroom: This is a chance to share your interests and talents with children in the curriculum of the school. Call 776-7350 for more information.

HOW TO ORGANIZE AND OPERATE A CHILDCARE COOPERATIVE
Sue Barton 537-3654
Norma C Moore 537-9979
Wednesday, 7:30pm
One time, March 21
Location: LFMI Conference Room 1221 Thurston

Low cost quality child care, especially if you do not make as much income as you need, is often difficult to find. A cooperative childcare program can provide a place for your child to receive quality childcare and can be a fun way to meet new friends, and to maintain the help it gives the parents. We will discuss the ins and outs of beginning and maintaining a babysitting cooperative for children of all ages. (Sue and Norma are participating members of a local childcare cooperative.)

MOTHERS OF PRE-SCHOOL CHILDREN
Sheryl Swenson 539-8166
Laurel Rice 539-2164
Beverly Miller 539-2406
Thursdays, 9:15-11:30am
Length: Indefinite
Location: First United Methodist Church 612 SW 6th

Please join us for coffee and conversation at the monthly meetings of Mothers of Pre-School Children. For the past ten years, the purpose of this group has been to establish a closer relationship with our children by discussing their needs and meeting those needs with love and understanding. A nursery is provided - please call for reservations.

Mar 12 "Understanding and Dealing with Feelings in Our Children" by Dr.갭

Apr 12 "Planned Movement Experiences for Pre-Schoolers - Who and What?

May 10 "What Can I Do To Enhance My Child's Reading Readiness?"

YOUR MONEY OR YOUR LIFE?
Suresh Chandra 776-4976

Tuesdays, 7:30pm
First meeting: Feb 27
Length: Indefinite
Location: 1304 Main Ave

We will examine the cost, quality, and politics of health care in the U.S. The class is intended not only for intellectual stimulation, but also to identify issues and consider what actions can be taken to bring about change. (Suresh is an internist in the health system of the U.S.)

WHAT IS A LEAGUE? GLUE?
Kay Rign 539-2468
Tracy Hudson 776-7613
Saturday, 10am
One time, Mar 10
Location: LFMI Conference Room 1221 Thurston

Wondering about breastfeeding or if you should attend a La Leche League? Come and find out what we're all about! Fathers are welcome at the session, as are, of course, babies. (Kay and Tracy have breastfed their children and have been certified La Leche leaders.)

WHAT IS MONTessori?
Kathleen Hursh 776-4416, 539-1677

Sunday, 7:30pm
One time, Feb 24
Location: Summey Children's Center 503 N. 6th

Limit: 20

I would like to share the joys and the magic I feel while working with young children, using some ideas and methods devised by Maria Montessori. We will meet in a pre-school equipped with Montessori materials and talk of the early history of the Montessori approach and its growth, the different areas of the classroom environment, and the role of the employer in the development of the whole child. There will also be slides showing children working in the classroom with Montessori equipment. (Kathleen has taught children 0-5 years of age in a Montessori environment for 5 years.)
PUPPETRY, STORYTELLING & CREATIVE MOVEMENT

Jane Barnes
353-9866, 537-2641

Thursday, 3:45:30pm
First meeting: February 22
Length: 6 times
Limit: 10, ages 4-6
Materials fee: $1, pay at class

Several art forms for active child expression are combined in one class. How to make and use puppets will be the major emphasis of this class. We will also tell our favorite stories and learn new songs, records, rhythm instruments, and child-made sounds will be used to help the children explore what their bodies can do.

Janelle is the director of UPW Evening Childcare and is anxious to share her enthusiasm for the arts with children.

EXPLORATION IN ART

Helen Gabbett
537-1913

Thursday, 7:45:15pm
First meeting: March 1
Length: 6 times
Limit: 12, ages 2-3
Materials fee: $1 (supplies), pay at class

We will be doing some media exploration from fingerprints to paper mache and weaving.

(helen is a recent graduate of KSI in Art Education.)

Guided Affective Imagery for Ages 5-12

Nell Schenker
539-5766

Wednesday, 7pm
One time, March 1
Limit: 10, ages 5-12

Using our imagination, we’ll take a fantasy voyage through space and time, perhaps to unexplored dimensions and galaxies. Afterwards, we’ll draw pictures of our experience. Bring a blanket and pillow.

(Nell has had many successful G.A.I. sessions with young people and is a teacher at the Learning-Living School.)

Sports for Kids

Donnell Garrett
359-8211

Kate Wilkins
532-5865

Tuesdays, 4:30:50pm
Length: 6 weeks
First meeting: Mar 6
Limit: 10, ages 9-12

This class will be a chance for both boys and girls to learn new games, such as human croquet and croods and develop sports skills. The class will be held outside as often as weather permits. Come prepared to play hard.

(Donell is a recreation intern with UPW. Donnae plays on the KSH football team, and both enjoy playing and teaching sports of all kinds.)

10 Community

Aging Series

Harvest

Charly Kezopenhoe
776-4511

If you’re over 60 and would like to talk or write about your past, we may be able to form a group.

Groups already meeting at the Adult Learning Center, Location: Parent Council, 2031 Geeret Rd., are: Oral Renaissance Workshop, Thursday, 1:30pm. For more information call 776-4511.

Face to Face Book Club

Marianne Freeman
776-7378, 776-7373

Edith Stankel
776-3824, 532-5945

Thursday, 7:30pm
One time, Mar 15
Location: Manhattan Public Library
Juliette & Pauline
Limit: 30

Have you thought about retirement? Come, explore an innovative approach to retirement planning. Three games and activity analysis tools will be used to examine your current, projected and ideal uses of discretionary time. These games are easy and fun, and help create a comprehensive environment for discussion.

(Nancy is a retirement specialist at the North Central Kansas Guidance Center and Edith is Director of the KSU Center for Aging.)

TIME ALONG WITH FRANK

Frank Amberg
537-9664

Section I: Tuesday 7pm Mar 20
Location: Apartment Towers
300 N 5th

Section II: Thursday 7pm Mar 15
Location: Carlson Plaza
415 Pierre

Section III: Friday 12:30pm Mar 16
Location: Manhattan Community Center
901 Ymm

This will be fun! Frank is enthusiastic about teaching the shop class-Long. Having done good voice is not a prerequisite.

(He is the Manhattan Recreation Director before retirement.)

LEGAL RIGHTS OF OLDER PERSONS

Smilla M. Reynolds
1-296-4898

Tuesday, 2:30pm
One time, Mar 20
Location: Apartment Towers
300 N 5th

This course is an introduction to various areas of the law which specifically affect older persons. The topics which will be briefly discussed are guardianship, age discrimination, public benefits, consumer claims, housing, home law, and estate planning.

The purpose is to assist you in recognizing some legal problems which you or other persons you know may face. The course will also describe legal services which are available for older Kansans with legal questions.

(Smilla is an attorney with the Kansas Department on Aging and coordinates legal service programs for older Kansans.)

So You Still Want to Learn

Debbie French
532-6945, 776-7238

Monday, 7pm
One time, Feb 19
Location: UPW Apt. Towers
300 N 5th

Does Astronomy, history, or American literature interest you? There is now an opportunity for Kansas seniors to participate in the Senior Scholars Program. People 60 years of age and older now have an opportunity to audit college courses on a space available basis at KSU, without tuition. Come, visit with Debbie and learn about the new learning opportunities available to you through the Senior Scholars Program. (Debbie is involved with the Center for Aging at KSU.)

Concert for Children

Larry Woodard
Wednesday, 7pm
One time, Mar 18
Location: Carlson Plaza
415 Pierre

The ‘Piper Drop’, ‘Three Card Monte’, and insurance fraud are con games where the elderly are often the victims. We will discuss many of the problems the elderly have in dealing with fly-by-night sales people and con artists, and will suggest some ways to deal with these people.

(Larry is an inspector at the Riley County Police Department.)

Free Tax Assistance for the Elderly

Rhoda Gavitt
776-9924

Section I: Tuesday, 7pm Feb 20
Location: Carlson Plaza
415 Pierre

Section II: Thursday, 7pm Feb 23
Location: Apartment Towers
300 N 5th

Come and find out how our VITA volunteers can help you with your State Income Tax, Real Estate and Food Sales Tax Refund.

(Rhoda is the Assistant Director of the Consumer Assistance and Information for the Aging and this is the second year she has been Volunteer Income Tax Assistance Coordinator for the Manhattan area.)

Staying at Home — With Care

Nancy Marks
539-1304

Marvin Kitzer
Wednesday, 7:30pm
One time, Mar 17
Location: Carlson Plaza
415 Pierre

Health and social services available in Riley County which allow the older citizen to remain in his/her own home, as long as possible, will be discussed, such as eligibility, and methods of payment for services.

(Nancy is the Director of Riley County Health-maker Services, Inc., and Marvin is a Social Work Instructor at KSU.)
CALLING ALL QUILT OWNERS/COLLECTORS/MAKERS
Carole Chelz 532-0813
Bebu Alliance 532-3724
Enola Gish 532-8350
Enola Gish

Saturdays, 1pm
First meeting: Mar 3 and/or Mar 10
Length: 5 hours
Location: UPM Fireplaco Room

UPM would like to preview quilts for the community quilt exhibition to be held May 27-30, 1980. If you have a quilt in auction or in your collection, or if you wish to exhibit your work, bring your quilts to the UPM house on the above dates and we'll look at them.
(Carole is a collector of quilts, Enola Gish is a Kansas quilt expert and Bebu is very interested in quilts.)

GOING CRAZY OVER QUILTS
Julie Coates 532-8686
Carole Chelz 532-8813

As part of the Community Quilt Festival to be held April 27-May 20 at the Manhattan Public Library, and the Riley County Historical Museum, there will be an exhibition of quilts, from traditional to modern, representing a broad variety of quilts including traditional Kansas quilts, patchwork, applique, crazy quilts and others. In addition there will be a series of classes and events related to quilting. All classes will be held in the Manhattan Public Library, 7th Street, unless otherwise noted.

Manchester Quilter's Guild: Established in January, the purpose of this group is to stimulate interest in quilting, to educate the community about quilts and to promote the art of quilting. If you are a quilter or want to become one call Gloria Kenton, 776-9044 for more information.

May 1-April 1 "60 Kansas Quilts" will be on display, Capital City sponsored by the Association of Community Arts Councils of Kansas. This show will travel to different areas of the state.

May 2 2-4pm
Quilting in Kansas, by Enola Gish, known as "the Quilt Lady of Kansas," Enola has traveled across the state, meeting with groups and individual quilters. She will show slides and put on some of her finest quilts. Enola will give the annual quilt show at the maple leaf festival.

May 3 8pm
Quilting Demonstration by Nancy Wakefield (776-0100). Tips on techniques and supplies to make a quilt as well as new products for quilting.

May 4 2-4pm
Preservation of Antique Quilts: Margaret Grady of UPM's Department of Clothing and Textiles will give tips on cleaning, repair, storage and display of fine quilts.

May 6 8pm
Quilting Demonstration by Nancy Wakefield, (776-0100). Tips on techniques and supplies to make a quilt as well as new products for quilting.

May 8 7:30pm
Quilting Demonstration by Nancy Griffin, (1-405-777-9273). A self-teaching quilter who has been making quilts for over five years, will teach how to design quilts with bombe work, quilting and applique. (Folks should have the basics down)

May 10 4pm
A History of Quilts - Gloria Kenton, (776-9044). Co-organizer of the Manhattan Quilting Guild and quilter will discuss the history and fabrics of American quilts, emphasizing the period from 1800-1850. Examples of new and old quilts will be shown.

May 5 2-4pm
Identifying Quilt Patterns: Carole Chelz (532-8813) former curator with the Evergreen Museum in Syracuse, NY, and antique quilt collector, will give a slide presentation based on the Whitney Museum of American Art's exhibition "American Quilts," which launched a reawakening of interest in quilts and their relation to the contemporary arts. The quilting patterns seen in the slides as well as those in the display will be identified and discussed.

Beginning May 5, 1980

UPM SPRING CRAFTS FAIR
Juli Coates
Irene Levy 532-8686

Saturday, Apr 29, 9am-5pm
Sunday, Apr 30, 9am-5pm
Location: UPM House

Entry fee: $3, pay at registration

Sign up to sell your crafts at the Spring Crafts Sale. The entry fee will cover publicity costs, and we ask 10% of your proceeds help the UPM Building Fund. Due to the limited space and large response of crafts people in the past, we will probably have jury selection of crafts for this sale. We plan an organizational meeting for Saturday, Apr 3, at the UPM House. Sign up now and you will be contacted with more details.

12 Crafts

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BEGINNING MAMAL
Jan O'Briant
Tuesdays, 7-9pm
First meeting: Feb 20th
Length: 8 times
Location: UPM Kitchen

Materials fee: $3.50, pay at class

In this class you will learn the most important basic knots. Then your first project will be a wall hanging. We will teach you how to follow a pattern and basic construction methods. Bring a yard of a solid color fabric.

BEGINNING MAMAL II
Rosanne Mikens
Thursdays, 6-8pm
First meeting: Feb 22
Length: 6 weeks
Location: Tom's Hobby & Craft
716 E. Newman

Limit: 6

Children can learn to macrame. Come and tell your friends how you learned an easy craft. Work at your own pace with our expert help. You can make beautiful hangers, wall hangings or purses. (Rosanne enjoys teaching people and teaching crafts to others whom she has been teaching crafts for 5 years and macrame is her specialty.)

ADVANCED MAMAL
Jan O'Briant
Thursdays, 7-9pm
First meeting: Feb 20
Length: 8 weeks
Location: UPM Kitchen

Materials fee: $2.50, pay at class

This is for students who already know the basic knots. Each student will pick a project of his/her choice. The class will focus on more difficult projects and learning some of the more advanced knots. Each student should be able to complete at least one advanced project during this class.

Weave this: Macrame in Macrame for two years and has eight years of macrame experience.

MACRAME
Molly Goldstein
Molly Goldstein is a Macrame studio on decorative tools, wall hangings, pillows and more. She has been doing Macrame for years and has taught this craft to many people.

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Crochet
Maril Thomas 776-4803
Tuesdays, 9:30-11am
First meeting: Feb 20
Length: 4 times
Location: Carlton plaza
425 pierce, 3-B
Limit: 4
Simple crochet is well adapted to the wants of everyday life and decorative use, as it requires minimal skill in execution. It resists wear and tear and costs a comparative trifle for materials. Crochet can be done with almost any thread material. Bring crochet hook and yarn.
(Mrs. Thomas has been crocheting for the past 67 years. She is very much interested in teaching this craft to others.)

Decoupage
Dr. Daniel P. Ehlers 537-0267
Wednesday, 2pm
First meeting: Feb 21
Length: Indefinite
Location: UPM banquet room (1st meeting only)
1221 thurston
In this class we will learn the basics of this art. You can take it from there. If you have photographs or other items you wish to preserve, come and learn decoupage. A number of students produced some beautiful pieces last fall.
(Dr. Ehlers has been interested in and has made many kinds of crafts for many years.)

Origami
Makiko & Shunsuke Yamashita 539-0180
Mondays, 5pm
First meeting: Feb 19
Length: Indefinite
Location: A-7 jardine terrace
Limit: 6
This class will meet at sun on Monday, Feb 19 and then set up a regular meeting time. This class is an introduction to Japanese paper craft. The group will learn to make birds and other animals with beautiful Japanese papers.
(Makiko and Shunsuke are students at KSU and learned Origami in their native Japan.)

Fundamentals of Rug Weaving
Harold Nye 537-0866
Mondays, 7:30pm
First meeting: Feb 19 (organizational meeting)
Length: Indefinite
Location: 724 moro
The class will meet for a general discussion of materials, preparation of material, etc. As weaving is a personal art rather than a class art, time of weaving will be determined by the members themselves. We hope that everyone can make a rug of their own design and weaving. All are asked to attend the meeting on Monday, Feb 19.
(Harold has been weaving rugs as a hobby for nearly 30 years. He tries to keep a few rugs, made from various types of material and different patterns of weaving, available for display and sale.)

UPM Stores
Dr. F. C. laney 537-7599
Tuesdays, 7:30pm
First meeting: Feb 20
Length: 4 times
Location: Ksu, willard hall, rm 114
Limit: 20
This class will increase your knowledge and appreciation of gem stones. Natural, synthetic, and fake stones will be discussed. Emphasis will be placed on properties such as color, hardness, fire, etc. that make a good gem. Examples will be displayed.
(Dr. laney is a retired chemistry professor with considerable experience in faceting gem stones.)

Tatting
Ette Edwards 776-7975
Section I: Mondays 9:30-11:30am Feb 19
Section II: Fridays 2:30-4:30pm Feb 23
Location: Barton Manor
2102 clifflin
Limit: 5, each section
Dress up clothing with beautiful handmade lace or make pendants, tablecloth and any number of items! Bring tatting shuttle and coarse thread or string.
Mrs. Edwards recommends ordinary string for learning and then moving to the finer tatter. (Etta has taught tatting through UPM in the past. She has been teaching for 75 years.)

Crafts for Kids
Susan Williams 776-9461
Section I: Saturdays Feb 24 10am-12noon
Section II: Saturdays Feb 24 2-4pm
Location: Tom's hobby & craft
716 n. manhattan
Limit: 5, each section
These classes will cover a number of different crafts. We will have two different classes running. Section I is for children 3-12. Section II is for children 6-8. Learn macrame, quilting and pom pom animals.
(Susan is talented in many crafts and has taught UPM classes for several years.)

Beginning Whittling
Les Bronson 776-0948
Tuesdays, 7:30pm
First meeting: You will be contacted
Length: Indefinite
Location: UPM banquet room
1221 thurston
Limit: 5
Rock & Materials fees: $5, pay at registration
The first class will be a discussion of 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 chips off an object to create something. The object being whittled is held in the hand while 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.
(Les has been whittling for 5 years.)

Candle Making
Neil Schanek 539-5706
Wednesday, 7pm
One time, Apr 11
Location: UPM kitchen
1221 thurston
Limit: 10
Materials fees: $1, pay at registration
First we'll discuss the basics of candle making: candle types, waxes, wicks, melts, colors, scents, safety, troubleshooting, and various 'tricks of the trade.' Then everyone can make their own personalized candles. Bring questions, problems and neat ideas.
(Neil started out making sand candles on beaches and has taught this class twice before.)

Sock Making
Verda Cleatig 776-0594
Monday, 2:30pm
One time, Feb 17
Location: Apartment Towers
300 N 5th
Limit: 10
Socks 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 real hiking socks or those argyle bring a darning needle, a sock with holes, and matching darning cotton or wool. By using the same technique you can mend holes in slacks and sweaters.
(Verda has been darning for 61 years, since she was a young girl.)

Rug Braiding
Judy Cloud 539-5133
Thursday, 7:30-9pm
First meeting: Feb 22
Length: 3 times
Location: 1719 Laraway
Limit: 12
Rug braiding has been a rewarding craft for women throughout the ages. We will make rugs from discarded garments or whatever is available. A small round rug will be made. How to prepare material, lace, and join strips will all be taught.
(Judy has made four room-sized rugs from discarded clothing and blankets. Each rug, which cost less than $12 to make, is still beautiful after 27 years of use.)

Crafts 15
MIND CHIPS
Rick Knight 776-6200

Saturdays (alternate), 10am
First meeting: Feb 24
Length: 4 times
Location: UFM Pottery Studio

Limited
Materials fee: $15, pay at registration

Each lesson will introduce a different project, starting with wind chimes and going on to wooden pots, plates, and sculptures. You will be able to use the pottery studio between class meetings and for the rest of the semester to continue working on your clay pieces. Fee includes 10 pounds of clay, one kiln, and all materials.

INTRODUCTION TO WHEEL-THROWN POTTERY
Jerry Berkowitz 539-8973

Saturdays, 1pm
First meeting: Feb 24
Length: Indefinite
Location: UFM Pottery Studio

Limited
Materials fee: $15, pay at registration

We will concentrate on preparing clay, centering, making simple forms, glazing the finished pieces, and glaze-firing. Fee includes clay, glaze and kiln firing.

THERAPY ON THE POTTERY WHEEL: A REHABILITATION
Harold Moore 776-6904

Sign up at registration and you will be contacted
One time
Location: Durbin Site

Limited: 10

Have you ever wanted to watch a master potter at the wheel? Harold will demonstrate how to throw some pottery forms. He will also show you his studio and the kiln which he constructed in his back yard. Attend and you will have the opportunity to watch the demonstration.

Fine Arts
For questions about Fine Arts, call Melody Williams at 532-5666.

MUSICAL INSTRUMENT MAINTENANCE
Chris Banner 776-5662

Saturday, 10am-12pm
One time: Mar 3
Location: 514 N. Juliette

Chris will demonstrate general preventive maintenance for your musical instrument. He will cover techniques for replacing strings, cleaning, and polishing, as well as special needs and peculiarities of each instrument. Please indicate on your registration card what musical instrument you need to maintain.

ACCESSIBILITY ENSEMBLE
Jim Shaneau 532-6050

Wednesday, 7:30pm
First meeting: Feb 20
Length: Indefinite
Location: 1416 Breath

All wind musicians who enjoy ensemble playing are welcome. We play music from baroque to modern. Some music is available, but participants are asked to share any music they may have. We occasionally perform in public.

ACTION FOR THE NON-ARTIST
Samarah Adrian 776-5666

Sundays, 7:30pm
First meeting: Feb 18
Length: 2 times
Location: KSO, Union, RM 206

This class is designed to introduce students to the various forms of acting to the non-actor so that she can discover the potential fullness of his/her self. (Samarah has worked in amateur and university theatres for ten years and has taught this once before.)

16 Crafts
FINE PRINTING GUITAR
Jim Wiley
753-8869
Thursday, 7:30pm
First meeting: Feb 22
Length: Indefinite
Location: St. Paul’s Episcopal Church
6th & Poyntz
Limit: 10
This class will deal with intermediate fine-printing techniques and is intended for people who have at least a basic command of fine-printing. We will try to learn some fairly difficult songs in this style. Come prepared to play; I intend for us to learn from each other. 

FINALE OF TRADITIONAL BLUEGRASS MUSIC
Joyce & Duke Dana
Sunday, 2:30pm
One time, Mar 26
Location: UFM Firelace Room
1221 Thurstom
This class will provide an explanation of the origin, history and development of bluegrass music, a description of what it is and a demonstration of how a bluegrass group functions. This class is for anyone interested in bluegrass music. 

CLOSE DANCING
Marry Stahl
Becky Paden
Friday, 7-9pm
One time, Mar 2
Location: KU, Justin Hall, Rm 341
Materials fee: 50c, pay at registration
This class will teach the basics of the Appalachian folk dance known as cloggling and some variations of this dance, which is related to and descended from the folkdance of the Irish settlers of the southern Appalachian Mountains. 

KANSAS FOLK ART
Julie Cover
8113 Koch
Tuesday, 7:30pm
One time, Feb 27
Location: UFM Firelace Room
1221 Thurstom
Through the film, Kansas Folk Art and Individuals, we will explore some of the folk and native art of our state. Afterwards, 8113 Koch will provide and give further information on the nature of folk art. (8113 is a folklorist at KU. Julie has been working on various projects related to folk art in Kansas.)

STAINED GLASS ORIENTATION
Ralph Flowers
539-3243
Section 1: Monday
7:30-9pm
Feb 19
Section 2: Monday
7:30-9pm
Feb 20
Section 3: Monday
7:30-9pm
Feb 21
Section 4: Sunday
2:30-4pm
Feb 25
Length: One time each section
Location: Protzen Glass Studio
715 South Juliette
Limit: 12 each section
This orientation will include a demonstration of glass cutting, leading, rolling, and soldering, as well as an introduction to the types of glass, tools, and literature available to the beginner. The possibility of a slide presentation exists. (Ralph owns the Protzen Glass Studio and has numerous workshops in Manhattan area.)

MUSIC APPRECIATION
Rem Miller
539-7258
Tuesdays, Wednesdays, Thursdays, 4:30pm
First meeting: Feb 20
Length: Indefinite
Location: UFM Banquet Room
1221 Thurstom
This class is an introduction to the fundamentals of music. Class members will not only learn the basics of note reading, simple theory, and the keyboard for piano and/or organ, but also have an opportunity to learn about various types of music and time periods by listening to taped selections. The first meeting will be an organizational meeting to determine what participants want to do. 

CASE OF WEARPAPE CLOTHING
Margaret Grismer
539-8873
Thursday, Tuesday, 7-9pm
First meeting: Mar 1 & 6
Length: 2 times
Location: KU, Justin Hall, Rm 317
This class is for people who are interested in learning more about old clothing, clothing lines, lace, etc., from past generations. Topics include conditions for proper storage, cleaning, repair, and display. Examples from historic costume and textiles collection will be shown. (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.)

DRAMA READING
Richard Harris
537-1383
3rd Tuesday each month, 7-10pm
First meeting: Feb 20
Length: 4 times
Location: 700 Nuro
Limit: 15
This class will meet monthly to read aloud a play selected by the participants, and will have discussions. 

CASKET EGG PAINTING
Driska Dapoltas
Elaine Cole
Section 1: Monday, 7:30pm
Mar 19
Section 2: Monday, 7:30pm
Mar 26
One time each section
Location: UFM Kitchen
1211 Thurstom
Materials fee: $1., pay at registration
Learn the art of decorating eggs in the ancient eastern European style. The technique is similar to batik and both traditional and contemporary designs can be used. Bring uncooked, smooth eggs, a pencil, and a candle with a stand.

CALL END
Alan Edgar
539-6531
Wednesday, 7-9pm
First meeting: Mar 21
Length: 4 times
Location: KU, Farrell Library, Rm 317
Limit: 10
Beginning calligraphers will have an opportunity to explore writing as an individualized discipline and a personal centering exercise. Every participant is sure to know two traditional alphabets by the end of the class. We will purchase equipment and books at the first meeting (cost between $3 and $10). A second class will be started based on the number of participants. (Alan is a member of KU, learned calligraphy at KU, and taught a graphics class for the Department of Architecture.)

ANTQUES
Lois Murals
539-8867
Tuesday, 7-9pm
First meeting: Mar 27
Length: 3 times
Location: 1000 Kansas
Lori 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 areas of special interest. Schedules and locations will be distributed at the first meeting. 

18 Fine Arts
Foods

For questions about Foods, call Crystal O'Brien at 537-5856.

COOKIE BAKING
Georgia Becker 537-1987
Saturday, 1-3pm
One time, Mar 31
Location: UMP Kitchen
1221 Thurstson
Materials: $1, pay at registration
The session is designed to get rid of those drab, wintry blues! Join in on down and learn how to bake cookies as well as how to decorate and munch on them! (This class is especially designed for developmentally disabled people.)
(Georgia is the mother of a handicapped son and has worked with the handicapped for many years.)

EASY HOME PREPARATION OF BABY FOODS
Marty Hartford 532-5856
Saturday, 1pm
One time, Mar 10
Location: UMP Kitchen
1221 Thurstson
Offer your baby good nutrition and save money at the same time by making your own baby food! Learn how to join our class for a discussion on basic nutrition and advantages of homemade baby food, as well as recipes and ideas for fixing nutritious meals for your young child. Bring ideas or recipes that have worked for you.
(Marty has a 9 month old baby and has been making her own baby food for him.)

HOMEMADE NOODLES
Sue Wolf 539-2975
Saturday, 1pm
One time, Feb 24
Location: UMP Kitchen
1221 Thurstson
Materials: $1.50, pay at registration
Different uses of the microwave oven will be demonstrated and the results will be sampled. Copies of recipes will be distributed. (Martin is a registered dietitian at KUS.)

REAL EASY HOMEMADE PIZZA
Nancy Lemos-Armitage 776-7176
Saturday, 4pm
One time, Mar 24
Location: UMP Kitchen
1221 Thurstson
Materials: $2, pay at registration
Are you tired of being served pizza that consists of bread dough smothered with tomato sauce? Or are you just sick of spending ten dollars every time you get a craving for it? Well, your problem is over. Nancy will show you the easy way to make one of America's favorite foods. Please bring a bottle of your favorite wine with which to relax while you wait for the pizza to bake.
(Anyone who makes the best homemade pizza he's ever eaten.)

SUKIYAKI
Sue Wolf 539-2975
Saturday, 3:30pm
One time, Feb 24
Location: UMP Kitchen
1221 Thurstson
Materials: $1.25, pay at registration
If you like oriental food, come spend a couple of hours while Sue unveils the original secret of how to prepare this scrumptious oriental dish. The recipe will be distributed, and the prepared Sukiyaki will be devoured.
(Sue enjoys cooking simple, one course meals.)

The Joy of Crepeing
Robert Mahlick 532-5992
You will be contacted
One time
Location: UMP Kitchen
1221 Thurstson
Materials: $1.50, pay at registration
Some make 'em thin. Some make 'em thick. Some make 'em the size of 50 cent pieces. Some make 'em big enough to feed Paul Bunyan. Crepes can be made with cornmeal, buckwheat and rice flour. Robert will demonstrate the use of the crepe pan by making very basic crepes filled with butter, jelly and jams for the class to devour. There will be plenty of opportunity for you to try your crepe hand too. Wine will be available.
(Robert is really looking forward to this class.)

20 Fine Arts/Foods

HERBS - GROWING & COOKING
Dale Anderson

Session I: Growing, Wednesday, May 2, 7pm
Session II: Cooking, Wednesday, May 14, 7pm
Location: Herb Patch
6 miles east on Hwy 21
Materials fee: $3, for cooking class, pay at reg
Each class will start with a tour of the growing fields, where you can see, taste and smell over 150 varieties of herbs. The growing session will discuss companion planting, care, harvesting and storage of herbs. The cooking session will discuss the lore and legend connected to the various herbs. A cookbook, "Basic Herbs Used in Cooking" will be distributed. Indicate which session you plan to attend.
(Dale is the owner of an herb store, where he grows herbs and scented geraniums.)

COOKING THE MIDDLE EAST
Martha Cornwell 532-6360
Tuesday, 7pm
One time, Apr 3
Location: 3100 Heritage Ct, #93
Lunch
Materials fee: $1.50, pay at registration
Different uses of the microwave oven will be demonstrated and the results will be sampled. Copies of recipes will be distributed. (Martha is a registered dietitian at KUS.)

WHAT IS THE SCA?
Diane Eun 537-0964
Tuesday, 7-9pm
One time, Feb 20
Location: 615 Leavenworth, #3
Lives: 20
Materials fee: $5.50, pay at class
Activities including dancing, music, cooking, wine-making, feasting, heraldry, armoring, armed combat, costumes, poesy, calligraphy and woodburning are part of SCA, better known as the Society for Creative Anachronism. This session will further introduce the society as well as present an opportunity to prepare for a medieval feast the following Saturday, attended by SCA members from a four-state region. Feast food and drink are covered by the fee.
(Diane is the SCA regional president and has won an award from the SCA regional for excellence in feast preparation.)
Hot Fudge Sundae
Jan O'Brien
Wednesday, 7:30pm
One time, Apr 24
Location: UW Kitchen
1221 Thurston
Limit: 15
Materials fee: $2, payable at registration
Do you love Hot Fudge Sundae? This dish is very, very similar and just as delicious. By using the basic ingredients for a cold fudge stretch and adding cocoa, vanilla, and a few other things, you get a delicious cake-topped pudding that should be served warm over ice cream. (Jane's family and friends have raved about this chocolate dessert for years.)

Trial for Pleasure: Tisanes for Health
Dale Anderson
1-494-2540
Section I: Wednesday 7pm Feb 21
Section II: Tuesday 7pm Feb 27
One time
Location: Herb Patch
6 miles east on Hwy 24
Limit: 20
Materials fee: $2, payable at registration
Black teas contain tannin and caffeine, while herbal teas do not. Many have medicinal, dietary and pleasurable qualities. We will study the different qualities of the two. Dale will show the difference in brewing hot teas, cold teas, deconcoctions and infusions. Come spend a couple quiet hours sipping herbal teas; many of which are grown and blended right there at the farm. There will be selections from dozens of tea blends. The fee includes a booklet for your take home. (Dale owns the Herb Patch and has taught many classes concentrating on this subject.)

Vine Enjovement
Frank Gilbert
1-562-2447
Fridays, 7:30pm
First meeting: Mar 2
Length: 4 times
Location: UW Banquet Room
1221 Thurston
Limit: 20
Materials fee: $20, payable at registration
Good quality, inexpensive and plentiful, that's the word on domestic wines. Now what about the subject? Frank will answer your questions. Knowledgeable on the subject! Case and contribute! Please bring your own favorite wine glass and Frank will bring the wine and canapés. You must be at least 21 years old to join. (Frank has taught this class before and really enjoys good company and a fine wine.)

The Return of the Great American Potato Revival
Jim Killacky
532-5966
Thursday, 7:30pm
One time, Mar
Location: UW Kitchen
1221 Thurston
Limit: 8
Materials fee: $50, payable at class
A couple of years ago, someone made a smart remark about potatoes and their relationship to a certain N.W. European ethnic group. Partially in response to this and to show some creative uses of potatoes, a revival was held, a salad concocted, and people actually came and seemed to have a good time. Someone else recently made another comment and hence this event. If you have a favorite potato salad recipe, bring it along to share. (Jim is a member of that N.W. European ethnic group and also enjoys potatoes, among many other things.)

Storage of Foods
Kayanne Heisly
776-4781
Tuesday, 7:30pm
One time, Mar 6
Location: UW Fireplace Room
1221 Thurston
Limit: 12
This is going to be short and sweet. To make the most of dehydrated foods, bring two cans of powdered milk, the other at room temperature. While you are at the event, you can taste the difference. Kayanne has worked with Kitsap County Extension for several years, and is quite an expert when it comes to food.

Home Canning (Pressure and Water Bath)
Pat Tubach
776-4781
Wednesday, 7pm
One time, May 2
Location: Douglass Center Annex, King Room
1001 Tuna
Limit: 23
Materials fee: $25, payable at class
Have you ever tasted fruit leather? Faith will demonstrate how to make this delicious, nutritious treat. (It's a good snack to carry in your pocket for those unexpected times when hunger strikes.) Faith enjoyed her last class so much that she can hardly wait to conduct it again.

International Cooking
Lola Morales
539-8867
Wednesday, 6:30pm
First meeting: Feb 21
Length: Continuing
Location: You will be contacted
Are you interested in learning to cook foreign foods the authentic way? With the help of members of the International Community of Manhattan, we will learn how to make exotic dishes as they are prepared in their countries of origin. The costs for each meal ranges from $11 to $34. Each member of the class will take responsibility for organizing and hosting a session. (Lola has helped offer this class for several years.)

Foods 23
SMALL FARM DIVERSIFICATION AND DEVELOPMENT PROJECT
Felix Powers 778-9317
Jim Converse 776-1413
Barrington 539-1566

Saturdays, 3pm
First meeting: Feb 24
Length: Indefinite
Location: UF Conference Room
1221 Thurston

*Available for development and reclamation: 10 acres of tilled and overgrown land which grows cookie burrs abundantly. This group will explore ecologically viable and ecologically harmonious ways to recover this 10 acres owned by Felix and Utano Powers. We hope to develop intensive organic production methods. We will be looking into drip irrigation, wind power, trees as shelter, predators (biological control) and as a fuel source, and other aspects of self-sufficiency. In return for helping restore this land to productivity, the group members will work out a contract to share in the profits gained. (Felix is the owner of the land and is an organic gardener. Jim and Bill are active in appropriate technology work.)

BUILDING A COLD ROOM; STORE MKTP
Jim Converse 776-1413
Kevin Stak 776-3432

Friday, 6pm, May 4 (organize)
Saturday & Sunday, May 5 & 6 (build)
Location: UF Conference Room
1221 Thurston

Materials Fee: $5, paid at registration

Highland Guatemala is the source of this wood-considering, aesthetically appealing block of mahogany. Third world countries face a different energy crisis - a shortage of firewood. As they use cow dung and other sources for incomplete fuel, soil fertility declines, soil erosion increases in undermining food production prospects. This two/12 hour per day intensive thing. Layering up a monolithic block of clay-sand mixture, sculpting it to the shape you want, 'installing baffles, chimney, cutting holes for pots you plan to use, and getting generally smothered with clay and grass. We will go into learning how to do a. (Jim participated in a Davis, Calif. stone masonry work shop led by Yanto Evans of Aprovecho Institute.)

24 Earth

FARMER’S MARKETING STUDY GROUP
Joan Sneekster
Jim Converse 776-2413
Location: UF Conference Room
1221 Thurston

Wednesday, 7:30-9:30pm
First meeting: Feb 21
Length: 4 sessions

The group will explore different farmer's market experiences in other communities, and direct marketing in Kansas. We will attempt to inventory of interested producers and make contacts necessary for organizing a local farmer's market. We will conclude with a history of direct marketing, and wholesale and retail experiences in the Manhattan area. (Jim participated in the organization of a farmer's market in Davis, Calif., and has spent considerable time in peasant village markets. Joan is the Community Gardens coordinator.)

GETTING THE MOST FROM YOUR VEGETABLE GARDEN
Bill Hoyt
Chuck Merv 776-6734

Saturday, 7:30-9:30pm
First meeting: Feb 22
Length: 2 classes
Location: UF Living Room
1221 Thurston

Will wood ashes chase away the squash bugs and will basil deter the tomatto horned worms? Want to find out how to reduce your garden pests without persistent chemicals? The sessions will survey the current knowledge of natural or "organic" pest control, with discussions of folk methods as well as some modern techniques.

(Jim is an avid gardener, and has done extensive reading on "organic" pest control, as well as being an Extension Entomologist at KSU.)

"LOOK, MUM AND DAD, I CAN GROW BEANS!"
Dick Matteson 532-6170

Saturday, 1/2
First meeting: Sign up and you will be contacted
Length: Continuing
Location: Community Gardens 9th St and Riley in Kaka room on the kitchen table, Mm and Bud. For your child's harvest! This child's gardening class is for more than the ordinary fantasial vanishes and their pets. (B) is an excellent chance for your child to work with trained horticuluturists and faculty. (Dick is a professor in the horticulutur department at KSU.)

CALIFORNIA SPRING 1973 AUDIENCE EVENTS
Northern Flint Hills Audubon 537-9488

Feb 15 A Coal Burning Power Plant for KSU Experts will conduct a public forum to discuss views on alternatives.

Feb 24 Top of the World Work Meet: A top of the world at 9am for a work project.

Mar 15 Natural History of Southern Florida: Dr. John Zimmern will give a up-to-date look at the birds, plant life and other fauna

Mar 12 Art Show - Animals in their Environment, contest for children & youth, sponsored by Friends of the Animal preschool.

March Field Trips:
1. Observation for Sand Hill Cranes along the Flatlands.
2. Prairie Chicken Roosting. Sign up if interested to the meeting ground.

Apr 19 Share Session. Bring your 5 favorite nature slides to share.

May 17 Annual Pot Luck Dinner. Jim Blakeley will present a slide program on "Sandhill Cranes." Sign up for the trips and talks you wish to attend.

THE LAND INSTITUTE VISIT
Mans and Dave Jackson 1-853-8967
Location: 11am, one photos will be formed. UFM Parking lot, 9:30am

We will discuss the hopes, dreams, aspirations, and progress of the Land Institute of The Land Institute. Students and the Institute directors are working on the development of a long term self-sufficient. The other half is devoted to work and experimentation with alternatives: alternatives in shelter and cloths, water, wind energy, solar energy, and other renewable energy. (Moving from California over 5 years ago, and Wes and I have made a complete commitment to developing the school and the Land. Wes is author of the book, "Man and the Environment."
"WHO LIVES ON KING'S CREEK?"

Ben Brown

776-6595, 532-6633

Saturday, 8am-2pm
One Time, Apr 22
Location: Kanza Prairie Research Natural Area
6 miles west on Rodesville Creek Rd
Limit: 30 (family unit maxed)

A short hike up King's Creek on the KPRRA to look at the inhabitants and their habitats. We will look at several eco-regions of communities, both aquatic and terrestrial, and talk a bit about what has happened to their area. We will hike and see a bear and a canoe of water.

I am a Senior Professor of Wildlife Ecology in the Division of Biology at KSU.

A NATURE WALK FOR THE HANDICAPPED

Tom Leitomeraine
Sun. 376-6596
Sun. 532-6666

Saturday, 1pm
One Time, Apr 25
Location: UMP Parking Lot
1221 Thurston
Limit: 15

Join us for a fun afternoon's exploration of the Flint Hills, animal life and plants of the area. We have learnings to share and to show your enthusiasm with the developmentally disabled kids that join us on our walks.

We invite you to share your enthusiasm with the developmentally disabled kids that join us on our walks.

HICKING TRAILS IN KANSAS

Jim Littwenger
Sunday, 5pm
One Time, Apr 25
Location: UMP Firehouse Room
1221 Thurston

We will discuss hiking opportunities in Kansas with reference to developed trails. Topics such as how to choose what trails visit and what they have to offer, and interpretive trails will be covered.

(Jim has helped design and layout a number of public trails in Kansas. He is a member of the Kansas Trails Council.)

WILDFLOWER IDENTIFICATION

Gene Towne

539-0953

Section 1: Monday 5:30pm May 7
Section 2: Monday 5:30pm May 21
One Time: Location: UMP Parking Lot
1221 Thurston

Do you love to see the prairie in full bloom and hike along its beauty? Join Gene in a wildflower stroll during which he will identify and learn to identify the natural garden in our prairie. The prairie is at its peak late May, so sign up for the second session if you will still be in the area.

(Gene is a research assistant in Range Management and an inquisitive wildflower admirer.)

THE NATURE PARKS KANSAS FLINT HILLS SCAVENGER HUNT

Renee Wolland
Steve Gant
Sun. 530-5866

Sunday, 2pm
One Time, Apr 22
Location: UMP Parking Lot
1221 Thurston

Was your one of your childhood childhood games a neighborhood scavenger hunt? Remember when you searched and searched for a yellow bellows and a cow horn? This same idea is being transplanted to the prairie where, here, one good old time scavenger hunt, involving the prairie wildlife prepared for you will be a challenge for the best nature

(Russ, Steve and Sue enjoy all aspects of nature.

DEMONSTRATE CARE

Dr. Brooks, Brenton, Farley, Genettery, Norris, Schenider

376-6750

Tuesday, 7pm
One Time, Apr 22
Location: UMP Firehouse Room
1221 Thurston

We will discuss hiking opportunities in Kansas with reference to developed trails. Topics such as which trails visit and what they have to offer, and interpretive trails will be covered.

(Jim has helped design and layout a number of public trails in Kansas. He is a member of the Kansas Trails Council.)

EQUINE PLANTS

Max Miller
Sun. 539-3488

Tuesday, 5:30pm
One Time, May 1
Location: JCN Lamar ( 6 miles west)

While there may be "good in Kansas Hills" there is a vast quantity of food. Come stalk the wilds with us as we learn about the vast variety of meals which can be prepared from a spring harvest in the wide.

Abandoned farmed roads, old fields, stream beds, and sunken and present lots are the next best set for greenery sites. Bring wild plants you've collected or any about which you have questions. We will arrange a hike to view.

(Max and Sue have been collecting and sharing their edible find through UMP for years.)

DAIRY GOATS

William Klopfenstein

539-2846

Tuesdays, 7:30pm
First meeting: Apr 10, 2nd meeting: Apr 24
Location: 2217 Rogers Blvd

This course will cover selecting animals, breeding, housing, feeding and care of dairy goats as well as goats in the birthing and preparing for shows. We will make use of available literature on dairy goats as well as available tips and live demonstrations. This could include such things as dehorning, tattooing, hoof trimming and clipping. Beginners, as well as those with experience in dairy goats are welcome to attend.

(2011 has had goats for about six years and for several years has the 4-H county project leader for Riley County.)

THE UNIVERSE

Jim Langford

532-6616

Wednesday, 7:30pm
Location: KU, Cardwell Hall, Planetarium
Limit: 30

Apr 4 The Spring Sky: An introduction to the spring constellations

APRIL 18 Mars: The Red Planet: What have recent space probes shown us about Mars? Does it have life? What are those strange markings? Other recently obtained evidence about Venus and Jupiter will be introduced.

Jim is a graduate student in science education.

THE ORIGINS OF THE SUN

Suresh Chandran

768-4976

Monday, 7pm
One Time, Mar 26
Location: KU, Cardwell Hall, Room 317
Limit: 25

Holograms are hard-to-believe, truly three dimensional pictures. The art and science of holography will be presented in a readily comprehensible manner. Holograms are easy to make but require laser light. Different types of holograms will be shown and the uses of holography described.

(Suresh teaches holography at KU and has done a television program on the subject.)

SOLAR ECLIPSE - 1979

C. E. Hathaway

532-6786

Thursday, 7:30pm
One Time, Feb 22
Location: KU, Cardwell Hall, Room 142
Limit: 50

The total solar eclipse which can be seen from North America during this century will occur on February 26. While the eclipse will be only partial in Manhattan, it will be a worthwhile experience. This class will discuss eclipses in general and will give information on how to best observe the eclipse.

(C. E. Hathaway is associated with the Department of Physics and teaches astronomy.)

GROWING TROPICAL FOLIAGE PLANTS

Joan Schoenker

537-4747

Thursdays, 7pm
First meeting: Feb 22
Length: 5 times
Location: UMP Conference Room
1221 Thurston

The course will include basic plant structures and functions and properties of light and soil. In the context of practical problem of indoor plant culture. Students will learn to diagnose plant problems. Plant pests and diseases will be identified, and home remedies and pest control recommendations will be discussed. Students are encouraged to bring plant problems to class for discussion.

(Anon has a degree in Ornamental Horticulture and has recently worked for 3 years in commercial foliage business sales, landscaping and maintenance.)

HEATING WITH WOOD

Len Gould
Fred Atkinson
Ray Aitch

Sun. 532-5762

Tuesday, 7-10pm
One Time, Mar 20
Location: Manhattan Public Library
Juliette & Rozmont

Oral and audio-visual presentations will address the identification of wood species, harvesting according to the best management procedures of the resource, potential cost savings by species and processing, drying and storage of fuelwood. A general coverage on the efficiency of wood burning units and safety measures will also be given. A 30 minute film will be shown that covers all aspects of the subject. Handouts will be available.

(Len, Fred and Ray are Extension Foresters experienced in the management, utilization and marketing the forest and its products.)
Appropriate Technology

Solar Series

KSI, Denison Hall, Rm 218
Feb 22 7-9pm

Feb 22 7-9pm
Financing Home Improvements. Jerry Lowen.

Mar 1 7-9pm
Energy Lifestyle Index. Doug Wolfer.

Apr 1 6:30-8pm
Alternative Home Tours. These local homes, working models of alternative energy use, will be open for tours from 10am to 5pm on April 1. Tour includes, in part, an earth covered home, an attached greenhouse, and an integral greenhouse. These tours will be self-guided.

Apr 5 & 7 Windows workshop. Tom Holfienger and Fran Hendy. Poorly placed and loose fitting unframed windows can account for one third of your home's heating and cooling costs. Many companies are starting to market energy saving window devices. This class will help you learn which are good and which are not, as well as how to make your own window energy savers. From thermal curtains and roller shades to window box solar collectors. April 5 will be a lecture and discussion and April 7 will be a construction day.

MANHATTAN APPROPRIATE TECHNOLOGY GROUP (M.A.T.G.)

Dave Wasser
Jim Sawyer
776-1413

Monday, 8th & 3rd Monday night planning meeting, 7:30-9pm
First meeting: Feb 19
Length: Semester
Location: KSI, International Student Center, Lounge
Fridays, (The Alternative to Thank God It's Friday, 4-7)
First meeting: Feb 23
Length: Semester
Location: UW Firepace Room

The M.A.T.G. is a band of university and community folks interested in exploring the new frontier of Appropriate Technology. Our areas of focus include renewable resources, small scale organic farming, third world approaches to technological development, local self-reliance, grant writing, a quarterly newsletter and international student relations.

Skills

For questions about Skills, call Tom Holfienger 322-6866

HOW DO THEY BUILD A CAR?

ALONE OR A MAJORITY?

John Hughes 776-9668

Friday, all day, sign up and you will be contacted.

One time.

Location: Kansas City
Materials fee: (removal of the bus rental)
John and the class will bely go where not many of us have been before... touring an automobile plant! The class will leave on a Friday morning and spend the day touring the Frick/Automobile plant in KCFD District of Kansas City and be back by nightfall. Stats signals people the fee per person will be reduced.

John was a mechanic for Mercedes-Benz.

AUTO COMMUNICATIONS FOR WOMEN

John Hughes 776-9668

Wednesdays, 7:30pm
Length: Indefinite
First meeting: Feb 21
Location: UMW Firepace Room

Limit: 20

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 learn to: care for your car so it lasts longer, cope with problems, and how to work on it if you can. Everyone is welcome to the first meeting which will be a short lecture.

John has many years of experience in dealing with cars.

BICYCLE CARE AND MAINTENANCE

Bob Brufford 537-8374

Thursdays, 7pm
First meeting: Feb 22
Length: 5 times
Location: UMW Firepace Room

Limit: 10

A well maintained bicycle is much easier to ride, and winter is the best time to do it before the snow covers your bicycle. Through demonstration, Bob will show you what needs to be done to have a well tuned bicycle for this spring. Class members will need to bring their own chairs. (Bob has been involved with bicycles and bicycling for about 10 years.

WAVERLY RADIO

James Droge 532-5596

Mondays, Wednesdays, 7pm
First meeting: Feb 19
Length: Indefinite
Location: KSI, Denison Hall, Rm 236

Materials fee: $5, pay at class
This course will teach participants how to send 5-15 words per minute in Morse Code and will provide enough background for students to pass the Federal Communications Exam for novice class license. (James holds an Amateur Extra Class radio license.)
THE ART OF GRANTWRITING
John Murray
Bert Bates

Monday, 7:30pm
One time, Feb 19
Location: KSU, Union, Rm 204

With the ongoing tightening of the economy, there is a significant need to know about alternative sources of income. Grants are a possible source of funds. This session is designed as an introduction to the vast array of government and federal contracts. The meeting is open to anyone who wishes to attend, and the discussion will be review the many sources available for identifying potential federal, foundation, and state support for various projects. (John and Bert are the accepted experts on grant preparation and execution.)

101 PARKER

10:30-11:30

First meeting: Feb 27
Length: 3 weeks
Location: KUS, Union Hall, Rm 109

SINCE 1975

INVESTMENT DECISIONS

Shawn Paul
Steve Harrison

Tuesdays, Thursdays, 7-9pm
First meeting: Feb 20
Length: 4 weeks
Location: KUS, Eisenhower Hall, Rm 127

This course will give you basic but thorough survey of the securities industry, how it functions, and how you can get involved in it. He will discuss stocks, bonds and other investments.

(Shawn and Steve are local brokers with an investment firm holding membership in the New York Stock Exchange, Inc.)

CLEAN CREDIT AT HOME

Natalye Hall
Vera Fletcher

Monday, 7:30pm
One time, Feb 20
Location: KUS, Union Hall, Rm 306

The University of Kansas Independent Study Program coordinates the correspondence study resources of the six regents institutions of Kansas. You can choose basic to advanced classes in many areas. These courses are excellent for those who must work or be home with children to earn a college degree.

(Natalye has taken several courses through this program.)
For questions about Self, call Melody Williams at 532-5866.

FIRST AID MULTIMEDIA
Emiel Foerster 537-9977
Saturday, 8am-5pm
One time, Feb 8
Location: Red Cross Classroom
206 Poynette
Limit: 14
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. (Emiel is a certified Red Cross First Aid Instructor and has taught many times for UNH.)

PRIMERO AUXILIOS MULTIMEDIA
Emiel Foerster 537-9977
Salvado, Balboy, Urea Vez, J. Marco
Lugar: Aula de la Cruz Roja
206 Poynette
12 estudiantes
Cuesta de Matériales, Libro (Primero Auxilios Estándar y Seguridad Personal), y Cuaderno: $6, favor de pagar en la Oficina de la Cruz Roja.
Esta es la sistema instruccional Cruz Roja Norte Americana, teniendo demostraciones en película, cuestiones an prácticas y en cuadernos. El estudiante, al terminar el curso con buen éxito, es certificado en primeros auxilios estandar. (La institucuta tiene certificado en la Cruz Roja pare instructores.)

AUTOYOGA-SECTION I
Bert Franklin 532-5866
Tuesdays, 5:30pm
First meeting: Mar 20
Length: 8 times
Location: St. Paul's Episcopal Church
St. Paul's and Poynette
Limit: 8
This class includes a thorough grounding in the essential classic asana, mudra, bandha and pranayama including the basics of meditación. The student will receive a good foundation for a lifetime of yoga practice, knowledge of the self, enjoyment of the mind and body. This class is for an empty stomach. (Bert has completed over 200 hours of individual study with his guru, Sri T.K. Krishnamacharya of Madras.)

AUTOYOGA SECTION II (OVER 40's)
Bert Franklin 532-0495
Tuesday, 5:30pm
First meeting: Mar 22
Length: 8 times
Location: St. Paul's Episcopal Church
St. Paul's and Poynette
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 adventuring years. It is never too late to benefit from the practice of yoga. (Bert can introduce you to the joys of youth through out.)

INTRODUCE YOUR RELATIONSHIP TO TRANSACTIONAL ANALYSIS
Don Fallon 532-5491
Saturday, 9am-5pm
One time, Mar 31
Location: Ecumenical Christian Ministries Bldg
1011 Demson
Limit: 6 couples
This is an enrichment group supporting couples in building communication skills, self understanding of parent-adult-child ego state interactions and family life script or role expectations as they affect couples. Emphasis will be given to developing skills in handling conflict, developing a healthy fight style, and coping with feelings of anger, sex or love, and dealing with marriage, confidentiality and option will be stressed. (Dan is the Lutheran Campus Pastor and also works with the KSU Center for Student Development.)

ON TOP OF OLD SPIRIT: SEMINAR SERIES ON DANCING
Ed Scullen 776-3824
1st Mon of each month, 8pm
First meeting: May 3
Length: 3 times
Location: Manhattan Public Library
1704 Juliette & Poynette
May 8 Sidestream, Mainstream and Our Bodies: Patricia McLean with the Department of Health, Physical Education and Recreation will review the effects of smoking on the body and the role of exercise. There will be dialogue between smokers and non-smokers.

APR 2 Knowing Yourself--The First Steps Toward Mastery: Mary Schaeke from the Manhattan Drug Center. What are the different kinds of smokers? What are alternatives appropriate to individual needs? How can we support those who want to quit?

May 7 Programs in Schools--An Dance of Prevention: Valerie Smith with the Kansas Lung Association. We will learn about techniques for communication about smoking and sample educational materials used by the Lung Association.

STRESS TILS AND STRESS SKILLS
Don Fallon 532-4401
Saturday, 9am-5pm
One time, Apr 8
Location: Ecumenical Christian Ministries Building
1011 Demson
Stress is a fact of life: studies, exams, relationships, jobs, finances, fear of failure, loss of the future, illness and depression. Our whole person is affected physically, emotionally, intellectually, socially. The ways we think and our lifestyle and shaping a practical strategy for coping with stress will be placed on skills for managing stress. (Dan is on staff at the KSU Counseling Center and is the Lutheran campus pastor.)

32 Self

Self 33
Classes in this subsection are sponsored by the KSU Women's Resource Center, the Women's Center of Manhattan, the KSU Women's Studies Program and community feminists.

The annual Susan in Memory Day Celebrating Feminism
Susan B. Anthony was a great feminist leader for half a century. We commemorate the achievements of 130 years of feminist activity with a birthday party on Feb 11 in the KSU Union from 12:00-2 pm. The birthday party will include readings of 21st century women's poetry, singing of feminist songs, and the formation of a new feminist club. Everyone is welcome. Come celebrate with us!

The Kansas Legislative and Women's Issues
Susan Scott Angle 532-6541
Maxine Leutz 32 Thursday of each month, 12:00 noon First meeting: Feb 8 Length: 4 times Location: KSU, Union, State Room 3 Limit: 12
The objectives of this class are twofold: 1) to study the issues of concern to women that are presented during the Kansas Legislative session (i.e., funding of shelters for battered women and a state ERA), and 2) to make our opinions on these issues known to public officials. (Susan is Chairperson of the Riley County Women's Political Caucus and Maxine is Director of the Women's Resource Center in KSU.)

Office for Kids
Sharon Wolf Mariemontski 532-6427
Thursdays, 6-8pm First meeting: Feb 22 Length: 6 times Location: 820 Naotone Limit: 10
This discussion group will be designed to increase parents' awareness of the role of sex-role stereotyping in children's choices; to examine the unconscious or overt sex-biased behaviors and develop ways to challenge them; and to explore ideas for working with local schools to promote a sex-neutral environment for all kids. (Sharon is a parent who wishes to work for sex equality in the schools and is on the staff of the Kansas Sex Desegregation Assistance Center.)

What is Feminism? — 1
Sandy Gormey 776-3701
532-5739
Tuesday, 7:30pm One time, Feb 27 (follow-up can be arranged Location: KSU, Union, Room 207)
What do these issues mean? Contemporary Feminism—often called Women's Liberation—is not very well understood outside the group of activists. This class will be a descriptive, informative, casual, non-hostile discussion of feminism for anyone who wants to know more about this important movement. (Sandy is Director of the KSU Women's Studies Program and a feminist.)

KSU Women's Resource Center Series
This series of discussions takes place over lunch (12 noon) in the KSU Union, State Room 3 on the dates indicated. For questions, call 532-6541.
Feb 7 How to Lower Your Taxes, Dr. Nancy McCarty, Department of Business Administration
Feb 20 Parenting Skills, Dr. Fred Bradley, College of Education
Mar 7 His Her Our Accounts: Part II, Dr. Nancy McCarty, Department of Business Administration
Mar 20 Interviewing Skills for Women, Jim Scales, Center for Student Development
Apr 5 The Older Woman, Nancy Lerner, North Central Kansas Guidance Center

Books and About Women
Joan Breshers 776-2097
Tuesdays (alternate), 7:30pm First meeting: Feb 27 Length: 6 times Location: UH Conference Room
1221 Thurston
This group will decide together upon a reading list, then meet to discuss reactions to this women's literature. Possible selections would include The Women's Movement and What's Happening Now (Joan has led this group before and has been pursuing an active interest in the role of literature and literature in the women's movement for several years.)

Campaign Association for Midwifery (CAM)
Ruth Seaton 537-2447
Suzanne Bunker 532-6017
13 Thursday, 7:30pm First meeting: Feb 22 Length: 6 times Location: UH Conference Room
1221 Thurston
Campaign Association for Midwifery (CAM) is an organization dedicated to exploring ways to support the professionalization of midwifery in Kansas. We are also interested in promoting public education concerning midwifery as an option for childbirth. All interested individuals are welcome. (Suzanne and Ruth represent a group of parents and professionals, men and women, interested in childbirth.)

What is Feminism? — II
Sandy Gormey 776-3701
532-5739
Monday, 7:30pm One time, Mar 5 (follow-ups can be arranged Location: Capitol Federal Savings Bldg 114th & Poyntz
What is the future of feminism? Growth, collapse, split? Why? Why not? What is the place of the radical, lesbian, socialist, third world, working class and cultural feminism in this? We need to know who think they know what feminism is and are especially encouraged to join this open discussion. (Sandy is Director of the KSU Women's Studies Program.)

Parent-Infant Separation
Charlotte Olsen 557-1128
Carolyn Koates

Thursday, 7:30pm First meeting: Feb 22 Length: Indefinite Location: Sign up and you will be contacted
This class welcomes parents who have experienced an early separation from their newborn infants due to the infant’s need for medical attention in other cities. The group will discuss their experiences and will get to know each other. If you are considering this class, call Charlotte for more information. Also call if you need child care during the meeting time. There’s a possibility it can be provided. (Charlotte is mother and graduate student in Family and Child Development and has a long time interest in working with families.)

Creating A Family Union
Jan Lowenstein 539-2449

Tuesday, 7:30pm One time, Feb 20 Location: UH Conference Room
1221 Thurston
Limit: 10 couples (women must be pregnant)
Jan will conduct a Guided Affective Imagery session dealing with pregnancy, as well as facilitate interpersonal relationships exercises and share discussion about the emotional aspects of pregnancy. This is for the pregnant woman and spouse or close friend. Wear comfortable clothes and bring a pillow and blanket. (Jan is Director of Education for The Conscious Living Foundation.)

Birth Your Baby!
539-2449

Tuesday, 7-9pm One time, Feb 2 Location: First Congregational Church
Juliette and Penny
Limit: 8 new families
Jan will facilitate a mini-workshop to provide some coping skills for new parents who are learning to live with lots of interruptions and new details about understanding infant behavior. Babies welcome—PLEASE help us learn how to integrate these skills. BYOD (bring your own diaper) and bring a pillow and blanket. (Jan is Director of Education for the Conscious Living Foundation and has worked as a Family Life Education Consultant facilitating workshops in Kansas and in other parts of the country. Most important, she’s a mom, too!)
WINTER-TERM TRAVEL
Margaret Nordlie
Thursdays, 7:30-9:30pm
First meeting: Feb 1
Limit: 6, men, women
Materials fee: $1.50, pay at class
Do other persons 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 appropriate assertive (not aggressive) behavior. The sessions will be pertinent to persons of all ages. (Margaret has led many workshops on assertiveness training, both on and off campus. Guest participants will add their expertise from time to time.)

SMALL GROUPS TOGETHER
Richard Harris
Laura King
Tuesdays, 7:30pm
First meeting: Feb 19
Location: 720 More
Limit: 6
Are you locked in the "silent prison" of shyness? Come and discuss with others like yourself what shyness is and how it can be overcome. (Dick, who has taught this class before, teaches in the Psychology Department at KU, and Laura is a graduate student. Both just barely overcome their own shyness enough to offer this course.)

Saturdays
David Flynn
Monday, 7:30pm
One time, Feb 19
Location: Baptist Campus Center
Limit: 15
During this one-time session, we will talk about being single, our lifestyles, its issues, difficulties and rewards. An opportunity will be given for the group to organize itself, if desired, for ongoing support and recreation. (David is the Episcopal Campus Minister, and a teacher of many enjoyable and timely UFM classes.)

CAREER CHOICE ASSISTANCE
Cherie Hodgson
321-3311
This is a series of workshops (limit 15 each) which may be taken singly or in sequence. Information may be obtained by calling Cherie at the above number.

LIFE PLANNING:
This workshop is designed to involve participants in the deliberate process of influencing the direction of their lives. Each individual will be encouraged to see how the process of self-assessment and goal interaction. Skills of value clarification, goal setting and realistic planning are developed through practice.

CAREER EXPLORE:
This workshop is designed to assist participants in acquiring the skills and information necessary for appropriate career decision-making. The Strong-Campbell Interest Inventory helps individuals by asking themselves about their personal interests in relation to a variety of career opportunities. The emphasis in this workshop will be on the skills of decision-making, including information gathering and analyzing.

If research: This workshop is designed to help participants develop skills important in finding and getting a job. More to look for a job is discussed. Resume writing and interviewing are practiced in a supportive group environment.

(Cherie is a career counselor at the KU Counseling Center.)

WORKING WITH VOLUNTEERS
Pat J. Bosco
522-8634
Monday, 7:30pm
One time, Apr 2
Location: KU, Holtz Hall, Conference Room
Limit: 10
We will take a step-by-step approach to answer many questions regarding motivation, delegating authority, and how to get a job with volunteers. (Pat has been involved for 10 years in student activity advising, student development and university governance programming.)

COUPLES COMMUNICATION
Cindy Hassell
Benny Hattn
Omar Barco
Janet Norris
Tuesdays, 7pm
First meeting: Feb 20
Location: KU, Justin Hall, Rm 242
Limit: 10 couples
You and your spouse choose the skills you want to practice. We'll cover skills for building esteem, talking and discussing "risks issues," increasing acceptance of differences, listening, etc. This is education and not counseling.

(Societies is a licensed social work clinical specialist and is an approved teacher by the American Association of Marriage and Family. Cindy is an Assistant Professor, and Benny and Janet are graduate students. All are in Family and Child Development at KU. They've taught the course several times before.)

INTRODUCTION TO SUTI ZEN PRACTICE AND PHILOSOPHY
L. Rapaport
523-6850
Mondays, 8-10pm
Saturdays, 7am
First meeting: Feb 15
Length: 4 times
Location: KU, Conference Room
Limit: 20
A general introduction to Soto Zen as practiced in the United States. Atms include review and discussion of the psychology, philosophy and historical evolution of Buddhism, as well as introduction to zazen meditation practice. The Saturday session will be a meditation session. Reading, available at Varnay or Union Bookstore, Zen Mind Beginners Mind, Shunryu Suzuki. (The coordinator and others who will give instruction have studied Zen theory and practice and are affiliated with the Omaha Zen Center under Katsuyuki Honda.)

SURF DANCING
Anna Climenhaga
Willow Blosser
3rd Saturday of each month, 7-10pm
First meeting: Feb 17
Length: 4 times
Location: KU, International Student Center
In Surf-dancing, we use songs and chants from the major religious traditions, combined with simple, relaxing and refreshing dances. The group will work together to bring each separate self into closer touch with the divine nature. We are one dance, the group will wear surfers' clothing and shoes, which will be made available. We will have a gathering of friends, and members, who will enjoy February in March. (Anna has been Surf-dancing for four years and has a strong interest in helping bring people into greater harmony with themselves and their fellow humans. Willow is with the Surf group in Lawrence.)

REASSURING FINDING NEW DIRECTIONS IN LIFE
Dana Hughes
Thursdays, 7-9pm
First meeting: Feb 22
Length: 7 times
Location: 320 Sunset Ave
Limit: 15
Materials fee: $5, pay at class
This seven-week course is designed to help women aged 25 and over explore who they are and what they want from life. The focus is on identifying one's strengths and how to use them more effectively. Plans include an art component, I Wonder Who I Am," and the fee covers use of the book "Shifting Gears" by Nema and George O'Hall. (Books will be supplied.) Dana is Director of Consultation and Education Services at North Central Kansas Guidance Center and has conducted several groups on this topic and similar ones.)
A COURSE IN MIRACLES
Loren D. Hugh
Mondays, 7:15-8:30pm
First meeting: Feb 26
Length: 6 weeks
Location: KU, Calvin Hall 102

This course is required; you choose only when you wish to take it. The course does not aim at teaching the meaning of love. It does aim, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance. It does not, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance. It does not, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance. It does not, howev-

THE DUTY OF LOVE
Kirk Bell
Mondays, 7pm
First meeting: Mar 19
Length: 6 weeks
Location: 1741 Larimer
Limit: 12

In this class we will attempt to explore the phenomenon which holds, directs and nurtures us: love. We will explore its various aspects and observable elements in our past, present and future. Ideas for the course have been taken from the books: The Art of Loving, From Love, To Light, Understanding Love, and Why Am I Afraid of Love? Dimensions of Love, You Can Without the White. If you are eager to grow, you're welcome. (Kirk has been working with the youth at the First Presbyterian Church.)

THE BODAL-JESUS-AND THE SERMON ON THE MOUNT
Mike Klassen
Mondays, 7:30pm
First meeting: Feb 19
Length: 6 weeks
Location: 1741 Larimer
Limit: 12

This group will focus on the question regarding the radicalness of Jesus and his message in the Sermon on the Mount. A biblical study of Matthew 5-7 will reveal Jesus' teachings on such things as lifestyles, simplicity, economics and nonviolence. Bring a New Testament and imagination. (Mike recently graduated from Concordia Brehm Biblical Seminary with an M.A. in theology. He is currently pastoring the Manhattan Emmanuel Church.)

Jean Burrough
Wednesdays, 7:30pm
First meeting: Feb 21
Length: 6 weeks
Location: 1900 Humboldt

We make all our experience out of our beliefs, feelings and expectations, according to Seth, the "eternal personality essence" who dictates books through the mediumship of Jean Roberts. Following that idea, we will work on our belief systems to make our lives happier. (It works!) It is helpful to own Jean Roberts' book, The Nature of Personal Reality: A Seth Book. (Jean has taught this class several times before.)

SCHEDULED AFFECTIVE January 1 and II
Brendon Schenk
Location: 202 Union

Section 1: Tuesday 7pm Feb 27
Limit: 10

G.A.I. I is a technique which expands the imagination and promotes relaxation (sometimes sleep) for the participants. The "practitioner" guides your fantasy-dreams through a story via speech and music. Bring a blanket and pillow, wear comfortable clothes and prepare to relax for an hour. Please indicate section at enrollment. (Both groups have taken a G.A.I. workshop and have led groups before.)

RE-EVALUATION COUNSELING
Sandy Coyer
Location: First National Bank Building

One time, Feb 22
Limit: 15

Re-evaluation counseling is a technique of peer-co-counseling in which each participant learns to be both counselor and client. The goal of the counseling is re-emergence from rigid patterns of behavior and thinking which restrict our growth, loving and zest. This will be an introductory session and further instruction can be arranged. (Sandy has practiced re-evaluation counseling for nearly five years.)

EFFECTIVE CYCLING
William Kloepenstein, 539-2965

Sundays, 1pm (weather permitting)
First meeting: Feb 25
Length: Indefinite
Location: UW Front Porch

This course is intended for those who wish to develop their ability to cover distances rapidly on a bicycle, whether for high-speed touring or racing. The major emphasis will be on group rides for teaching purposes, but several social racing events will be included. No special bicycle or equipment will be required. (A rider has been riding several years and was the Kansas Veterans time trial champion.)

PLANNING A LONG BICYCLE TRIP
Dean Gallman
Jillie Spears
Monday, 6pm
One time, Mar 26
Location: UW Fireplace Room

An enjoyable way to spend part of the summer is to ride your bicycle a few thousand miles. Long bike trips enable you to see interesting places, meet interesting people and see some of the amazing places. They can be a lot of fun and are relatively inexpensive. To get the most enjoyment from the trip, you need advance planning. We will give ideas on how to select your trip, what to do about transportation, what to do about searching and accommodations, how to prepare yourself and your bike, and what to take along on the trip. (Last summer Dean and Jillie rode their bicycles from Manhattan to London, Ontario. Jillie has also ridden from Kansas City to Virginia.)

PHYSICAL FITNESS THROUGH WALKING
GETTING STARTED ON A DAILY EXERCISE PROGRAM
Earl Ebeling
Saturday, 10am
One time, Apr 1
Location: UW Conference Room

The purpose of this class is to help adults who may be interested in starting a regular exercise program. Working on local alternatives for a growing number of people, special equipment or facilities are minimal and it can be done near home or work. The discussion will include how to get started, exercise programs now available to follow, when and where to walk, special problems, and how to stay with it when tempted to quit. (Earl has been involved in helping others for over 10 years.)

RHETORIC AEROBICS
Susan Stewert
Monday, Wednesdays, Fridays, 10am
First meeting: Feb 26
Length: Indefinite
Location: Muller Community Center

Rhetic Aerobics involves exercise movements, dance steps, running, jumping, and jogging to music. This fitness program will help improve your blood flow in the cerebral vessels. It is a fun and healthy way to get in shape. (Susan is a certified Rhetoric Aerobics instructor.)
BACKGROUND/Chess/GG
Charles Clack 539-4412
Thursdays, 7:30pm
First meeting: Feb 22
Length: 6 times
Location: Banquet room
1221 Thurston
Background: Older than other Chess or Go, this is one of the oldest games invented. It's start from zero and work up!
Chess: This is one of the oldest games in the world. Some black opposition if you are a good player and help and instructor if you are a beginner.
Go: This game is even older than chess and originated with the mystic maling ritual of ancient time.
(Charles has taught this class many times.)

DUNGEONS & DRAGONS
San Naze 532-5333
Thursdays, 7pm
First meeting: Feb 22
Length: Indefinite
Location: UMP Banquet Room
1221 Thurston
This is for all those who enjoy fantasy, or have active imaginations and would like to escape this humdrum existence. You will experience feats of great daring, explore new worlds, and perhaps pick up some treasure on the side. This will all be done in the safety of your own home. (San is really looking forward to teaching this class again.)

APPLEBACH BASKETBALL
J. G. Brown 532-5066
Dave Ayers 532-5066
Thursdays, 12:15pm
First meeting: Feb 22
Length: Indefinite
Location: Douglass Community Center
900 Tuna
Limit: 10
This class is designed for those who desire a chance to play basketball without the fast pace. It is mainly for people who are out of shape and love basketball. Low-key competition and a way to get some exercise without having fun.
(Dave works at UMF and likes to play basketball to relax. J. G. is a long-time basketball fan.)

POCKET BILLIARD TECHNIQUES
Gary Horak 532-6565
Robert Madrenan 776-6050
Mondays, 7pm
First meeting: Feb 26
Length: Indefinite
Location: KSU, Recreational Area
We intend to explore 3 basic games (8-ball, 9-ball, and straight pool or 14.1 continuous). Strategy, psychological issues, and tips will be discussed and taught. The class is open to beginners as well as those with experience who want to improve their skills. Individual instruction as well as a good time.

AUTOCROSSES
Keith Boyer 1-456-2917
Thursdays, 7:30pm
First meeting: Feb 20
Length: 2 times
Location: KSU, Union, Room 203
Do you desire a more intimate knowledge of how your car really feels? Does improving your competence as a driver strike your fancy? Autocrossing may be the answer. The class will provide hints on how you can improve your driving skills and your car's handling prowess. Who knows? After this class you may be ready to drive down Preston.
(Keith has been winning Autocrosses for years and is currently leading "class B prepared" in the Kansas State solo II championship.)

BADGE RALLY
Greg Wood 1-456-2917
Tuesdays, 7:30pm
First meeting: Feb 20
Location: KSIU at Union, Room 203
This is a class on automobile rallying, the art of arriving at the right place at the right time when given an unaffirmative and exacting set of instructions. Challenging rally is an excellent way to see the scenery and pick a lucky's brain (a driver and a navigator usually work together in one car.)

JUGGLER PIZZA COMPETITION
Anne R. Collins 537-2260
Wednesday, 7:30pm
One time, Feb 20
Location: UMF Banquet Room
1221 Thurston
Materials: Free: $1, pay at class
After the organizational meeting Wednesday evening, Anne will buy three or four puzzles per competitor with the fees collected. On Saturday and Sunday, Mar 3 and 4, the class will meet to work on the puzzles. The person with the shortest total time will win the money left over from buying the puzzles. Couples may work together and compete against other couples. (Anne has always loved puzzles and new ways to find out if she's a fasten than anyone else.)

DIAL-A-PARTNER
Wednesday, 5pm
One time, Feb 28
Location: UMF Fireplace Room
1221 Thurston
You may be all grown up, but do you still "never have anybody to play with?" Whether it's monopoly, poker, caroms, chess, crazy eights, bridge, or new games, it takes a least two to play with. We'd 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 (not limited to those above), when you'd like to play, and your playing ability. Also, if you're interested in organizing one of these play groups, please indicate. After registration, lists of possible playing partners will be distributed and you can sign on your own to set up playing times. Remember, the person that plays together, stays together.

PLAY 41
VOLLEYBALL FOR FUN
Nathaniel O. Wilkins 532-5066
Thursdays, 7:30pm
First meeting: Feb 22
Length: Indefinite
Location: Douglass Community Center
900 Tuna
Low-key competition volleyball is a fantastic way to get some exercise while having a great time. Come one, come all, four-foot beginners to nine-foot power players. If enough people are interested, we'll start a league and demonstrate some real talent at having fun.
(Note: Enjoy getting a lot of exercise, and is a Rec Intern at UMF.)

NEW GAMES/VOLLEYBALL
Tom Moore 776-3614
Sign up and you will be contacted
Whether new games or non-competitive volleyball is your way of continuing fun and exercise, we'll try to keep the action lively, the competitiveness low, and the enjoyment high. Bring your ideas and inspiration with you. Sign up, and you'll be contacted when the weather breaks.
(Tom is looking forward to having a good time.)

ULTIMATE DISC
Aerial Wizards, Gordon Plein 539-4903
Sunday
Sign up at registration and you will be contacted about the first meeting
Length: Indefinite
Location: KSIU, Band Practice Field
Ultimate is a cross between Rugby and Soccer. The main object of this class is to have a real good time playing frisbee. Through this class you will learn the game, how to throw accurately, and how to work with others.
(The Aerial Wizards have held many classes for UMF, and are the best there is.)

SUDS
Aerial Wizards 539-4903
Sundays
Sign up and you will be contacted about time and place
Length: Indefinite
Location: KSIU, Band Practice Field
Suds is for the slow-moving frisbee player. The object of this class is to throw the disc and keep from getting hit by a fast moving frisbee. (The Aerial Wizards is the best disc club in Kansas, and Kansan ultimate Suds champ.)

SPACED, BIG WORLD AND BEYOND
Brenda Horton 776-5131
Tuesdays, 7:30-9:30pm
First meeting: Feb 20
Length: 6 times
Location: Douglass Community Center
200 Tuna
The class will cover basic explanations of space, incidence and bridge. Be prepared to play the first night. We plan to have lots of fun. (Brenda is a third generation card player who has been playing for 22 years.)
RANKING
Guy Smith 776-5378

Monday, 7-9pm
One time, Feb 25
Location: UMN Banquet Room 1221 Thurston

This is a class to help people determine how fast, how far, and how often they should jog or run. For those who get "burnt-out," we will offer tips on how to break the treadmill habit. We'll also include information on jogging, weight control, and exercise, and how to avoid injuries. This class will begin in one class session and then a track training session. Those over forty years old may be examined by a physician in order to participate in the track training session. This meeting is to plan for future running dates. (Gus has an M.D., has been running three years, and is into doing as much as therapy.)

PHYSICAL FITNESS
Chris Brownfield 776-7905
Clair Haffke 796-2943

Mondays, Tuesdays, Wednesdays, 5:30pm
First meeting: Feb 19
Length: 10 times
Location: Douglas Community Center 900 Yuma

This exercise class is designed to help us look and feel better. Attention will be given to lifting up the abdomen, thighs, upper arms, etc. Each hour of exercise should be considered a good workout. Exercising can be both functional and fun. Please wear slacks or leotards and a comfortable pair of sneakers. (Chris and Clair are very interested in the benefits of exercise.)

UMP RUNNER\'S WORLD FUN RUN ORGANIZATIONAL MEETING
Randy and Sue Kied 1-494-2796

One time, Feb 25
Location: OH Conference Rm 1221 Thurston

We would like to invite the UMP Runners\' World Fun Runners and anybody who would like to try out or enjoy the fun. The meeting will be held at 1:30 pm on Sunday, February 25, 1984, at the OH Conference Room. This is a good opportunity to meet new people and to participate in a fun and enjoyable activity. If you have any questions, please contact Randy and Sue Kied.

BEGINNING JUDO
Brenda Jones, Jr. 776-4249

Tuesdays and Wednesdays, 6:30pm
Douglas Community Center 900 Yuma

This is a class designed to teach the basic techniques of judo. The class is open to both men and women of all ages. The focus is on individual improvement, and the ultimate goal is to have fun and learn about the philosophy of judo. This class is taught by a qualified judo instructor, Brenda Jones, Jr. The class meets twice a week on Tuesdays and Wednesdays at the Douglas Community Center. The cost is $3 per class, and all are welcome to attend. For more information, please contact Brenda Jones, Jr. at 776-4249.

SOCCER IN MANHATTAN
Charlie Hedges 539-7393
C. Ross 532-6189
Lynn Baker 532-6189

Mondays, 7pm
First meeting: Feb 19
Length: 2 times
Location: UMN, Union, Rm 203

The world's most popular sport, soccer, is undergoing a rapid growth in Manhattan as well as in most of the U.S. There are now a number of local soccer teams that play competitively. This class will explain the popularity of soccer, the benefits to youth and adults, what the game is all about, and how you can get involved. The class is for all ages with an interest in soccer.

INTERMEDIATE
Suzanne LeFesley 776-7164

Saturdays, 9:30am
First meeting: Feb 24
Length: 8 times
Limit: 10

LAWRENCE
Terry Sizer 539-3109

Mondays, Fridays, 3:30-4pm
First meeting: Feb 25
Length: 12 times
Limit: 20

CROSS COUNTRY SKIING
John Abell 532-5800

Sign up at registration and you will be contacted

Lodging to hit the slopes? There is no need to travel hundreds of miles for skiing enjoyment. The Flint Hills of Kansas await you! We\'ll discuss basic techniques and cross-country ski equipment. Tour preparation, winter safety, survival, and skiing techniques. Some of the techniques include flat track, downhill, waxing, and uphill techniques. You must furnish your own equipment. (John is a qualified ski instructor who is looking for an excuse to get out from behind a desk.)

FUNDAMENTAL SNOW FENCING
Paul Briggs 539-7389
David Avid 776-3100

Monday, 7:30-9:30pm
One time, Feb 20
Location: UMN Banquet Room 1221 Thurston

This introductory class for beginners fencers uses a safe, fencing is a physically strenuous sport. Some physical conditioning will be included in the class. We welcome fencers to the exciting world of the "foil." (Paul and David have been fencing for several years.)

OUTING CLUB
John Held 539-0216

Wednesday, 7:30pm
First meeting: Feb 21
Length: Indefinite
Location: KSU, Union, Rm 203

This is a class for those who enjoy the outdoors or would like to learn new skills. Activities range from camping and hiking to parasailing and sailing. We will try some winter camping this year and maybe some mountaineering. Everyone is welcome and especially people who have already some special skills. Please come and give us a few lessons. (John went through boy scouts as a kid and still enjoys the outdoors.)

TENNIS FOR FUN
Nathaniel W. Wilkins 532-5806

Wednesday, 5pm
One time, Feb 5
Location: UMN Fireplace Room 1221 Thurston

This is an opportunity for you to get to know some new faces in the sport. Sign up and give your name, address, phone number, skill level (Beginner, Intermediate, Advanced) and a time you\'ll be available to get in a few games. We\'ll compile this list and distribute it at the time given above. Be prepared to be on your own after the first meeting. (Note: a recreation major and really enjoys a good game of tennis.)

DRUM-AND-COMBING
Dean Wilson 539-0467

Wednesday, 7:30pm
One time, Feb 5
Location: KSU, Union, Rm 203

Formerly called "Canoeing in Kansas" this class combines canoeing, camping, hiking, sightseeing and swimming in one activity. Weekend and one-day trips will be planned. The first meeting will be to organize the class, find people interested in traveling trips, and start a trip schedule for the spring semester. All interested past members of "Canoeing in Kansas" should sign up. (Dean is a member of the KCA and a canoeist at heart.)
Community Gardens

Located at 9th and Riley Lane are 100 garden plots. Tilled, staked, and with water outlets waiting for the spring gardener who lacks a backyard or planting space of his/her own. Plots are rented, based on a sliding income fee scale for $7 to $12. Applications for plots are available at the UFM House, 1221 Thursday, the Manhattan Public Library, and the Douglass Community Center. If more than 100 applications are received by the closing date, March 2, first priority will be given to low-income residents. The Community Gardens are made possible by the City of Manhattan, UFM, and the KSU Horticulture Department. Joan Shoemaker and Bill Hoyt are the 1979 garden coordinators.

Appropriate Technology

The Appropriate Technology Program at UFM is dedicated to the search for ways in which individuals and communities can become more self-reliant in the areas of energy, food production, shelter and education. Through the program, we encourage the sharing of elegant, user oriented, and human-scale technologies which do not threaten human values, individual freedoms or the environment within which we all must live.

In this brochure, the AT Program is introducing a series of classes designed to help the homeowner or prospective homeowner develop his/her vocabulary in the areas of more appropriate living alternatives. The series includes an introduction to solar, lectures and workshops on greenhouses and energy saving window treatments, financing home improvements, an opportunity to determine your personal lifestyle index and a tour of solar homes around Manhattan.

We intend our program to provide service to residents of Manhattan and surrounding areas of the state. Please feel welcome to call us at 532-5566 or drop by our offices to find out more about our services and how they might be of help to you.

Evening Childcare

UFM Evening Childcare is licensed by the state of Kansas and open to all families in Riley and Pottawatomie Counties. The center, located at the Blue Valley Methodist Church educational building, serves children ages 3½ to 12. Children are accepted for care from 2:30-11:30pm Monday through Friday, while it is not necessary for families to use center daily to be eligible for the service, advance registration is necessary. Snacks and meals are served and a modest fee is charged on a hourly basis. Call Jane Barnes at UFM (532-5566) for more information.
Free University Network

The national association of free universities, the Free University Network, is headquartered at UFM, and the Network will also see a busy spring.

Midwest Regional Coordinators Sue Maes and Jim Killacky are planning a regional conference for Wichita in late April. The Network continues to help set up new free u's around the country, many of them aided by the UFM film and UFM's 422-page resource guidebook, THE FREE U. MANUAL. The Network welcomes additional volunteers to help out in its national activities. For further information, call Bill Braun at UFM, 532-5666.

State Outreach

University for Man has many varied programs in addition to course offerings. Some of these is the Outreach Program which, over the past three years, has worked with groups and individuals in over 30 Kansas communities, setting up programs of free university- community education.

In providing technical and training assistance to these folks, we have come to appreciate the rich and abundant reservoir of human and social resources that the state possesses. The myths that there is nothing to do in Kansas and that it is merely a place through which one has to pass to get to the Rockies, are very wrong--for we have had courses and found local leaders just about everywhere in every corner of the state. These projects have provided not only exciting and useful learning opportunities, but also they have important implications for rural development and community resource utilization.

The Outreach Program has developed a wide range of training materials, newsletters and other manuals. If you would be interested in these, or in any facet of the Outreach Program, call us at 913-532-5666.

The End of Illiteracy

The National Literacy Coalition was formed in 1978 with the goal of eradicating the country's reading problem in one year. With over 25,000,000 illiterate people in the U.S., this represents one of the major social problems of our time. If you want to be a part of solving this problem and making it real, contact Jim Killacky at UFM, 532-5666. He has been in contact with the organizers of this project and will provide additional information.

Thank You!

Photo credits:

Alan Edgar 44.
Tom Holllinberger: 15, 16, 27, 28, 31, 41, 46, 47, 48.
Manhattan Mercury: 6, 9, 10, 15, 17, 20, 22, 24, 25, 26, 37, 43, 46.
Bob Sinnett: 14, 18, 45.
Dr. Beve Vallance: (Warren photography in UFM course) Front cover, 6, 9, 13, 29, 30, 36.

Tom Hollinberger: Layout

Old Staff

We would like to say a special thank-you and goodbye to Joan Goldman and Nadine Burch who have recently left our staff. Nadine, who established our program for the elderly, has moved to Topeka where she is expanding her advocacy work with theaging. Joan, who has been our arts coordinator and who established our pottery co-op, is departing for work in the Boston area. Thank you both for your many contributions. We'll miss you.

New Staff

It is always a pleasure to welcome new members to our staff. Jane Barnes has joined us as Director of the Evening Childcare Program and Helen King will be with us as a childcare worker. Marty Hartford has taken over as secretary for the State Outreach Program and Julie Covert is the new Communications Coordinator for the Free University Network. Nate Wilkins, a senior in recreation, is serving his internship with us and has coordinated the "Play" section of the brochure and the UFM Winter Festival. Debbie King, a senior in social work, will be with us as a social work intern and will work primarily with high school students. Alan Edgar, a recent graduate of the College of Architecture, EU, has joined UFM to work with the Appropriate Technology Program. Brett Ruelson, a junior high school student, will be with us as an aide through the summer. Joan Shoemaker and Bill Hoyt, horticultural therapists, will be coordinating the community gardens for the 1980 season.

Volunteers

Over the years, our gratitude for our volunteer teachers has continued to grow. UFM is, to a great extent, made up of volunteers. Paid staff provide administrative continuity, but most of UFM's activities could not happen without the many volunteer hours that go into them.

As we have grown during the past eleven years, so have our needs for volunteer participation. We particularly need volunteer help for class registration, and we also need, over a longer period, clerical help, assistance in winterizing our house, help with lamp maintenance, carpentry, and other jobs requiring skilled workers. If you would like to volunteer for any of the above jobs, or something else, call Melody at 532-5666. She will talk with you and help match you with a needed job. And again, thank you, everyone, for your many gifts of time.

We are increasing our efforts to develop play areas and outdoor activities at UFM. We now have volleyball poles and a net, but could use horseshoes, croquet and miscellaneous game balls. If you have any outdoor equipment (or outdoor furniture for those who participate by watching) that you'd like to contribute for community use, drop it by the UFM House, 1221 Thurston, or call us at 532-5666 and we'll pick it up.
Registration
February
12, 13, 14

Feb 12, 13, 14 - KSU Union, 9am-4pm
Feb 12 - Manhattan Public Library, 9am-7pm
Feb 12 - Douglass Community Center Annex, 11am-1pm
Feb 12 - Manhattan High School, 10am-2pm
Feb 12 - UFM House, 1221 Thurston, 7am-6pm

If it is impossible for you to register at one of the above locations, you may call 532-6866 to register during the following hours ONLY: Feb 12, 7am-6pm and Feb 13, 9am-5pm. Please limit registration by phone to no more than four classes.

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, 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.

UFM
1221 Thurston
Manhattan, Kansas 66502