Registration is February 9, 10 and 11

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

There are many reasons as to why we insist you register for our classes. We realize sometimes the lines are long on telephones, but the need for registering is essential and would hopefully outweigh the brief inconvenience that occur now and then.

If you register for UFM Classes, please attend. If you do not register, please don't surprise the instructors by your attendance.

**HOW TO REGISTER:**

Come to one of the locations listed below, and fill out a class card for each class you would like to take. Please register for only yourself and one friend (phone registration limit is four classes per call). Class fees must be paid by the end of the day on which you register to hold your place. For classes with limited participation, slots are delegated to each location.

**February 9, 10, 11**
- **Monday, February 9**
  - UFM House (walk in)
  - 1221 Thurston
  - Manhattan Public Library
  - Juliette and Peymont
  - Adult Learning Center
  - 2001 Casswell Rd
  - Douglass Community Center Annex
  - SLO teams
  - UFM Phones

**Tuesday, February 10**
- UFM House (walk in)
- 1221 Thurston
- UFM Phones
- 532-6660

**Wednesday, February 11**
- UFM House
- 1221 Thurston
- UFM Phones
- 532-6660

Recycle this brochure...share it with a friend
Big Brother/Big Sister Volunteer Orientation

Unfried Endicott
Four times, Feb. 19, March 26, April 23 or May 21, 7:30pm
Location: 103 5, 4th, Suite 10
We exist to provide children in our community who, for one reason or another need additional adult companionship, guidance and role-modeling with mature adult volunteer friends. orientations are planned monthly for potential volunteers, age 18 or over, for the purpose of a detailed explanation of the program and how an individual may become involved. Please indicate which meeting you wish to attend. (Unfried is Director at 80/80 of Manhattan. Frances Fabre, Tim McHenry and Brian Mettrick, staff field representatives, will also participate.)

Alternative Education - Kindergarten-8th Grade

Living Learning School Open House
776-7350/539-2039
Cathy Collins
Sunday, Feb. 15, 2-4pm and Sunday April 26, 2-4pm
Location: Living Learning School, 301 Osage
Living Learning School offers an individualized approach to learning. Living Learning School offers an individualized approach to learning in an open classroom setting. Children are encouraged to choose from a variety of learning activities within a systematically planned program. The curriculum is usually determined by parents, children and teachers. If you are interested in volunteering to share your skills with the children at Living Learning School please contact Cathy Collins at 776-7350 or 539-2039 and schedule an appointment for February 15 and April 26. (Cathy is a former teacher and worked and studied in Great Britain, Canada and the U.S. Areas of specialization are in elementary education and special education with gifted and talented children.)

Retirement Plans

Fred Freeby, Doug Smith
537-4505, 539-2071
One Time: Monday, 7:30-9pm, March 2 Location: K-State Union, From 4-6 pm
206
This course will help answer the how and why of having a retirement program. We will discuss IRA, KEogh, simplified pension and corporate pension plans as well as how to increase income if retirement is near. How to use Uncle Sam's money to build your retirement and become financially secure will be a major focus. (Doug and Fred work for a company that specializes in retirement programs. Freeby)

Manhattan Score Chapter

Dick Boydstun
776-0829
Third Wednesday of each month, 9:30am
First Meeting: Feb 10
Location: Manhattan Chamber of Commerce, 505 Poyntz
SCORE is a group of retired business men and women who provide counseling services to small businesses at no charge. Monthly organizational meetings are held on the third Wednesday of each month at 9:30am for all retired persons interested in being a SCORE member. A pre-business workshop for those considering going into business and those "just starting out" is being planned and run by the Manhattan Score Chapter. (Dick is a former marketing executive with Kellogg's and one recently retired in Manhattan.)

Free Tax Assistance for those over 65
Rhoda Cavett
776-9294
Section I: Tuesday, 7-9pm, Feb 17
Location: Carlson Plaza, 415 Prier
Section II: Wednesday, 7-9pm, Feb 18
Location: Apartment Towers, 300 N 9th
Come and find out how our VITA volunteers can help you with your Federal and State Income Tax. Honest and Fast Sales Tax Refund. (Rhoda is the Assistant Director of the Consumer Assistance and Information for the Aging and this is the second year she has been Volunteer Income Tax Assistance Coordinator for the Manhattan area.)

Relaxation for Those Over 60

Pat Embers
466-3627
One Time: Tuesdays, 7:30 pm
Location: Meadowlark Hills Retirement Center
A general but compact session on learning how to relax. Some new and some review techniques on deep breathing, guided relaxation and relaxation to music. Bring blanket and a couple pillows if you want to learn the very best way to relax. Join us for an easy-going evening. (Pat is an occupational therapist who has been the teaching relaxation for 6 years.)

Prison Pen Pals
Pristilla Hoffman
238-4061
One Time, Wednesday, March 25, 7:30pm
Location: UPR Fireplace Room
We will discuss the need for correspondence with prisoners and examine the role of activism as an effective means of supporting prisoners to become productive citizens when released. We will look at the value of mail to inmates and what happens when an outsider decides to write. (Pristilla is a alumna of KU and worked in corrections for 12 years.)

Teaching Human Values in the 80's

David Hurst
532-6493
Two times, Friday April 3, 8:30am-4pm, and Saturday April 4, 9am-7pm
Location: K-State Union
This 2-day conference is for educators and parents interested in examining values as a tool for instruction and in developing a baseline for working across the spectrum of Mens and Women's, Sexism in Children's Literature, Children's Rights" "Changing Images of Women and Men," "Sexism in Children's Literature," "Children's Rights", "Our Environment and Ourselves," "A Celebration of Ethnicity," "A Look at Children," and "Learning About the Elderly and the Handicapped." Presen- tions include KU and KSU faculty and educators involved with alternative learning. (David is excited about this conference and providing more information to interested individuals.)

Socialism and Social Change

David Hurst
532-6493/539-2677
First Meeting: Feb 18
Location: 818 Bertrand House
Length: 7pm
What are Socialists saying and how can it help us out of the current capitalist crisis? This is a weekly discussion group which will center on such topics as socialism and democracy: developing participatory democracy: socialism, capitalism and economics. The first reading will be "The End of the Road". Future meeting dates: (Dave is a social activist and theorist who believes that the exchange of ideas (ah, the dialectic) is the path to truth. which is ever elusive.)

The Third Wave: Some Futuristic Solutions

Dan Marcura
537-2204
Thursday, 7pm
First Meeting: Feb 19
Location: 828 Blumens
Length: 4 times
What are Socialists saying and how can it help us out of the current capitalist crisis? This is a weekly discussion group which will center on such topics as socialism and democracy: developing participatory democracy: socialism, capitalism and economics. The first reading will be "The End of the Road". Future meeting dates: (Dave is a social activist and theorist who believes that the exchange of ideas (ah, the dialectic) is the path to truth. which is ever elusive.)

Current
Cassie Smith
ed developed by Vernon Cushionick of Seattle, Washington.

Historic K-State

Emily Bell
539-5255
One time, Saturday, March 7, 9am-noon
Location: K-State Union, Room 213
List: 25
Just what is so special about the buildings on the K-State campus... Anderson Hall, Holt Hall, Michelle's Gymnasium? Join Emily for a walking tour of America's oldest land-grant university. (Emily is a senior in Architecture and Chairperson of Castle Crusade, the local group concerned with historic preservation on the KSU campus.)

Introduction to Genealogy

Elaine Olney
539-4512
Two times, Tuesday Feb 17, and Thursday Feb 19, 7pm
Location: K-State Union, Room 213
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 active in the Riley County Genealogical Society.)

Teaching Human Values in the 80's

David Hurst
532-6493
Two times, Friday April 3, 8:30am-4pm, and Saturday April 4, 9am-7pm
Location: K-State Union
This 2-day conference is for educators and parents interested in examining values as a tool for instruction and in developing a baseline for working across the spectrum of Mens and Women's, Sexism in Children's Literature, Children's Rights" "Changing Images of Women and Men," "Sexism in Children's Literature," "Children's Rights", "Our Environment and Ourselves," "A Celebration of Ethnicity," "A Look at Children," and "Learning About the Elderly and the Handicapped." Presen- tations include KU and KSU faculty and educators involved with alternative learning. (David is excited about this conference and providing more information to interested individuals.)

Community Development Series

Thanks to the cooperation of city officials, UPM is proud to offer seminars on topics of community interest. All classes will be held at 7pm in the UPR Firepace Room. Please register for each session you plan to attend.

Zoning Issues in the University Area

Jim Cussen, City Planner and Manhattan Community Development Department will discuss basic requirements and enforcement procedures, particularly as they relate to the specific needs and problems of the residential area surrounding the K-State campus. This informal discussion will include plenty of time for questions and discussion.

City Government: What You Need To Know

Joe Harmon and Community Development Director, Bruce McDonald will provide information on how city government operates, how decisions are made and who makes them. Special emphasis will be placed on how Manhattan citizens can participate in city-government decision making.

Downtown Redevelopment Update

30th City Planner, Mary Stith and members of the League of Women Voters as they present the latest information on plans and issues associated with Downtown Redevelopment.

Community 3
Involvement in Southern Africa also includes his role as a director at the Landmarked Conference where major keynote roles for Zwangasho was negoti- ated and his role as a life observer preceding elections.

Isabel Letzler

Dr. March 10, KSU Union, Forum Hall

Isabel Letzler is the widow of Calvin Ortliebe, a German businessman, who was assassinated in 1968 in Washington, DC.

Calvin Ortliebe was a member of the Institute for Policy Studies in Washington where she is involved in human rights issues in Latin America.

John McFadden

McFadden, a Kansas State University forum hall member, has an American- British background and worked with human rights organizations in Latin America. By the time he retired, he was president of Human Rights Policy, a group that provides human rights training and education.

All programs will begin at 7:30 pm.

Money Matters

HOW TO USE CONSUMER CREDIT WISELY

Susan O‘Hare, Safe Indo

One time, Thursday, April 3, 7:30 pm.

Location: Kansas State Union

 safes Indo will discuss the importance of maintaining good credit and the benefits of using credit wisely.

CONSUMER COOPERATIVES

Ann Hoyt

Wednesdays, 7-9 pm

First Meeting: March 18

Location: KSU Union, Justin Hall Lounge

The first meeting will be a general introduction to consumer cooperation with a few talks from co-op organizers and leaders. The agenda will focus on the principles of the movement and how to establish and maintain co-operatives.

THE SATURDAY TIMES—ON SUNDAY

Bill Musser

One time, April 7, 7 pm

Location: 715 Osborne

Join us for a Sunday night social event featuring coffee, tea, and a discussion on current news events.

World Hunger Study—The Brandt Report

A. David Stewart, Fred Horn

Tuesdays, 11:30 am-1 pm

First Meeting: April 21

Location: K-State Union, Room 209

Length: 10 times

Fees: $5.00 for those who copy the report, pay at class.

Some believe, with good reason, that the next major conflict in the world will not be North vs South, but rather between north and south. The conflict will be over the distribution of the North’s wealth to sustain the needs of the South (have notes). The Brandt North-South, assesses current conditions and proposes steps toward solving problems and making decisions. This will be a student seminar study of the Brandt report.

Liberation Theology

Criticism of Capitalism

Arleen Cocks

Time: 3 pm

Location: St. John’s Church, Basement, 110 E. Justin

Limit: 10-12

Liberation Theology has been called a “theology for the poor and the oppressed.” This course will study the historical development of the theology and the social and political implications in Latin America and the world. Students interested in a reading/discussion group “tertiary” may continue indefinitely. (Arleen graduated in 1975 with a BA in Spanish and Latin American Studies and has lived in several Central American countries.)

Beyond Futility: The Hunger Project

Edith Stankel

Two times, Thurs. Feb 19 and Fri. Feb 20, 12:30 pm

Location: K-State Union, Room 404

You can participate in thest project while in our world. John Denver’s will trigger discussion of the myths that hold hunger in place. (Edith found out three years ago that she can help and has been participating ever since.)

Taxes for Peace Rather Than War

Dean Bamber

One time, Monday, Feb 16, 7 pm

Location: KSU Union

The average family spends $1,250 annually supporting the U.S. Military (47% of the Federal Income Tax). This represents more than the average family’s tax contribution for peace work. Dean will discuss how we can do better.

International Interest

The following classes offer UPRP participants the chance to learn about the people and places of other lands. All classes will begin at 7:30 pm.

P.H. YEMEN—Women’s Role in the Struggle for Peace

Mon, Feb 23, The Douglas City Community Center, 301 Yuma

John Condon Althoff as she shows slides of this African nation and describes her experiences as a member of an international seminar held in Yemen, P.O. R. Yemen, November 7-10, 1980. (Condon represented the organization of Women for Racial and Economic Equality (WREIE) at this seminar.)

COSTA RICA

Thurs. April 2, UPRP Firehouse 44

Jesse and Carman Blenn will share slides of Costa Rica’s countryside and culture. They’ll answer your questions about this tropical island afternoons.

The Soviet Union Today

Thursday, April 9, UPRP Firehouse 44

A group of faculty and students recently completed a two-week tour of the Soviet Union, visiting Moscow, Odessa, and Leningrad. First hand observations along with a slide program will be presented featuring the cultural, social, and political features of Soviet life.

Investment Basics

Steve Harrison, Sheri Prawl

Two times, Tues. & Thurs, Feb 24 & 26

Location: K-State Union, Room 209

Back by popular demand, this course covers common sense, conservative investment strategies, tax sheltered investments, and other investment strategies necessary for prudent planning. Includes will be a discussion of regular investments, the fall of the Soviet Union, and Argentina. (Steve and Sheri are licensed representatives associated with a member firm, New York Stock Exchange.)

Community quilt at Antioch Methodist Church in Lenora, Kansas.
**Know-How Network (continued)**

**DISCO**

**Just for Fun**

**SUNDAY**

**Brian Metrick & Friends**

One Time: Friday, 7-2pm, Feb 27
Location: DeLong Center Gym, 9th & Yuma Limit: 50

John Brian and his friends as they hustle and disco their way across the dance floor. You'll learn some basic disco moves and everyone is invited to share their favorite dance.

(Brian and his friends love to dance and especially enjoy learning new dance moves as well.)

**ATTENTION VOLLEYBALL FOR NATIVE WOMEN**

Larry Nicholson 537-0566

Wednesdays & Fridays, 1:30-3pm First Meeting: Feb 18 Location: DeLong Center, 9th & Yuma Length: Diving Volleyball is a great way to get some exercise and have fun with friends. Learn how to teamwork and low-key competition work together.

**THE MANY FACES OF CLAY**

Steven Johnson, Janet Holmes 539-5779, 1-494-2447

**Mon., Weds.**

First Meeting: Feb 16 Length: 8 Times Location: UPM Pottery Studio Limit: 12 Fee: $18, pay at registration

Janet will introduce you to his clay sculpting technique of making masks and Janet will concentrate on various handbuilt forms, either slab boxes. Also covered will be the coil and pinch method and different ideas on how to combine them in a piece plus use as surface decoration.

You are welcome to bring your own ideas and experiment with them. (Steve is an active member in the Utah pottery studio and Janet has taught classes at UPM and in Kansas City.)

**BEGINNING CERAMICS**

**Section I:** Steve & Kate Maxham 776-0133

**Monday, Wednesdays; 7:00pm**

First Meeting: Feb 17 Length: 8 Times Location: UPM Pottery Studio Limit: 12 Fee: $18, pay at registration

**Section II:** Kate Maxham 776-1538, 776-0133

**Monday, Wednesdays; 7:00pm**

First Meeting: Feb 17 Length: 8 Times Location: UPM Pottery Studio Limit: 12 Fee: $18, pay at registration

You will learn sculptural handbuilding and wheel throwing techniques. We will demonstrate coil, slab and pinch pottery and make a ballon pot by hand. Wheel throwing will begin by shaping a simple cylinder and progressing to mugs and bowl shapes. After acquiring the basic skills, we will have an opportunity to work on our own projects and resume students are welcome.

(Mary Ann enjoys working with clay. Steve and Kate are very active in the UPM Pottery Studio.)

**CLAY CREATIONS (4-6 YEARS)**

Janet Holmes, Kate Maxham 1-494-2447, 776-0133

**Saturdays, 10-11:30am**

First Meeting: Feb 18 Length: 5 Times Location: UPM Pottery Studio Fee: $12, pay at registration

**RAKK POTTERY**

**Sara Stover**

539-0926

**Saturdays, 2pm Organizational Mtg:** Feb 21 Length: Indefinite Location: UPM Pottery Studio Limit: 8 Fee: $20, pay at registration

Raku, originating with the ancient Japanese Tea Ceremony, is a very spontaneous and exciting experience. The class will focus, glaze and fire their own places. UPM has a very nice gas kiln for use by this class. You will learn how to set up and fire it when you load your own places. This Raku technique of reduction firing is unique in that each piece only takes about 20 to 30 minutes to complete so that you are able to see the finished results without waiting—unlike an oxidation firing. The first meeting will cover Raku background, techniques and UPM studio policy.

(Sara has made Raku pottery several times and enjoys each experience.)

**UPM POTTERY STUDIO CO-OP**

Janet Holmes, Kate Maxham 1-494-2447, 776-0133

**Saturdays, 12 noon Organizational Mtg:** Feb 14 Length: 6 Times Location: UPM Pottery Studio Limit: 12 Fee: $10 (single), $21 (family, parent and child) pay at registration

The UPM pottery facilities are available for 4 hours per week at $18 per 2-week session. Each session includes some kiln space and 1/2 lb. of clay. The UPM studio has a large electric kiln, 2 kiln wheels, shelf space, wheel building, glaze, tools, glazes and reclay. All members are expected to help maintain the studio facilities. All interested persons must be present at the organizational meeting.

**UPM POTTERS GUILD**

Harold Moore 676-5234

The UPM Potters Guild is made up of professional potters in the Mountain area. They usually hold two annual sales: one in the spring and one in the fall. If you would like more information, sign up and you'll be contacted. (Harold is a professional potter in Manhattan and is a member of the UPM.)
CROPPED CROSS-STITCH
Kim Sonnen
539-3641
Tuesdays, 7:30-9:30pm
First Meeting: Feb 24
Length: 2 times
Location: 2259 Windrose
Limit: 8
Counted cross-stitch is a type of needlepoint using even weave fabric. Participants will create their own basic cross-stitch piece into the fabric weave. Class will organize at the first meeting. Great for beginner needlework skills. (Kim is no stranger to needlework.)

INTRODUCTION TO NEEDLEWORK
Kim Sonnen
539-3641
Mondays, 7-8:30pm
First Meeting: Feb 16
Length: 4-6, minimum
Location: 2259 Windrose
Limit: 3-10
The possibilities and depth of this class will depend on participant interest and materials. We will find new and/or many other opportunities. Ask about registration at the first class. Kim thanks many advanced forms of needlework for her interest and class. Full-time employment and her needlework skills helped Kim to fund her college tuition.

REGULAR CROCHET
Laura Yona, Tanja Racmancic
537-9639
Sign up and you will be contacted.
Length: 4
Location: 8012 Brookside
Limit: 10
Whether you’re finishing a project, wanting advice on a new one, or need to start with the basics, Laura and Tanja are willing to help you with your crocheting. (Laura has enjoyed teaching this several times in the past and Tanja has been crocheting for many years.)

KNITTING
Molly Goldstein
539-0549
Sign up and you will be contacted.
Do you have a special problem with your knitting or need to carry on with a project? Bring your own work. We can spend some individual attention in getting started. Molly can help. Molly is willing to work on a one-to-one basis with you. (Molly has years of knitting experience.)

DIECUTTING
Dr. Dan Ehlers
537-0207
Saturdays, 8am
First Meeting: Feb 21
Length: 3 times
Location: 1800 Hunting
Limit: 15
This class will teach you how to beautifully preserve photographs or other documents through mounting and covering with clear polymer. (This is one of many crafts Dan enjoys.)

UGO BRUSHING
Dean Denher
776-0583
One Time: Tuesday, 7pm, Feb 17
Location: 8012 Eisenhower lane
Rug brushing is an efficient way to use old fabric scraps. Hand-rubbed rugs are not only decorative but are good insulators against cold floors. Dean will discuss and demonstrate rug brushing and will help you get your rug going. Bring a needle, thread, fabric scraps and scissors. (Dean has taught this class before.)

CLASS ETCETERA
Ann Siskel
937-9123
Saturday, 1:30-3:30pm, Feb 21
Location: The Apple Tree, 2503-122 Anderson
Fee: $5, 4$ at class
This class will complete one or two projects using a cream etching process. (Not harmful acids) on strainers. Patterns will be available, or bring your own. (Ann has been etching for three years and is involved in many other crafts.)

WET WEAVEN
Tandy Houston
776-0831
Wednesday, 3:30-5:30pm
First Meeting: Feb 28
Length: 5 times
Location: 1200 Bond Dr, limit: 12
Fee: $4.00 per registration
The class will learn at least two weaves, and several patterns, such as the house blousing, Welsh filia, a Christmas wreath, and others. If you know an interesting design, bring that along. (This is a new hobby for Tandy, and one she’s happy to share.)

NATURE WALK THROUGH PROJECT HOLE FOR AGES 6-9
JoAnn Freeman
232-2204
One Time: Saturday, 2-3:30pm, March 28 (date noted April 4)
Location: Carpool at 1690 Parking lot
Limit: 12 children
We will carpool to Project Hole, the wooded area behind the high school and zoo. Children are expected to use the senses fully to discover and appreciate some of nature’s wonder. Parents are invited to observe. (JoAnn has been active in outdoor education for five years.)

SCAVENGER HUNTS
David Vers❤️i, Sue Rieger
537-7418
One Time: Saturday, 10am, April 10
Location: Carpool at 1690 Parking lot
Hunt for hidden clues while enjoying and learning about the outdoors. Separate hunts will occur simultaneously for different age groups: 3-7 years; 8-11 years; and 12-15 years. Wear long-sleeve shirts, long pants and preferably boots as some weeds and grasse are tall out at Timbahe Creek. (Sue and Dave have participated in this adventure before and want to share it.)

UNUSUAL EGGS
Elaine Gole, Christy Jessup
539-2748
Section I: Tuesday, Feb 24, 7:30pm
Location: UMN Banquet Room
Section II: Thursday, March 5, 7:30pm
Section III: Thursday, April 6, 7:30pm
Fee: $3.00 per registration
Eggs, including eggs a tradition, centuries-old folk art which originated in the Ukraine area of the USSR. Chicken eggs are covered with intricate, brilliantly colored, symmetrical designs by means of a wax resistant process. Bring at least one egg (at room temperature), a candle, candle holder and pencil. (Christy is Ukrainian and learned the art from her mother. Elaine has been decorating eggs for 8 years - an entirely new to me monster.)

SPRING CRAFTS SALE
Julie Cotes
533-6662
Please sign up - include your address, and you will be sent a registration form with information as to time and area assignment. It will be held around the beginning of May.

PAINTING
Bette Spar泼ak
537-9899
Section I: Tuesdays, 1-3pm, First Meeting: Feb 17
Section II: Tuesdays, 4-6pm, First Meeting: Feb 24
Section III: Thursdays, 3-5pm, First Meeting: Feb 19
Length: 6 times
Location: 3204 Cornwall
Limit: 6 per section
Fee: $15.00 per registration
Produce eight paintings using ball point pens. Patterns will range from simple outline to detailed techniques. Fee includes all materials needed. (Bette has worked in the fine field for years, and has taught classes in textile painting for the past year.)

TEXTILE ART
Maria Lation
776-4137
Tuesday: 1:30-4:30pm
First Meeting: March 3
Location: You will be contacted
Limit: 3
All aspects of color and shade will be discussed for producing an original piece of art with acrylic paints. Also, problems and pitfalls of acrylics will be reviewed. It’s a great chance to learn from someone who is experienced in acrylics. (Dee is well known for her skills and was seen in a gallery in Colorado Springs.)

CANDLES
Nett Swink
539-5766, 532-5566
One Time, Section II: Tuesday, April 4, 7:30pm
Location: UMN Kitchen
Fee: $1.00 per registration
We’ll discuss candle types, waxes, wicks, molds, colors, scents, safety and troubleshooting. Then everyone can make his or her own personalized candles. (Nett started making candles on beaches.)

SOUTHEASTERN ANIMALS
JoAnn Freeman
232-2204
One Time: Wednesday, April 10, 7:30pm
Location: UMN Banquet Room
Fee: $3.00 per registration
Explore the Southeastern Animals including the warbler, the black bear, the red fox, the squirrel, the rabbit, and others. (JoAnn has been active in outdoor education for five years.)

SAVE THE NIOBRARA RIVER
Ron Klaske
537-4385
One Time: Monday, 7:30pm, April 6
Location: UMN Firefly Room
The plan to save the scenic Niobrara River in Nebraska is an example of how the interest of landowners can be protected in cooperation with the federal government. (Ron is the vice president of the Nebraskan Audubon Society.)
OUTDOOR SURVIVAL

Ted Smith

Wednesday, 7-8:30pm First Meeting: Fea 18 Length: 4 times Location: First Presbyterian Church Basement, 801 Lawrence St.

Limit: 20

Whether you are last, stranded in a hurry or stuck in a vehicle, the art of survival requires keen senses, careful judgment and above all, fundamental know-how. This course is designed to teach and improve survival skills for those situations which require us to leave the confidence and ability to turn the outdoor disaster into an outdoor adventure. (Ted is a regular camper and has practiced survival techniques)

BAGGAGE COLORADO

Richard Harris

Monday, Tuesday, Thursday, Friday, Saturday, Sunday Location: UPM Banquet Room

Do you want to drive, hike, and camp in Colorado this summer but don't know where to go to beat the crowds? Come and get ideas (or share your own) at beautiful yet largely undiscovered places in Colorado. (Dick has gone to Colorado once or twice a year for many years and has discovered many out-of-the-way places)

BAGGAGE 14-80 PLACES

Hal Sneaker, former band master

Saturday, 7-8:30pm Location: UPM Banquet Room

Pro and cons of wilderness

George Nelson

Saturday, 7-8:30pm Location: gymnasium, 1100 N. Garfield St.

Discover the benefits and alleged benefits of camping. We will discuss the role of wildlife in tourism, the value of trees, the impact of camping. (George is a professor of wildlife, ecology.)

PICTURES OF ROVER DOGS

Elvira Heldmark

Saturday, 7-8:30pm Location: Call Pool at Acker, 1000 N. Garfield St.

Ask questions about Rover dogs, Elvira and Lillie's coon and show registered Rover dogs. (Elvira has earned a "Utility Dog" certificate for one of her rovers in obedience competitions, which is the "F-8" of today.)

BOYHOOD GUNS AND GUNS OF THE WILD

Gary Ray

Saturday, 7-8:30pm Location: gymnasium, 1100 N. Garfield St.

Boyhood guns and guns of the wild. (The instructions are easy to understand and include some on sports.)

DINNER SEATS

W. E. Kropfstein

Sunday, 7-8:30pm Location: 817 Rodgers Blvd

Dinner seats such as breeds of dog, selection, housing, feeding, breeding, diseases and management of dog breeds will be discussed. He will use film and slides. Anyone interested in dog shows, experienced or not, is welcome to attend. (Bill has had dogs and worked with 4×6 for 8 years.)

NORTHERN FLINT HILLS AUDUBON SOCIETY

Bob Broyles

Sunday, 7-8:30pm Location: 711 Second St.

First Meeting: Feb 19 Length: continued Tentative Schedule: Feb 19 - Movie "Death of a Legend" on wolves March 6 - Raptor rehabilitation and captive breeding April 6 - Feeding and rearing springtime orphaned birds and other critters May 7 - Annual potluck supper (Bob is vice-president of the local Audubon Society.)

HORSE CARE

Jack Eastley

Thursday, 9am - 3pm Location: 779, Waters Hall, Rm 350

Horse badges, rules and conformations - Jack Eastley

Fees: $2.50, pay at registration

PREFACE TO NATIVE TURF

Clarence Mahl of Selig, Kansas cutting native turf. Below: Native turf around Selig, Kansas.

Buying a horse - Jack Eastley

Fees: Free - no registration

SUGAR CANE AND OTHER FASCINATING PLANTS

Jerry Dennis, Paul Miller, Jim Herbold, Ray Tomory

Monday, Tuesday, Thursday, Friday, Saturday, Sunday Location: 779, Waters Hall, Rm 350

This class will cover all aspects of gold prospecting including locations, methods and laws. Learn to be a proficient beginner in this profitable hobby. (Paul spent last summer prospecting and found 4 ounces on some days.)

SPRING FISHING AND FABULOUS FISH FRY

Jerry Dennis, Paul Miller, Jim Herbold, Ray Tomory

Tuesday, Thursday, Friday Location: 779, Waters Hall, Rm 350

Attending a lecture and demonstrations by the folks will include watching by cooking up a finger-licking-fabulous fish fry. Bring your fishing tackle along because you'll fish till you're sick. (Jerry, Paul, Jim and Ray can't catch enough if they had to catch it, there aren't no such fish.)

RACING SEATS

Jack Eastley

March 3 - Horse badges, rules and conformations - Jack Eastley

Fees: $2.50, pay at registration

HORSE CARE

Jack Eastley

March 6 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

March 7 - Horse badges, rules and conformations - Jack Eastley

Fees: $2.50, pay at registration

HORSE CARE

Jack Eastley

March 9 - Horse badges, rules and conformations - Jack Eastley

Fees: $2.50, pay at registration

HORSE CARE

Jack Eastley

March 12 - Horse badges, rules and conformations - Jack Eastley

Fees: $2.50, pay at registration

HORSE CARE

Jack Eastley

March 14 - Horse badges, rules and conformations - Jack Eastley

Fees: $2.50, pay at registration

HORSE CARE

Jack Eastley

March 16 - Horse badges, rules and conformations - Jack Eastley

Fees: $2.50, pay at registration

HORSE CARE

Jack Eastley

March 18 - Horse badges, rules and conformations - Jack Eastley

Fees: $2.50, pay at registration

HORSE CARE

Jack Eastley

March 20 - Horse badges, rules and conformations - Jack Eastley

Fees: $2.50, pay at registration

HORSE CARE

Jack Eastley

March 22 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

March 24 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

March 26 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

March 28 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

March 30 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

April 2 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

April 4 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

April 6 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

April 8 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

April 10 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

April 12 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

April 14 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

April 16 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

April 18 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

April 20 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

April 22 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

April 24 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

April 26 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

April 28 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

May 1 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

May 3 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

May 5 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

May 7 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

May 9 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

May 11 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

May 13 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

May 15 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

May 17 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

May 19 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

May 21 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

May 23 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

May 25 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

May 27 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

May 29 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley

May 31 - Horse badges, rules and conformations - Jack Eastley

Fees: Free - no registration

HORSE CARE

Jack Eastley
FRENCH INTENSIVE AND ORGANIC GARDENING
Bill Hoyt

One Time: Monday, March 2, 7:30pm
Location: UMN Conference Room

French intensive, Chinese intensive and Medieval European intensive share important fundamental similarities. We will attempt to integrate the wisdom of these historic systems with research findings of contemporary soil scientists. Bill will also discuss organic and no-till methods.

ORGANIC GARDENING TOUR

Bill Hoyt

One Time: Monday, March 23, 7:30pm
Location: UMN Conference Room

Some scientists are predicting another scorcher this year. Did your garden do poorly last summer because of the weather? Learn how to beat the drought this summer through the use of mulches, drought resistant varieties, proper watering techniques, and many more helpful hints.

THE RILEY COUNTY EXTENSION OFFICE SERIES:

FRUIT GROWERS MEETING
Frank Morrison

Tuesday, 7:30pm, Feb 26
Frank Morrison from KSU will present information on many phases of fruit production including planting an orchard, variety selection, pruning, fruit care and pest control. Free extension publications will be distributed.

LANDSCAPE WORKSHOP

7pm, March 9, 24, 30
Limit: 10 couples
Fee: $7.00, pay at class

This workshop will allow you to develop your own landscape plan. We will cover rules of landscape design, show slides of good and bad, and schedule individual appointments to finalize your plan. Husbands and wives are encouraged to attend together.

STEPS TO A SUCCESSFUL GARDEN

Thursday, 7pm, April 2

For beginning gardeners, this class will cover site preparation, fertilizers, variety selection, planting and harvesting dates, pest control and cultural practices.

EDIBLE PLANTS

Sue Maes, Max Miller

One Time: Monday, 6pm, May 12 Location: 3112 Brunswick Lane
Before you pull or spray that weed why not investigate if it can be enjoyed in a culinary style. Hundreds of unwanted or overlooked plants give excellent edible value. Twenty to thirty local plants will be reviewed and displayed for the class. You’ll be serving stinging nettle to your next supper guest. (Class will be re-scheduled if rain. (Max and Sue are a team with years of professional and amateur experience.)

PRAIRIE WILDFLOWERS

Gene Toune

One Time: Sunday, 10am, May 9
Section I: Sunday, 10am, May 30
Location: KSU parking lot north of Waters Hall
Learn identifying characteristics of both flowering and vegetative plants and obtain lists of tidbits for retention by joining in a walk through the Flint Hills. Each section will cover different plants in different areas.

CACTUS AND SUCCULENTS FOR KIDS

Pan Ruppo, Rick Knight

7:30pm - 7:45pm, Mondays; First Meeting: Feb 9 Location: KSU Board Room
This is an introductory class for children about the culture and propagation, unusual forms and uses of cacti and succulents.

FOLIAGE PLANTS

Larry Lee

One Time: Friday, 7:30pm, Feb 20 Location: UMN Solar Addition
Limit: 20
This class will cover basic light requirements, temperature and growing procedures for foliage plants. Other subjects covered will be water, fertilizers, growing media, acclimation and planting sticks.

Earth 9
FIVE ARTS
For information about Five Arts, call Rosemary Dukelow at 852-9466.

FIRE ARTS
Presentation: Fire Arts Demonstration
Location: UMP Fireplace Room
Time: Saturday, 6:30 to 9:00 pm

POWDERNERS FOR FUN
Kay Orwig
One Time: Saturday, 10:00 am Location: UMP Solar Addition
Limit: 1
Fee: $15.00, pay at registration

CREATIVE DOTWORK
Kay Orwig
Sundays, Sections I, March 1, 3, June, Sections II, March 8, IOM, Sections III, March 22, IOM, Section IV, March 29, 1OM Location: UMP Solar Addition Fee: $12.00, pay at registration

GAME MAKER
Kay Orwig
Sundays, Sections I, March 1, 3, June, Sections II, March 8, IOM, Sections III, March 22, IOM, Section IV, March 29, 1OM Location: UMP Solar Addition Fee: $12.00, pay at registration

UMD DARKROOM COOPERATIVE
Doug Walter
Sunday, 3:00 pm, Feb 15 (organizational) Location: UMP Fireplace Room
Fee: $10.00 new members, $15.00 renewals, pay at registration

The UMD Darkroom is available on a cooperative membership basis to anyone needing access to a well-equipped facility. Equip- ment is capable of handling up to 11 x 14 prints and 6 cm x 6 cm negatives as well as 35mm. Fee includes use of the darkroom on a space-available basis and all chemicals for black and white film and print processing. (Doug established the UMD Darkroom and coordinates the co-op.)

BEGINNING PHOTOGRAPHY
Doug Walter
One Time: Tuesday, Feb 27 Location: KSL, Justin Hall, Room 419 Fee: $25.00, pay at registration
This class will show you the basics of camera operation, basic photographic composition, and photographic composition guidelines. These topics will be presented through professional slide shows. Texts will be provided.

BEGINNING PHOTOGRAPHY
Ernie Pock
Section I: Tuesday, Wednesday, Thursday, 7am April 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31
Location: Manhattan Camera, 225 Poyntz Fee: $25.00, pay at registration

Four evenings and a full day of instruction on how to operate and care for a 35mm camera. Film, processing, handouts and instruction covered. The camera must be returned in the rest is yours to keep. (Ernie is an instructor at KSL.)

DEVELOPING COLOR SLIDES
Mark Stoll
One Time: Tuesday, March 20 Location: Manhattan Camera, 225 Poyntz Fee: $30.00, pay at registration

BRING a roll of color slides to this class, and I'll show you how easy it is to process it yourself. It will be a fun evening, and you'll leave with a lot of new ideas. (Mark owns and operates a camera shop in Manhattan.)

A FILM: KANSAS FOLK ARTS AND THE INDIGENOUS
Rosemary Dukelow, Jenny Chin Location: UMP Firepace Room
Time: Monday, 7pm, Feb 25

A full-scale Harvey-Davidson carved in limestone is one of the highlights of this film by Bob Wright, a KS professor. Trad-itional folk communities in Kansas, folk environments and naive art are a few of the subjects included in this film. Examples of some form of folk arts documented in this film are the Bally folklorico, a dance troupe from the Chicanos. A discussion will follow on the folk arts project conducted by UMP.

CHINESE PAINTING
Sue Hu
Location: UMP Banquet Room
Time: Sundays, 2-4 pm

There will be a simple demonstration of Chinese painting of flipped brushes and ink the first time. Then comes learning to balance the tip of the brush. At the second meeting we will apply the skill to bamboo and willow Art painting.

Earth, Fine Arts

FOOTNOTE

The KSU Conservatory tour will take you to the 100 white tulip plants. Moved in 1978, the plants are beginning to adapt within the three habitats: ecological regions. The central section houses tropical plants, the east section semitropical, and the west section is filled with cactus and succulents. This will introduce you to some of the most interesting plants of the world, as well as to their culture and environmental requirements.
STAINED GLASS STUDIO

Marty Watts, Sheri Neesh
539-7656, 776-1148
Mondays, 7-9pm
First Meeting: Feb 23
Location: City Hall (Concourse of city park)
Limit: 6
Fee: $25.00, pay at registration
Do your own beautiful stained glass creations. Learn the basics of both lead and copper foil methods with several patterns to choose from. Find beauty, much as taught classes in Kansas City. Sheri also makes and sells stained glass products commercially from her home.
FINE ARTS NETWORK

Rosemary Butelau
776-1644
One Time: Monday, 7pm, March 23
Location: UPM Conference Room
This class is for people who are interested in getting together with others for similar cultural activities such as film, music, dance, or other forms of art. (For those who are not interested in viewing films and discussing them afterward, dance, instruments or listening to music, you can still participate, or learn a language, or literature, etc.) (Indicate your area of interest on the registration form. Rosemary is the Arts Coordinator for UPM.)

POETRY READING

Christian Wolff
537-4637
Thursdays, 7pm
First Meeting: Feb 19
Length: Ongoing
Limit: 20
The purpose of this class will be to provide a community of individuals interested in sharing their poetry with one another. The exact direction (Chris has organized a poetry reading group before.)

SIGN LANGUAGE: AN INTRODUCTION

Brian Hetrick
776-7003
Tuesdays, 7-8:30pm
First Meeting: Feb 17
Length: 11 times
Limit: 25
This class is an introduction to American Sign Language. We'll concentrate on basic ASL (American Sign Language) and conversation. (Brian has taught signs several times before and plans on graduate work in education of the deaf.)

BEGINNING PERSIAN LANGUAGE

Hashem Mohsen
776-1062
Thursdays, 7pm
First Meeting: Feb 19
Length: Indefinite
Location: OIU, Ethes Hall, Om 311
Hashem will introduce you to the beginnings of the conversational language. A look at contemporary Iran, its culture, art, music and traditions and gain broader knowledge and understanding of the country and its people. (Hashem, a native of Tehran, received his Masters in Education at the University of Wisconsin and is working on his Phd in Educational Media at KSU.)

STORYTELLING FOR PRE-SCHOOLERS (3-5 YEARS OLD)

Mary Nichols
539-7702
Mondays, 10-11:15am
Locations: Ethes Hall, Om 311
Mary will introduce you to the beginnings of the conversational language. A look at contemporary Iran, its culture, art, music and traditions and gain broader knowledge and understanding of the country and its people. (Hashem, a native of Tehran, received his Masters in Education at the University of Wisconsin and is working on his Phd in Educational Media at KSU.)

STORY HOUR, MANHATTAN PUBLIC LIBRARY

Anita Evarts
776-4741
Section I: Tuesdays, 10am
First Meeting: Feb 16
Location: Manhattan Public Library, Juliette & Peony
Limit: 25 (in Section 1)
Story hour, puppets, songs, fingerplays, stories are used. Aneducational program, class especially for pre-school age children. The program for young children 3y to 5y old. (Anita is the Children's Librarian at the Manhattan Public Library.)

BEGINNING GUITAR

Section I: Tim Verschelden
537-3106
Thursdays, 7:30pm
First Meeting: Feb 19
Length: 7 times
Location: 1st United Presbyterian Church, 801 Lebanon
Limit: 20
We'll be going over some basic music theory that is helpful in learning to play, and gaining some understanding of the guitar. We'll also learn some guitar chords, strumming styles, and anything else in which the class expresses an interest. (Tim has been playing guitar about eight years, and performs professionally.)

Section II: Bret Hedkamp
539-4085
Wednesdays, 8pm
First Meeting: Feb 18
Length: 8 times
Location: UPM Conference Room
Limit: 20
We'll be going over some basic music theory that is helpful in learning to play, and gaining some understanding of the guitar. We'll also learn some guitar chords, strumming styles, and anything else in which the class expresses an interest. (Tim has been playing guitar about eight years, and performs professionally.)

BANDS (BANDS)

David Verschelden
537-0148
One Time: Sunday, 1:30pm, Mar 1
Location: UPM Fireplace Room
Let's share a bit of what we are doing with the banjo by trading songs, tablatures, tricks, tips and resources. If you play guitar, mandolin, fiddle or other acoustic instrument to accompany banjo, you are welcome. All styles of playing are welcome. Everyone is welcome. (Dave plays banjo professionally.)

COUNTRY & FOLK GUITAR WORKSHOP (INTERMEDIATE)

Tony Rider
537-7159
Tuesdays, 7:30pm
First Meeting: Feb 17
Length: 6 times
Location: UPM Fireplace Room
Limit: 8
Tony will work with intermediate guitar players, demonstrating different techniques of solo and country music. This class will go a step beyond chords to finding appropriate chords for finger picking and some note and chord study. (Tony has been playing guitar for nine years and especially enjoys folk and country music.)

BEGINNING BAND

David Verschelden
537-0148
Tuesdays, 8-9:30pm
First Meeting: Feb 17
Length: 7 times
Location: 738 Midland, basement apt
Limit: 10
The bluegrass style of banjo playing will be emphasized. Also to be explored are the banjo to accompany yourself singing and other acoustic instruments. (Dave has taught banjo for UPM before.)

AN INTRODUCTION TO THE HARP—FROM MEDIEVAL TO MODERN

Florence Schaab
539-0202
One Time, 7am, Apr 22
Location: Briarcliff Club House, 413 Research Dr
Limit: 15
One hour, hear and try Gothic, Troubadour, and Concert Harps. Florence will briefly describe correct playing technique and will have information which explains where and how to obtain your own harp. (Florence teaches harp part-time at Kansas State University and performs professionally.)

BEGINNING MOUNTAIN DULCIMER

Linda Tenner
537-0608
Wednesdays, 7pm
First Meeting: Feb 18
Length: Indefinite
Location: 1003 Judson
Limit: 15
This class will focus on basic skills in playing mountain dulcimer. We will start with tuning and simple playing styles, learn some easy tunes, and progress as far as and at a pace as the class wants. (Linda has been playing mountain dulcimers for several years and loves to share the music with others.)

FLINT HILLS DULCIMER PLAYERS

Linda Tenner
537-0608
Thursdays, 7pm
First Meeting: Feb 19
Length: Indefinite
Location: 1003 Judson
We are a group of mountain and hammered dulcimer players who meet to play together, share tunes, and learn new techniques. There will be a one hour meeting generally play traditional American and British music. Players of other instruments such as guitar, fiddle, banjo, mandolin, harmonica or spoons are also welcome. (Linda plays both mountain and hammered dulcimer and loves to play with other people.)

MUSICAL INSTRUMENT MAINTENANCE

Chris Bannister
576-6862
One Time: Saturday, 10am, Mar 7
Location: 541 N. Mulberry
Limit: 15
Chris will demonstrate general preventive maintenance for your musical instrument. He will discuss techniques for replacing strings, cleaning, and polishing, as well as special needs and necessities of each instrument. Please indicate on your registration card what musical instrument you need it to maintain. (Chris has been an Instrument repairman for seven years and repairs all KU instruments.)
THE LIFE OF JOHN LENNON

Steve Jack, Tony Jurich

One Time: Sunday, 7pm, Mar 8
Location: UFM Fireplae Room
Limit: 25
We will examine John Lennon's life and philosophy through his music and writings.
(Steve is the late night deejay on KQRF and a Lennon fan from the beginning. Tony is a KSU professor, ex-Greenwich Village rock singer and member of the Woodstock generation.)

A WEEKEND FOR CLOWNS

David K. Fly

537-0593

Beginning Friday, 7:30pm, April 24-26
Location: 180 Ridge
Length: 5 sessions
Fee: $30.00, pay at class
Beginning Friday night and continuing until Sunday, participants will have the opportunity to play with the idea "what is a clown?" experiment with greasepaint to discover their own "clown within," learn tumbling, balloon-tying and other tricks of the trade. All of this will be discussed Saturday night in terms of its relevance and application to Christianity. A $10 registration fee is necessary to cover cost of supplies. (David Fly, Episcopal Chaplain at KSU, and Tom Woodward, Chaplain at the University of Illinois, have led Clown Workshops nationally.)

CREATIVE DRAMATICS

Greta Clinchensapa

776-1873

Sundays, 3pm
First Meeting: Feb 22
Location: 900 Colorado, Apt 2
Length: Indefinite
We will be doing improvisations, acting out stories and songs, and trying to have creative fun together. I'm planning on special workshops in pantomime. I'm willing to teach ages 4-17. If there's enough enrollment two sections will be taught. One section would include ages 4-13, the other would include ages 12-17. Sign up at registration and you will be contacted.
(Greta is a theater/education major. She has taught creative dramatics before and has been doing some form of theater since she was eight.)

CREATIVE DRAMATICS

Nancy Steger, Cindy Clintz

776-4347, 776-7366

One Time: Saturday, 9-11:30am, Feb 21
Location: UFM Fireplace Room
Limit: 10
This is for anyone from ages 6 to 105. Cindy, Nancy and Norm will explore each participant's creativity through pantomime, simple improvisations, and simple stories. Together we will create our own "mini-play."
(Cindy and Nancy are founders of LifeSong Theatre Co., and Norm Fedder teaches Theatre for Special Populations at KSU. Together they have formed an able, disabled acting troupe.)

FOLK DANCE

Carol Landoll

539-4196

One Time: Thursday, 8:30-9:30pm, Feb 19
Location: KSU, Waters Hall, RM 348
Limit: 30
For a fun and cultural evening, come learn some easy folk dances. It's a great way to exercise and get to meet people. Folk dance will give you an opportunity to learn more about your foreign neighbors, help you understand their customs and beliefs, and learn the culture heritage your ancestors have passed on to you.
(Carol has participated in Folk dance classes for two years at Brigham Young University.)

MOVEMENT AWARENESS

Susan Marden

539-6336, 532-6765

Sign up and you will be contacted.
This workshop is designed to (1) aid character development, and (2) increase special awareness and personal knowledge of body habits.
(Susan is the director of a local dance company and Assistant Professor of Dance at KSU.)

COUNTRY DANCE

Kendra McElheny

532-5552

Tuesdays, 7:30pm, First Meeting: Feb 17
Location: KSU, Waters Hall, RM 348
Limit: 30 people
Steve Lindly

776-6875

Wednesdays, 7pm, First Meeting: Feb 18
Location: KSU, Justin Hall, RM 300
Limit: 30 people
Sheryl Russell

537-7111

Thursdays, 7pm, First Meeting: Feb 19
Location: KSU, Waters Hall, RM 350
Limit: 30 people
Tom Madden

532-4541

Sundays, 2-4pm, First Meeting: Feb 22
Location: UFM Banquet Room
Limit: 30 people
Sheryl Russell

537-7111

Thursdays, 7pm, First Meeting: Mar 26
Location: Cowboy Palace, 203 Poyntz
Limit: 30 people
Connie Hurst

776-6780

Weekends, 7:30pm, First Meeting: Mar 25
Location: KSU, Justin Hall, RM 23
Limit: 30 people
Larry Schalles

539-8997

Wednesdays, 7:30pm, First Meeting: Feb 18
Location: KSU, Justin Hall, RM 23
Limit: 30 people
Learn the basic steps, turns and patterns of country western swing dance.

FLINT HILLS RURAL TANSESHIP

Enid Cocke

539-6306

Sundays (2nd & 4th each month), 7-9pm, First Meeting: Feb 8
Location: St. Paul's Episcopal Church, 6th & Poyntz
Several local dancers will present a wide variety of dances from all over the world. Every session will include instruction and review. No prior experience is necessary, and all ages are welcome. (The presenters have danced with college, recreational and exhibition groups and have taught classes for clubs, recreational dance camps, and university workshops.)

BALLROOM DANCE

Carol Landoll

539-4196

One Time: Thursday, 7-9pm, Feb 19
Location: KSU, Waters Hall, RM 348
Limit: 20 couples
Would you like to appear more graceful and skilled on the dance floor? Come learn some basic techniques of Ballroom Dancing. It's not the quantity of steps you know that classifies you as a good dancer, it is the quality in which you demonstrate the skills of leading and following, correct foot movements and good rhythm. (Carol is a dance major from Brigham Young University, where she has earned medals and trophies from competitions and classes.)

BEGINNING BELLY DANCE

Mary R. Roth

539-4252

Mondays & Wednesdays, 7:30pm, First Meeting: Feb 16
Location: KSU, Justin Hall, RM 256
Limit: 30 people
Indefinite
Belly Dancing helps to stretch ligaments and muscles, thus maintaining the body's suppleness. It strengthens the whole body, providing good circulation which helps to retard the aging process. It is an excellent way of exercising for both males and females of all ages. This class will start with stretches and warm up exercises and the basic dance steps later. (Mary has performed for three years.)

WATER'S CHOIR

Christie Simpson

776-7973

Thursdays, 7pm, First Meeting: Feb 19
Location: 1717 Vaughn
Limit: 30 people
Any woman interested in getting together to sing and socialize should join this class. We will sing folk music, some women's music and anything else of interest to the group.

Fine Arts
DIRECT BUYING CLUBS
Lin Rose, Ken Embers
468-3678 - 468-3627
Wednesday, 7:30pm, March 11 (organizational meeting)
Location: UMF Banquet Room
Food prices keep rising; farmers are going broke. Lower your food prices by buying directly from farmers and whole sellers, cutting packing and retailing costs. This class is to organize direct buying clubs. It’s time to help ourselves. (Lin and Ken are with volunteers in direct marketing from Olsburg, KS.)

PRESERVATION
Kayann Heiley
776-4781
Tuesdays, 7:30pm, First Meeting: May 5 Length: 2 times
Location: Porter Hall, Ci-Co Park
More canning is not difficult, but does require the careful following of a series of instructions. We will cover equipment, jars, selecting and processing foods, and home storage. May 5 - Water-bath method May 12 - Pressure Canner method (Kayann is a Riley County Extension home Economist.)
YOU, TOO, CAN DENYRAT FOOD
Pat Pierce
494-2997
One Time: Saturday, 1-3pm, Feb 21 Location: UMF Banquet Room/Kitchen
Fees: $5.00, pay at registration
This class will be structured on a one-to-one basis. Each student will have an individual session with the instructor. You will learn the basics by following the teacher’s “learned” food - then take them home and save them for a summer picnic. (Debbie and her husband do all their own canning, drying and preserving; their food bill is around $45.00.)

PRESERVATION PANAMA
Kayann Heiley
776-4781
One Time: Wednesday 10-11:30am, April 29 Location: Dorrer Hall, Ci-Co Park
Preservation of food may be done by several methods. Three, thirty-minute presentations with handouts will give basic information and hints for success on drying, freezing and canning.

HOMEMADE YOGURT
Anthony Horsch
776-3757
One Time: Tuesday, 7:30pm, March 3 Location: 1526 Frequent Limit: 20 Fees: $5.00, pay at registration
The class will learn the quick and easy steps to constant low-cost yogurt. We will explore cooking uses and exchange flavorful ideas. We will sample several yogurt, and consider it as a substitute for cream cheese, sour cream, cottage cheese and more. (Anthony is interested in letting people in on economic alternatives to food cost.)

BASICS OF BREAD
Martha Cornwell
532-6260
Section I: Thursday, 7pm, Feb 19
Section II: Thursday, 7pm, Feb 26
Location: Heritage Hall, Ci-Co Park
Limit: 6
Fees: $1.50. pay at registration
Remember how good homemade bread smells baking? Come and learn the steps to making your own bread. Special emphasis will be placed on using whole wheat flours. (Martha is a registered dietitian and 4-H breads project leader.)

BREW MASTERS
Van Pool
537-8638
Section I: Saturday, 10am, Feb 21
Section II: Saturday, 10am, Feb 28
Location: 1588-1/2 Humboldt
Limit: 8
Come and learn the art of brewing all natural lagers, ales & stout. Best the expense of buying and learn the quality secrets of beer making and the “growing process” that is critical to better beer. (Van hasn’t bought beer in a few years!)

VINE MAKING IN THE HOME
C. L. Norton
537-7683
One Time, Monday, 7pm, March 9 Location: UMF Banquet Room
Learn the popular art 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 to give new wine-makers a start. Experienced wine-makers are invited to participate too. (Dr. Norton is a professor of animal science whose many hobbies include wine-making.)

FOODS

SANDWICHES AROUND THE WORLD
Emily Thomas, Linda Vaughn
539-3482/539-6015
Thursdays, 6-7:30pm, UMF Kitchen
First Meetings: Feb 28 Length: 6 times Limit: 10 Fee: $5.00 at class
How do people in other countries handle their big Mac attacks? With sushi, falafel, pasties, blintzes, samosa and tacos. Learn how to make a sampling of sandwich-type foods all over the world. Lots of good eating! (Emily and Linda continue searching for new substitutes for hamburgers and fries.)

COOKING WITH LESS
Susan Davis, Seth Funk, Nancy Olkenbusch
537-2432
One Time, Monday, 6-8pm, March 2 Location: College Ave. United Methodist Church
1609 College Ave.
Fee: 13-day at registration
Warning: Do not eat before class! Learn how to consume more nutritious food and less of the world’s limited resources. Simple economical meat dishes, vegetables, cereals and grain. We hope to make economical suggestions for your food budget. (The teachers have been who have experimented with the “More with Less Cookbook.”)

UNDOCSERT PARTY
Linda Fenner
532-6434
One Time, Thursday, 7:30pm, Feb 26, 1000 Judson Fee: $2.00 at registration
Tillette your tastebuds and join us in exploring party drinks that taste and look good, but offer an alternative to drinks containing alcohol. We’ll sample drinks using juices and carbonated mixers of “labeled” food - then take them home and save them for a summer picnic. (Debbie and her husband do all their own canning, drying and preserving; their food bill is around $45.00.)

NATURAL FOODS POTLUCK
Neil Schenkzer
539-5700
Sundays, 6pm, UMF Banquet Room
First Meeting: Feb 22 Length: Ongoing
Tired of meat and potatoes? How about some winter squash soup, mast-seed tarragon, or garnish-stuffed cabbage. Join us for a hearty adventure into whole grains, organic vegetables, and tantalizing spices. Both beginning and experienced cooks are encouraged to attend. (Neil has been a member of the People’s Grocery Co-op for several years.)

INDIAN COOKING
Cary and Kay Owlg
539-8746
One Time: Saturday, 5pm, March 7 Location: UMF Kitchen Limit: 8
Fee: $5.00 at registration
Indian cooking is especially rich in its use of spices. We will prepare a meal using, among other things, various chutneys, saffron, homemade curry powder, tamarind and rose water. Afterwards everyone will be able to sample each dish. (Cary and Kay have been experimenting with Indian food on and off for a few years.)

CHINESE COOKING WITH NO SWEAT
Daniel Y. C. Pung
532-8654
Thursdays, 7-9:30pm, First Meeting: Feb 26 Length: 6 times Location: 450 International Student Center
Fee: $25.00, pay at registration
In 6 sessions we will present 20 Chinese dishes designed for busy people. We will use authentic ingredients in the Southern Chinese tradition with a dash of Chinese culture and philosophy thrown in. We will prepare, cook and eat. A 30-dish graduation banquet will complete the course. (Dan ate his way through Southern China and 25 countries and has been the Manhattan Mercury cook of the week - a whiz with the wok.)

FOOTME
Lori Bergen
539-1090
Mondays, 7pm First Meeting: Feb 23 Location: 611 Laramie
Length: 2 times
Fee: $1.00, pay at registration
Our first class will be a demonstration and taste test. This easy to follow class will turn our second class into a potluck dinner course. (Lori is one of Lori’s favorite specialities.)

ONION SOUP
Nate Benson
776-8781
One Time: Saturday, 6pm, Feb 28 Location: UMF Kitchen Limit: 10 Fees: $5.00, pay at registration
Come prepared to prepare! Learn to make a classic French favorite, and enjoy the aftermath with a glass of wine. A hot idea for winter days. (Nate is from France and a student at KSU who likes to entertain.)

For information about Foods, call Kate Mohrman at 539-6800.
FRISBEE
Mark Stiles, Kathy Saunders
Sunday, 2 am, First Meeting: March 1
Location: UFM Parking Area
Time: 6:30-7:30
Description: The objective is to improve basic frisbee skills.

CAPTURE THE FLAG
Jim Eyestone
Sunday, 1 pm, First Meeting: April 4
Location: UFM Parking Area
Time: 3 times
Description: Capture the flag is an outdoor running game played day or night. Each team has a defense and an offense. A team defends its territory, its flag and a prison while attempting to capture the other team's flag. All ages are welcome. (Jim has organized many games of capture the flag.)

FOODS, PLAY

4 Foods: Play
PHYSICAL FITNESS THROUGH WALKING: GETTING STARTED ON A DAILY EXERCISE PROGRAM

Earl Holting
532-6432
One time, Saturday, April 4, 10 am
Location: ISU, Cardinal Hall, Room 120

The purpose of this class is to help adults who are interested in starting or regular exercise program. Walking is fun and an ideal exercise alternative for many reasons—special equipment or facilities are not required. It can be done near home or work. The discussion will include getting started, exercise programs now available, when to walk, special problems, and how to stay with it when tempted to quit. (Earl has been walking for exercise for over 8 years.)

FITNESS FOR OLDER HANSONS (FOWAN)

Esther Gray
532-6570/653-2021
Section I: Monday, 11 am - 12 noon
Douglas Center Annex, 901 Yuma
Section II: Tuesday, 11 am - 12 noon
Community House, corner of 4th and Huntley
First Meeting: Feb 16
Length: until May

FOWAN is a musical exercise program for people over 60. Exercises to improve flexibility, locomotion, endurance and relaxation are done according to each individual's abilities. Participants enjoy sessions and say it is easy and fun to exercise to music. (Esther was trained to lead musical exercises at the University of Michigan Institute of Gerontology, and enjoys leading Manhatten's FOWAN groups.)

RHYTHMIC AEROBICS

Cherree Adams, Althea Rappe
Section I: Wednesday, Thursday - 7:30 - 8:15 pm
KSI, Umbarger Hall
Feb 18 - Feb 19
Williams Aud. Stage
Length: 8 weeks
Limit: 20 for each section
Fee: $9.00 per registration

Rhythmic aerobic exercise is designed to improve the cardiovascular system and overall fitness. Easy to learn steps to music are combined with exercises. Participants need loose clothing and tennis shoes. (Althea and Cherree are certified aerobic instructors under the Nancy Kabberwal program.)

AEROBIC DANCING DEMONSTRATION

Enall Foorister
537-0977
One time, Monday, Feb 23, 7 pm
Location: KSI, Ahwahe Fieldhouse, Room 301
Aerobic dancing, designed to keep you fit and having fun, combines the health benefits of jogging and dancing. Bring your tennis shoes and come ready to dance. (Enall is a certified Aerobic Dancing Instructor in Manhatten.)

BEGINNING FENCING

Dave Aalto
530-9544
Wednesdays, 7 pm
First Meeting: Feb 18
Location: Douglas Community Center Annex, 901 Yuma
Continuing
Fencing is a vigorous and challenging sport that can be enjoyed for a lifetime. Some physical conditioning will be involved in learning the basics of fencing. (Dave enjoys the art of fencing.)

INTERMEDIATE FOLLAND SABRE

Ron Brechelsen
176-0799
Sign up and you will be contacted
Length: 12 times
Fee: $10 per class

For those who have experienced the rudiments of fencing, this class will develop those skills further. både, drills, and strategy will be emphasized with lots of contact to practice what we preach. Ultimate goals: fun and attending a regional tournament. (Ron has been involved with competition and teaching for five years.)

ARCHERY

Gail Frazer
537-2929
One time, Monday, March 2, 7 pm
Location: UPR Banquet Room
The basics of archery will be covered with pointers for both beginning and advanced archers. (Gail has been active in archetry for three years.)

ROLLER SKATING

Emmett L. Stille
776-6175
Sundays, 1-2 pm
First Meeting: March 22
Location: 400 Turtle Creek Blvd
Fee: $4 per class

Emmett will teach, depending on your skill level, beginning skating, stopping, backward skating, turns, basic spins and jumps, figures, and beginning dance. (Emmett has been teaching and operating roller rinks in Manhatten for the last 17 years.)

JUGGLING

Steve Parrott
537-4415
One time, Tuesday, Feb 17, 7-9 pm
Location: UPR Banquet Room

Come experience the lively art of juggling. It's an unbelievably easy to learn. During the two-hour workshop we will share our knowledge and energy in a format which guarantees a good time for all. Bring three tennis balls. (Steve has been teaching juggling for several years.)

POCKET BILLIARDS FOR BEGINNERS

Jerry Rigs
776-6338
Saturdays, 10 am
First Meeting: Feb 21
Location: Room 22, 107 Payzla
Limit: 12

The class will start with a brief history of the game. It will include an introduction to playing equipment, basic stance, aiming, English, and control. The differences between 8-ball, 9-ball, and snooker—will be covered as well as the theory and mental game. (Jerry has played in two World's Pocket Billiard Championships in New York City, finishing 33rd in 1979 and 16th in 1980.)

BEGINNING BRIDGE

Kim Loocher
776-1490
Sundays, 7-9 pm
First Meeting: Feb 22
Location: UPR Banquet Room
Limit: 16

Don't finesse your partner! Kim's emphasis will be on fun and bidding. All the laws and rules of basic bridge will be covered. At the first meeting, participants will agree on their best times and days for meeting. Bring some cards. (Kim has been playing for three years and has taught bridge before.)

INTERMEDIATE BRIDGE

Jared Hammomon
776-3761
Tuesdays, 7:30-9:30 pm
First Meeting: March 31
Location: UPR Banquet Room
Limit: 16

Past the beginner stage, but needing a firmer grip on declarer play, partnership-defense, bidding styles? This class will cover counting out hands, accurately playing cards, end-plays, slam bidding, defensive signaling and other skills. Bring some cards. Tournament and social players welcome. (Jared believes bridge is enormously enjoyable when partners are on the same wavelength, rather than trying to memorize and follow endless rules.)

DUNGEONS AND DRAGONS

Jim Parrish, Bruce Seabro
539-4666, 776-3725
Sundays, 7-9 pm
First Meeting: Feb 22
Location: UPR Fireplace Room

If you enjoy fantasy and science fiction books and films, and have a good imagination, then this is for you. We will play Dungeons and Dragons, a fantasy role playing game where the players manipulate their characters in a very "real life" manner through medieval-style scenarios that may include a dragon or two. (Jim and Bruce directly or indirectly introduced over 40 people to D & D over the past three years.)

FLINT HILLS STAMP CLUB

George Eaton
532-6308
Second Thursdays of each month, 7:30 pm
First Meeting: March 12
Location: Post Office, Civil Service Room, 300 Leavenworth

Ever wonder what philately is? This club will introduce beginners to stamp collecting and will also be of interest to experienced envelope-taunders. (George is president of the Flint Hills Stamp Club.)

ICE SKATING

Steve Ernst
776-3622
Sundays, 7 pm
First Meeting: Feb 22
Location: UPR Parking Area

This class is for beginning and experienced ice skaters to get together at local ponds. Come for a good time outside, exercise and may be we'll play a little hockey. We'll have a boisterous and potluck supper; bring something to eat or drink. (Steve has been skating in the area for many years.)
FAMILY FLAT-WATER CANOEING

Bob Foresky

539-2967

Location: 2016 Clarion Rd

We will learn about canoeing by going canoeing on nearby flatwater lakes, streams and local rivers. The first meeting is for orientation and planning Sunday afternoon trips. Participants provide their own equipment. (Bob has led this before and wants to get out to do some spring canoeing and kayaking.)

WINDSURFING DEMONSTRATION

Kurtis Robinson

539-1958

One time, Saturday, April 18, 2 pm (rain date April 25)

Location: UPM Bandstand

Windsurfing is a combination of sailing, surfing and flying all at the same time. Come on out and watch how this Olympic class sport (a surfboard attached to a sail) works and then try it. Action packed films are shown before we carpool out to the lake. (This will be Kurt's third windsurfing demonstration for UPM.)

SAILING BASICS

Maurice Stark

539-1783

One time, Saturday, April 18

Location: UPM Fireplace Room

A dry land introduction to sailing, including terminology, boat mechanics, how to sail and selecting a boat. The second class will entail a field trip to examine sailboats in person. (Maurice is presently commodore of the Blue Valley Yacht Club.)

CARIBBEAN RECREATION ABOVE AND BELOW WATER

Alan J. Lieber

Tired of winter in Manhattan? Alan will present slides and discuss Caribbean sailing and charters including underwater photography. (Alan has been a Caribbean sailboat consultant and sailor for years.)

KAYAKING DEMONSTRATION

Jeni Kardinal

Sundays, 9-11 am, First Meeting: Feb 15

Location: KSU, Natatorium Pool

Come see how an expert handles a kayak. Jeni promises to make rolls, paddle racing techniques, and getting in and out of a kayak look easy. (Jeni wants to strike up interest in kayaking here in Kansas.)

KAYAKING EVERY WEEK

Jeni Kardinal

Sundays, 9-11 am

Section 1: Feb 22 KSU, Natatorium Pool

Section 2: April 5 KSU, Natatorium Pool

Fee: $6, pay at registration

Want to learn to kayak? This lightweight boat, invented by Dakoons, has become very popular in this country. After learning the basics, a white-water river trip to Missouri will be planned. (Jeni, from white-water country in Missouri, has taught kayaking before.)

BASIC SCUBA

George Halazon

Organizational Meeting: Monday, Feb 23, 7:30 pm, KSU, Umbarger Hall Room 10

Pool Practice: Saturdays & Sundays, 5-7 pm, KSU Pool (Natatorium)

Fee: $33-pay at registration

PADI (Professional Association of Diving Instructors) approved class including pool, classroom and open water work leading to certification as Basic Diver by PADI. (George has 20 years experience teaching and was a founding member of PADI.)

ADVANCED SCUBA

George Halazon

Organizational Meeting: Tuesday, Feb 24, 7:30 pm, Umbarger Hall Room 10

Fee: $33-pay at registration

PADI Certification in open water and advanced open water techniques is the goal of this class. The course will include classroom work and dives. (George has taught scuba classes for UPM for years.)

PRE-WATER BABIES

Charmaine Mazzia

One time, Thursday, March 12, 7:30 pm

Location: 817 Colorado

A dry land presentation on the best way to introduce your infant to the water and at the same time take advantage of the newborn's natural swimming instinct. The infant's capabilities at this age in the water, swimming lessons in the bath tub and the parent's role in the exercise will be discussed. Infants are welcome. (Charmaine has taught swimming to children from 6 months to 16 years.)

WATER BABIES (6 to 18 MONTHS)

Charmaine Mazzia

3 times

Location: KSU, Natatorium Pool

Fee: $25/pay at registration

This class will concentrate on teaching parents how to have fun and enjoy the water with their babies. Emphasis will be placed on building the baby's confidence in the water and water safety.

TINY TOTS (10 months to 3 years)

Charmaine Mazzia

3 times

Location: KSU, Natatorium Pool

Fee: $1/pay at registration

This class will deal with methods of teaching the very young child the basics of swimming and personal water safety, for example, back floating and survival. Floating, emphasis will be placed on parent and child relaxing and enjoying the water.

KIDS BEGINNING SWIMMING (6-8 years old)

Donna Fager-Schneider

776-0935

Sundays, 12:1 pm, First Meeting: Feb 22

Location: KSU, Natatorium Pool

Limit: 10 children

Fee: $1, pay at registration

Basic water skills including breathing, floating, kicking, and stroking will be taught. (Donna taught this course last fall.)

ADAPTIVE AQUATICS

Patti Johtson, Blanche Vernau

Sundays, 8-9 am, First Meeting: Feb 22

Location: KSU, Natatorium Pool

Limit: 4

Fee: $1, pay at registration

This swimming program teaches water adjustment, safety skills, and swimming skills in whatever degrees possible to the disabled on an individual basis. (Both Patti and Blanche are certified by the Red Cross in adapted aquatics instruction.)
WHOLISTIC HEALTH

A series of programs sponsored by the Wholistic Health Interest Group, "Manhattan, which defines holistic health as:

"Holistic health emphasizes the necessity of looking at the whole person, including elements of physical, nutritional, environmental, emotional, spiritual and lifestyle values. It encompasses all safe modalities of diagnosis and treatment, education and responsibility and offers a cooperative relationship among all those involved. Because its objective is full, vibrant health, not symptom amelioration, holistic health focuses on early prevention rather than crisis intervention."

Join us as we explore some of the dimensions of holistic health. You may participate in one, some or all of these sessions. If you are interested in the Wholistic Health Interest Group, there will be an opportunity at these sessions to find out more about it and get on their mailing list. The interest is shown, and if any of these topics, it might be possible to arrange for a longer series.

MEET THE PRESENTERS, FIND OUT ABOUT THE SERIES AND WHOLISTIC HEALTH

Feb 19, 7:30-9:00, Union 206
Each of the presenters in this series will talk briefly about what they will be offering, about wholistic health and have time for some questions and answers. Mike Classen, Chair; Tim Ryan, Dave Daniell, Donnie Hansen, Vir Schmidt.

THE MEDICAL MYSTIQUE

Tom Ryan, MD
Feb 26, 7:30-9:00, Union 206
Self-responsibility is the bottom line in any holistic approach to health. Self-responsibility is the bottom line in any holistic approach to health. This includes learning how to approach illness and injury both in your own life and the lives of others. We will also offer pro-

essional assistance. In this class, we will briefly discuss both the rationale and how-to of medical self-care—an absolute, involved approach to health.

STRESS MANAGEMENT WORKSHOP

David R. Daniell
March 5, 7:30-9:00, Union 206
A workshop in which you'll learn strategies for more effectively directing the normal stresses of your daily life. Come dressed comfortably as we'll be doing stretches and learning other tension-releasing strategies.

ROOM: THE CHOICE IS YOURS

Bonnie Hansen
March 26, 7:30-9:00, Union 206
April 23, 7:30-9:00, Union 206 (note room change)
April 30, 7:30-9:00, Union 206
Suggestions for improving food choices for snack time as well as mealtime. Tips on label reading and how to evaluate your foods from the supermarket resulting in better selection for optimal nutrition and health.

OB/GYN CHOICES

Yvonne Schmidt, Chair
April 16, 7:30-9:00, Union 206
April 23, 7:30-9:00, Union 206
April 30, 7:30-9:00, Union 206
Types of obstetric alternatives will be explored: hospital birth, birth homes and birthing rooms; home birth. Representatives and parents will share their experiences.

STRESS ILLS AND STRESS SKILLS: WHOLISTIC HEALTH

Dan Fallon
One time, Saturday, Mar 28, 9:30-11:00, Location: Ecumenical Christian Ministries, 1021 Denton
Stress is a fact of life: studies, exams, relationships, jobs, finances, fears of failure, loss of the future, illness and depression. Our whole person is affected physically, emotionally, intellectually, socially, spiritually. We will focus on evaluating our lifestyle and shaping a practical strategy for coping with stress. (Don is on the staff of the KSU counseling and career center."

FIRST AID MULTIMEDIA

Emme Foerster
One time, Sat, Apr 11, 9:00-10:00, Location: Red Cross Office, 206 Poyntz
Limited: 16
Fee: $6.00 per class
This is the American Red Cross Instructional System, featuring filmed demonstrations, guided practice sessions, and programmed workbook. The student is certified as a standard first- aider upon successful completion of the course. There is a fee of $6.00, which covers materials, workbooks, and tests. If you have the Red Cross Standard First Aid and Personal Safety Textbook (the blue book), the fee will be $4. (Emme is a certified Red Cross First Aid Instructor.)

FACE FOR LIFE, CPR

Emme Foerster
Two times, Tues, Feb 17 and Thurs, Feb 19, 1-3:00, Location: Red Cross Office, 206 Poyntz
Limited: 36
Fee: $6.00 per class
CPR is a combination of artificial respiration and artificial circulation. It can save many lives (for instance, if started within 1 minute, it can save 82% of heart attack victims). However, it can cause serious harm if administered improperly. Learn the right way and earn a Red Cross Certification. The fee will cover book costs. A make-up meeting is available March 15, 1-3:00.

CEASEFAR BIRTH CLASS

Sue Zschoche, CEO of Manhattan
Sign up and you will be contacted
Length: 2 times
Fee: $5, pay at class
This course will cover reasons for, procedures involved, recovery suggestions, emotional involvement, father's feelings, group support and discussions with cesarean parents. (Sue is a certified birth mother.)

EARLY PREGNANCY CLASS

Rita Rao, CEO of Manhattan
776-5574
Sign up and you will be contacted
Length: 3 times
Fee: $5.00 per class
For a healthier pregnancy start early to learn about fetal development, preventable birth defects, nutritional needs, exercise and body conditioning and much more. Low income instruction is also available in Manhattan, contact Terri Bland, 210-0063. (The Childbirth Education Association of Manhattan has offered childbirth education to Manhattan for 30 years.)

RELEXOLOGY

Russell Hiltiople
776-0760
One time, Monday, Feb 16, 7-9, Location: 2104 Prairie Glen Place (clubhouse)
Limit: 21 (must be an odd number)
We will cover basic information of reflexology (Re-
flexology). Information to help yourself and others to pre- vent and cure minor conditions, improve circulation and normalize body functions will be given. Please bring drinking water.

FINDING ONE'S SELF THROUGH MEDITATION

Steve Parrrott
March 4, 8-10, 206 Poyntz
Location: Fireplase Rm, UPM
In this introductory program we will discuss Siddha Yoga and meditation. A special videotape will be shown and everyone will have an opportunity to experience the art and science of meditation. (Steve is an authorized instructor of Siddha Yoga."

SIDDHA YOGA MEDITATION

Steve Parrrott
537-4425
Tuesday, 8-10:30, UPM Fireplase Rm
First Meeting: March 24
Length: 4 times
Siddha Yoga is an ancient meditative technique which is simple yet effect-

ive. In this program we will cover various aspects of yoga and meditation. "We do not meditate to relax a little and experience some peace; we meditate to unfold our inner being," Swami Mukshananda (Steve is an authorized instructor of Siddha Yoga.)

YOGA

Bert Ramistock
March 4, 8-10:30, UPM Fireplase Rm
First Meeting: Mar 24
Length: 8 times
Limit: 8
Instruction and practice in the basic asanas and pranayamas. Object: knowledge of the self, enjoyment of the body and through regular yoga practice, Please bring your own mat. (Bert has a diploma as a yoga teacher from Sri T.K.R. Krishnamacharya of Madras, India with whom he studied for six years.)

YOGA FOR THOSE OVER FORTY

Bert Franklin
March 4, 8-10:30, UPM Fireplase Rm
First Meeting: Mar 24
Length: 8 times
Limit: 8
An introduction to yogic breathing (pranayama) and some yogic asanas with those very few strenuous, will reduce the mental and physical stress associated with middle age and the advancing years. There is no upper age limit, recommended dress: men, running shorts; women, leotards. Please bring your own mat.

SOFT DANCING

Nabuluddin Nelson
402-3631
Saturday, (every other week), 7:30pm, Fireplase Rm, UPM
First Meeting: Feb 28
Length: Ongoing
Soft Dancing is an ecstatic experience in singing, movement, relating, and fulfillment of one another. In essence, it opens up the heart to the vision of God in our fellow beings. We use simple movements and step chants from the world's religions, so no experience is necessary. (Nabuluddin has been doing these dances for some time.)
FEMINIST MUSLIM STUDY GROUP
Jared Nemanoff

Mondays, 7-10:15pm
First Meeting: May 2
Location: You will be contacted
Limit: 10

The goal of this course is to form a broad-based, continuing, group providing support for Muslims aspiring to change their attitudes and behavior toward women, other men, and children. Grappling with male privilege is a central issue. I hope we'll forget of a sense of community and an activist place. (Jared is a man who is a feminist.)

PREMATURAL ENDOWMENT WORKSHOP

Steve Anderson

Wednesday, Feb 18, April 18 & 15, 7pm, UM Conference Room
Length: 4 times
Limit: 7 couples

This workshop will address such issues as decision-making, negotiation, making, raising, raising, and sexual relations. There is no charge for this workshop but couples will be asked to participate in two one-hour interviews as part of a research project. Steve has been a counselor for 10 years and specialized in Marriage and Family Therapy for the last 5 years.

DIVORCE SUPPORT GROUP

Joan McVane

One time, Thursday, Feb 27, 7:30pm
Location: St. Isidore's Catholic Church, 711 Denton

This class will offer those who are in the process of divorcing or who are recently divorced information about the resources that exist to provide support, counseling and healing during this difficult experience. Resource people will be present and those attending may choose to set up a continuing group or become members of existing groups. (Joan is divorced and has helped many others over the past six years.)

GROWING WITH PRE-SCHOOL CHILDREN

Sandy Brighten

Thursdays, 9:15-11:15am (Except Feb, meeting)
Location: 1st United Methodist Church, 612 Poyntz

If you have an interest in pre-school children, as a parent, grandparent, teacher, KU student, etc., please join us for our informal monthly meetings. In the past we have been able to discuss children under 6 years of age. Our meetings include a speaker(s), followed by discussion. A number of times we have invited speakers.

Fe 12 Special meeting—11:30-12:30pm, Local regular, "Father's Role in Parenting"
March 12 "Pre-Education for Preschoolers"
April 9 "How to Choose a Pre-School" (Panel discussion)
May 10 "Music and the Pre-School Child" (Sandy is a member of Growing with Preschool Children.)

PARENTS - ADOLESCENTS - HOW CAN WE BOTH SURVIVE?

Michael Weinberg, M.S.

Thursdays, 7-8pm St. Paul's Episcopal Church, Common area,
Length: 6 times
Limit: 20

I will discuss and demonstrate the techniques of Reality Therapy as it applies to parents of teenagers. We will also discuss specific ways of building psychological strength that enables us to deal with everyday stress. These classes are not limited to be "therapy sessions", rather an educational experience for parents who would like to improve their skills in coping with their teenage children. (Michael has been the administrative and clinical director of Manhattan Youth Care for the past several years and has recently lectured on the use of Reality Therapy on numerous occasions at KSU.)

SIMPLE PARENT SURVIVAL SERIES

WPC

Sign up and you will be contacted.

A single parent series will be offered by the WPC for interested people. There is no obligation to attend all programs. Among the topics to be covered - "The psychology of the single parent", "Single parents and sexuality", "Credit for single women", "Cooperative day care", and many other topics. Call WPC for specific dates, times. (Experts from the community and campus will present this class (many leaders are single parents).

PARENTING SERIES

Susan Hamlov and Elaine Eide

One time, Wed day, Feb 25, 8:10-10:30pm, Conference Room, Edwards Hall
Limit: 10
Fee: $5-8 at registration

This workshop is designed to enhance communication skills with your children. We will focus on listening, discipline, and responsibility. It is a marvelous opportunity for parents to share and discuss common concerns about raising children who are single parents. We will be using the Systemic Training of Effective Parenting (STEP) Kit, we will try to provide childcare if needed. (Susan received a B.S. In 1985 and has been working with children, families and other groups.)

PARENT TO PARENT PROGRAM

Nancy Buchanan

Sign up and you will be contacted.

The Parent to Parent Program of Manhattan is in the process of recruiting and training volunteers for its program. These volunteers are not working full time, and have a desire to establish a helpful friendship with another parent, this program is for you. (Nancy is concerned about the needs of families.)
SET IN YOUR HEAD
Elaine Diode

One time, Monday, Feb 16, 7 pm, Union, Rm 205
Limit: 10

In this class, you will be given permission to discuss sexuality by asking questions, sharing opinions and values, taking a fantasy trip back through your day, taking a look at who you are now, and who you would like to become. This session can be tailored to living or organized groups on request. Call Elaine at the Counseling Center, (Elaine is a graduate student in family and child development and director of Sexuality Education and Counseling Services.)

THE ABORTION ISSUE
Bonnie R. Funk

One time, Thursday, Feb 24, 7pm, K-State Union, Rm 205

The group will discuss the many views on this complex issue. We will explore the feelings and talk about the historical, legal, medical, and current aspects of abortion. (Bonnie is a K-State student and humanists.)

VOC SEARCH WORKSHOP
Charlie Hodgson

Saturday, Feb 19-21 noon, K-State Union, Rm 205

Length: 2 times
Fee: $1-pay at class

Graduating in May? Wanting to change jobs or looking for summer employment? Plan your jobsearch now. The workshop is designed to help participants develop skills important in locating and acquiring a job, where and how to look, resume writing and interviewing are discussed and practiced in a supportive group environment. Students' costs are covered through K-State fees. (Charlie is a Counselor at K-State.)

LITE PLANNING
Charlie Hodgson

One time, Saturday, Feb 14, 5-6pm, K-State Union, Rm 205

Limit: 10

Fee: $1-pay at class

The workshop is designed to involve participants in the deliberative process of influencing the direction of their lives. Each participant is encouraged to consider the idea that she is the one responsible for her/her life, and, consequently, is capable of creating the future she wants. Skills of values clarification, goal setting, and realistic planning are developed through practice. Student costs are covered through K-State fees.

APPROPRIATE ASSERTION
Charlie Hodgson

One time, Saturday, Feb 21, 9am-4pm, K-State Union, Rm 205

Limit: 10

Fee: $1-pay at class

The workshop is designed to assist participants in acquiring skills and information necessary for appropriate career decision-making. The workshop will help individuals develop the skills necessary to make career decisions. The workshop must be scheduled with Marianne, in the Counseling Center, one to two weeks prior to the workshop. Students' costs are covered through K-State fees.

THE SHORTER WORKS OF TILTSCH
David Stewart

Saturday, Feb 20, 1:30-2pm, Baptist Campus Center, K-State

Meeting Times: Feb 20, Mar 28, Apr 21, 25 Length: 10 times Limit: 10

Over our lunch sacks, we will select and view five movies at local theaters. We will discuss their meanings. Each movie will be shown in a particular context on the basis of theological points made. Reflections and discussions will be presented by Stewart. (Dave, a campus minister, enjoys sharing movies and conversations that build both our faiths and values.)

ASSUMPTIVE COMMUNICATION
Linda Teener

Wednesdays, 3-4:30pm, K-State Union, Rm 205

Limit: 15

Length: 4 times

Learn to communicate more effectively is a major goal of assertiveness training. We will examine individual communication patterns, explore alternate ways of handling problem situations and practice more assertive responses. (Linda has been facilitating assertiveness training and other small group workshops for six years.)

HELP YOUR NEIGHBOR
Sign up and you will be contacted

Volunteer some of your time to give a person with a disabled spouse or child an opportunity to get out and do some things on their own. Your help can mean a lot.

A FOCUS ON HANDICAPPED PEOPLE
Georgia Backer, Dr. Norman Fedder, Ruby Burlay, Mike Remes, Cindy Klettz

Sign up and you will be contacted

Georgia has been designated as the year of the handicapped. Their potential, their concerns, and their needs will be discussed by a panel who live and work with handicapped people. A plaque involving handicapped children will be presented. (Georgia is a parent of a severely handicapped child; Ruby has a handicapped husband; Norman, Howard, Cindy and Nancy have recently done wonderful workshops with a group of handicapped children.)

ON THE ABUSE AND NEGLECT
Nancy Buchanan

Sunday, Feb 21, 730pm, 321 Humboldt (back door)

An examination and discussion of characteristics of abusive and neglectful families. A look at resources for helping such families, both national and local. Some of the effects on the family, special places on board. The focus will be on participants' interests and questions. (Of the 10 years Nancy has worked in public welfare, 9 years have been in social services to parents and children from abusive and neglectful families.)

THEOLOGY OF MOVIES
David Stewart

Saturday, Feb 20, 630pm-830pm, 3502 Cherryway South

Meeting Times: Feb 20, Mar 28, Apr 21, 25 Length: 10 times Limit: 10

During the semester, we will select and view five movies at local theaters. We will discuss their meanings. Each movie will be shown in a particular context on the basis of theological points made. Reflections and discussions will be presented by Stewart. (Dave, a campus minister, enjoys sharing movies and conversations that build both our faiths and values.)

A COURSE IN MIRACLES
Conrad Anderson

Mondays, 730pm, 1033A Gardenway

First Meeting: Feb 19 Length: Indefinite Limit: 15

This course does not aim at teaching the meaning of love; that is far beyond what can be taught. It does aim, however, at removing the blocks to living, coming closer to the spiritual reality, etc. The Bible and what is all-encompassing can have no opposite. Survived - Nothing Real can be threatened, Nothing Unreal exists. Herein lies the image of God. (Conrad has an ongoing interest in miracles and has led this class before.)

81/POLAR PERSONAL GROWTH SEMINAR
Rod Saunders

Friday, Feb 20, 6:15pm and Saturday, Feb 21, 9:15pm

Location: 212 Minneopa, 212 Minneopa

Limit: 10

Fee: $27, non-student, $21, student - pay at class

81/Polar uses a psychological inventory process to help discover your basic strengths. It is simple and clear so that you do not need to be an expert in the field of psychology to understand and benefit from it. The inventory helps you get a better understanding of your strengths and potential, confidence, and more confidence in your relationships with others. Insignia is a way to communicate more effectively with other people, and it is a practical plan of action for your own personal growth. While these ideas are familiar truths, the Insignia Method provides a context and direction by Feb 4, as this is the deadline for participation. (Rod is a certified instructor for 81/Polar.)

PROJECTS TODAY

Section 1: Saturdays, March 7, 10am, Union Hall

Section 2: Saturday, March 7, 2pm, UWM Recreation

Two men who have had death experiences will discuss the experience of life after death. Included: the caring man and who will survive, communal communication, the spiritual reality, etc. The Bible and other records will be used as supportive texts. (We speak from our own experiences, as well as from lengthy study of the Bible and other ancient records.)
**UTM Workshop Cooperative**

**UNION WORKSHOP COOPERATIVE**

Dick Stater  
Section: 1 - Monday and Wednesday, 7-10pm, Feb 16 and 28  
Section: II - Tuesday and Thursday, 7-10pm, Feb 19 and 21  
Section: III - Monday and Wednesday, 7-10pm, Feb 23 and 25  
Section: IV - Tuesday and Thursday, 7-10pm, Feb 24 and 26  
Location: UFM Solar Addition Workshop  
Fee: $20, pay at registration  

**WOODWORKING CONSULTING SERVICE**

Dick Stater  
Section: 1 - UFM Solar Addition Workshop  
First Meeting: March 4  
Length: evening  
Fee: $20, pay at registration  

We can assist you to do the following:  
- Determine the type of wood to use for your project.  
- Locate special hardware and tools for your workshop.  
- Locate special hardware and tools for your woodworking projects.  

**MAKE A TALKING DRUM**

Dick Stater  
Time: Tuesday, 7-10pm, March 24  
Location: UFM Solar Addition Workshop  
Fee: $2, pay at registration  

This course is for those with little or no experience with tools. The proper use of hand tools and tool safety will be stressed. Some power tools will be included. You will be taught to make a straight cut, drill a perpendicular hole and hammer a nail. This course will be taught with a small degree of skill. If you want to construct your own furniture after this class, you might consider joining the UFM Workshop Cooperative.

**GENERAL BICYCLE REPAIR**

Bill Jacoby  
Tuesday, 7-9pm First Meeting: March 24  
Length: 7 times  
Location: B17's Bike Shop, 1207 A Novo  

Want to get that bike of your's in mint condition? Bill will take you through the fundamentals of bicycle care and repair. (Bill owns his own bike shop here in Manhattan.)

**FLINT HILLS POLO CLUB**

Linda Frey, Ann Lenhart  
Sunday, 2-3pm, Feb 22 (Introductory meeting)  
Location: 2100 Northview Dr

This club is a member of the U.S. Polo Clubs Inc., which has existed in the U.S.A. for 100 years. The purpose of the club is to promote good horse ownership. "A happy child and a happy horse." This club is for Juniors and Seniors who own or wish to own a horse. (Linda is the district commissioner and Ann is the joint district commissioner.)

**USING THE SHEETLADO POLO**

Havlen Kleefstra  
Saturday evenings - sign up and you will be contacted  

You will cover selection, care, feeding, training, riding and driving, (single and double-hitch) equipment. Good for families - this class will be very informal. (Havlen knows his horses.)

**RENOVATION HOMES**

Russell Reitz  
One Time: Monday, 7-9pm, March 2  
Location: UFM Fireplace Room  

Russell will cover examining the building, finding out the original price, furnaces, costs and plans and equipment, determining the electrical capacity, and other renovation topics. (Russell has renovated over 20 homes here in Manhattan.)

**IMPACT FURNITURE**

Dick Stater  
Tuesday, 7-10pm, March 17  
Location: UFM Solar Addition Workshop  
Limit: 8  
Fee: $22.00, pay at registration  

We will be looking at various types of inexpensive knock-down furniture that can be easily constructed with a small degree of skill. If you want to construct your own furniture after this class, you might consider joining the UFM Workshop Cooperative.

**BICYCLE MAINTENANCE FOR 2100**

Dave Goehnke  
Sunday, 10am First Meeting: March 1  
Length: 2 times  
Location: Pathfinder, 1111 Novo  
Limit: 6, ages 9-22  

The goal will be for each class member to be able to fix flat tires and keep his bike in good running order. (Dave began working on bikes when he was five years old.)

**ADVANCED BICYCLE MAINTENANCE**

Dave Goehnke  
Saturday, 7pm, Pathfinder, 1111 Novo  
First Meeting: Feb 17  
Length: 8 times  
 Limit: 8  

This class is for people who already fix flat tires and adjust brakes but want to do more. We will be repairing and rebuilding wheels, checking wheels, tubes and handles and maybe peek inside a 3-speed hub.

**EVERYTHING ABOUT HOMES**

Rob Alland  
One Time: Wednesday, 7pm, Feb 18  
Location: 496 Poliska Le  
Limit: 15  

Rob will explain roofed housing, safety, lawn, features, maintenance, and how to buy an appropriate roof for your home (Rob owns and operates a roofing business.)

**BASIC AUTO BODY REPAIRS**

Dan Clark  
One Time: Tuesday, 7-9pm, March 3  
Location: UFM Banquet Room  
Limit: 25  

This session is on the basic mechanics of repairing minor auto body problems. A discussion and possible hands-on session covering techniques of repairing dent, rust damage and paint loss will be included. (Alan owns an auto body repair shop in Manhattan.)

**CARE AND FEEDING OF WU BUGS**

Larry and Terry Frank  
One Time: Saturday, 1-3-3:30pm, Feb 28  
Location: UFM Fireplace Room  
Limit: 15  

This course will begin with a basic description of the Wu Bug and how it works. Larry and Terry will also cover preventive maintenance and how to keep your bug from becoming extinct. (Larry and Terry have been working to keep Wu Bugs alive for eight years now.)
INTRODUCTION TO UPHOLSTERY

Betty Gurley
One Time: Tuesday, 7-9pm, Feb 24
Location: UFM Fireplace Room
Limit: 15

Betty will demonstrate the basics of upholstery. She will show you the short cuts from taking furniture apart to putting finishing touches on the cushions. The tools needed will be talked about. You are welcome to bring your project in for advice. (Betty likes to upholster.)

HUNTER SAFETY

Art Clark
Section I: Saturday, Jan-1pm, Mar 28
Section II: Sunday, 1-5pm, Mar 29
Location: UFM Banquet Room
Limit: 15

If you were born after July 1, 1957, you must complete a Hunter Safety Course before hunting in Kansas. If there is a gun in your house, you can use this class. (Art gunnalized for five years.)

STRIPPING FOR FUN AND PROFIT (FURNITURE, THAT IS)

Kevan and Ginny Patterson
One Time: Thursday, 7-9pm, Feb 19
Location: 900 Lawsonworth
Limit: 15

This class will include general knowledge on stripping and refinishing furniture. Kevan and Ginny will show you their projects and the materials they use. You are welcome to bring a project you have done or wish to do. Kevan and Ginny have done this for 2 years.

ART OF HOUSE PAINTING

Fred Hartacker
One Time: Thursday, 7-9pm, March 5
Location: UFM Banquet Room
Limit: 25

This class will fill you in on about everything you need to know - from setting up the ladder to cleaning out the brush. Fred will also explain how to get the quality you want without blowing out the money. A question and answer period will follow. (Fred has painted many a house in Manhattan.)

REPAIR OF CONSUMER ELECTRONICS

Mel Shirk
Tuesdays, 7-9:45pm
First Meeting: Feb 17
Location: 925 Qrendley, Apt 2
Limit: 6

This class is designed for the individual who has no knowledge of electronic theory or repair. Students will learn how to do basic repair on small appliances, battery chargers, smoke alarms, security alarms, audio-visual equipment and other things. (Mel has nearly twenty years of electronic repair experience.)

BASIC PLUMBING

Billiard Bubley
Thursdays, 7-9pm
First Meeting: March 26
Location: UFM Banquet Room
Limit: 25

This will be a basic class covering common plumbing problems found in the home. Willian will show you how to size pipes, join metal and plastic pipes, and tell you what tools are needed for the job. (William has fixed plumbing in homes old and new for many years.)

UPM COMMUNITY SOLAR GREENHOUSE

Appropriate Technology Staff
Saturday, 9:30-9:30pm, Feb 21
Location: UFM Solar Addition
Limit: 15

Aren’t all greenhouses solar? Maybe, but you can learn the important differences between a “solar” greenhouse and a conventional greenhouse in this tour and demonstration of UFM’s Community Solar Greenhouse located in the new solar addition. We’ll also talk about the many programs and services this exciting new facility will provide for the Manhattan community.

UPM SOLAR ADDITION HISTORY

Bruce Sneed
Monday, 7-9pm, March 2
Location: UFM Solar Addition
Limit: 15

A slide show history of the construction process of UFM’s solar addition will be presented. Bruce will describe how this innovative facility will work and then lead a tour through it. (Bruce was construction supervisor for the solar addition.)

ENERGY CONSULTING NIGHT

Appropriate Technology Staff
Wednesdays, 7:30-9:30pm
First Meeting: Feb 18
Location: UFM Solar Addition

Need a little consulting or advice on your latest energy project or future plan? One or more Appropriate Technology staff members will be available to discuss your designs, advise on details or particular problems, and be a sounding board for your ideas. References on energy conservation, passive solar design and materials will be available for use during the evening. Rather than a comprehensive design service, this will be limited to advice and consulting. Advance appointments are encouraged, but not necessary.

FIREARMS, FIREARMS TECHNOLOGY AND GUN CONTROL

David Monte
One Time: Saturday, Jan 1pm, Feb 21
Location: UFM Banquet Room
Limit: 25

This class will present a clear and unemotional view of the relationship of firearms and crime. By presenting an in-depth view of the problem, and class discussion we hope to be able to design some realistic legislation. (David is presently working on a degree in Administration of Justice from K.S.U. to complement his 9 years law enforcement.)

UPM AND SOLAR ADDITIONS ENERGY SAVING DEVICES DEMONSTRATION

Appropriate Technology Staff
Wednesday, 9:3–9:30am, Feb 19
Location: UFM Solar Addition
Limit: 15

Members of the UFM Appropriate Technology staff will demonstrate and give a detailed explanation of all the energy saving devices in the new solar addition. We will describe the construction process, costs, and overall effectiveness of each energy system in the building. These systems include: a beehive insulating wall system, earth-bank cooling system, solar hot water collector and insulating shutters.

DOMESTIC SOLAR WATER HEATING

Gary Bevington
One Time: Tuesday, 7-9pm, March 3
Location: UFM Solar Addition
Limit: 15

Interested in heating your home’s water with the sun? Whether you have serious intentions about solar hot water, like to tinker around or are just curious, this presentation will show you some installations in place, collectors under construction, and give you a chance to ask questions. You’re always wondered about. Included in the slideshow will be some examples of space heating units. (Gary installed the solar water collector for UFM’s solar addition.)

DO-IT-YOURSELF HOME ENERGY AUDIT

Owen Jones
Monday, 7:45-9:30pm, Feb 26
Length: to be determined
Location: UFM Solar Addition
Limit: 15

Fee: $1.00, pay at registration

Audit a home energy audit is simply a procedure to determine how and where energy is wasted in your home. An audit is very useful in determining the most cost-effective way to save energy. In this class, you will learn several simple procedures for conducting your own energy audit. Simple forms will be provided including a computer audit form used by the Kansas Energy Office. (Owen enjoys studying and promoting energy conservation.)
PHOTOVOLTAICS
Bill Dorsett
539-1966
One Time: Wednesday, 7-9pm, March 4
Location: UFM Solar Addition
Limit: 10

Usually overlooked in the search for new energy, these space technology chips have no moving parts, consume no fuel, produce no pollution, and can be fashioned from the second most abundant element in the earth's crust. Plan to be your own utility in 1985. (Bill has researched PV's for 2 years as an alternative to nuclear power.)

WIND POWER
Jesse Glenn
457-3500
One Time: Sunday, 2pm, March 8
Location: First United Methodist Church Fellowship Hall

Wind electric generators - how they work, how they are built, [commercial and personal]. You can build a wind generator for $200. Call between 5-8pm telling your interests and bring your ideas. (Jesse is a wind generator dealer and demonstrator.)

WOOD SToves - HEATING AND BUYING
Dave D'Oro
539-3064
Sundays, 1-3pm First Meeting: Feb 15 Length: to be determined
Location: UFM Solar Addition
Limit: 20

More and more homes are turning to wood for heating these days. Dave will cover the designing of wood stoves, chimney safety, and national safety codes. He can show you how to design your house to accommodate a stove and cover some basics on firewood. (Dave is a local stove retailer and has designed woodburning stoves and furnaces.)

WOOLLOTS
Jim Converse
532-5999
Sign up and you will be contacted

Some farmers and rural landowners would, if pleased, be glad to have dead wood removed at no cost. Others want a share in the harvest. The class will cover locating wood, arranging for sharing arrangements, and coping with permits & fees. A workshop on cutting, storing, and timber arrangements will also be discussed. (Jim builds woodburning adobe stoves.)

UNDERSTANDING YOUR UTILITY RATES
Mary Meel
776-8893
One Time: Tuesday, 7:30-9:30pm, Feb 17 Location: UFM Fireplace Rm
Do you wonder why your electrical and gas bills keep going up even though you're conserving energy? We will discuss the reasons for increasing electrical rates and alternatives available to a customer. Topics will include current rate structures, current taxes on fuel services, and Federal regulations. (Mary is the Customer Assistance Advisor for KPL in Manhattan.)

THE SELLING OF NUCLEAR POWER
Bill Dorsett
539-1966
One Time: Monday, 7pm - First Meeting: March 9 Length: 2 times
Location: UFM Solar Addition
Limit: 15

This class will discuss the pros and cons of selling nuclear fuel and technology to the Philippines and India. We will critique some films and "educational" materials produced by the Nuclear Industry, along with having lots of discussion.

CONSTRUCTION OF INSULATING DRAPERIES
Frans Newby
532-6993
One Time: Thursday, 7-9pm, Feb 19 Location: KSU, Justin Hall Rm 349
Length: 12-15

Methods of construction of energy efficient draperies will be presented in a 2-hour session. Handouts will be provided and it is recommended that you bring a notebook, pen or pencil and a tape measure. (Frans is assistant professor of Interior Design at K.S.U. As interior designer with Thomas E. Price in K.C. it was required that she know how to construct curtains and draperies of various kinds.)

SITE DEVELOPMENT FOR ENERGY CONSERVATION
Keith Christenson
537-1501
One Time: Saturday, 1-3pm, Feb 28 Location: UFM Solar Addition
Limit: 15

Planning or retrofitting toward energy conservation begins outside the home. The seminar concentrates upon basic concepts of site development adjacent to buildings, that affects energy conservation and human comfort. An individual problem solving exercise will be included. (Keith is an architect professor at KSU.)

WINDOWS WORKSHOP
Kevin Patterson
532-5866
One Time: Saturday, 11am-1pm, March 14 Location: UFM Banquet Rm
Windows can account for one-third of your home's heating and air-conditioning costs. The session will show presentations on a variety of window treatments that have been installed on the UFM House will be shown as well as a general overview of the role that windows can take in your home energy savings.
TOURS

AMERICAN INSTITUTE OF BAKING
Sharon Forst 737-4750
Thursday, 1:30pm, Feb 19 Location: 1233 Baker's Way - off Manhattan Ave
The American Institute of Baking is a non-profit organization devoted to education, training and research for the baking, food processing industries, and the general public. A tour of the facility will give you a view of what the Institute is doing for the community and all people in general.

UNITED STATES CAVALRY MUSEUM TOUR
Steve Nashan 776-0233
Saturday, 1:30pm, Feb 28 Location: Meet at UPM Parking Lot
In 1812 we will tour the museum, with some "behind the scenes" sidelines. Also, we'll include a tour of the "Custer House" - the only remaining house at Ft. Riley from 1854. (Steve has been working in Museums for 4 years and at the Cavalry Museum for over 1 year.)

RILEY COUNTY HISTORICAL MUSEUM - GOODWYN HOME TOUR
Jean Delta 537-2210
Saturday, 1:30pm, Feb 21 Location: 2309 Cleffin Rd
The Museum features exhibits of items used by early residents of Riley County. Exhibits are changed periodically but always relate to area history. (Jean is Director of the Riley County Historical Museum.)

HISTORICAL COSTUME COLLECTION TOUR
Margaret Girdner 532-6993
Thursday, 7-9pm, May 7 Location: KSU, Justin Hall, Rm 349
Limit: 30
Take a tour through the past. See clothing that your grandparents or great-grandparents may have worn when they were children. Also included will be additional historic costumes and textiles. (Margaret is curator of the KSU historic textiles and costume collection. She also teaches a class in visual merchandising that sets up the display cases.)

MEADOWLARK HILLS RETIREMENT HOME TOUR
John R. Grace 537-4510
Saturday, 1:30pm, March 7 Location: Meadowlark Hills - Meet in lobby
Limit: 15
Meadowlark Hills, the second largest residence building in the Midwest, with a solar system, is Manhattan's first retirement community. Built at a cost of $6.5 million dollars, the facility opened in February 1980 and includes 75 apartments in the five-story apartment building, 16 apartments in the nearby cottages, and a 33-bed long-term care health center.

MCALLS PARTNERS TOUR
Norm Winter 726-4001 Ext 351
Tuesday, 1:30pm, March 3 Location: 616 McCall Rd
Norm will show you the different departments that make up McCall's Pattern factory and show you how the patterns are cut, folded, and distributed.

KSU RECREATION COMPLEX TOUR
Pan Johnson 532-6490
Monday, 3:30pm, Feb 23 Location: N Denison Ave (just past tennis court)
Tour of recreation complex on KSU campus. Brochures and information on use of facility will be available. (Pan is assistant director of recreation services.)

KSU NUCLEAR FACILITIES TOUR
Tim Galaxy 532-5624
Thursday, 3:30pm, Feb 26 Location: Main lobby of Ward Hall
Limit: 15
The tour will take you through the control room and reactor itself, A slide presentation will be given with a question and answer period to follow.

MANHATTAN FIRE STATION TOUR - SPECIAL KIDS TOUR
Mary 537-0054
Tuesday, 4pm, March 10 Location: 1100 Payette
Limit: 30
Come for a tour through the fire station. You will see tools and equipment that the firemen use. You can learn about fire prevention and rules of thumb on fire safety.

MANHATTAN POLICE STATION TOUR - SPECIAL KIDS TOUR
Harold Sylvus 537-2112
Thursday, 4pm, March 12 Location: 600 Colorado
Limit: 20
In this tour you will see the communications center and the different offices, see inside the patrol cars and look at their equipment. At the end there will be a question and answer period. The tour should last about 30 minutes so bring mom and dad along to visit Harold at the police station.

KSU VETERINARY COMPLEX TOUR - SPECIAL KIDS TOUR
Jamie Seale 532-5640
Saturday, 10:30am, March 14 Location: KSU Vet Complex, N Denison Ave
Limit: 20
Hey kids, young or old, come and see the new Veterinary building at KSU. Jamie will show you the small and large animal examination rooms and possibly the surgery facilities. A discussion will follow. Children must be 8 years of age or above to be admitted.

CALL HALL - SPECIAL KIDS TOUR
Kris Reiger 532-5644
Thursday, 4pm, March 26 Location: KSU, Call Hall, by dairy counter
Limit: 12
Kids, if you like ice cream, bring mom or dad along and visit Call Hall with Kris. In this tour we will go through Call Hall and observe the various procedures of milk, butter, cheese, and ice cream production.

MANHATTAN MERCURY TOUR - SPECIAL KIDS TOUR
Ed Klimek 776-4951
Tuesday, 4pm, Feb 17 Location: 2414 Casement Rd
Limit: 16
This will be a special tour for kids. Bring one of your parents along too and visit Ed at MRM. A complete tour of MRM broadcast facilities, including demonstrations on how various radio equipment is used. We'll record your voice and play it back for you to hear.

MANHATTAN MERCURY TOUR - SPECIAL KIDS TOUR
Jan Hansen 776-8805
Thursday, 4pm, March 24 Location: 318 N 5th
Limit: 20
Jan will take you through a tour of each department and describe each person's duties. She will also explain the newspaper processes including advertising, photography, layout and printing. Don't forget to bring mom or dad along too.
Kansas Folklife

For the past ten months the University of Kansas, in conjunction with the National Endowment for the Arts has been conducting a statewide survey of folklife in Kansas. The project involves a systematic study of the state's cultural heritage and documentation of the information about practicing folk artists and craftspeople.

The state possesses not only a rich but varied folk culture. Kansas has been called a crossroads state where people of diverse backgrounds have both passed through and settled. Although most counties are populated with people of European descent, a specific ethnic core exists in a few pockets with a specific ethnic group like the German-Americans around Kansas City, or the German-Russians around Skeletons in some cases the folk arts of an area can be traced back to the old country but there is also a fascinating mixture of traditions that originated in the United States or became strong within the boundaries of the state itself.

One of the immediate goals of the Kansas folklife survey is to gather information to be placed in a folklife archive at the Kansas State Historical Society in Topeka. Included in the archive will be interviews and photographs of individual folk artists, participants in such various activities as quilting, woodworking, post-rock cutting, cattling, weaving, folk dancing, storytelling, and much more.

The folklife survey not only creates community awareness about the state's folk culture but also encourages the preservation of Kansas folk life and promotes its documentation.

Old Staff, New Staff

We are pleased to welcome new staff members Jan Pailler, Gordon and Mike Mullin who work with us daily. We welcome new arrival Charlie May and Bill Bryer of Green Thumb, Glady Patterson and Dick Steiner with the appropriate technology program and Robert Bolin and Kate Nashman who have joined the Campus Community staff.

Welcome Diane Barker sit's as Director of the Know-How Network, a new program in basic life skills.

We'd like to say goodbye to Cindy Bryant of our Youth Outreach Staff who has kept us all organized for the past two years. Mike Wilson, who also played a key role in the development of the appropriate technology program has assumed full-time study at K-State. Donna Walter, who over the past two years has been a key player in the community, numerous grants and without whose expertise our entire program, would have been impossible, has accepted a position as Assistant Professor in the Department of Disability Studies at Iowa State University. Bob Shaemeyer, a cornerstone in our Community Garden program for the past two years has turned her full attention to developing a new life in Texas.

UFCM Community Gardens

Wishing for a second bunch of greens? A second batch of tomatoes (one that tastes like a tomato); trying to remember the smell of sun on a fresh-turned earth? Though the view is missing, it isn't too late to begin thinking about what you'd like to grow.

HATTIE CANNON Community Gardens.

Pick up your garden application soon at the libraries, post office, public library, K-State Extension, or even from your neighbors. For more information, call 711 Hoyt at 532-5866.

A Special Thanks to...

In response to serious financial difficulties at UFCM, a number of businesses and individuals offered generous contributions. In addition to those listed in the fall 1988 budget, we would like to offer our sincere thanks to:

- Bob Okhtek
- Parker Nederland
- Joe Cawley, Paulson Corporation
- Lott Morral
- Frank Keller
- Property Managers
- Mr. & Mrs. Joe Wilson
- George Wryhill
- John & Barbara Ree
- Bill & Ann Hoyt
- Linda Grooms
- V.K. & Elizabeth Moses
- Dave & Debbie Graham
- Marsha Black
- David & Marsha Black
- Terry Danko & Dorothy Danko
- Lisa Renne
- Grant & Myron Poole
- Marlene Kistler
- Marilyn Kistler
- Agricultural Cooperative Development Authority
- Robert McNeel
- Steve & Dorothy Bollman
- Donald & Susan Kunkel
- Barry & Arnie McGee
- John & Kathleen M. Hodge

Ralph Flowers

Ralph Flowers

University of Minnesota Agricultural Co-Op
320 W. 14th St.
Minneapolis, MN 55454

For more information, call Carol Sattel at UFCM, 532-5866.