Kansas are a rugged rural people. One of the major means for survival here, historically, has been the development and sharing of human resources. Kansas are known for their friendliness and a willingness to share, to care about a neighbor, to provide support in times of need and to laugh in times of joy. There is a warmth and a depth of feeling in Kansas which makes this place a special one in which to live, to play, to learn and to work.

For the past several years, University of Kansas has been working on the development of projects in Kansas City, Clay County, Jackson, Washington, Pawnee Rock and some 25 other places in Kansas. Kansas has provided an excellent framework for services and for the development of new services and programs, and I'm pleased to introduce this UFM brochure on Kansas and to wish you excelling learning adventures by participating in these events.

KANSAS!

Kansas has been described, among other things, as a state of mind, a place one has to cross to get to the Rockies, the world's breadbasket, a wind-driven prairie land, and the home of Dorothy and Toto.

Through the pages of this brochure we will show another vision of Kansas. A fellowship is occurring as people share the sharing of skills and knowledge with each other. Kansas has become the home of such activity in community resource development. People who previously regarded Kansas as a "haven of nothing-to-do" become pleasantly surprised to find out that they must reverse their opinions. In the KSU-Manhattan area alone, there is a thriving Farmer's Market, a food co-op, an evening children's theater, an excellent community theatre group, several neighborhood associations, a very active Douglas Center, and as evidenced by this brochure, hundreds of examples of people sharing some of what they possess with others.

Statewide, over 31,000 people are sharing skills and knowledge with each other in over 100 community education programs and free universities in the state. That sharing of skills and knowledge with each other has led to a restoration of human attributes almost lost in modern society, such as neighborliness, relaxation, enjoyment of life, and a sense of our own human resources.

We are often asked at UFM what we do. The pay is not the greatest, hours can be very long, and sometimes problems just won't go away. But taking to walk through the UFM house one evening, with four or five different events in progress, or visiting the educational programs of rural communities and seeing people learn and exchange traditional crafts, contemporary issues, or practical skills, provides the answer. We do what we do because it gives us the wonderful privilege of being touched by people doing things for others. And people doing things for others is one of the best characteristics of Kansas.

FALL 1979

Welcome to UFM's array of Fall classes! There are both old favorites and exciting new offerings. Hopefully, among the variety of classes reflecting the broad scope of UFM, there is something just right for you. Of course, we must thank the people in our community who volunteer their time, energy, and sometimes dollars to help keep UFM going. Without these generous friends, we probably wouldn't be here. UFM receives funding from the KSU Division of Continuing Education, the KSU Student Governing Association, the United Way of Riley County, the Department of Human Resources--CETEA, the Fund for the Improvement of Postsecondary Education, the National Science Foundation, the Clearinghouse for Community Based Free Standing Educational Institutions, the Kansas Office of Social and Rehabilitation Services, the Kansas Committee for the Humanities, the Kansas Arts Commission (a state agency), the National Endowment for the Arts (a federal agency), the Department of Energy, Flint Hills Area Agency on Aging, Title I of the Higher Education Act, and the Green Thumb Program.

During our recent fundraising drive, we published lists of "Financial Friends" who helped support our building fund. We want to thank the following individuals and groups for their major contributions to the building fund. Since our last listing in Fall 1978: Floyd & Ruth Thompson, Farm Bureau Insurance Services, Don & Alice Hoyt, Manhattan Friends Meeting, Sam & Yvonne Lacy, Helen Brockman, Kretschmer Products, and Bruce & Janice Wood. Thanks to the above agencies and all of the individuals and businesses who contribute to UFM as a non-profit, tax-exempt organization, we are thriving. But our new building is not complete. We still have needs and we can still use your help. Many thanks for your continued support.

UFM Board of Directors

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Toni Mills
Jim Reiger
Joe Rippele
Doug Salby
Doug Walter
Pam Warren

An Invitation To The Handicapped

University For Man extends a special invitation to handicapped individuals to our community who wish to attend UFM classes or events. Special arrangements will be made to include individuals who have visual or hearing impairments, mobility handicaps, or other handicap disabilities. You can assist by indicating your special needs on your registration card.

About Our Cover

For the past several years we have been fortunate to have in our community a photographer of Fred Wrightman's caliber. On the cover and throughout the brochure you will see photos of the Kansans Fred captured so well. We were privileged at the loss of Fred this summer, but his work will live for having been touched by his timeless works of art.
THE COURSES

Free University Network Outreach
Evancing Washington: Old Staff, New Staff

UFR Solar Greenhouse Community

Early Kansas: A Slide Show
Rural Kansas "Finc"
Intro to Genealogy
"No Bulbs in the Breadbasket"
War Tax Resistance Seminar on Peace

Textbook Exchange Taiwan
The Community Congress: The Questions of Socialism
Living-Learning School: Mothers of Pre-School Children

If It's Belgium Public Speaking
What Is La Leche League
Pygmy Publicity
Pro-Catalan Welsh Colonization
Russian Winter Tour
Money Management Seminar: Investment Basics

Lawyers Seminar: Do You Really Need a Lawyer
Legal Aid Comes to Riley County
Landlord Tenant Relations

We Want to Live DPNA
League of Women Voters Aging Series
Sing Along: Sorting Through Medication Muddle
UPM: Staying at Home with Care: Geography: The World Around

Crafts Beginning Macrame: Advanced Macrame
Konz Prairie Quilters Guild
Hawaiian Quilted Pillow: Beginning Knitting
UFR Fine Arts/Crafts Sale

THE COURSES

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Tattooing
Chair Caving
Needlepoint
Rug Braiding
Candle Making
Soap Making
Sock Darning

Indian Seed Bead Weaving
Decoupage
Gifts and Gadgets
Whitling

Gem Stones
Beer and Pop Can Collecting
UFR Pottery Studio
Beginning Pottery
Handbuilding-Wheelthrowing I
Handbuilding-Wheelthrowing II
Beginning Ceramics
Basic Pottery

Cosmopolitan: Japanese
Chinese Cooking
International Cooking
Mexican Cooking
Food of India
Real Easy Homemade Pizza
Italian Bread

Talking Turkey
Introduction to Baking
Bake and Freeze
Holiday Mints
Pie, Pie, Pies
The Uncooking Party
Wine Making in the Home
Tall Tall Brewery Drink Fest

Food and Nutrition
Fresh Flowers
Making Your Own Baby Food
Do-It-Yourself Yogurt

Summer Shorts
Magic for Children
Storytelling for Preschool/Younger Wildlife Society

Astronaut Astronomy
Our Changing View of Mars
The Universe
Mushrooms
Post Rock Country

Photography
Kansas Organic Producers
Hiking Trails in Kansas
Small Grass Growing
Plants of Konza Prairie
Prairie Grasses
Wildflowers and Weeds
Environment in Relation to Health
Winterizing Your Garden/Yard

Home Greenhouses
African Violets
Caring for Foliage Plants
Indoor Roses
Environmental Awareness Center

Potpourri & Sachets
The Zoo School Cookbook
Animal Humane Society
Salt-Water Aquarums
Daisy Beads
Equestrian Care
Flint Hills Equestrian

Sausage Making
So, You Want to Open a Restaurant
Cooking More With Less
Supermarket Sleuth

Making Color Prints
Advanced Darkroom Talk
Sliding Slices
Copy Work
Star Trek
Disco Down
Technical Theater Workshop
Have Children's Theater

UPR Runners World
Physical Fitness
Roller Skating
Rhythmic Aerobics
Volleyball for Fun

Beginning Golf
Ultimate Disc
Bowling for Fun
Beginning Tennis
Tennis for Fun
Dial-A-Partner
Afternoon Basketball

Beginning Salsa
Advanced Salsa
The Outing Club
Canoeing
Family Flat-Water Canoeing
Ice Skating
Cold Weather Camping
Skiing in Manhattan

Make That Spare
Karaoke
Self Defense for Women
Self Defense/Not Skin Tan
Fundamental Fencing
Dungeons and Dragons
Living in an Alternate Universe

Creative Writing Workshop
It's an Open Stage
Beginning/Intermediate Guitar
Intro to Rhythm Band Harmony

Intermediate Guitar
Quilting Players Unite
Woodwind's Anonymous
Recorder for Adults
Intro to Folk Harp
Musical Instrument Maintenance
Creative Woodwork
Care of Keepsake Clothing

Watercolor or Oil Painting
The Kansas Folklife Festival
Intro to Movement-Improvisation
Beginning Belly Dance
Country-Swing Dance
Basic Nature Photography
Beginning Photography
Develop Yourself

HEALTH YOGA 1
Yoga for Those Over 40
Death, Dying and the Shadow Box
The Mental Jessee
Brown Bag

Transpersonal Analysis
I'm OK-You're OK Weekend
Premarital Enrichment Program
Biofeedback
Intro to Foster Parenting
Child Abuse and Neglect
Re-evaluation Counselling
Creative Dance

Life Planning Workshop
Career Exploration Workshop
Job Search Workshop
Fear of Flying
Stress Ills and Stress Skills
Intro to Miracles
Stress Management, Creativity, Health

First Aid Multimedia
Race for Life CPR
CPR
Interfaith Dialogue
Cancer Research Developments
Quitters Are Winners
Tai Chi Exercise
Intro to Zen

Changes in Social Security
Battered Women
JSU Women's Resource Center
Women: Issues and Support
Seminar on Paul and Women
Sexual Assault Victims
EOD
Women's Studies Study Group

Photo Credits
Fred Wrightson: Cover, 13, 35, 46, 47; Beau Vallance: 8, 22; Pam Warren: 11, 21; George Kren: 15, 17, 27, 40, 48.

Artwork
"KANSAS SUNSET" By Elaine Cole

Thank You
Thanks to Dave Colburn for pinch-cropping for one of our staff members who had emergency surgery. Dave helped coordinate the Crafts and Fine Arts.

Quotes used throughout the brochure were taken from interviews of some 200 Kansans from "Kansans on Kansas: An Inquiry Into Values," a grant funded by the Kansas Committee on the Humanities.
MORE THAN JUST CLASSES!

Free University Network

The Ninth National Free University/Learning Network Conference will be held in Denver, Colorado, October 26-28, 1979. The theme, "A Celebration of the Past and the Future," will mark the fifteenth anniversary of the Free University movement. Internationally known adult educator Mollie O'Keeffe will be keynote speaker, and anybody is welcome to attend.

The conference will be sponsored by the Free University Network, the nation's largest network of free universities and learning networks, headquartered here at the University for Man. For more information or to register to attend the conference, contact Julie Govert, Conferences Coordinator for the Network, at 532-5864.

The Network would also like to welcome its new publications coordinator, Myrna Daly, to the staff. Myrna will be handling all sales of the Network publications.

Outreach

Over the past four years the development of a primarily rural free university model has taken us to communities all over Kansas. This spring the legislature approved and the Governor signed the Community Resource Act. UFUM has received a contract from the Kansas Department of Economic Development to assist in administering the Act.

We are also looking forward to planning and conducting a series of workshops for farmers in veterans in rural Kansas. Each of these workshops will provide both opportunity to see old friends again and to make lots of new ones.

As our work in the state has been well received, this fall we will move beyond the borders of Kansas. With a year grant from the Fund for the Improvement of Postsecondary Education, we will be working with campuses in Kentucky, Ohio, South Dakota, Iowa, Missouri. Next April we will host a national conference on rural adult and community education. People wishing more information about any of these activities are most welcome to come by for a chat or call the Outreach staff at 913/532-5864.

UFM Solar Greenhouse

Construction has finally begun on UFM's long-awaited community solar greenhouse and workshop, thanks to a $47,500 grant awarded through the Department of Energy Appropriation Technology Small Grants Program. The 1,476 square foot structure is being built directly west of the UFM House at 1221 Thurston Avenue.

One of the exciting aspects of the building is the many technologies and devices it will display that demonstrate low-cost effective ways to use renewable energy sources for space heating, food production, water heating, waste recycling, and other energy intensive processes. The building is designed to receive about 80% of its seasonal space heating from the sun.

However, even more important than the building's ecological features will be the implications of the facility for future programs and activities sponsored by UFM and other community groups. One of the primary groups which will benefit from the facility will be low-income elderly citizens, who will be using the greenhouse for year-round food production. In addition, a kitchenette and lounge will provide space for meetings and other activities. These and other programs for elderly citizens will be coordinated through the Retired Senior Volunteer Program (RSVP).

Handicapped citizens from Big Lakes Development Center will also be offered occupational therapy and training. One of their projects will be the development of a small bedding plant industry. The building has been designed for convenient access by both handicapped and elderly citizens.

The building will also be used as a research facility by KSU horticulture and architecture students. Horticulture students will conduct research on organic food production and help in horticultural therapy work with the elderly and handicapped. Architecture students will be monitoring the thermal performance aspects of the building as well as developing educational programs and workshops on low-cost alternative energy devices.

The facility will also be accessible to a broad cross-section of the community through UFM classes, workshops and tours. An expanded appropriate technology Resource Library will display manufacturer's product literature, how-to-do-it brochures, books, periodicals and newsletters dealing with alternative energy technologies. The facility will also serve as a center for technical service and design services offered by the appropriate technology staff for low-income families interested in energy saving and solar energy technologies for their homes.

We are actively seeking volunteers from all segments of the community who would like to participate in selected phases of the construction. In exchange for your time and skills, we offer you the opportunity to observe first hand the innovative, yet simple design and construction methods which have been made possible by a solar greenhouse.
COMMUNITY

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

EARLY KANSA: A SLIDE SHOW
Doris & Leona Velen 539-0758
Tuesday, 7:30pm
One Time, Oct 9
Location: Manhattan Public Library
Juliette and Payntz
Enjoy a trip down memory lane with us as we view and relinance about some of the people and places that have made Kansas one of the great places in the world to live. (Leona and Doris grew up in the Blue Valley and enjoy sharing the slide show they made.)

RURAL KANSAS INC.
Jim Converse 776-1413
Jim Killacky 539-9544
Thursday, 7:30pm
One Time, Oct 11
Location: UPH Conference Rm
Rural Kansas Inc., a soon to be incorporated organization affiliated with Rural America, is organizing for rural people in Kansas to take charge of the conditions that affect their day to day lives. Rural Kansas Inc. hopes to become a voice for the people that live in rural areas of Kansas. Come find out what is happening and how you can get involved. (Jim and Jim are advisory members of the Rural Kansas Inc. steering committee.)

INTRODUCTION TO GENEALOGY
Elaine Olney 539-4512
Tuesday, Thursday, 7pm
Length: 2 times
First meeting: Sept 25, Sept 27
Location: KSO, Eisenhower Hall, Rm 229
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 genealogy sheets for sale at the class. (Elaine is the Riley County Genealogical Society President.)

NO MISTAKES IN THE RECORDS: AN INTRODUCTION
Nell Schanker 539-5766
Tuesday, 7pm
One Time, Sept 25
Location: KSO Union, Rm 204
This class will discuss ways to halt the menace of nuclear power plants, particularly the Hefel Creek plant under construction near Burlington, KS. The Sunflower Alliance, a statewide anti-nuke group, will be discussed as one example of grassroots personal involvement.

WAR TAX RESISTANCE
Dean Denner 776-5569
Wednesday, 7pm
One Time, Sept 26
Location: 710 Lee
Approximately 50% of the federal budget is directed toward "national defense." Dean will discuss legal ways of countering this involving U.S. income tax and the U.S. phone tax. Information will also be presented on the alternative world Peace Tax presently before Congress. (Dean chooses not to have his money spent on war.)

SEMINAR ON PEACE (STUDIES IN FREEDOM)
Jim Lackey 539-5990
Sunday, 7:30am
Length: 5 times
First meeting: Oct 14
Location: UPH Conference Rm
This will be a series of readings given to serious studies afferring peace and non-violence. Five "handy" presentations and discussions will take place during the early 20th Century voices - western and eastern - including Thomas Merton, Mark Twain, and Gandhi. (Jim, a long time member of UPH, is a would be disciple of Albert Schwitzer.)

TEXTBOOK EXCHANGE
Michael Downing 539-3877
Thursday, 7pm
First meeting: Sept 25
Length: 5 times
Location: UPH Conference Rm
With every new semester, the cost of textbooks becomes a larger financial strain on students at KSU. We will meet to study the feasibility of organizing, and hopefully organize the textbook exchange for the Spring semester.
(Mike, manager of the Book Nook Too, is interested in seeing a book exchange for students at KSU.)

TASHA: THE FIRST TEN DAYS OF DISPLACEMENT
Dorothy Kempel 539-5509
Thursday, 7:30pm
One Time, Oct 10
Location: UPH Fireplace Rm
In December 1978, President Carter displaced the pocw of Tashma, in spite of the fact they had been a faithful and friendly neighbors. Dorothy arrived on the tiny island only hours after the message was received. In her talk and slide presentation, she will tell of her observation of the first ten days of displacement. (Dorothy is a photographer and writer who along with her husband, visited Taiwan last year.)

THE COMMUNITY COLLEGE: COLLEGES FOR COMMUNITY LEARNING
Dave Ayers 776-1722
Tuesday, 7:30pm
One Time, Oct 9
Location: 1620 Leavenworth
The Community College, an organization comprised of some 50 community agencies, has an excellent track record of securing monies and providing training for agencies within the greater San Diego area. We will discuss the policies and programs they have implemented over the past 11 years and examine their College for Community Learning. (Dave participated in the 1st National Community Learning Institute sponsored by the Community Congress.)

THE QUESTIONS OF SICKNESS AND MONEY
Suresh Chandra 532-6008, 776-4976
Sign up at registration and you will be contacted.
The United States spends $500 million a day on a health system which is not very cost-effective. We want to organize a small group to discuss the real problems and alternatives. We will look beyond the slogan "free enterprise" and "socialized medicine." (Suresh is a professor of physics at KSU.)

COMMUNITY 9

Living-Learning School

Dave Hursh 776-7300
Exeter, NE 532-0021
The Living-Learning School is an elementary through junior high school which uses an open classroom, non-graded and individualized learning approach with its students. The teaching staff would like to invite you to join one or more of the following events, located at 1011 Owage.

Sept 25 Music With Young Children: We will look at nursery rhymes, songs and games. Places to visit and things to make will also be included. Limit 20, Tuesday, 7:30pm
Sept 30 Open House: This will be a day to tour the school and ask questions about the curriculum and discuss your child's needs. Sunday, 2-5pm

Oct 3 How to Grow With Your Child: Disciplining your child does not have to be a power struggle! We'll relate experiences from our learning with a school of children and ideas from "Parent Effectiveness Training," Herb Kohl and other educators. Wednesday, 7:30pm
Oct 6 How to Help Your Child Learn to Read: Parents are important in helping their child learn to read. We'll share times on how to develop the right environment and some activities to do with your child. Monday, 7:30pm
Oct 16 Talking About Death With Children: You Care About: We'll discuss ways to help children understand death as a natural part of life. Tuesday, 7:30pm

MOTHERS OF PRE-SCHOOL CHILDREN
Sandy Brown 537-8815
Thursdays, 9:30-11:15am
Location: First United Methodist Church
625 Poyntz
Please join us for coffee and conversation at the monthly meeting of Mothers of Pre-school Children. The purpose of this group is to establish closer relationships with our children by discussing their needs and meeting those needs with love and understanding. A nursery is provided, please call for reservations.
Oct 11 "Brothers, Sisters, and Me"
Nov 8 "Safety Tips and Precautions for Your Pre-schooler"
Jan 10 "Creative Movement and Creative Projects for Inside Play"
If it's Tuesday, it must be Belgium

Joyce Miller 776-4756
Wednesday, 7:30pm
One time, Sept 26
Location: KSU, Union, Room 204
Traveling can be inexpensive if you plan your trip in advance. We'll discuss air travel, package deals, and other information helpful in planning a trip. Please bring your questions.

Joyce is employed by a local travel agency.

Public Speaking

Arline Reaves 913/456-2603
Tuesdays, 7-10pm
First meeting: Oct 1
Length: 4 times
Location: KSU, Union, Room 204
Limit: 10
This class offers advice on the preparation and presentation of speeches. Each participant will have the opportunity to learn the basic steps of a speech, how to collect material for it, plus the encouragement actually to present a five-minute speech before a small group and receive constructive criticism in the form of written evaluations.

Arline has been in Toastmasters for four years and is now serving as president.

What is La Leche League?

Kay Rice 539-2468
Vicki Malino 537-4994
Saturday, 10:30am
One time, Oct 20
Location: UVM Conference Room
Wondering about breastfeeding or if you should attend a La Leche League meeting? Come and find out what we are all about. Fathers are welcome at the session, as are caregivers.

Kay and Vicki have breastfed their children and have become certified La Leche League leaders.

Pharmaceutical Publicity

Tom Lipps 537-0293
Carolee Stark 539-1781
Saturdays, 10am
First meeting: Oct 6
Length: 4 times
Location: UVM Conference Room
This program will be designed to teach non-profit and charitable organizations how to use avenue of free publicity available to them. We will include journalistic skills such as press releases, recognizing news, public relations with media representatives, and technical training on making radio and television public service announcements as well as poster and layout design.

Tom has 2 years experience as publicity director of the Sunset Zoo and Carolee is a former newspaper reporter and editor.

Pre-Columbian Welsh Colonization of the Florida Coast

Charles Walters 532-6724
Thursday, 7pm
One time, Oct 11
Location: KSU, Thompson Hall, Room 101
Did the Welsh really colonize North America 300 years before Columbus? Are there Welsh words in the Cherokee language? Did Columbus use the Welsh maps in his travels to America? A Welsh scholar will address these questions.

A geologist by profession, Dr. Walters has probed far back in the traces of the Welsh in North America in the 1100's.

Russian Winter Tour

Joe Hudson 532-6031
Thursday, 7:30pm
One time, Sept 27
Location: UVM Conference Room
This is an opportunity for you to learn about a low-cost educational tour scheduled for Dec 26 - Jan 10. Participants will spend 16 days traveling and visiting Moscow, Leningrad, Tallinn, and Helsinki. No restrictions on participants - students and non-students welcome.

A specialist in Soviet affairs, Joe had a unique learning experience in the Soviet Union 2 years ago.

Money Management Seminar

Doug Smith 539-2091
Fred Freese 537-4605
Monday, 7-10pm
One time, Oct 8
Location: KSU, Union, Room 204
This seminar's objective is to equip you with information that will help you provide for your family's financial future. We'll talk about inflation, taxes, reducing opportunities, insurance and annuities, Social Security benefits, money accumulation plans, individual retirement accounts, pension plans, estate planning, and other financial matters. Couples are encouraged to attend.

Mr. Smith and Mr. Freese are both local financial planners certified and accredited by their investment firm.

Lawyers Series

Do you really need a lawyer?

Rodney Olsen 776-9208
Tuesday, 7:30pm
One time, Oct 9
Location: UVM Fireplace Room
We will discuss the necessity of legal representation in a variety of situations. Areas to be discussed will include small claims court, personal obligations, and traffic court. We will also examine the consequences of representing yourself in a court of law.

Rodney is a local Manhattan attorney.

Legal aid comes to Riley/Seely county

Val Nechtil 537-0194
Tuesday, 7:30pm
One time, Oct 3
Location: KSU, Union, Room 203
Having legal problems, but unable to afford lawyer fees? Now legal services will be offered to individuals in the county who might otherwise be denied justice because of the inability to have private counsel. Come to this session to find out about Kansas Legal Services, which has recently arrived to offer legal assistance to area people with low incomes.

Val, a Junction City native, is Area Director for Kansas Legal Services. Before working with KLS, Val practiced law in Topeka.

Estates Planning

Kent Olson 537-0194
Tuesday, 7:30pm
One time, Oct 30
Location: UVM Fireplace Room
Limit: 20
The estate laws of Kansas are complicated, but a great deal of advice can be gained by individuals who allow the estate laws to work for them. We will explore estate planning with regard to the distribution of assets, gifts, preparation of wills, trusts, and "dying without a will."

Kent is an attorney in Manhattan.

Landlord-Tenant Relations

Niles Davis 537-6541
Tuesday, 7:30pm
One time, Oct 23
Location: UVM Fireplace Room
If you are being harassed either by ungracious landlords or irresponsible tenants, this class will hopefully clarify the issues, responsibilities of both landlords and tenants, and the legal implications in these disputes. A landlord/tenant handbook is available in the KSU union Bookstore.

(Niles is the KSU Student Attorney.)

Divorce

Rodney Olsen 776-9208
Wednesday, 7:30pm
One time, Oct 10
Location: UVM Fireplace Room
This class will discuss the Kansas laws regarding divorce, child custody, support, alimony, and related matters. We will focus upon recent changes in the law, and discuss how these changes may affect the rights of individuals involved in divorce litigation. We will also discuss the rights and obligations of the parties following a divorce decree.

(Rodney is a local Manhattan attorney.)
AGING SERIES

Please register for each class you plan to attend. We will then be able to contact you for further information if necessary.

STAY ALONG WITH FRANK

Frank Ambruster 537-9564

Section I: Thursday 12:30pm Oct 11 Location: Douglass Community Center Annex 901 Yuma

This will be fun! Frank is enthusiastic about teaching a sing-along. Bring along your good spirits. A good voice is not a prerequisite. (Frank was the Manhattan Recreation Director before retirement.)

WE WANT TO LIVE: TWO YEARS OF THE HUNGER PROJECT

Edith Stunkel 776-3624

Wednesday, 7:30pm One time, Sept 26 Location: KSU, Union, Room 203

Come see the N8M 25-minute version of John Lennon’s film I Want to Live and learn of the progress being made around the world toward ending hunger. (Edith is chairperson of the Manhattan Hunger Project Committee.)

OLDER MANHATTAN NEIGHBORHOODS ASSOCIATION (OMNA)

Richard Leiker 537-2277

Sign up at registration and you will be contacted. OMNA is dedicated to the preservation and enhancement of the older areas of the city as a sound residential and commercial community. We are currently pursuing a program to upgrade deteriorating properties for the mutual benefit of owners, tenants, and older neighborhoods as a whole. Our October meeting is tentatively scheduled to deal with several aspects of weatherization and insulation of older homes. (Richard is the president of OMNA.)

LEAGUE OF WOMEN VOTERS

The League of Women Voters strives to promote political responsibility through informed and active participation of citizens in government. The League is currently involved in areas concerning community corrections, growth of Manhattan, health education in the community, and competency based education. If any of these areas interest you, or if you would like more information concerning the League of Women Voters, contact Marilyn Logan, President (539-6934) or Jan Saridge, Membership Chairman (537-8232).

CRAFTS

KONA PRARIER QUILTERS GUILD

Gloria Koenig 776-0924

4th Monday of each month, 9:30-11:30am First meeting: Sept 24 Length: Indefinite Location: First Baptist Church 2312 Blue Hills Rd. Materials fee: $7.50 per year

Come enjoy quilting. In Kansas, quilting is blessed with a rich quilting heritage which we would like to preserve. Anyone may visit twice free of charge. Baby-sitting is provided if called in advance. (Gloria is co-founder and president of the Kona Prairie Quilters Guild.)

HAWAIIAN QUILTED PILLOW WORKSHOP

Marge Kann 913-536-4406

Saturday, 8-5pm One time, Oct 13 Location: UFM Banquet Room Limit: 10

The history and construction of Hawaiian quilting will be discussed. The class will cut and lay out pillow tops. Hawaiian style. Those enrolled will need a knowledge of basic quilting procedures. (Marge lived in Hawaii for three years and has taught classes in South Dakota and Kansas.)

BEGGINING KNITTING

Norm McNair 776-4343

Tuesdays, 7:30-9:30pm First meeting: Sept 27 Length: Indefinite Location: 2055 Strong Ave (Northview Area) Limit: 8

We will learn basic knitting skills and procedures starting with a small project. The student will have the opportunity to complete a finished project and go on to more advanced projects of his or her choice. Bring one pair of 4" steel knitting needles and one 4-oz skein of knitting worsted (acrylic). (Norma started when she was expecting her daughter 25 years ago and has been helping people learn ever since.)

CRAFTS

BEGGINING MACRAME

Crystal Sapp & Jan O'Brien 537-9660

Tuesdays, 7-9pm First meeting: Sept 25 Length: Indefinite Location: UFM Banquet Room Limit: 15

Materials fee: $3.50, pay at class

In this class you will learn the most important basic knots. Then your first project will be an owl wall hanging. This will teach you how to follow a pattern and basic construction methods. Bring a 70-yard spool of 3-ply white cotton to the first class. (Crystal and Jan have been doing macrame for years and have taught this craft to many people.)

ADVANCED MACRAME

Jan O'Brien 537-9660

Thursdays, 7-9pm First meeting: Sept 27 Length: Indefinite Location: UFM Banquet Room

Materials fee: $2.50, pay at class

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

(Jan has eight years of macrame experience.)

for questions about Crafts, call Julie Coates at 532-5866.
“Everything that’s part of Kansas is part of me and part of my art – the beauty, the feeling of nature, my garden, the fields, the creeks…”

**RUG BRAIDING**
Judy Cloud 539-5133
Dwan Denmark 776-5589

Wednesday: 7:30pm
First meeting: Oct 17
Length: 6 sessions
Location: 2316 Chas Dr
Limit: 15

One craft which has rewarded people for ages is braiding rugs from discarded garments or whatever is available. You will be shown how to prepare the material, lace and join strands. (Judy has made 5 room size rugs from old discarded clothing and blankets). After 27 years they are still being used. The cost of each was not more than $12. (Dwan shares Judy’s passion for rug braiding.)

**CANDLE MAKING**
Neil Schanker 539-5768
Gary Nesseth 537-7267

Section I: Tuesday Nov 13 7:30pm
Section II: Wednesday Nov 14 7:30pm

One Time:
Location: UMR Kitchen
Limit: 12

Materials fee: $1.50, pay at registration

First we’ll discuss the basics of candle making: candle types, waxes, wicks, molds, 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 candle on beaches and Gary enjoys making whippen-wax candles.)

**SOAP MAKING**
Mrs. L.B. Quinlan 537-7315

Saturday, 10am
One Time: Oct 27
Location: 919 Thurston
Limit: 8

It’s a very satisfactory feeling to make something out of nothing. That’s what happens when you take a bit of stale fat and a bit of lye and combine, with a beautiful cake of soap. (Quinlan has been making soap for years.)

**SOCK DARNING**
Verda Cleggett 776-8994

Tuesday, Thursday, 2:30pm
First meeting: Sept 25, Sept 27
Length: 4 sessions
Location: 3210 Ella Ln
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 wool hiking socks or those argyles! Bring a darning needle, a sock with holes, and matching darning cotton or wool. By using some techniques you can mend holes in slacks and sweaters. (Verda has been darning for 61 years, since she was a young girl.)

**INDIAN SEED BEAD WEAVING**
Cindy Bieler 539-1277

Saturday, 1:30pm
First meeting: Sept 29
Length: 3 sessions
Location: UMR Banquet Rm

Brightly colored beads are woven to produce necklaces, belts, and decorative strips for clothing. Costs are minimal and we will be making our own looms. Noted for the striking patterns, this old craft is rarely practiced today. (Cindy, a KSU graduate in art education, has both taught bead weaving and enjoyed it as a hobby.)

**DECORUPE**
Daniel P. Ehlers 537-0267
Monday, 7:30pm
First meeting: Sept 24
Length: Indefinite
Location: UMR Banquet Rm

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. (Dr. Ehlers is interested in and has made many kinds of crafts for many years.)

**GLITTS AND GADGETS**
Sally Willey 539-9455
Debom Hiss 539-3575

Section I: Saturday, Sept 29
Section II: Saturday, Oct 6
Location: 1212 Kearney
Limit: 8

Sally and Debom are excited to share some skills and gadgets you can make for the kitchen and some Christmas items including placemats, bun warmers and Christmas trees! If you can sew a seam – this class is for you! (Both Sally and Debom sew their own clothes and are always hunting for gadgets to sew!)
16 crafts

Earth: for questions about Earth, call Sue Maes at 532-5866.

Amateur Astronomy
C.E. Hathaway 532-6786
Monday, 7:30pm
First meeting: Sept 24
Length: Once a month
Location: KSU, Cordwell Hall, rm 145
Limit: 24

This class will explore the possibility of organizing the amateur and would-be amateur astronomers in the Manhattan area. The recent NASA movies of the Voyager Jupiter encounter will be shown at the first meeting. The class will meet once a month on a night near a new moon for a star party. At least one class period will be devoted to the economical construction of a Dobsonian 6- or 8-Inch amateur reflecting telescope. (C.E. Hathaway is chairman of the KSU Physics Dept. and teaches astronomy.)

Our Changing View of Mars
Jim Underwood 532-6224
Wednesday, 7:30-9:30pm
One time, Oct 17
Location: Manhattan Public Library

Our neighbor planet Mars has been the source of wonder and study since man first gazed skyward. As recently as 1971, however, our knowledge of the planetary surface was limited to Earth-based observations plus the single, unaided-eye view of Mariner 9. The 1971 Mariner 9 and the 1976 Viking missions revealed the "real Mars," a Mars much more varied and much more Earth-like than anyone suspected. (Since 1973, Dr. Underwood has worked with NASA on geologic mapping and research on Mars and Mercury.)

The Universe
Terry Asztrom 532-6836
Tuesday, 7:30pm
Location: KSU, Cordwell Hall, Planetarium
Limit: 30 on advance registration
Oct 2 The Fall Sky: An introduction to the fall constellations, celestial objects, legends and mythology.
Oct 16 The Solar System: Our view of the solar system has changed through technological advances. This program will describe the solar system with emphasis placed on current findings. (Terry is director of the KSU Planetarium.)

Post Rock Country
Grace Hufnedburg
Ada Swineford
Friday, Sunday
Location: First Presbyterian Church (basement)
Limit: 40
Sept 28 Lecture: Slide presentation, with comments on the history, geology, and use of limestone in the development of north-central Kansas. (Orientation for the tour.)
Sept 30 Tour: Destination, fam limestone quarry, with stops at historical locations in route. (350 miles round trip.)
(Grace and Ada are co-authors of Land of the Post Rock [now in paperback]. Grace is associate editor of the Agricultural Experiment Station; Ada is a commercial photographer.)

New Stones
F.C. Lanning 537-7599
Tuesdays, 5pm
First meeting: Oct 9
Location: KSU, Willard Hall, rm 116
Length: 4 times
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 of Kansas stones will be dispalysed.
(Dr. Lanning is a retired chemistry professor with vast experience in faceting gem stones.)

Beer and Pop Can Collecting
Doug Schell 539-6540
Saturday, 10am
One time, Sept 29
Location: 225 Post Rd

Beer and pop can collectors get together and trade your extra and duplicate cans. Meet other collectors and expand your collection! A large variety of pop cans will be available for free. (Doug has over 300 beer cans and 500 pop cans in his collection.)

UFP Pottery Studio
Gary James 532-5866
Saturday, 10am
One time, Sept 22 (Organizational)
Location: UFP Pottery Studio

The UFP Pottery Studio, 1221 Thornton, Manhattan, is available for people who would like to handbuild or use the wheel on their own. Charges for use of the facilities for four hours a week are $15 per semester. This fee includes some kiln space but not your clay. Our pottery studio is a cooperative. Members help do the work to keep it clean and running smoothly.
If you would like to use the studio please attend the meeting Saturday, Sept 29 at 10am. I will show you the facilities and the studio guidelines. At this meeting you can sign up for your studio time.

Beginning Pottery
Lucy Herrmann 776-6233
Thursdays, 5pm
First meeting: Sept 7
Length: Indefinite
Location: UFP Pottery Studio
Limit: 8

This class will provide basic instruction in handbuilding techniques and throwing on the pottery wheel. You can learn to make many useful and decorative objects. (Lucy is a ceramics major at KSU and has experience as a studio potter.)

Handbuilding - Wheel Throwing 1
Rhonda Pfifer 776-6233
Wednesday, 7pm
First meeting: Sept 7
Length: 6 times
Location: UFP Pottery Studio
Limit: 8
Materials fee: $15, pay at registration

This class will cover the basic techniques of handbuilding and wheel throwing. Rhonda will also give slide presentations and cover glaze application. Fee includes 25 lbs. of clay, glaze and kiln firing.
(Rhonda is currently a senior at KSU working towards her B.F.A. in ceramics.)

Handbuilding - Wheel Throwing II
Shawn Dolan 913-238-1773
Tuesday, 7pm
First meeting: Sept 25
Length: 6 times
Location: UFP Pottery Studio
Limit: 8
Materials fee: $15, pay at registration

This class will cover the basics of handbuilding and wheel throwing for beginners. Fee includes 25 lbs. of clay, glaze and kiln firing. (Shawn is a ceramics major at KSU and has studied handbuilding, wheel throwing and kiln firing.)

Beginning Ceramics
Lee Dang 537-4155
Saturdays, 10am
First meeting: Sept 29
Length: Indefinite
Location: UFP Pottery Studio
Limit: 8

This class is for beginners who want to learn the basics of wheel throwing and hand building techniques. (Lee has studied ceramics at Puuen State and KSU and is very excited about teaching for UFP.)
HOLOGRAPHY: PHOTOGRAPHY OF THE FUTURE
Suresh Chandra
Section I: Tuesday 7:30pm Oct 30
Section II: Wednesday 7:30pm Nov 7
One time
Location: KSU, Carmel Hall, Rm 317
Limit: 25

Holographs are hard-to-believe, truly three-dimensional pictures. The art and science of holography will be presented in a readily comprehensible manner. Holographs are easy to make but require laser light. Different types of holography will be shown and the uses of holography described. (Suresh teaches holography at KSU and has done a television program on the subject.)

KANSAS ORGANIC PRODUCERS
Sue Lukens
Sat 931/338-3066
Saturday
One time, Nov 3
Time and location to be announced
The Kansas Organic Producers are holding their fall meeting in Manhattan, which gives area folks a chance to become involved. Task forces and areas of discussion will be as follows:
1. Prevention of aerial spray drifts
2. How to monitor and verify the certification of organic production
3. Weed control efforts
4. Tours to organic farms
5. Alternatives to nuclear energy in Kansas

HICKING TRAILS IN KANSAS
Jim Nighswonger
532-5752
Monday, 7pm
One time, Oct 1
Location: Manhattan Public Library
Juliette & Payntz
We will discuss hiking opportunities in Kansas with reference to developed trails. Topics such as where to hike, what trails exist, where they have been used, and interpretations will be covered. Tours are needed for the river trail and for trail repair at Perry Lake. Dates and details will be given at class.

TALL GRASS ORIENTEERS
Belle Bryant
532-5953
Sign up at registration and you will be contacted.

AFRICAN VIOLETS AND THEIR COUSINS
Erica Clayberg
Class sessions to begin in January. You will be contacted.
Learn to recognize and enjoy growing other members of the Gesneriad family: Gloxinia, Lipstick Plant, Goldfish Plant, and Flame Voila. Come learn their real names and growing habits.
(Erica is a National Convention Chairperson for the American Gesneriad Society.)

CAREING FOR FOLIAGE PLANTS
June Anderson
776-5010
Thursday, 7pm
First meeting: Oct 4
Length: 3 times
Location: 2225 Blaker
Limit: 12
We will discuss the basic needs (lighting, moisture, humidity requirements and appropriate soil mixtures) pertaining to many of the popular indoor foliage plants. Students will learn to identify and treat plant diseases and pests. Please bring your plants or plant problems with you. The third meeting will include a tour through the campus conservatory.
(June, a senior in Horticultural Ornamentals, has been involved with the replanting of the campus conservatory and has worked in greenhouses for 4 years.)

INDOOR BONSAI
Carl Clayberg
Kent Klimms
Fridays, 7pm
First meeting: Sept 28
Length: 3 times
Location: 40 Lakewood (west side of Tuttle Reservoir)
Limit: 15
The emphasis of this class is on how to grow your own bonsai. Carl and Kent will cover origins of materials and cultural techniques. Plants suitable for indoors will be the principal concern, because they are easier to manage in Kansas.
(Carl and Kent are professors in the Horticulture Dept. at KSU and have grown bonsai indoors for several years.)

HOME GREENHOUSES
Michael Aigner
532-6170
Dick Wooten

Thursday, 7pm
First meeting: Sept 27
Length: 2 times
Location: KSU, Union, Rm 205
The first session will focus on hobby greenhouses: their structures, coverings, environmental temperatures and light levels. The second evening will cover vegetable production: the growing of tomatoes, cucumbers and lettuce in a controlled environment.
(Michael is a graduate assistant in greenhouse management and Dick is a professor of horticulture at KSU.)

WINTERIZE YOUR GARDEN AND YARD
Ray Keen
Friday, 6pm
One time
Location: 1916 Blue Hills Rd
It’s time to wind down your garden. Come take a look at lawn preparation: learn how to prepare your spring garden now; discuss composting ideas and tender and hardy bulb care. Ten new lines of zuppa grass and bluegrass can be observed in this session.
(Ray is a professor of horticulture at KSU.)

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(Ray is a professor of horticulture at KSU.)

People in this part of the world are closer to the soil, to humanity, to themselves, and maybe because of this they have a clearer meaning of what life is about.
**SALT-WATER AQUARIUMS**
Barb Parker
Tuesdays, 7:30pm
First meeting: Oct 2
Length: 2-3 times
Location: Spectacular Eyes
411 N 3rd
Limit: 20
Salt-water aquariums are easy to set-up and maintain. We will cover the basic equipment, set-up, water chemistry and nitrogen cycle in the first session. We will have a few saltwater aquariums on display in the second and third sessions. Materials fee: $10. Bring a very large bowl.
(Dale has developed a large herb garden.)

**THE ZOO SCHOOL**
Tom Denny
Carol Garmer
Manhattan Zoo Keepers
Tuesdays, Wednesday, Thursday, 7pm
First meeting: Sept 25
Length: 6 times
Location: Sunset Zoo, classroom
Sept 25 Exotic Animal School: Professional zookeepers will be teaching you the basics of exotic animal needs and habits in a captive and wild environment. (4 sessions)
Sept 26 Zoo Doctor Training: Doctors are men and women 16 years of age and up who give educational and classroom lectures. This is your chance to join the ranks.
Sept 27 History of Zoos—Past to Present: How modern zoos promote conservation, education and recreation. (Tom is the director of Sunset Zoo and Carol is the 1979 Zoo Docent chairman.)

**BEETLEKEEPING**
Jim Johnson
S32-5891
Tuesdays, Thursday, 7:30-9:30pm
First meeting: Sept 29, 27, Oct 2
Length: 3 times
Location: KSU, Waters Hall, Rm 114A
Honey is the wonderful stuff that most folks know bees make—but few really know how they do it. The session will cover many aspects of hobby beetlekeeping: from obtaining the bees and needed equipment, to managing the hive for your first and future honey crops. (Jim is an Extension Entomologist at KSU and keeps bees in the Manhattan area.)

**ANIMAL HUMAN SOCIETY**
Steve Allison
S39-5490
Thursdays, 7pm
First meeting: Oct 11
Length: Monthly
Location: Manhattan Public Library
Juliette & Pauline
This group works in promoting humane ideals in Manhattan and the surrounding area. (Steve is current president of the organization.)

**FLINT HILLS EQUESTRIAN**
Ann Lehert
S32-5681
Monday, 7pm
First meeting: Sept 24
Location: KSU, King Hall, Rm 110
A get together is planned for people interested in planning horse shows; both English or western.

**FOODS for questions about Foods, call Julie Govert at 532-5866.**

**SAUSAGE MAKING**
Rick & Nancy Leiker
S37-2217
Saturday, Jun 1
One time, May 17
Location: 15th Kitchen
Materials fee: $50, pay at registration
Using grande's meat grinder, natural casings and some "wasabi" power we will demonstrate the basic technique of sausage making. By using freshly ground meats and your own seasonings, you can create a truly superior sausage. We will all take turns grinding and stuffing, and, of course, tasting. (Rick and Nancy have been making their own sausage for three years.)

**SUPERMARKET SLEUTH**
Denise Hayden
S32-6541
Martha Cornell
S39-1889
Sign up and you will be contacted as to date, time and place. This event will be happening sometime in mid-November.

Do you feel like a detective when it comes to supermarket shopping—searching for "specials" and comparing product brands and sizes? We'll discuss how to become a super sleuth and provide "clues" on how to become a more alert and informed shopper. We will examine various aspects of the supermarket, from the shopping environment to product labeling and display. (Denise is Director of the KSU Consumer Relations Board. Martha is a graduate of the KSU Dietetics program.)
**Specimen Jessae BSR ("Good Eating Once Again")**

Deryl Waldron, Julie Suvert & Friends 532-8666

Wednesday, 7pm  
First meeting: Sept 26  
Length: 2 times  
Location: UPM Kitchen  
Limit: 15

This class will focus on one of Europe's most fascinating countries—Poland. At the first class we will prepare与时, a traditional Polish cheese blin (maczognoi) and discuss the customs and lifestyle of Poles. At the second class meeting we will prepare a typical Polish meal together (maczognoi jescet ros). Expenses for this class will be shared by participants.

(Deryl has spent nine months working and living in Poland, Julie and friends like adventures like this and like to eat.)

**Chinese Cooking**

Mel Lang Wang 539-4470  
Wednesday, 7:30pm  
First meeting: Sept 26  
Length: Indefinite  
Location: KUS, International Student Center

Have you ever wanted to learn how to make delicious stir-fried vegetables? Is it the way you eat that got you for Christmas last year's gathering dust simply because you have no idea how to use it? Mel Lang will prepare an authentic menu and discuss ingredients and where to purchase them. Class participants will share material expenses. At the first meeting the group will plan the topics of future meetings. (Mel, originally from Taiwan, enjoys cooking Chinese food for his family and friends.)

**International Cooking**

Loan Wars 539-8067  
Wednesday, 6pm  
First meeting: Oct 3  
Length: Every other week, indefinitely  
Location: Sign up and you will be contacted

Are you interested in learning to cook foods international or ethnic? With the help of members of the international community of Manhattan, we will learn how to make exotic dishes as they are prepared in the countries of their origin. The cost of each meal ranges from $1.50 to $4. Each number of the class will take responsibility for organizing and hosting a session. (Loan has coordinated this class for years and is looking forward to this fall's class.)

**Holiday Know-How**

**Talking Turkey: Holiday Turkey Preparation**

David J. Van Camp 776-1318  
Tuesday, 6:30pm  
Location: UFM Kitchen  
Limit: 20  
Materials fee: $2, pay at registration

Turkey talk is part of the holiday season as holiday parties and friends are planned. Dave will discuss the fine art of selecting, preparing and serving the Thanksgiving or Christmas Turkey. With Dave's help you will prepare and serve a turkey.

(Dave is chef at a local restaurant and a senior in restaurant management.)

**Introduction to Baking**

Richard Junge 532-6616  
Friday, 7:30pm  
Location: KUS, Shellenberger Hall, 110  
Limit: 12  
Materials fee: $5, pay at registration

This class is designed to teach the basics of making baked products in the home. Variety breads, dinner rolls, French breads and sweet goods are some of the baking techniques that will be covered. The $5 fee will cover a course outline with recipes and the cost of ingredients.

(Richard and Pat have extensive training in baking and are graduate students in grain science.)

**Bake and Freeze for Christmas**

Sue Schonewil 539-5923  
Saturday, 9:30am  
Location: UFM Kitchen  
Limit: 20  
Materials fee: $1, pay at registration

Sue will teach how to make different holiday breads such as Danish ring, julkake and Stollen. She will also show how to freeze these to avoid that last minute Christmas rush.

(Sue is an enthusiastic 4-H'er who has done extensive work in food preservation and youth bread projects.)

**Holiday Mints**

Mr. L.R. Quinlan 537-7315  
Saturday, 2pm  
Location: 919 Thurston  
Limit: 8

What would the holiday season be without mint in your mouth mints? Mrs. Quinlan will demonstrate how to make mints that will enhance the holiday festivities. The class will be shared by class participants.

(Mrs. Quinlan enjoys her holiday mint-making activity.)

**Pie Pie Pie Pie**

Barbara Cornell 532-6260  
Session I: Monday Sept 24  
Session II: Oct 1  
Session III: Oct 26  
Location: 3200 Heritage Ct #3  
Limit: 6 per session  
Materials fee: $3, pay at registration

Do you ever dread the thought of tackling a home-made pie shell? Be brave and learn some simple recipes and tips for making crust every time. Barbara will also share some family pie filling recipes plus a super unusual recipe. (Barbara's children pies since she was small under the guidance of her mother and grandmother.)

**The Uncocktail Party**

Lisa Toone 532-6434, 537-6088  
Friday, 7:30pm  
Location: UFM Kitchen  
Materials fee: $1, pay at registration

Come join us in exploring party drinks that taste and look good, but offer an alternative to drinks containing alcohol. We'll sample drinks using ice cream, fruit juices and soda pop. We will also talk about (if possible) some new ideas. Bring your own cocktail type drink.

(Lisa enjoyed the Summer '79 Uncocktail Party and is very excited about the Fall party.)

**Mid-Making in the Home**

L.R. Norton 537-7883  
Thursday, 7:30pm  
Location: UFM Conference Room  
Learn one popular technique of making wine right in your home. Dr. Norton will discuss what can be accomplished with this art and will provide information about equipment needed, methods and the how-to's of making wine-makers a start. Experienced wine-makers are invited to participate too.

(Dr. Norton is a professor of animal science whose hobby hobbles include wine-making.)

**How To For Beer**

Mike Rhodes 1-999-6748  
Sign up for this class and you will be contacted.  
Location: Route #1, Alta Vista  
Limit: 8 guest home brewers

Tall Tale Brewery respectfully invites local home brewers of lager, ale and stout to attend the public celebration of brewing where we can exchange ideas and sample some of the brews that we come to. (Mike was introduced to the secrets of brewing two years ago by a Greek dwarf and has an arid practitioner since.)
KID STUFF
for questions about Kid Stuff, call Jane Barnes at 532-5866.

FUN WITH FOOD
Delores Rexrode
776-4781
Mondays, 4pm
First meeting: Sept 24
Length: Indefinite
Location: Community Center Annex, 901 Yuma
Limit: ages 7 to 14

Together we'll learn about nutrition and what it should mean to you. Activities will include cooking and tasting low cost, low fat, healthy foods and safety in the kitchen, discussion, meal planning, games and lots of fun. Other interests shown by the class will be pursued.

Materials fee: $2.50, pay at class

Making Chocolate Chip Cookies
Clint Weininger
537-8402
Saturday, 1pm
First meeting: Sept 20
Location: UFM Kitchen
Materials fee: $3.00, pay at class

Clink will share his recipe for this all time favorite with everyone.

HOW ICE CREAM IS MADE
Kris Norgard
520-5654
Thursday, 4pm
One time, Oct 4
Location: KU, Hall 1, front office
Limit: ages 8 to 12

A tour of the dairy plant at KU will be conducted and the process of making ice cream explained. Included is a stop at the dairy bar.

crets of the Research Assistant in Dairy Processing at KU)

KIDS ARE COOKING TOO
Jane Barnes
537-2661
Saturdays, 9am-1pm
First meeting: Oct 6
Length: 8 weeks
Location: UFM Kitchen
Limit: 6, ages 4 to 8
Materials fee: $2.00, pay at registration

Together the children will make such goodies as pizza, cornbread, applesauce and sugar cookies. The class is held over the noon hour as we'll eat what we cooked for lunch and learn to clean up the kitchen when we're through.

(ides are designed to give young people a survey of wild animal life. We'll look at apes, snails, wolves, and endangered species, and even go looking for fossils from animals of the past.

Barb McNab
539-7011
Mondays, 7pm
First meeting: Sept 24
Location: Sunset Zoo Classroom
Limit: ages 8 to 15

These classes are designed to give young people a survey of wild animal life. We'll look at apes, snakes, wolves, and endangered species, and even go looking for fossils from animals of the past.

Barb is a grade school teacher turned professional zookeeper.

* I love the Kansas sky because you don't have to look up to see it.

24 foods
**Sunset Junior Zookeepers**

Barb McFadden

Sundays, 1pm
First meeting: Sept 29
Length: 2 times
Location: Sunset Zoo Classroom
Limit: Ages 8 to 15
Materials fee: $1 for training manual, pay at class

Sunset Junior Zookeepers provides opportunities to help care for some of the animals, work on zoo projects and help out behind the scenes. An ongoing program, both past and current junior zookeepers are encouraged to attend both training sessions, then volunteer to work after school and weekends.

**Children's Playgroup**

Jan Glatter

Wednesdays, 1-3pm
First session: Sept 26
Length: Indefinite
Location: 1144 Heublein Dr

This is a parent participation play group for 3 year old children which provides companionship for both parent and child. If your child is in a different age group, come to the first meeting and Jan will help you set up your own group.

Jan has led these groups for UF on a continuing basis.

**Art for Children**

Patty Kyle

Sign up at registration and you will be contacted.

Length: 8 times
Location: UFM Dining Childcare Center
Li: 10, ages 6 to 9
Materials fee: $2, pay at registration

Drawing, painting, printing, sculpture - fun experiences that will enhance the cognitive, aesthetic, emotional and skill development of children ages 6 through 9. Art done does that heavy stuff for kids of all ages.

(Patty has a B.S. in Art and is certified to teach art.)

**Children's Theater Workshop**

Manhattan Civic Theater

537-8808

Barbara Young

Saturdays, 10-11am
First meeting: Sept 29
Location: City Auditorium
Limit: Ages 6 to 14
Production techniques such as acting and backstage work will be explored. A seasonal play produced by the class members is scheduled for the last few sessions.

(Students at the Civic Theater are interested in involving young people in theater productions.)
INTRODUCTION TO THE FOLK HARP
Florence Schwab

Sundays, 2pm
First meeting: Oct 7
Location: 413 Research Dr
Limit: 20

I will have two small harps for the class to see, and each student will have a chance to play on them. I will give a demonstration on the proper hand positions and maintenance of the harp and will sing and play some folk songs for the class to hear. I also have brochures and other materials with information on obtaining a full harp kit.

(Musical Intertwined is a folk music project based in Madison, WI)

MUSICAL INSTRUMENT MAINTENANCE
Chris Banner

Saturday, 10am-12pm
One time, Oct 12
Location: 514 N Joliette

This is a general information course for beginners to learn preventive maintenance for your musical instrument. We will cover techniques for cleaning, polishing, and maintaining your instrument. Please bring your instrument to class.

CREATIVE WEAVING
Linda Teener

Saturday, 10am
One time, Oct 20
Location: 1800 Judson
Limit: 20

This is an experimental course on weaving with non-traditional materials. We will learn about the potential of weaving and ways to create new designs.

CARE OF KeepsAKE Clothing
Margaret Ordonez

Thursday, 7-9pm
First meeting: Sept 25
Limit: 20

This course will cover the care of your handmade clothing. We will discuss how to care for your handmade clothing, including washing, ironing, and storing. You will have the opportunity to make your own clothing projects.

COUNTRY-SINGING DANCE
Paula Esken

Tuesday, 7-9pm
First meeting: Sept 27
Length: 10 times
Location: Cowboy Palace
Limit: 25

This class will introduce those who have never whispered around the dance floor to basic turns and slides, basic songs for the dances.

(Basic Learned Swing-dance when she was 5 and has been dancing ever since)

BASICS: NATURE AND FIELD PHOTOGRAPHY (COLOR 35mm)
Joe Arreda

Wednesday, 6:30pm
First meeting: Sept 26
Length: 10 times
Location: KSU, Ackert Hall, rm 234
Limit: 8 per section

Section I: Saturday Fall Field Trips
Section II: Sunday Fall Trips

Natural light field photography is really easy and enjoyable. After a varied session on principles, techniques, equipment, etc., we will take three field trips. All trips will be moderately strenuous, 4-5 miles, with lots of walking and fence hopping. We will plan the field trips at the Sept 26 meeting. (This is a good follow-up in aquatic ecology at KSU and has been doing nature photography for four years.)

BEGINNING PHOTOGRAPHY
Emile Peck

Tuesday, 7-9pm
First meeting: Sept 24
Limit: 30

This course will cover the basics of photography, including exposure, composition, and lighting. You will have the opportunity to practice your photography skills in a variety of settings.

DEVELOP YOURSELF
Barbara Smith

Thursday, 7-9pm
First meeting: Sept 27
Limit: 20

This course is designed to help you develop your own approach to photography. You will learn about the technical aspects of photography, as well as how to develop your own style.

(As a photographer, Smith has taught many photography workshops and classes, focusing on developing the photographer's vision and techniques.)
PLAY
for questions about Play, call Dave Ayers at 532-5866.

PHYSICAL FITNESS
Susan Kajiwara 532-7507
Kaye Oeter 532-5296

Section I: Beginning 6pm
Section II: Intermediate 6pm
Monday, Wednesday, Friday
First Meeting: Sept 24
Length: 12 times
Location: Douglass Community Center
950 Yuma
Limit: 40 each section
These exercise classes are designed to help us look and feel better. Attention will be given to firming up the abdomen, biceps, upper arms, etc. Each hour of exercise should serve as a good workout while being fun. Sign up for either the beginning or intermediate section.
(Treasurer & Kaye both participated in UDM's Physical Fitness class last summer.)

ROLLER SKATING
Everett Stillley 776-6375
Sundays, 12:45pm
First Meeting: Sept 23
Length: 6 weeks
Location: Skate Plaza Roller Rink
1377 South
Rental fee: $1, pay at registration
Here's a chance to either learn the fundamentals of roller skating or brush-up on some of the skills you already have. Techniques to be taught, depending on the skill level of the participants, include body position, roller skating, spins, jumps, and racing. (Empty is the owner of a skating rink and has been a skating pro for over 30 years.)

RHYTHMIC ACEROBICS
Susan Gormley 532-7071
Monday, Wednesdays, Fridays, 10am
First Meeting: Sept 24
Length: Indefinite
Location: Douglass Community Center
950 Yuma
Rhythmic Acrobatics involves exercise movements, dance steps, running, jumping, and jogging to music. This fitness program will help improve your cardiovascular system and your muscle tone.
(Susan is a certified Rhythmic Aerobics instructor.)

VOLLEYBALL FOR FUN
Lois Morales 532-8667
Tuesdays, 7-9pm
First Meeting: Sept 25
Length: Indefinite
Location: Douglass Community Center
950 Yuma
Low-key competition volleyball is a fantastic way to get some exercise while having a great time. Everyone is welcome from four-out beginners to nine-foot power players. If enough people are interested we'll start a league and demonstrate some real talent at having fun.

DAVE AYER'S WORLD OF FUN GAMES
Sue Kidd 1-494-2796
Saturdays, 8:30am
First Meeting: Sept 24
Length: Indefinite
Location: KSU, Old Stadium
Fun Runs are for all people, all ages, and all abilities. Everyone who finishes receives a certificate based on age, sex, and speed. Come join the fun and meet fellow joggers and runners. The schedule of runs for this fall is as follows:
Oct 6-7, 3-4 miles
Dec 1-4, 4 miles
Oct 20-21, 5 miles
Dec 15-16, 5 miles
Nov 2-3, 3 miles
Jan 5-6, 5 miles
Nov 27-28, 6 miles
Jan 10-11, 2 miles

MAKE COLOR PRINTS FROM COLOR SLIDES
Marvin Felton 532-1371
Sign up at registration and you will be contacted.
Length: 4 times
Materials fee: $10, pay at registration
Limit: 10
Marvin will demonstrate how color prints can be made from color slides by using the cibachrome method.
Students are asked to bring 4 color slides to the first class session.
(Marvin is a local photographer who specializes in this printing method.)

ADVANCED DARK ROOM
Dan Ray 776-6434
Thursday, 7:30-10:30 pm
One time, Nov 15
Location: Baugh Photo
2200 S. Tuttle Creek Blvd
Limit: 10
Materials fee: $5, pay at registration
In this class we will learn how to make underdeveloped or over exposed film, how to change paper grades and how to make lifters and supers. Students should bring their most difficult negative and we will try to make a show print.
(Dan is currently employed in a local photography lab.)

TALKING SLIDES
Dan Ray 776-6434
Thursday, 7:30-10:30 pm
One time, Dec 6
Location: Baugh Photo
2200 S. Tuttle Creek Blvd
Limit: 10
Materials fee: $5, pay at registration
Participants will learn the theory and practice of making little slides and word slides for their own silent presentation. We will make color slides from BTA Film in less than one hour.

COPY WORK FOR ARCHITECTURE STUDENTS
Ernie Pack 776-6434
Section I: Tuesday 7pm Nov 27
Section II: Tuesday 7pm Dec 11
One time
Location: Baugh Photo
2200 S. Tuttle Creek Blvd
Limit: 10
Materials fee: $5, pay at registration
In this class we will learn how to copy large flat art work as color slides. Topics to be covered include scene systems for close-ups, film choice, inappropriate lighting, printing, filters, and exposure. Participants will shoot a furnished roll of film with a 35mm SLR, 7 to 10 days.
(Ernie is an instructional specialist at KSU with 25 years experience in audio-visual.)

STAR TREK
Nancy Gill 532-1262
Diane Williams 532-0131
Mondays, 7:30pm
First Meeting: Sept 24
Length: 3 times
Location: KSU, Union, Rm 203
Star Trek will be a discussion class with topics such as the new movie, Star Trek conventions, recent books, fanzines and, of course, the TV show.
(Nancy and Diane have attended Star Trek conventions.)

"I've had a very full life. I've always worked and been healthy. Now you ask if there's anything left that I want yet to do...yes. Clean out the attic."

DISCO DANCE
Renata Goes 532-5468
Brian Hettick 532-5468
Tuesday, Sunday, 7-30 pm
First Meeting: Oct 4, Oct 7
Length: 6 times
Location: Ray Kiger's 1122 Novo
Limit: 10
Renata and Brian will teach both individual and touch forms of disco dance.
(Dancing is Renata's and Brian's "thing" and they are excited about sharing their talents with others.)

TEATRICAL THEATRE WORKSHOP
Jim Hamilton 532-8808
Gene Hunt 532-8808
Saturday, 10am
First Meeting: Sept 29
Length: 8-12 times
Location: Manhattan Civic Theater
City Auditorium
12th & Poyntz
Limit: 20
We'll explore a variety of topics which will include basic stage erecting, building and designing sets, lights, sound, costumes, and other technical theatrical topics.
(Gene and Jim are involved in the Manhattan Civic Theater.)
BEGINNING GOLF
Brian Silvott 539-1041
Sign up for the session you wish to attend
Session I: Tuesdays 4pm Oct 2 & 9
Session II: Fridays Oct 16 & 23
Location: Stagg Hill Golf Course
West My 18
Limit: 12
Throughout the cooperation of the Stagg Hill Golf Course and the beginning golf courses being offered this fall by the Ultimate Wizards, the fundamentals: grip, stroke, stance, driving, chipping and putting will be included. Weekly lessons bring your own clubs if possible, and a small fee will be charged for use of the balls.

(Brian is the golf instuctor at the Stagg Hill Golf Course.)

ULTIMATE DISC
Gordon plank 539-4903
Aerial Wizards
Sundays, 7pm (subject to change)
First meeting: Sept 30
Length: Indefinite
Location: KSU, Band Practice Field
Whether you are a beginner at throwing a frisbee or feel you're an expert, Ultimate is a great game to enhance your frisbee skills. A cross between rugby and soccer, Ultimate has become popular in Manhattan. Tournaments will be organized with other Ultimate players across the state.

(Gordon is the oldest member of the Aerial Wizards.)

FLOW-A-LIGHT DISC FOR WOMEN
Sandy plank 539-4903
Gordon plank
Sundays, 7pm (subject to change)
First meeting: Sept 30
Length: Indefinite
Location: KSU, Band Practice Field
The Frisbee League of Women is a newly formed national organization for women who are interested in competitive Ultimate. New players will be taught and all participants will be encouraged to join the First Kansas Women's squad.

(Sandy and Gordon are interested in forming a Kansas FLOW organization.)

BASKETBALL FOR FALL
Monday, Sept. 26
One time, Sept 24
Location: UFM Front Porch
This is an opportunity for you to get some challenging experience, and to meet new faces in the sport. Sign up and give your name, address, phone number, skill level (e.g., beginner, intermediate, advanced) and a time you'd be available to get in a few games. We'll compile this list and distribute it at the meeting.

32 play

BEGINNING TENNIS
Lori Frisendenburg 539-2301
Section I: Sundays 8am
Section II: Saturdays 9am
First meeting: Sept 30
Length: 8 times
Location: KU, Nassau Tennis Courts
Limit: 12
Rental fee: $1, pay at registration
You have to start somewhere, so why not at the beginning UM? The lessons are limited to beginners and will be taught by the volunteer instructors. No experience is necessary to participate in the class. If you have a racquet, you can come.

(bob has taught tennis before and was on the KU Women's Tennis Team.)

TENNIS FOR FUN
Monday, 5pm
One time, Sept 24
Location: UFM Front Porch
This is an opportunity for you to get some new faces in the sport. The lessons will be given to the level of the participants (e.g., beginner, intermediate, advanced) and a time you'll be available to play at the end of the class.

DIAMOND-ANTHER
Monday, Sept 24
One time, Sept 24
Location: UFM Front Porch
You may be all grown up, but do you still "never have anybody to play with?" Whether it's tennis, racquetball, squash, tennis, ping pong, badminton, or a new game, it takes at least two to tango. We would like to do some "match-making" to help people with similar interests find each other. At registration, sign up for DIAMOND-ANTHER and indicate the game you're interested in playing (e.g., badminton, squash, or tennis). If you're interested in playing another game, please indicate. After registration, lists of possible playing partners will be distributed and you'll be on your own to set up playing times. Remember, the people that play together, stay together.

AFTERNOON BASKETBALL
Howard Barnos 537-2641
Jim Hartford 776-3389
Tuesday, 3:30pm
First meeting: Sept 25
Length: Indefinite
Location: Douglas Community Center
Limit: 10
This class is designed for those who have a desire to play basketball without the fast pace. It is mainly for people who are out of shape and have not played for some time. This is a great way to get some exercise while having fun with others. To sign up, please call the phone numbers listed above.

(Howard and Jim like to play basketball to relax.)

BEGINNING SCUBA
George Halzoraon 532-5540
Saturday, 8:30am
First meeting: Sept 29
Length: 12 times
Location: KU, National Materials fee: $21, pay at registration
Scuba diving can be one of the most fascinating sports you may ever become involved in. We will teach the basics at the Natatorium and take the skills we've learned to outdoor ponds in the area. This class is open to anyone interested in the activity. No experience is required to participate in the class. If you have a mask, snorkel, fins, you'll also be able to meet one day out of the water to talk about what you've picked up. The class will be led by the next class participants.

(A George is a certified scuba diving instructor and has taught this class for UM for eight summers.)

ADVANCED SCUBA DIVING IN THE CARIBBEAN, OR MEXICO, ORI
George Halzoraon 532-5540
Tuesday, 7:30pm
One time, Nov 20
Location: UFM Conference Room
Here's your chance to get out of the cold weather in late December/early January and try out your scuba diving skills in warmer climates. There will also be an opportunity to earn your advanced scuba diving certification. This class will be an organizational meeting to discuss various package options, costs (from $150 to $300), and bring your ideas and enthusiasm to organize this trip.

THE LIVING CENTER
Jon Heid 539-0215
Bob Deemt 537-9495
Wednesday, 7:30pm
First meeting: Oct 3
Length: Indefinite
Location: UFM, Student Lounge
The Living Center is composed of many different people. We have a number of activities planned such as: hiking, canoeing, camping, cross-country skiing, sailing, sky diving, rapping, and volleyball. No experience is necessary.

(John and Bob have been involved in outdoor activities all their lives.)

CAMPGUNG
Bob Deemt 537-9495
Wednesday, 7:30pm
First meeting: Sept 26
Length: Indefinite
Location: UFM, Front Porch
Everyone from beginners to experts is welcome. Beginners will have the opportunity to participate in a canoe clinic and picnic at Pillsburg Crossing. A weekend float down the Missouri River is also possible for those who are interested in more advanced trips, where we get canoeing, fishing, and canoeing, and a variety of other topics if the class has an interest in them. (Bob has paddled a canoe for years.)

FAMILY FLAT-WATER CANOEING
Bob PersWy 532-9976
Saturday, 7:30pm
First meeting: Sept 27
Length: 6 times
Location: Sable Cliffs
This will be an introduction to flat-water canoeing for beginners of any age. No prior experience is necessary. The initial meeting will review canoeable currents and set a schedule for upcoming trips. Participants must provide a canoe, paddles, safety jackets and transportation.

(Bob has taught similar classes before and desires to go canoeing this fall.)

ICE SKATING
Joyce Letho 532-6554
Sign up at registration and you will be contacted
Here's your chance to sharpen your skates and your skating skills when it gets cold this winter. Balance, figure skates, spins, and jumps will be some of the skills included by Joyce in this class. All skill levels to double bumps are urged to participate. Please indicate at registration your age and skill level.

(Bob taught skating in UM's Winter Festival last year and skates with the Kansas City Figure Skating Club.)

COLD WEATHER CAMPING
George Halzoraon 532-5540
Wednesday, 7:30pm
First meeting: Oct 3, Oct 17
Length: 2 times
Location: KU, Willard Hall, RM 10
As the cold weather approaches, many people feel their camping fun is over until next spring. We'll explore ways of camping in the cold-weather months (i.e., special gear, choice of location, etc.) and make winter camping a joy instead of an impossibility this year. We'll meet in the Colorado and Arctic snow in years past.

SKIING IN MANHATTAN
Suresh Chandr 532-6808 776-4796
Sign up and you will be contacted when it gets cold.
A good snow provides plenty of opportunity to learn and practice cross-country skiing in Manhattan. This class is both for the beginner and the experienced who want to ski with others. Information as well as skiing instruction will be provided to beginners. You provide your own equipment (can rent). Information is available to persons willing to consider taking a group out to Colorado or Wyoming over Christmas. Please indicate your skill level.

(Suresh learned cross country skiing in Wisconsin and has skied for five years.)
MAKE THAT SPARE-BEGINNING BOWLING
John Yoo 539-2271
Sat, 1st: 1:30pm
First Meeting: Sept 29
Length: 5 times
Location: Wildcat Lanes
Next May 15
Limit: 30
Rental fee: $1.50, pay at registration
Bowling is a great way to keep in shape and have a good
time during the winter months ahead. We’ll teach
the basic fundamentals: keeping score, ball selection,
proper form, and techniques of bowling. The fee
includes the rent of shoes, ball, and lane fees.
(John is a certified bowling instructor and has bowled
for 16 years.)

KARATE
Don Goetz 539-8242
Tuesdays, Thursdays, 7pm
First meeting: Sept 26
Length: 10 weeks
Location: Douglass Community Center Annex
901 Yuma
Limit: 12
This is a style of Korean karate which is popular
world-wide. The style is not an easy one to learn.
Proficiency requires time, effort, and motivation.
The rewards are great, and it can help improve
physical fitness, improvement of balance, self-discipline,
and self-confidence. Uniforms are not required for beginners.
(Don holds a first degree black belt in Tae-Kwon-Do.)

SELF DEFENSE FOR WOMEN
Don Goetz 539-8242
Tuesdays, 8pm
First meeting: Sept 25
Length: 10 times
Location: Douglass Community Center Annex
901 Yuma
Rather than stressing specific techniques for specific
situations, this course will develop a
woman’s ability to think, and react to such situations with
whatever tools are handy.
(Don has taught women’s self defense course for UMF
before.)

SELF DEFENSE: KET SHIN KAN
Jim Conn 776-6735
Wednesdays, 7pm
First meeting: Nov 7
Length: 4 times
Location: Karate School of Self Defense
109 N 2nd
This will be a four week self defense program incorporating
techniques of the Kets Shin Kan system of karate as well as
Aikido, Jujitsu, and Tijittsu.
(Jim is a second degree black belt and has 15 years of
Teaching experience in this field.)

FUNDAMENTAL FENCING
David Alexis 537-9406
Bob Devere 537-9406
Mondays, 7-8:30pm
First meeting: Sept 24
Length: 10 weeks
Location: Douglass Community Center Annex
901 Yuma
Limit: 20
Since the days of Robin Hood, the art of fencing has
turned into a game of one-on-one, with a deep sense of
etiquette and a love for the sport. The club will focus on
the fundamentals of fencing with an emphasis on physical conditioning, timing and
conditioning.
(David and Bob taught fencing for UMF last summer.)

DUNGEONS & DRAGONS
Paul & Ann Stimson 537-2888
Thursdays, 7pm
First meeting: Sept 27
Location: UM fireplace rm
Limit: 8
Dungeons and Dragons is a game in which each player
develops a character and attempts to find adventure
and stay alive in the world of the ref. The game is usually
5 or 6 player/characters vs. the ref (who controls all the monsters).
The only thing you really need is an active imagination and
willing suspension of disbelief. Come prepared to play.
(Paul and Ann have been playing Dungeons and Dragons
for several years.)

LIVING IN AN ALTERNATE UNIVERSE
Bob Devere 537-9406
Tuesdays, 7:30pm
First meeting: Oct 9
Location: 1218 Kearney #7
Limit: 20
Be bold, be brave, be valiant, be anything you like in
Fantasy Role-Playing Games. Dungeons and Dragons, in
game! Enroll in a world of magic, fantasy, and adventure.
These other games allow you to pilot spacecraft, rescue
demons, shoot up ogres, fight
dragons, win duels, dazzle handsome princes, or live
any other fantasy you might have.
(Boo prefers fantasy to taking microeconomics exams.)

DIPLOMACY
Bob Devere 537-9406
Tuesdays, 7pm
First meeting: Oct 2
Location: 1218 Kearney #7
Limit: 7
A totally absorbing game of desperate negotiations!
Aid constantly shifting alliances one must decide
who to trust (and how long). This intense game
involves no luck-only subtle negotiation and
genius tricks. We will have a special invitation to the
moon and the trusting.
(Bob inspires confidence, but don’t trust him too much.)

SELF FOR QUESTIONS ABOUT SELF, call Pam Warren at 532-5866.

NATHA YOGA I
Bert Franklin 539-0495
First meeting: Oct 11
Length: 8 times
Location: St Paul’s Episcopal Church
6th & Poyntz
Limit: 8
This class includes a thorough grounding in the essential
classic asana, prana, bandha and pranayama, including
the basics of meditation. The student will receive a
good foundation for a lifetime of yoga practice.
Knowledge of the self, enjoyment of the mind and
body. Please come on an empty stomach.
(Bert has completed over 200 hours of individual study
with his guru, Sri Ch. Krishnamacharya of Madras.)

YOGA FOR THOSE OVER 40
Bert Franklin 539-0495
Tuesdays, 5:30pm
First meeting: Oct 9
Length: 8 times
Location: St Paul’s Episcopal Church
6th & Poyntz
Limit: 8
See the above description. While yoga is not therapy
as such, the practice of yoga reduces or eliminates
the mental and physical distress associated with
middle-age and the advancing years. Special attention
will be paid to this aspect of yoga. There is no
upper age limit. Remember your mat!
(Bert is skilled, but gentle. He knows firsthand
the joys of youth throughout life.)

DEATH, DYING AND THE SHADOW BOX
Edith Hindricks 532-6875
Joan McKeel 532-5618
Friday, after the performance
One time, Oct 5
Location: McKeen Auditorium lobby
Join a discussion group immediately following The State players production of The Shadow Box, a 1977 Pulitzer
Prize winning play about death and dying. In The
Shadow Box, Michael Cristofer offers us a true picture
of how our society deals with both its fear and accept-
ance of the final stage of life. Place of discussion
will be announced in that evening’s theater program.
(Edith and Joan, a professor in Family and Child Develop-
ment, will host interested persons in developing the
play’s theme. Edith Hindricks, the director, will be on
hand to discuss her interpretation.)

THE RADICAL JESUS: THE SERMON ON THE MOUNT
Mike Klassen 539-4079
Mondays, 7:30pm
First meeting: Sept 24
Length: 7 times
Location: 1741 Lamar
Limit: 12
For 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 re-
veal Jesus’ teachings on such things as lifestyle,
simplicity, economics and nonviolence. Bring a New
Testament and imagination.
(Mike is currently pastor of the Menasha Mennonite
Church.)

BROWN BAG WITH GREAT THOUGHTFUL & THINKERS
Rod Saunders 539-4201
Wednesdays, 12noon
First meeting: Oct 3
Length: Indefinite
Location: Ecumenical Christian Ministries
1001 Denison Ave
Bring your lunch, spend a relaxed hour with some great ideas,
great thinkers, and excellent presenters. Among
those to be discussed are St. Francis of Assisi,
Elia Kazan, Bertolt Brecht, Albert Camus, Paul
Tillich and the topic of Celtic Meditations.
(Rod is a KSB campus minister.)
AN INTRODUCTION TO FOSTER PARENTING

Comrie Northcut

Tuesday, 7pm
One time, Oct 15
Location: Social & Rehabilitation Services Office
321 Humboldt
Are you a family with the desire, love, time, and space to open your home to a child who needs one? The Department of Social and Rehabilitation Services is seeking foster parents that want to help children.

CHILD ABUSE AND NEGLECT

Sharon Lengley

Wednesday, 7-9pm
One time, Oct 24
Location: St. Mary's Hospital Meeting Room
1023 College Ave
Is there child abuse in Manhattan? What is being done to discover child abuse and neglect? What protective measures are being used? Representatives of the Family Council will discuss child abuse and neglect in an informal session.

RE-EVALUATION COUNSELORS

Norma Parker
Sandy Goeyn
509-6739
764-3761
Sunday, 7:30pm
One time, Oct 14
Location: 806 Bluestone (Park on 8th)
R.G. is peer co-counseling in which each participant learns to be both counselor and client. The goal of counseling is to develop creative communication skills and active listening practices. Areas to be addressed are: problem solving, negotiating conflicts, marriage contracts, financial management, sexual relations, in-laws, children and child rearing practices.

LIFE PLANNING WORKSHOP

Cherie Hodges
Jim Scates
532-6927
Sign up at registration and you will be contacted.
The Life Planning Workshop is designed to assist participants in developing the skills necessary for appropriate decision making. The Strong-Campbell Interest Inventory helps individuals look at their personal interests in relationship to a variety of career opportunities. The emphasis of this workshop is on the skills of decision-making, including information gathering and analysis. Strong-Campbell Interest Inventory must be scheduled with Ms. Lisa, in the Counseling Center, two weeks prior to the workshop.

CAREER EXPLORATION WORKSHOP

Cherie Hodges
Jim Scates
532-6927
Sign up at registration and you will be contacted.
The Career Exploration Workshop is designed to assist participants in developing the skills necessary for appropriate decision making. The Strong-Campbell Interest Inventory helps individuals look at their personal interests in relationship to a variety of career opportunities. The emphasis of the workshop is on the skills of decision-making, including information gathering and analysis. Strong-Campbell Interest Inventory must be scheduled with Ms. Lisa, in the Counseling Center, two weeks prior to the workshop.

CAREER EXPLORATION WORKSHOP

Bruce Gregory
539-1546
Saturday, 8pm
One time, Oct 6
Location: KU Union, Room 203
A course in Miracles is a set of books being studied by several groups in the Manhattan area. It teaches that through healing our relationships with others we remove the blocks to our own healing and spiritual awakening. Bruce Gregory will talk about the basic concepts of the course and how they can be applied to our daily lives and relationships. (Bruce is from New York City where he has a private practice of spiritual healing. His lecture is part of a weekend workshop sponsored by the "Miracles" groups in the area.)

INTRODUCTION TO A COURSE IN MIRACLES

TOUCH FROM MANAGEMENT TO CREATIVITY AND HEALTH

Kim & Jan Lowenstein
539-2542
Tuesday, 7:30pm
One time, Oct 2
Location: Kansas State Bank, Meeting Room
1010 Westloop
Limit: 50
This evening lecture-demonstration will cover the latest techniques including biofeedback/relaxation training, and psychokinetic imagery for effecting self-change. The concept of voluntary self-regulation is that one is able to be aware of and direct changes in their own life. (Jan and Kim founded the Conscious Living Foundation in Manhattan, which offers voluntary self-regulation training.)

STRESS ILLS and STRESS SKILLS

Don Fallon
539-1456
Saturday, 2pm
One time, Sept 29
Location: Ecumenical Christian Ministries Building 1201 Densant Avenue
Stress is a fact of life: studies, exams, relationships, work, finances, fear of failure, losses of all kinds. Our whole personality is affected physically, emotionally, intellectually, socially, spiritually. We will focus on evaluating our lifestyle and shaping a practical strategy for coping with stress. Emphasis will be placed on skills for managing stress.

INTRODUCTION TO A COURSE IN MIRRACLES

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539-1546
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Women's Concerns

PROPOSED CHANGES IN SOCIAL SECURITY & THEIR EFFECT ON F.I.D.

Margaret Warden

Thursday, 7:30pm
One Time, Oct 26
Location: Manhattan Public Library, Auditorium
Juliette & Peyont

Almost weekly we hear about new developments in the area of social research. Old theories are disproved, new methods of treatment originate. Dr. Warden will spend some time dispassionately processing, as well as answering questions.

Dr. Warden is a surgeon in Manhattan and has done considerable water work in the area of cancer research.

"QUILTERS ARE WINNERS"

Val M. Bowley

1-270-3200

Monday, Wednesday, Friday, 7-9pm
First meeting: Sept 24, 26, 28; Oct 1, 3, 5
Location: Memorial Hospital, Conference Rs

Materials fee: $5, pay at class

"Quilters Are Winners" is a program designed to assist and encourage you in your effort to kick the cigarette habit! This program presents the positive benefit of not smoking and encourages the smokers to make a personal decision to quit, either immediately or gradually by cutting down. Classes include: Why Smoke? - Why Quit? - Medical Hazards of Smoking - Psychological Effects of Smoking - Your Eye and Smoking, Smoking on an Ex-Smoker. The program will include guest speakers, films and discussion. (Val is the Regional Director with the American Lung Association of Kansas.)

TAXI CHI EXERCISE

Soseskr Srisrihmitk

532-5894

Monday, 6:30-8pm
One Time, Sept 24
Location: KSU, Justin Hall, Room 341

This is a 1 hour workshop on taxi chi exercise on the significance and importance of Tax Chi exercise in terms of philosophy, meditation, health, art, and self-defense. Workshop will include special lessons for elderly people who participate.

(I am practicing taxi chi exercise for 10 years.

INTRODUCTION TO ZEN PHILOSOPHY AND PRACTICE

L. Rapoport

R. Greenside

Thursdays, 5pm
First meeting: Sept 27
Location: UMN Conference Room

Limit: 15

Philosophy and meditation practices of Zen Buddhism will be discussed and demonstrated. Emphasis is on the place of meditation in contemporary life, given by Katagiri Roshi (zamianist in residence at the Minnesota Zen Meditation Center). Scheduled meditation periods are available. (Sponsors have received instruction from Katagiri Roshi and other Zen authorities for several years.)

AN EVENING SEMINAR ON PAUL & WOMEN

Mike Klassen

Tuesday, 7-30pm
One Time, Sept 8
Location: 1741 Lamarke
Lita: 12

Was the Apostle Paul's view on women sexist or revolutionary? The group leader will offer an interpretation of some of the more controversial teachings of Paul on women. Bring a New Testament. (Mike is pastor of the Manhattan Missionary Church."

SALVATION & VICTORY VINDICATE YOU

Caroline F. Deane

532-4032

5th & 3rd Mondays, 8pm
First meeting: Oct 1
Location: Indefinite
Location: UMN Conference Room

This is a time for women who have been assaulted to come together for mutual support and understanding. Most women need to talk things out, and who has more SAVEN than victims themselves? Interested women need not register to attend. (Caroline has met with victims individually; for some time, she recognizes the need for group support as well.)

T.O.S.

Wednesdays, 7:30pm
First meeting: Sept 10
Location: Indefinite
Location: UMN Conference Room

T.O.S. is the new gay/bisexual women's group in Manhattan. It is open to any gay/bisexual women. T.O.S. has concentrated interests in the local political, social, and cultural events and activities designed to educate, entertain, and involve. T.O.S. is not for you if your interest is in Kansas City and Lawrence. We are the goddess of new beginnings and the dawn.

WOMEN'S STUDIES GROUP

Sandy Gayner

537-5769

Sign up at registration and you will be contacted. We have been meeting for almost two years to discuss new writing and thinking in Women's Studies and we've barely begun! We meet every 2-3 weeks on a Wednesday evening to hear reports on current research or recent publications of particular interest. We welcome all who are interested in Women's Studies research and theory. Sign up and your name will be added to the mailing list. (Sandy is director of the KSU Women's Studies Program.)
skilled in a wide range of areas. The skills listed include:

- **Renovating Homes**
  - Russell Reitz
  - Renovating an older home may provide an economically attractive alternative to buying a newer home, but do you know what to look for before making a financial commitment? Topics discussed in this class will include: Examining the building; finding out the original purchase price; furnace costs and improvements; and determining the electrical capacity. (Russell has remodeled 20 houses in the Manhattan area.)

- **Cabinet-making and other wood skills**
  - Steve Delair
  - In this introduction to woods crafts, Steve will begin with the basics of how to buy lumber, shop tools and power tool safety. Then the class will build a small project which will help them learn various cabinet-making techniques. To finish, Steve will teach the class to finish the project and teach on woodcarving and other exciting uses of wood.

- **Energy**
  - UMF Solar Greenhouse Volunteer Sign Up
  - UMF Appropriate Technology Staff
  - Location: Construction site
  - 1271 Thurston
  - This is your opportunity to participate in the construction of an exciting community project and get hands-on experience in working with some innovative solar and energy conservation technologies. (See pg 7 for complete information). If you're interested, please fill out a Solar Project Volunteer Form at registration, indicating your construction-related skills and times available, or call the UMF Appropriate Technology office any time.

- **Nuclear Power & Our Environment—Discussion Series**
  - University for Man
  - Union Program Council Issues & Ideas
  - Manhattan Energy Alliance
  - American Baptist Campus Ministries
  - Location: KSU, Union, 4W 200
  - In the wake of the Three Mile Island nuclear accident and President Carter's determination to reduce our dependence upon OPEC oil, the issue of nuclear power looms even larger than before. This discussion series will attempt to examine both sides of the nuclear dilemma—Can we survive without it? Can we survive with it? A panel format will be used with knowledgeable speakers addressing the issues below. This is a popular and spirited series last fall and promises to be even more exciting this year.

- **Atoms for Peace**
  - A talk to the union on reactor design, construction, operation, the human factor, waste storage, and the effects of radiation.

- **Economics—Can Nuclear Power Compete?**
  - A discussion of costs associated with construction, fueling, fuel processing, waste storage, and decommissioning.

- **Politics—who Controls Nuclear Power?**
  - The politics of nuclear power and a look at current issues.

- **Cabinet-making and other wood skills**
  - Steve Delair
  - Renovating an older home may provide an economically attractive alternative to buying a newer home, but do you know what to look for before making a financial commitment? Topics discussed in this class will include: Examining the building; finding out the original purchase price; furnace costs and improvements; and determining the electrical capacity. (Russell has remodeled 20 houses in the Manhattan area.)
UNDERSTANDING YOUR ELECTRICAL BILLS
Mary Mehl
Tuesday, 7:30pm
One time, Oct 2
Location: KPL, Auditorium
501 Point
Do you wonder how your electrical bill keeps going up even though you’re conserving energy? We will discuss the reasons for increasing electrical rates and alternatives at the end of a customer. Topics we will cover include rate structure, customer demand, fuel prices, and Federal Energy Policy.
(Mary is the Customer Assistance Advisor for Kansas Power and Light in Manhattan.)

HOME TO BUILD & INSTALL A LOW-COST SOLAR WATER HEATER
Pat Chirillo
Tuesday, 6:30pm
One time, Oct 3
Location: UPM Fireplaces Rm
You can be the one who heats your water for thousands of dollars cheaper than you think. In this class we will discuss the design and construction of a "breadbox" solar water heater.
(Pat just finished building and installing a roof-mounted breadbox solar heater for his trailer house.)

BUILDING A LOREMA (ADVICE) STOVE WORKSHOP
Jim Converse
Friday, 4pm, Oct 5 (organize)
Saturday, Sunday, Mon, Oct 6-7 (build: Location to be announced
Materials fee: $5; pay at registration
Highland Gardens is the source of this wood-conserving, esthetically appealing block of mud. Third world countries face a different energy crisis - a shortage of firewood. As they use sawdust and other sources (and depleted forests) soil fertility decline. Joins in woodworking in underinformed production processes. This is a two-day/12 hour per day intensive workshop. Participants willlearn the block of mud/mortar, and how to shape it to the stoke shape you want. In addition to the stove, cutting the pieces you plan to use, and getting generally mired with clays and mix all into learning how to do a wood conserving, smoke-free, safe and solid stove. (Jim participated in a Davis, California stove workshop led by Yvonne Yman, Aprovoce Institute.)

SELECTING HOME WAREHEATATION MATERIALS
Owen Jones
Tuesday, 7:30pm
One time, Oct 2
Location: UPM Fireplaces Rm
Are you confused by the myriad of materials and devices available for wareheating your home? We will take a look at some of the various insulating and weatherstriping materials and discuss how to select the most effective devices for your home. (Owen is a member of the Manhattan Board of Realtors and has been studying installation standards for homes for several years.)

MANHATTAN AREA SOLAR OWNERSHIP ASSOCIATION
Jim & Darcy Hovor
July 30th
One time, Sept 28
Length: Indefinite
Location: 2400 Goodwin Circle
The Manhattan Area Solar Owners Associations is being organized to share ideas, problems, and experience related to owning or building a solar home. We will also seek to promote the advantages of using energy systems in residential construction as well as investigate the possibility of forming a purchasing committee of the Kansas Solar Energy Society.
(The Towers own a passively heated solar home which has significantly reduced their heating bills without any sacrifice in comfort.)

SOLAR DOME FOCUS GROUP
Pat Chirillo
Tuesday, 6:30pm
One time, Oct 3
Location: UPM Fireplaces Rm
You can be the one who heats your water for thousands of dollars cheaper than you think. In this class we will discuss the design and construction of a "breadbox" solar water heater.
(Pat just finished building and installing a roof-mounted breadbox solar heater for his trailer house.)

FUEL WOOD SOURCING AND WOOD BURING UNITS
Thursday, 7-1pm
Location: UPM Fireplaces Rm
Limit: 10
This is a comprehensive woodburner’s seminar presented jointly by Leonard Wilson of Wood Energy Systems and David O’Neal of David’s Cabin. Topics to be covered in the seminar include harvesting techniques, heat sources, values of fuel wood, drying and storing, types and qualities of various woodburning stoves, safety, and installation procedures, and chimney installation and maintenance. The seminar will include a movie, a discussion on splitting wood, and a discussion on heat loss prevention. The second meeting will be a field tour to a local woodlot to acquaint you further with management techniques, harvesting methods, and wood volume measurements.

MANHATTAN ENERGY ALLIANCE
John Essell
Bill Dorsett
John Seffridge
539-4213
539-1956
537-2411
Our first meeting: Oct 16
Location: Manhattan Public Library, Auditorium
The Manhattan Energy Alliance will be organized to support environmentally safe and, when possible, energy alternatives. The group will encourage local initiatives for conservation and renewable energy. We will find support for sensible energy policies at the state and national levels. Possible goals include: conservation building code for new construction, incentives for new construction, and tax credits for energy-efficient homes. The group plans to finance local wind power and solar heating, and educate the public on the issue of nuclear power. The group hopes to involve people from all parts of the Manhattan community.

MANHATTAN PARADE OF SOLAR HOMES
Douglas Walker
Saturday, 10am-4pm
One time, Nov 15
Location: Sign up and you will be contacted.
The number of solar homes in the Manhattan area is growing each year. Several of these homes will be open for tours from 1pm to 4pm on Saturday, November 15. If you are interested in seeing firsthand how a solar home operates, sign up for this class and we’ll send you information on the tour, a brief description of each home, and a map.

MANHATTAN APPROPRIATE TECHNOLOGY GROUP (M.A.T.G.)
Gary Foster
Tim Converse
Monday, 1st & 3rd, planning meeting, 7:30-9pm
First meeting: Sept 24
Location: Manhattan Public Library, Auditorium
The Manhattan Energy Alliance will be organized to support environmentally safe, and, when possible, energy alternatives. The group will encourage local initiatives for conservation and renewable energy. We will find support for sensible energy policies at the state and national levels. Possible goals include: conservation building code for new construction in the city, getting power from Tuttle Creek dam, opposing unnecessary KUs rate increases, getting good loan terms for new homes, finding ways to finance local wind power and solar heating, and educating the public on the issue of nuclear power. The group hopes to involve people from all parts of the Manhattan community.

ETHANOL GRAIN CONVERSION
Dwight Wise
Thursday, 3-5pm
One time, Oct 11
Location: KSU, Union, Rm 206
We will discuss the process of converting distillers grain into fuel or ethanol. Ethanol, at 360 proof, can be used in cars and tractors at a cost less than $1 per gallon, and the residues fed to livestock. (Dwight served as a relief director oversees for four years, and encouraged alternate energy as an important link in resolving world hunger.)

THE WIND ENERGY PROMETHEUS
Tom Shrimp
Saturday, 2-5pm
Location: Sign up and you will be contacted.
This is an introduction to using the wind for home power generation. We will discuss wind power basics, specifics about using wind power in the Manhattan area, advantages and disadvantages of wind power, and low-cost approaches.

(Mean's new home under construction, is powered by a wind generator.)

42 skills
TOURS

for questions about Tours, call Pam Warren at 532-5866.

KSU VETERINARY MEDICINE COMPLEX
Carolyn Roberts 532-3660
Tuesday, 10am
One time, Sept 25
Location: Meet in lobby of the teaching building
Limit: 50
This tour will allow the participants to view the various facilities of the Veterinary Building. Included will be the technologically advanced treatment rooms for large and small animals.

MANHATTAN PUBLIC LIBRARY
Margaret Gates 776-4741
Monday, 7-8pm
One time, Oct 22
Location: Juliette & Payntz
Take a Van Gogh home, relive the “Old Old Days” of radio or teach yourself how to do almost anything by visiting your library. Tour the Manhattan Public Library and learn what we have for you.

MANHATTAN MERCURY
Jan Hansen 776-1616
Wednesday, 1:30pm
One time, Oct 10
Location: 318 N 5th
This will give you a chance to go behind the scenes at the Manhattan Mercury and find out how a story gets from the AP wire to the living room of your home. You'll look at the AP wire, the press, photo equipment and the terminal systems.

CABLE CHANNEL 6 STUDIO
Norman Szuget 776-9274
Wednesday, 4pm
One time, Oct 17
Location: 610 Hunkeloid
Limit: 15
The staff of Cable Channel 6 will allow the public the opportunity to tour the Manhattan Cable TV Studio and will explain the various aspects of Cable TV, including organization and programming. (Norman is the Program Director of Channel 6 and has four years experience in TV production.)

AMERICAN INSTITUTE OF BAKING
Sharon Forst 537-6750
Tuesday, 1:30pm
One time, Oct 23
Location: American Institute of Baking
1213 Bakers Way
The American Institute of Baking is a nonprofit organization devoted to education, training and research for the baking, food processing industries, and the general public. A tour of the American Institute of Baking will give you a view of what the Institute is doing for the community and all people in general.

UNIVERSITY FOR MAN
Joe Rippeto 532-5866
Monday, 6:30pm
One time, Oct 1
Location: 1214 Thurston
We are sure you are all dying to see where this brochure comes from! Come and see what we are all about. Tour the pottery studio, Appropriate Technology Center, the results of our windows project, and additional facilities.

MASTER TEACHER
Janet Ayres 539-6555
Thursday, 7:30pm
One time, Oct 10
Location: Leadership In.
Limit: 30
This tour will provide a background of Master Teacher's purposes and goals, as well as the opportunity to view the administration facilities, offices and distribution center.

MCCALL PATTERN COMPANY
Norman E. White 776-6171
Section I: Thursday 9am Oct 4
Section II: Thursday 3pm Oct 4
Location: 619 McCall Rd
Limit: 15 each section
This will be a perfect opportunity for you to view the production of dressmaking patterns from the printing to the folding of them. Sign up at registration for the tour time you wish to attend. Meet at glass doors on south of building.

KNMN/KMMF
Lowell Jack 776-6851
Tuesday, 2:30pm
One time, Oct 18
Location: 2166 Cement Rd
This will give us the opportunity to tour the KNMM/KMMF studio. The recording studios, news room, the record files and the AP wire will be among the items seen on our visit.

"KANSAS SUNSET" by Elaine Cole

UMF encourages local artists to inquire about possible inclusion of their drawings in future publications. Signed and numbered prints of "KANSAS SUNSET" are available from the artist for $5.00 each, all proceeds to be donated to the UMF building fund. Call 532-5866 for further information.
on these two pages ... more Fred Wrightman
REGISTRATION
SEPTEMBER
17, 18 & 19

Sept 17, 18, 19 KSU Union, 9am-4pm
Sept 17 Manhattan Public Library 9am-7pm
Sept 17 Douglass Community Center Annex 7:30-9pm
Sept 17 Manhattan High School 11am-1pm
Sept 17 UFM House, 1221 Thurston 7am-6pm

If it is impossible for you to register at one of the above locations, you may call 532-5866 to register during the following hours only:
Sept 17--7am-6pm & Sept 18, 19--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 for only those classes you are sure you can attend. So check your calendar before registration. Please register for no more people 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.

Registration is important! It allows leaders to prepare the correct number of handouts, order supplies, or contact you if there is a change in the class. If you register for a class with limited enrollment, it is crucial that you notify the leader if you cannot attend. This will allow persons on the waiting list to join the class.

UFM
1221 Thurston
Manhattan, KS. 66502

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