UNIVERSITY For MAN
Summer 1981

VADONNA OF THE TRAIL
In Honor of
... Kansas Women

Strong, enduring women settled the plains, living with the uncertainty of the Kansas weather, the omnipresent wind, isolated from parents and friends, suffering the hardships of pioneer life. Hard-working women brought their culture, traditions, foods and language, building a new life rich in history. They are a foundation and an example from which we can draw our strength.

Women are the teachers of values and knowledge, having lived so intimately with the children they bore. They have molded the future by working singly or collectively to improve their communities, to change laws and policies. Suffragettes spoke out throughout Kansas demanding the vote. The first woman elected mayor in the U.S. was Susanna Hildreth Sallor of Argonia, Kansas.

For over thirty years, University of Kansas has offered a tuition-free program to the KU-Manhattan community. In the past, we have been successful in generating grant money to help cover our costs, but severe cuts to federal funds in the areas of human services and educational programs and greatly increased costs resulting from inflation, have placed our financial survival in jeopardy.

At the meeting of our Board of Directors last April, it was decided that we should begin the summer with a modest fee system. This does not mean that we are going to become a profit-making business. We are still a non-profit organization and as such are constrained by law from making profits. This means that income we generate will go toward helping meet our operating costs.

Our goal is to maintain the valuable programs currently offered to our community and to make our programs available to as many people as possible. The increased fee is a way for us to make that happen. Our philosophy of free classes has been maintained over the years to encourage people to interact with each other — to discover life outside of the television world — to reacquaint themselves with the joy of learning — to involve themselves with social concerns. In no way have our views changed. In many cases, classes raising social concerns and encouraging community involvement have remained without a fee. We hope that the new fee system will not discourage you from remaining active in UPN and sharing our interest in providing a low-cost network of community learning.

If you are financially limited and would still like to participate in classes, please let us know. Arrangements will be made to accommodate you.

We are grateful for the support you have given us in the past, and hope that you will continue to support us.

We welcome your response to our plans and look forward to learning and working with you through the '80's.

The Staff

Sue Hels, Director
Julie Coates
Rosamonde Hulbert
Ginny Patterson

Kevin Patterson
Neel Schafer
Diane Baker-Sills
Julie Goeser Mates

Funding Sources for Local Programs

UPN Local Programs are supported by: KU Division of Continuing Education, KU Student Counseling Association, United Way of Riley County, Kansas Farmers Union, Green Thumb, City of Manhattan, Office of Education, and the Department of Adult Education.

UPN on the Air

Hear the highlights of UPN activities on "The UPN Report," a public service of radio KUWP at 6:15pm every Monday and catch "This is UPN," a weekly television show that airs every Tuesday at 6:30pm and every Friday at 5pm on Cable Channel 6.

The Volunteer Clearing House—A New Community Service

You Should Know About

Jim Bohn

Office Hours: Monday through Friday, 9-12 and 1-4
Location: KU Family Counseling Center, 3rd Floor, 1221 Thurston

The Volunteer Clearing House (VCH) is a new established information and referral service that helps to match community volunteers with various individuals and social service groups in need of assistance. People of all ages are welcome to use this service, free of charge, either to search for capable volunteers or to use the voluntary offering of time, knowledge and skills. We welcome you to visit our DSU center or call us on our 24-hour number. Your name and pertinent information will be recorded and kept on file for as long as desired. We'll look forward to hearing from you! (Jim is the director of the VCH and a 1980 graduate of KU.)

Contents

COMMUNITY
Politics, current events, social issues, women's section, basic life skills, kids' section, aging, financial management

EARTH
Outings, backpacking, gardening, energy
FOODS
Cooking, eating!

SKILLS
Repair, home maintenance, auto mechanics
FINE ARTS/CRAY ARTS
Languages, dance, visual arts, crafts
INNER SELF
Meditation, personal growth, health
OUTER SELF
Sports, camping, games
KNOW-HOW NETWORK
Today’s Key Countries and How They Affect Us

Mondays, 7:30pm
Location: Manhattan Public Library, Juliette & Payntz
Fee: $5.00 series tickets; $2.00 students & senior citizens or $1.00 donation at the door
Nigeria is the U.S.’s second largest oil supplier. Is Nigeria the first domino in Central America? A look at some key countries in the world today and how events in these countries will influence us in the next few years.

June 15
Nicaragua - As we saw it, Alicia di Francisco, from Columela, and Heida Caspari, from Brazil. A look at postwar Nicaragua from a Latin American viewpoint.

June 22
Agricultural Development in Poor Countries, Dr. David Norman, Department of Agricultural Economics, KSU. Slides of his work in Africa, Asia and Latin America. A discussion of the agricultural problems and solutions for most of the world’s farmers.

June 29
Aiding Africa, Tom and Yolanda Mullhern, The Mullherns will show slides taken during their four years administering Catholic Relief Service programs in the Gambia, West Africa, and Burundi, East Africa.

July 6
Life and Work in Guatemala, Dr. Jim Converse, Department of Sociology, KSU. A look at the arts and crafts industries and how they affect life and politics in this Central American hot spot.

July 13
Nigeria - Giant in Africa, Dr. Samuel K. Aiyegbin, President, Nigerian Student Union. KSU. Nigerians speak over 300 different languages and are over one-fourth of the population of sub-Saharan Africa. It is U.S.’s second largest oil supplier, and the focus of KSU’s most extensive joint educational program.

July 20
Zimbabwe - The Fight for Democracy, Elias Mube. He will speak about his work in minority-ruled Rhodesia, and life in independent Zimbabwe today, and about the struggle going on in other Southern African countries.

July 27
Hamburger - USA, David Stewart, Baptist Student Center. A film on how large corporations affect the food Americans eat, and the rest of the world.

Taxes for Peace

One time, Tuesday, 7:30pm, June 30th
Location: 708 Lee
DeanDemmer
776-5509

The average family spends $1,250 annually supporting the U.S. Military (4% of the Federal Income Tax). This represents more than the average family’s tax contribution for peace work. Dean will discuss how you can counter this. (Dean, who has taught this class many times before, sends the military portion of his taxes to the World Peace Fund.)
Tours

KSU NUCLEAR REACTOR TOUR C40
Tim Dayby 532-5624
Tuesday June 23, 3:30-4:30pm Limit: 15 Fee: $1.00, pay with Location: Register and you will be contacted registration See the KSU TRIGA MS II nuclear reactor facility, beginning with a slide presentation and ending with a walk-through tour of the reactor. The research and training uses of the KSU reactor will be discussed in detail. (Tim is presently the Reactor Supervisor at KSU and has been a reactor operator at KSU for 29 years.)

SupergRatte in homeance

AB PRESS TOUR C41
Hubert Pussy 539-7559
Tuesday June 30, 2-3pm Limit: 10 Fee: $1.00, pay with Location: Register and you will be contacted registration A history of printing and the world of paper, ink and presses will be highlighted on this tour. You'll discover the many parts of the printing process and see some of the different types in action.

SUN SOLAR ADDITION TOUR C42
Kevin Patterson 532-5866
Section I: Thursday July 2, 7:30-9:30pm Limit: 20 each section Location: Register and you will be contacted registration 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 UPN's Community Solar Greenhouse located in the new solar addition. We'll also talk about the many programs and services this new facility provides for the Manhattan community. (This tour is directed by the Appropriate Technology Staff at ITP.)

U.S. POST OFFICE TOUR C32
Ed Barnes 776-0881
Tuesday July 21, 10-11am Limit: 20 Fee: $1.00, pay with Location: Register and you will be contacted registration Learn about the Post Office. You'll be able to see first-hand in this tour. Learn about how the mail is sorted, why zip codes help the mail travel faster and answers to your questions in this behind-the-scenes look at the Post Office.

MANHATTAN MILLING COMPANY TOUR C44
Bill Thurberow 532-3133
Tuesday July 14, 10-11am Limit: 20 Fee: $1.00, pay with Location: Register and you will be contacted registration Agriculture is Kansas' largest industry. Sign up for the tour of the Manhattan Milling Company and see what happens to the grain produced by the farmer. You'll see how this grain is merchandised and how livestock feed is made. (Children attending this tour should be accompanied by an adult.)

TOUR OF THE McCALL PATTERN CO. C30
Norman E. Winter 776-4041
Section I: Tuesday July 7, 9-10am Limit: 25 each section Location: Register and you will be contacted Fee: $1.00, pay with registration The McCall Pattern Company is one of Manhattan's largest businesses. You'll see the different departments and how each pattern is cut and folded. And all participants will receive a free gift packet.

Aging

SORTING THROUGH THE MEDICARE Muddle C76
Cindy Davis
Wednesday June 24, 2-3:30pm Location: Register and you will be contacted Has today's Medicare system got you confused? You are not alone. This class will help you understand the paperwork involved and the other issues and outs of Medicare. We will also discuss how President Reagan's policies might affect the program. (Cindy is the Assistant Director of Consumer Assistance and Information, a program of the Area Agency on Aging.)

ADULT DAY CARE C77
Susan Davis 537-4530
Wednesday July 1, 2-3:30pm (informational meeting) Location: Register and you will be contacted The rising costs of health care force everyone to examine options to permanent places in a long-term care facility. Adult Day Care is a program designed to offer social opportunities, nutritious meals and nursing supervision to adults 60 years of age and older. Participants can attend as little as one day or as many as seven days a week. Plan to attend this informational program. (Susan is the coordinator of the Meadowlark Hills Adult Day Care Program.)

A SENIOR CENTER FOR MANHATTAN C78
Bill McCormick 776-5101
Wednesday July 22, 2-3:30pm Location: Register and you will be contacted Will there finally be a Senior Center in Manhattan? Where will it be? What will it look like? How will it serve you? Bill will answer your questions and show you the most up-to-date plans for this exciting project. (Bill is the chairman of the Riley County Council on Aging's Senior Center Project.)

HELP YOUR NEIGHBOR C79
Jim Bohn 532-6984
If you couldn't see, if you couldn't walk, what would it mean to have someone give a little of their time to bring you a piece of the world. Volunteer to read to the blind, relieve a house-bound spouse of the burden of continuous care of a homebound invalid. Write letters for those who can't paint a fence, or just be a friend. Sign up and you will be cared for. (Jim is the director of the newly formed Volunteer Clearing-house.)

Financial Services

TAX SHELTERS • MONEY MARKET FUNDS • CD/MD/SAVING PROGRAMS • MONEY ACCUMULATION PLANS • COMPUTERIZED FINANCIAL PLANNING • COMMON STOCK FUNDS • MUNICIPAL BOND INVESTMENTS • ANNUITY PLANS • REAL ESTATE INVESTMENT PROGRAMS • LIFE INSURANCE • PENSION PLANS

Central National Bank
327 Southwind
Lynn Nelson Free Freddie
537-4585

The Most Important Thing You Need to Know is How to Manage Your Money

Learn from professionals at First National. Learn how to save, to invest, to borrow, to plan for your future. Our advice is free. Ask for it— at any of our four locations.

Community Bank
First National Bank

Before you took your money away for another six months or more, you ought to compare the yield you'd get with the high rate money market funds pay (11% at First National Bank). If you want to keep your money safe, too, the savings accounts at Ed's, D.J.'s, and the Ed's and the First National Bank are a good idea. Even if you don't need the interest you can use it any time you need it. Check out the numbers above. Call the D.J.'s, Ed's, or First National Bank for more details. The numbers are above. Call the D.J.'s, Ed's, or First National Bank for more details.
SUCCESSFUL MONEY MANAGEMENT

Section 1: Monday, June 15, 7-10pm
Section 2: Saturday, June 26, 9-noon
Section 3: Thursday, June 30, 7-10pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
People do not get rich making money, but managing the money they make. This seminar takes you up the 15 steps on the stairway to financial security. Plain everyday language plus extensive use of visual aids helps assure a better understanding of what could be highly technical information. (Fred and Lynn are financial planners affiliated with a national financial services organization.)

Money

UNDERSTANDING COMMODITY FUTURES MARKETS
Jim Buchanan and Terry Henry
Thursday July 9, 7:30-10pm
Location: Register and you will be contacted
Fee: $3.00
The commodity futures market is the fastest growing area on the stock exchanges. Almost, orange juice and cotton, either - you'll be shown what the Commodity Futures Market is and the factors which affect it. Investment opportunities will be discussed. (Jim and Terry are registered commodity brokers who have researched, taught and written about the Commodity Futures Market.)

MONEY MARKET FUNDS AND YOU
Steve Harrison and Sheri Prawd
Location: Register and you will be contacted
Fee: $3.00
Are you confused about what money markets are and how they work? This class will provide you with an understanding of the practical uses and mechanics of short-term money market instruments known as money market funds.

REAL ESTATE
Dr. E. S. Bagley
Thursday July 2, 7:30-9:30pm
Location: Register and you will be contacted
You will have learned much about the real estate market these days about the market. This class is designed to help you be prepared to handle the personal business and financial affairs. If you are in doubt - this workshop is for you. We will discuss the importance of gathering and documenting information for effective reference now and in times of crisis. (Pat and Wayne are financial advisors who work with a local financial institution.)

NEW ACCOUNTS AND OTHER PLACES FOR YOUR MONEY
Richard Morse
Thursday July 2, 7:30-9:30pm
Location: Register and you will be contacted
Your interest on savings can be tripled without inconvenience or loss of security. N.O.V. accounts, money market funds, and other alternative savings plans can earn more from your money. Learn about these plans, minimum amounts needed, and where to participate. (Richard is the chairman of the Knox University Family Economics.)

GIVE YOURSELF SOME CREDIT
Sarah Carlson and Pat Camp
Tuesday and Thursday, June 16 & 18, 7:30-9:30pm
Location: Register and you will be contacted
Establishing a credit history is useful if not necessary for getting loans, credit cards, mortgages and conducting other financial transactions. Find out how to establish credit, how to establish credit, and what the Equal Credit Opportunity and the Fair Credit Reporting Acts are. Open to men and women, with an emphasis on the women's need for individual credit, especially when experiencing lifestyle changes. (Sarah and Pat staff members of a local financial institution, present this class as a special community service.)

INVESTMENT BASICS
Steve Harrison and Sheri Prawd
Tuesday and Thursday, June 23, 7:30-9:30pm
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Is investing safe? Can I get my money back? These are questions all investors have. Financial planning requires complete information in all areas of investing. Stocks, bonds, mutual funds, tax-sheltered investments and other investment strategies will be explained in this course. (Steve and Sheri are registered representatives of a local brokerage firm which is licensed with a member of the New York Stock Exchange.)

FINANCIAL AID: WHAT IT MEANS TO YOU
Robert Evans, Susie Walters
Section 1: Tuesday June 30, 7:30-9pm
Section 2: Tuesday July 21, noon-1:30pm (bring your lunch)
Is there money for your college education? Where is it? How can it be yours? These questions and others will be answered in this two-session course. Special emphasis will be placed on the application process and important schedule deadlines. (Robert Evans, Director of Student Financial Assistance and Susie Walters, Assistant Director of Student Financial Assistance.)

Women

DOMESTIC VIOLENCE/RAPP
Judy Davis, Debbie Bratcher and Sandy Sanders-Ware
One time: Wednesday, July 8, 7:30-9:30pm
Location: Register and you will be contacted
Four out of every 100 women are sexually abused by their husband or living partner. According to FBI statistics, one out of four women will be raped. This class is designed to offer information about violence against women and strategies for finding available help. (Judy, Debbie and Sandy are staff at the Regional Crisis Center.)

WATER AND THE LAW
Kathy Lundgren
Location: Register and you will be contacted
Fee: $3.00, pay with registration

BOOKS AND ABOUT WOMEN
Lorrie Cross
Alternate Tuesdays, 7:30-9pm
First meeting: June 16
Length: Ongoing
Location: Register and you will be contacted
Dimensions of self-image shaped by literary models are examined by participants as we discuss books selected by group members. Fiction, non-fiction, humor and satire are part of our monthly discussion. Recent meetings have focused on Tass, plays by and about women, against our will and Mother's Helper. Please bring suggestions for books readily available in bookstores and libraries. New members welcome. (Lorrie has a strong interest in women's literature.)

WOMEN IN MIDLIFE
Norma Parker
Tuesdays, 7:30pm
First meeting: June 16
Length: 5 times
Location: Register and you will be contacted
Fee: $5.00, pay at registration
Materials Fee: $2.75, book, pay at class
Is there such a thing as a mid-life crisis? Women between 40 and 60 are invited to meet and discuss issues relating to mid-life. Materials used: "Mesopause," by Conne Bruk and "The Wonderful Crisis of Middle Age" by Eda LeShan. (Norma is in midlife, an RN and a graduate student in Family and Child Development.)

The UMF Brochure is made available through funds from K-State Student Governing Association.
Feminist Therapy Collective 653
Ann Britswom 532-6850
Register and you will be contacted
The Feminist Therapy Collective has two goals: 1) education in feminist theory to empower approaches to prevention and intervention with mental health problems, and 2) translation of our philosophy into action. This group will meet in our lives.

Women’s Issues and the New Right 652
C. Stockpalo 532-5651
Location: Register and you will be contacted
Fee: $3.00, pay with registration
Limit: 25
The “new right,” as it has been called and called itself, blends conservalism with evangelical, and it has been labeled a “conservative backlash” by some. For women, the “new right” has serious implications, under the guise of “pro-life” and “pro-family,” the New Right seeks to destroy personal freedom and push us back into an age Betty Friedan wrote about in the Feminine Mystique. (Cathy is director of the KU Women’s Resource Center.)

Hilly County Women’s Political Caucus 659
Diane Acter and Susan Scott Angle 539-2412 776-9046
Location: Register and you will be contacted
The Women’s Political Caucus is made up of women who meet to consider ways to support legislation at the state and national levels which directly affect women. To support qualified women seeking public office and to support any political candidate whose platform is favorable to women’s issues. Please join us for an informal evening of wine and cheese and discussion about the Hillary County Women’s Political Caucus. (Diane and Susan are both active in working for women’s concerns.)

Regional Crisis Center - Housewarming Party 676
Cathy Stackpole 537-0329
One Time: Monday, 7:30-9:30 pm, July 13
Location: Register and you will be contacted
The Crisis Center has a permanent shelter, but needs household goods to fill cabinets. Canned goods, dishes, pots and pans, towels, silverware, and other household items are needed. (Please no bedding, (beds) as they have plenty!) Please come to the RCC housewarming party and bring a gift. Coffee, tea and dessert will be provided by Women’s Resource Center and Women’s Center of Manhattan.

Women on the Move 620
Sue Hayden, Bev Schutt 1-228-7442
Section 1: Wednesdays, 5-6:30 pm First Meeting June 17 Limit: 20
Section 2: Wednesdays, 6:30-8 pm First Meeting June 17 Limit: 20
Both sections ongoing
Location: Register and you will be contacted
Fee: $5.00, pay upon registration
This course will deal with the women’s movement from 1800 to date. The issues of discrimination, sexual equality, right to own one’s body, politics of feminist protest and related issues will be addressed. (Sue and Bev have been active in local women’s programs, Sue is president of the Manhattan city council and Bev is a member of that group.)

Gross Insurance
Complete Insurance Services
105 S. 4th Street
Manhattan, KS 66502
776-4709

Homecraft Nancy Ann Bichtel 1815-1816
volunteer nurse during the Civil War.
"Homecraft Bichtel is a name everybody, even Lincoln," General Grant said once.
Children
For more information about Summer Fun for Children, call Anne Backstrom at 532-5866.

NATURE SCAVENGER HUNT
Suw Kiefer and David Verschelden
One time: Saturday, June 27, 6-noon (Raindate: July 11)
Location: Meet in IPA Parking Lot, pay $3.00, pay at registration
Hunt for hidden clues while enjoying and learning about the outdoors.
Hunt will occur simultaneously for three different age groups:
5-7 years; 8-11 years; and 12-15 years.
Meet near long-sleeved shirts, long Catholic Creek.
(Sue and Dave have past experience as youth counselors.)

KIDS IN THE KITCHEN (AGES 7-10)
Annie Backstrom
One time: Friday, 9:30-11:30am, June 26
Location: Register and you will be contacted
Fee: $5.00, pay with registration
Here's a chance for kids to explore the kitchen. Annie will introduce them to cooking and kitchen safety and send them home with something yummy.

BATON TWIRLING DUEL TEAM (AGES 3-12)
Shirley Krafit
Monday, July First meeting: June 15 Length: 4 times
Location: Register and you will be contacted
Fee: $5.00, pay with registration
Learn the basics of baton twirling (rolls, twirls and leaps) and choreo-
graphy. Participants will learn parade struts and show routines. Maybe the
first class. (Shirley has been twirling in groups and solo since grade school.)

CHILDREN'S GARDENS
Richard Mattson
Saturday, 10am-12noon First meeting: June 20 Length: Ongoing
Location: Register and you will be contacted
Fee: $1.00, pay at registration
Children of all ages can learn how to use organic gardening practices
to grow perennials, Indian corn, tape pole beans and giant gourds. Indi-
viduals or groups can garden, admiring the raised beds for the elderly
are available.

STARS AND MYTHS
Kim Zollman and Dean Zollman
One time: Wednesday, 7:30pm, July 8 Limit: 40
Location: Register and you will be contacted
Fee: $3.00, pay with registration
The summer sky is the home of Orion the hunter and queen Cassopel. Learn
the myths associated with the names of the stars and constellations,
including myths from ancient cultures as well as our own. Explore
the mystery and beauty of the stars, their stories, and the human tales
described as family affair - adults will not be
advised unless accompanied by a person under the age of 12.
(Dean occu-
ples astronomy and related topics.
Kim is a thirteen-year-old who is very interested in Greek Mythology.)

KIDS MORNING OUT (AGES 7-12)
Annie Backstrom
Wednesdays, 9-11:30am Length: 3 times, June 24, July 1 & 8
Location: Register and you will be contacted
Fee: $5.00, pay with registration
Kids, let's have fun! Let's your morning out! We can go on nature hikes,
tours, play games, to the library, zoo or whatever sounds fun! Please come
yourself and if you have a kid, bring it.

Kids Tours

KIDS SWIMMING - See the Outer Self Section - Swimming (A-F).

Earth
For more information about Earth, call Neill Schanker or Ginny Patterson at 532-5866.

RAT CLASS
Lynn Schanker, Jennie Dooby
One time: Sunday, 7:30pm, July 12 Limit: 15
Location: Register and you will be contacted
Fee: $3.00, pay with registration
Rats! Get to know a small pet whose bad reputation is undeserved, rat
are intelligent, affectionate and responsive to emotions. Cage set-up,
diets, care and habits will be discussed. You may meet a new friend.
 doctrinae, and Jennie have been the proud owners of three white rats.

FULL MOON WALK OR THE STOCKADE PRAIRIE
Pat Greer, Neill Schanker
One time: Wednesday, 9:30am, June 17 (rain date June 18) Limit: 30
Location: Register and you will be contacted
Fee: $3.00, pay with registration
Ever wonder what the sky would be like to take a hike on the prairie some
moonlit night? Experience the sights, sounds and smells of the prairie
at night. Last season more than 100 people signed up for this unique
experience. Pat likes the outdoors and is now living in the
the country near the Stockade Recreation area.)

BOXER DOG BREEDING AND SHOWING
Elvina Heldenbrand, L111's Peck
Registration for this class and you will be contacted for time and location.
Elvina and L111's breed, train, and show Boxers. They are available to
assist persons who are interested in learning more about this breed, or
who would like to become acquainted with other area Dog fanciers.

KIDS EVENING OUT (AGES 7-12)
Annie Backstrom
One time: Friday, 10-11pm, June 20 Limit: 12
Location: Register and you will be contacted
Fee: $1.00, pay with registration
What's almost as fun as eating ice cream? Watching someone make it! See
how ice cream, milk, butter and cheese all are made, and learn about
its secrets. Kids, bring non or dad along and visit Call Hall where we make
ice cream. Kids will be seen with stories and finger play following.
We ask mothers to come and please remain in the library during the tour.
(Anta is a staff librarian.)

TOUR VALLENTINO'S
Dean Murphy
One time: Wednesday, 2-3pm, July 8 Limit: 12
Location: Register and you will be contacted
Fee: $3.00, pay with registration
Kids will go to tours for kids ages 7 to 12. Dean will give a tour and then
demonstrate how a famous Valente's Pizza is made.
(The tour is managed by Valente's.)

HOW TO BE A MONEYMOUTH BUCKSKINNER
Jim Bee, Jim Reine, Ed Hoover
Register and you will be contacted for time and location.
A buckskinner is someone who wears buckskins and especially someone who
was active in the pre-1840 fur trade era. You'll learn how to histori-
ically reproduce clothing, cook gear, make equipment, and firearms of the
period. (The instructors are avid muzzleloaders and they try to be
as authentic as possible in their buckskins.)

HORSE TRAINING
Michal Jamshed
One time: Monday, 8-9:30am, June 15
Location: Register and you will be contacted
Fee: $5.00, pay with registration
Michal will lead a discussion of horse training problems with the pos-
sibility of setting up a clinic if people are interested. Bring your own
problems and suggestions. (Michal has been training horses for 10 years.)

MANHATTAN FIRE STATION TOUR- SPECIAL KIDS TOUR
One time: Friday, 1-2pm, June 19 Limit: 30
Location: Register and you will be contacted
Fee: $1.00, pay with registration
Fighting fires is a dangerous job, and people do it so you can be safe.
Come for a tour through the fire station, see the tools, the equipment
and the firemen. You'll also learn fire prevention and rules about
safety, so the next time you hear the siren you'll know they
will be stopping at your house. Children should be accompanied by an
adult.

CHILDREN'S LIBRARY TOUR
Anta Shores
One time: Monday, 1:30pm, June 29 Limit: 20
Location: Register and you will be contacted
Fee: $1.00, pay with registration
This will be a tour for children who are 5 to 8 years of age and
who have not yet started kindergarten. A tour of the children's
library section will be given with stories and finger play following.
We ask mothers to come and please remain in the Library during the tour.
(Anta is a staff librarian.)

How to do a Moneymouth Buckskinner
Jim Bee, Jim Reine, Ed Hoover
Register and you will be contacted for time and location.
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Horse Training
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Wear Your Way into This Class!
Tom Moyer
Tuesdays, 6-7pm First meeting: June 16 Length: 3 times
Location: Register and you will be contacted
Fee: $5.00, pay with registration
Raise your own worms and your garden will be grateful. Worms are benef-
sicial in many ways, as soil aerators, as garbage disposers, and, their
castings are good fertilizer. Seeing a worming operation and learn how to
raise your own. (Joe has been raising worms the last three years.)

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Fee: $5.00, pay with registration
Michal will lead a discussion of horse training problems with the pos-
sibility of setting up a clinic if people are interested. Bring your own
problems and suggestions. (Michal has been training horses for 10 years.)
MIXING TRAILS IN KANSAS

Jim Higswenger

One Time: Thursday, 7:30pm, July 7
Limit: 40
Location: Register and you will be contacted
Fee: $3.00, pay with registration

This summer, hike the beautiful hills and valleys of Kansas. We will discuss what Kansas has to offer in the way of hiking opportunities. Emphasis will be in trail locations and their unique features. Information and tips will be available for handguns. Foot trails will be emphasized and canoe trails will be mentioned. (Jim is a member of the Kansas Trail Council and the Kansas Canoe Association.)

DOWNTOWN FARMER'S MARKET

Roxana Howe

Saturday, 8am-5pm, May 30 thru Oct 31
Location: Register and you will be contacted

Downtown Farmer's Market has the goal of promoting direct farm to consumer marketing. Anyone, from small gardeners to commercial producers, may sell at the market. No reservations are necessary. Stall fees start at $10.00/day. Fresh, in-season produce available weekly. (Roxana has been active in the market since its start in 1977, as a seller, consumer and on the board of directors.)

BASIC CARE OF CATS

Maxine Porter

One Time: Wednesday, 7:30-9:30pm, July 22
Location: Register and you will be contacted
Fee: $3.00, pay with registration

We will discuss the history of domesticated cats, basic care and health problems, and a brief description of all breeds of pedigreed cats. Also, we will cover nutrition, a demonstration of proper grooming of longhaired cats by R. Scard, and a question and answer period. (Maxine has been a cat breeder and exhibitor for 25 years. She has been a Judge throughout U.S., Canada and Japan.)

GALAPAGOS ISLAND ADVENTURE

Eileen Schortefeldt

One Time: Tuesday, 7-8:30pm, July 21
Location: Register and you will be contacted
Fee: $3.00, pay with registration

Living in the stark volcanic landscape of the Galapagos are many unique plants and animals that illustrate the process of evolution. This slide show and lecture will introduce you to one of the most fascinating areas in the world. (Eileen has visited the Galapagos four times as a naturalist-lecturer.)

WASPS INSECT IDENTIFICATION

Steve Krueger

Mondays, 7pm, June 15 & 22
Location: Register and you will be contacted
Fee: $5.00, pay with registration

Who's in your garden now? We will do some general collecting and identification of insects in the garden. Bring nets, jars and questions. Specimens captured previous to the meeting may be preserved in a jar in the refrigerator. (Steve is a graduate student in Entomology at KSU and he's taught the lab sections in Insects of Home, Lawn and Garden for the last two semesters.)

IDENTIFICATION OF KANSAS FISHES

Harold E. Klassen

One Time: Monday, 7-9pm, June 20
Location: Register and you will be contacted
Fee: $5.00, pay with registration

Of the many fish species in Kansas, only a few are actually seen or caught. We will look at colored slides of common Kansas species. Characteristics will be pointed out that will be useful in field identification. Life histories of some of the species will also be discussed. (Harold teaches ichthyology and fisheries management at K-State. He also conducts research on fish pond management.)

FISHING AND FABULOUS FISH FRY

Jerry Dittman, Paul Miller, Don Harbour, Ray Tomely

One Time: Thursday, Aug 6 (rain date Aug 7)
Location: Register and you will be contacted
Fee: $2.00, pay with registration
Materials Fee: $2.00, pay at class

Your fishing fever will be high after learning about beginner techniques of summer fishing for white bass, crappie, wall-eye and channel catfish. After a technical demonstration, these rods will be used to catch catfish. Bring your fishing tackle along. If you do not want to catch them, tell the instructor and you can catch a fish. (This class is open to anyone who wants to learn to fish.)

BIRD WATCHING BEYOND THE BACKYARD

Holly Henson

One Time: Saturday, June 27 (rain date July 11)
Location: Register and you will be contacted
Limit: 10
Fee: $3.00, pay with registration

Are you interested in identifying bluejays, robins, and cardinals? Searching for and identifying birds is what this class is about. Both beginners and experienced birdwatchers are welcome. Bring bird books and binoculars. (Holly is vice-president of the Northern Flint Hills Audubon Society.)

MONDAY WALK AT DONALDSON PASTURE

Marty Stapanian

One Time: Thursday, 9:30am, July 16 (rain date July 17)
Location: Register and you will be contacted
Fee: $3.00, pay with registration

Listen to the night sounds of the Kansas prairie on a full-moon summer night. The Flint Hills natural history comes alive after dark with its plentiful, nocturnal birds and mammals. Some small mammal live-traps will have been set previously so the little critters can be examined. Emphasis will be on listening and experiencing. (Marty is an ecologist at KSU.)

A DAY DOWN ON THE FARM

Lark Moyer

One Time: Sunday, 9am, June 28 (rain date July 12)
Location: Register and you will be contacted
Fee: $5.00, pay with registration

Visit a small-scale homestead operation that includes goats, cattle, hogs, rabbits, chickens, geese, bees and a horse. Many animals are gentle enough for children to pet or see close-up. Goat milking will be demonstrated and samples of goat products will be available for tasting. The farm demonstrates what can be done with relatively small space, some cash, and time. We will be glad to share our tales, including mistakes and misfortunes. (Lark graduated in Animal Science from K-State and Ed, her husband is a freshman in Veterinary Medicine.)

WORLD'S LARGEST AND OTHER PUNDAILS

Billatzely

One Time: Tuesday, 6:30pm, June 23
Location: Register and you will be contacted
Fee: $3.00, pay with registration

Working with sundails can be simple enough to match the budding talents of a twelve-year-old, yet we know that sundails attracted the interests of such prodigies as St. Isaac Newton and Thomas Jefferson. Build a sundail to grace your garden and to find time in other cities or by more light. This class will cover the art and construction of sundails and also view the world's largest sundail. (Bill is a collector of sundails.)

THE NIGHT SKY: BASIC OBSERVING

Ted Geisert

Tuesdays, 8-9pm First Meeting: June 23 Length: 4 times Limit: 20
Location: Register and you will be contacted
Fee: $10.00, pay with registration

Summer is a good time to become familiar with the night sky. Emphasis will be placed on using star charts to identify constellations, location of planets and celestial events under the night sky. At least one evening will be planned (depending on the weather) to observe a few celestial objects with a telescope. Elementary school teachers and owners of small telescopes are encouraged to attend. (Ted is an avid amateur astronomer who enjoys helping children become familiar with the night sky and the enjoyment it offers.)

RAISED BED GARDENS: GARDENING BY THE ELDERLY

Pat Camp

One Time: Saturday 2-4pm, June 27 Limit: 20
Location: Register and you will be contacted
Fee: $10.00, pay with registration

If you have an interest in the elderly, as a volunteer, therapist, educator, student, etc., please join us for an informal discussion and slide presentation on the gardening concept as seen from both economic and therapeutic perspectives. (Pat is volunteer coordinator of the "Raised Bed Gardens" and is a horticultural therapist.)

FALL GARDENING

Bill Hoyt

One Time: Tuesday, 7-9pm, July 7 (rain date July 8)
Location: Register and you will be contacted
Fee: $3.00, pay with registration

Extend your garden's productivity! Grow traditional spring crops in the fall. Spinach, beets, cabbage, lettuce and potatoes can be beautifully in the cool of the fall season. (Bill is coordinator of the UR Community Gardens.)

SCARECROWS (FOR THE STYLE OF IT)

Bill Hoyt

One Time: Tuesday, 7-9pm, July 14 (rain date July 15)
Location: Register and you will be contacted
Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class

Scarecrows have long been used to keep unwanted creatures from succulent gardens, but have you actually seen one? We'll design and stuff our own, whatever pleases your sense of style: pioneer, modern or eclectic. Quirky, do they really work? Bring your own scarecrow apparel -- be creative! Families welcome.
BASIC FLORAL ARRANGING  
Karen Medlin  
537-2846  
One Time: Tuesday, 7:30-9:30pm, June 23  
Location: Register and you will be contacted  
Fee: $3.00, pay with registration  
Materials: Free, pay at class  
Make a small floral arrangement to take home. Basic arrangement will be taught—what flowers to use when, using a small 4" diameter container for the arrangement. (Karen owns and operates Westloop Floral.)  

EXPLODING THE HERBARIUM  
Ted Balky  
532-6619  
One Time: Wednesday, 7:30-9pm, July 15  
Location: Register and you will be contacted  
Fee: $1, pay with regis.  
Participants will tour the Herbarium which is a reference collection of over 120,000 plant specimens. It is the prime resource for studies on the native flora and for general plant identification. (Ted has been the Curator of the Herbarium for twenty years.)

ATTACHED SOLAR GREENHOUSES  
Kevin Patterson, Rick Tocke  
532-5866  
Saturday, 1-3pm First Meeting: June 26 (classes as requested)  
Location: UFM Solar Addition  
Fee: $3.00, pay with registration  
Get more food, heat and room for your family. A slide show of many different types of greenhouses will be shown and there will be a discussion of greenhouse principles, benefits and design. (Kevin and Rick have designed a number of solar greenhouses for people in Manhattan and surrounding communities.)

UFM SOLAR ADDITION HISTORY  
Appropriate Technology Staff  
532-5866  
One Time: Thursday, 7-9pm, June 18  
Location: Register and you will be contacted  
A slide show history of the construction process of the UFM solar addition will be presented. There will be a tour of the addition and discussion covering its energy saving and storing features. This amazing 1,426 square foot building is designed to operate on less than $30 of backup fossil fuel a year.

SOLAR AND ENERG Y CONSERVATION TAX INCENTIVES  
Doug Walter  
537-6834  
One Time: Monday, 7:30-9:30pm, June 29  
Location: UFM Solar Addition  
Fee: $3.00, pay with registration  
Many Kansas took advantage of the generous combination of State and Federal energy tax incentives on their 1990 tax returns. Not only did they save taxes, they’re now saving money each month on their utility bills. In this class we’ll discuss how you can receive tax benefits for a wide variety of energy conservation and renewable energy measures. (Doug is extension specialist for residential energy with the Energy Extension Office.)

CAPTURING SOLAR WARMTH  
Bill Dorsett, Dan Beverly  
776-7911  
Saturday, 1-3pm First Meeting: June 27 (other classes as requested)  
Location: Register and you will be contacted  
Fee: $3.00, pay with registration  
Ready to make good on your intentions for some solar heating? We’ll discuss how to design and build solar collectors, including free-standing flat, box, built-in-vertical house collectors and a breast box water heater. (Bill and Jean, local carpenters, both have built supplemental solar space heating in their homes.)

PHOTOVOLTAICS  
Bill Dorsett  
776-7911  
One Time: Wednesday, 7:30-9:30pm, June 24  
Location: Register and you will be contacted  
Fee: $3.00, pay with registration  
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 utilities company in 1980. (Bill has researched photovoltaics for 2 years as an alternative to nuclear power.)

SOLAR DOMESTIC WATER HEATING  
Gary Bennington  
776-9711  
One Time: Wednesday, 7:30-9:30pm, June 17  
Location: UFM Solar Addition  
Fee: $3.00, pay with registration  
Interested in heating your home’s water with the sun? Whether you have specific intentions about solar hot water, like to tinker around or are just curious, this presentation will show you some installations that collectors under construction, and give you a chance to ask questions you’ve always wanted to ask about. Included in the slide show will be some examples of solar space heating units. (Gary installed the solar water collector for UFM’s solar addition.)

WIND ELECTRIC GENERATORS  
Jesse Blinn  
497-3900  
One Time: Sunday, 2-4pm, June 20  
Location: Register and you will be contacted  
Fee: $3.00, pay with registration  
Stop cursing at the wind. Instead, put it to use with a wind electric generator. Jesse will be showing commercially available and homemade generators. Costs, benefits, tax credits and types of installation are topics to be covered. (Jesse is a wind generator dealer and experimenter.)

INSULATING WITHOUT TREATMENTS  
Appropriate Technology Staff  
532-5866  
One Time: Saturday, 10am-12noon, June 20  
Location: Register and you will be contacted  
Fee: $2.00, pay with registration  
Windows can account for 2/3 of your home’s heating and air conditioning costs. A slide show presentation on a variety of window treatments that have been installed on the UFM House and Solar Addition will be shown. You will learn how you might reduce your own utility bills with these low-cost treatments, many of which can be made at home with simple tools.

BUILDING AN ELECTRIC CAR  
N. L. Lala  
539-7401  
One Time: Wednesday, 7:30pm, June 17  
Limit: 10  
Location: Register and you will be contacted  
Fee: $3.00, pay with registration  
Did you know that solar power, wind, or other alternative energy sources could generate electricity to run your car? In this class you will be shown one person’s approach to building an electric car and will receive some ideas on how to get unhooked from petroleum dependency. (Dr. Lala is a local professional who has built his own electric car.)

UFM EARTH SHELTER & SOLAR HOME TOUR  
Bill Tocke  
532-5866  
One Time: Sunday, 1-5pm, June 20  
Location: Register and you will be contacted  
Fee: $5.00, pay with registration  
The tour will include earth-sheltered, passive solar and active solar homes that have been recently built in the Manhattan area, along with some older homes which have been retrofitted with solar water heaters, vertical wall-mounted collectors and attached solar greenhouses. A tour booklet with maps, specifications on the plans and an energy history of the homes will be mailed to you.

ENERGY CONSULTING  
Appropriate Technology Staff  
532-5866  
Thursday, 7:30pm First Meeting: June 18  
Length: 4 times  
Location: Register and you will be contacted  
Fee: $3.00, pay with registration  
Need a little consulting or advice on your latest energy project or future home plans? The UFM Appropriate Technology Staff will be available to discuss your designs, Advice on details or particular problems will be available. References on energy conservation, passive solar design and building materials will be available for use during the evening. Appointments will be set for you on an individual basis. If consulting beyond the first evening is desired, services may be obtained on an hourly fee basis. (The Appropriate Technology Staff have had training in architecture, energy, and have had extensive hands-on experience.)
PLANTS OF CONZA PRAIRIE RESEARCH AREA

Craig Freeman

E13
532-6619

Section 1: Saturday 9am, June 20 (rain date June 27) Limit: 20
Section II: Saturday 5pm, June 20 (rain date June 27) Limit: 20
Location: Register and you will be contacted
Fee: $3.00, pay with registration (each section)

This class will be a field introduction to some of the plants indigenous to the tall grass prairie. The classification and natural history of plants as observed in their native habitats will be covered. Wildflower keys and cameras are welcome, families are welcome. (Craig is a graduate student at KSU in botany. He has actively participated in compiling a species list for Konza Prairie Research Natural Area.)

GREAT PLAINS WILD PLANT FIELD TRIP

E36

Sue Haas
532-5866

One Time: Thursday, 6-9pm, June 18 (rain date June 19)
Location: Register and you will be contacted
Fee: $3.00, pay with registration

Before you pull or spray that weed, why not investigate if it can be enjoyed in a culinarian style? Hundreds of unwanted or overlooked plants give excellent food value. Twenty to Fifty local plants will be reviewed and displayed in the discussion part of class. Then a walking tour will be conducted. Sue has cut her grocery bill while increasing her nutritional range of meals. One of her favorite wild dishes is stinging nettle quiche.

ALLEY HERB, WEED, AND BIRD WATCH

Mary Stevenson, Nell Schmeker
776-1844 539-5765

One Time: Sunday, 6:30-8pm, June 20 (rain date July 19)
Location: Register and you will be contacted
Fee: $3.00, pay with registration

Visit folks miss much of Manhattan by travelling the main roads. Mary and Nell will guide you on an alley safari, searching for new flowers, unusual birds, and identifying herbs and weeds, some of which are edible. (Mary and Nell are addicted to long walks through Manhattan’s alleyways.)

THE UNCOCKTAIL PARTY

Linda Tennes
532-6434

One Time: Thursday, 7-9pm, June 18
Location: Register and you will be contacted
Fee: $3, pay with registration Material fee: $2, pay at class

Tantalize your taste buds 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 beverages in various combinations. We'll also have snack ideas to try. Come hungry and thirsty. (Linda has taught this class before.)

COMPANY BREAKFAST

John Hake
537-7215

Saturday, 2-3:30pm, July 25
Limit: 15
Location: Register and you will be contacted
Fee: $2, pay with registration
Cone and learn the art of brewing all natural lagers, ales and stout. Beat the expense of buying and learn the quality secrets of beer making and the “aging process” that is critical to better beer. John hasn’t bought beer in a few years. He’s been making his own since ’74.

BABY FOOD CLASS

Barb Bowers
537-8277

One Time: Tuesdays, 7:30-8:30pm, June 16 & 23
Location: Register and you will be contacted
Fee: $3.00, pay with registration

Feeding your child commercial baby foods is like feeding your husband a Tim Hortons every night. Introduce your baby to whole new and nutritious world of eating. (Barb is a La Leche League Leader, has 4 children and has made baby food for them all.)

THE BEST OF BOTH WORLDS

C. L. Norton, Lloyd Davenport
537-7883

One Time: Wednesday, 7:30-9:30pm, July 15
 Fee: $3, pay w/registration
Location: Register and you will be contacted
Learn the popular art of making wine right in your home. We will discuss what can be accomplished, the equipment needed, methods and the how to's that will get new wine makers off to a spirited start. (Charles & Lloyd are experienced wine makers who practice the art seasonally.)

CONSERVATORY GENEHSE TOUR

Richard Wattson
532-6170

One Time: Saturday, 9am, July 9
Fee: $1.00, pay with registration
Location: Register and you will be contacted

The KSU Conservatory tour will showcase over 300 tropical plant species. Moved in 1970, the plants are beginning to adapt within the three distinct ecological regions. The central section houses tropical plants, the east section semi-tropicals, and the west section is filled with cacti and succulents. This class will introduce you to some of the more interesting members of the plant world, as well as discuss their culture and environmental requirements. (Click is a horticulture therapist at KSU.)

HERB IDENTIFICATION AND FOLKLORE

Sale Anderson
494-2340

One Time: Tuesday, 7pm, June 16 (rain date June 23)
Location: Register and you will be contacted
Fee: $3.00, pay with registration

Learn the uses and folklore of herbs from Angelica to Zebrowski. We will view over 120 varieties of herbs in a guided tour of Dale’s herb gardens. You will be getting a sneak peek preview of the newly transplanted herb bed, home and gift shop. (Dale has one of three herb gardens suggested for visiting in Kansas by the National Herb Society of America.)

Foods

For more information about Foods, call Julie Govert Walter at 532-5866.

SPECIALTY FOOD—Salad Bar Banquets—Business Luncheons Whenever you speak of food and service you are talking about Mr. Steak, an expert in food service Westloop Shopping Center, Manhattan Open 7 days a week

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FOOD BUYING CLUB  
1468-3678-1-468-3627  
Kern Johnson & Lin Gose  
Section 1: Thursday, 7:30pm, June 18  
Section 2: Thursday, 7:30pm, Sept 3  
Location: Register and you will be contacted  
If your grocery bills are getting bigger and your grocery sack smaller, the Food Buying Club may be for you. The Club lowers food costs by wholesale and direct purchasing from area producers. Come and learn more about what the Food Buying Club is doing to lower food costs. (Lin & Kern are VISTA volunteers.)

HOMEMADE YOGURT  
FO2  
Anthony Horsch  
776-3757  
Wednesday, 7:30-9:00pm, July 22  
Limit: 20  
Location: Register and you will be contacted  
Fee: $3.00, pay with registration  
You will learn the quick and easy steps to consistent low-cost yogurt. We will explore cooking using and exchange flavorful ideas. We will sample some frozen 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.)

THE JOY OF BREAD  
FO3  
Leslie Black  
537-8893  
Wednesday, 7:30-9:00pm, July 29  
Limit: 15  
Location: Register and you will be contacted  
Fee: $3.00, pay with registration  
Learning through doing, we will experience the satisfaction of making a loaf of bread. We will explore the role of each ingredient, savor the aroma, and ultimately sample several variations of homemade bread, including special tips on rye and whole wheat breads. (Leslie is a graduate of American Institute of Baking and studied grain science at KSU.)

DUTCH OVEN COOKING  
FO6  
At Williams & Jon Selfridge  
537-7411  
Friday, 6:30-9:00pm, June 19  
Saturday 2-7 (until banquet is over)  
June 20  
Location: Register and you will be contacted  
Fee: $3.00, pay with registration  
Materials Fee: Dependent upon menu selected at Fridays meeting  
Learn a dozen different ways to cook with the world's greatest cooking invention, the Dutch Oven. We will meet briefly on Friday to agree on the menu, then gather on Saturday to watch the Dutch oven work and share the feast. (All and June have over the years eaten well from Dutch Ovens.)

THE ELEGANT BREAKFAST  
P07  
Mary Stevenson, Rosemary Dukelow  
776-1664  
Sunday, 6-9am, June 20  
Location: Register and you will be contacted  
Fee: $3.00, pay with registration  
Gourmet breakfast, including champagne and strawberries for breakfast! How about having an early morning party to get your day off to a good start? Bring your own creative and exciting foods to this potluck/breakfast. A list of constraints will be acceptable. Mary and Rosemary have been eating breakfasts for years and would like to take a non-traditional approach.

NATURAL FOODS POTLUCK PICNICS  
F55  
Heidi Schenker  
539-5766  
Sundays, 6pm, June 21, July 12, Aug 16  
Location: Register and you will be contacted  
Tired of typical tasteless and over-processed foods? Does your mouth water while looking split pea rarebit, vegetable rice curry, or walnut cheddar toad? Join us as we hungerfully adventure into whole grains, organic vegetables, and tantalizing spices. Both beginning and experienced cooks are encouraged to attend. (Heidi has been a member of the People's Grocery Co-op for several years.)

YOU, TOO, CAN DEHYDRATE FOOD  
P03  
Pat Pierce  
494-2897  
One Time: Sunday, 2-4pm, July 12  
Limit: 20  
Location: Register and you will be contacted  
Class Fee: $3.00, pay with registration  
Materials Fee: $1.00, pay at class (for food)  
Bee jerky, banana chips, and potatoes will be prepared for drying. The class will sample these, and other foods that can be dried. Discussion will center around recipes for using dried food and the variety of dehydrators available. (For 3 years, Pat has dried fruits from her garden and finds it an inexpensive way to preserve food during the winter.)

COOKING WHOLE FOODS  
F04  
Larry Costlow  
499-5397  
Tuesdays, 6pm, July 7, 14, 21  
Limit: 15  
Location: Register and you will be contacted  
Fee: $3.00, pay with registration  
Are you interested in learning to cook natural foods? This 3-week class is designed to give a broad view of whole grains, beans and other un-processed foods. Not just nutritional information but how to cook them as well. The first meeting will serve to familiarize you with many of the foods that you've read about and give you a chance to ask questions. The two remaining meetings will deal with the actual cooking of these vegetables, complete with recipes. Larry has taught this class through the Olbuses program and is presently the storefront manager of The People's Grocery.

PUTTING FOOD BY  
F10  
Cindy Sulzer  
537-8664  
Saturdays, 9am-noon, June 27, July 11  
Limit: 15  
Location: Register and you will be contacted  
Fee: $5.00, pay with registration  
Put your surplus food away for the winter. It's not hard to do. In the first class we'll cover preservation of non- acid foods through use of the pressure method. The second class will explain how those fabulous summer fruit and vegetable flavors can be preserved when they are preserved by the waterbath method. (Cindy has been canning for six years.)

TOFU MAKING  
F01  
Nessa Hong  
539-8888  
Saturday, 1-3pm, June 27  
Limit: 10  
Location: Register and you will be contacted  
Fee: $3.00, pay with registration  
Learn the art of Tofu! A demonstration of the technique of making Tofu, from processing the fresh soybean to boiling, to solidifying and pressing for refrigeration. Nessa will offer many serving suggestions and recipes, and discuss the book at Tofu for further reference. (Nessa grew up enjoying this oriental staple.)

COUSCIOUS CHEESE  
F05  
Ron Pauli  
539-5659  
Saturday, 7:30-9pm, June 15  
Location: Register and you will be contacted  
Fee: $3.00, pay with registration  
Couscious cheese is a favorite soft cheese for many. Ron will share his favorite cottage cheese recipe and tips in this demonstration. There will be time to discuss other soft cheeses, so bring your favorite recipe and your questions along. (Ron has raised dairy goats for several years and started making cheese to use surplus milk.)

Squeezed Tooth Allee, a dance-half girl of Dodge City.
**BASIC AUTOMOBILE REPAIR**

Alan Clark

One Time: Thursday, 7:30-9:30pm, July 16
Location: Register and you will be contacted
Fee: $3.00, pay with registration

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

**CARE AND FEELING OF YOUR VEHICLE**

Terri Manglarico

One Time: Saturday, 1:30-3:30pm, June 27
Location: Register and you will be contacted
Fee: $5.00, pay with registration

This class will cover maintaining your car with lots of tips from one-on-one job experience in keeping W's in top shape. Bring your questions concerning your car's oil, shocks, tires or type 3. (Terri and her husband have run J & L Bug Service in St. George for 8 years.)

**BASICS OF STONEWORKING**

Earl Robinson, Rob Sheridan

Two Times: Saturdays, 12noon-4pm, July 30 & 26
Location: Register and you will be contacted
Fee: $5.00, pay with registration

Stone masonry is an art, and there are few skilled practitioners today. In this class, two professional masons will teach the basics of laying stone and cinderblock. Participants will have a chance to take part in a hands-on building experience. (Earl and Rob told the storywork in the GPM Solar Addition.)

**UFP WOOD-WORKING COOPERATIVE**

Dick Stater

One Time: Saturday, 7-10pm, June 23 (organizational meeting)
Location: UFP Solar Addition, Workshop
Membership Fee: $20.00, pay with registration

Located in the newly completed solar addition, the wood-workshop is equipped with a wide variety of power and hand tools, including a radial arm saw, table saw, jointer, lathe and most common carpentry tools. Membership fee is for equipment and facility use only; no materials are included. The mandatory organizational meeting will include instruction in safe equipment use and basic first aid. Returning members do not need to attend the meeting. Just sign up for the co-op. YOU MUST BE 18 OR OLDER. (Dick is the UFP Workshop Coordinator and spent three years as a professional woodworker.)

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WOODWORKING FOR BEGINNERS $02
352-5866

Dick Stater
Tuesday, Thursday, 7:30-10pm, July 14, 16, 21, 23, 28
Limit: 8
Location: UFM Solar Addition workshop
Fee: $3.00, pay with registration

This course is for those with little or no experience with tools. The primary use of hand tools and safety will be stressed. Some power tools will be included. The goal will be to make a straight cut, drill a perpendicular hole and hammer a nail (instead of a thumb). If you decide after the first class to tackle a woodworking project, you may join the work- shop co-op.

WOODWORKING CONSULTING SERVICE $16
532-5866

Dick Stater
Tuesdays, 7:30pm, June 30 (and by appointment)
Location: UFM Solar Addition workshop
Fee: $3.00 for up to 10 members
We can assist you to do the following: determine the type of wood to use for your project; plan and execute your home workshop design; locate special hardware and tools for your workshop. The woodwork shop staff are here to advise people in accomplishing their own home woodworking projects. The coordinator will be available to help with your woodworking questions.

UFM DARKROOM COOPERATIVE $03
532-6020

Doug Walter
Monday, 7am, June 15
Limit: 25
Location: Register and you will be contacted Fee: $15.00 for new members; $10.00, pay with registration

The UFM Darkroom is available on a cooperative membership basis to any- one needing access to a well-equipped facility. Equipment is capable of handling up to 11x14 prints and 8x10 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 UFM darkroom and coordinates the co-op.)

BEGINNING DARKROOM $04
532-6020

Doug Walter
Section 1: Wednesday, June 17, Tuesday June 23, 7-8:30pm
Section 2: Wednesday, June 17 and 24, 7-8:30pm
Limit: 8 each section
Location: Register and you will be contacted Fee: $25.00, pay with registration

Discover the fun and excitement of developing and printing your own black and white film. This class includes an introduction to darkroom processes (using slide shows), an actual demonstration in the UFM darkroom, all necessary texts, and membership in the UFM Darkroom Cooperative. (Doug is a photography enthusiast who manages the UFM Darkroom.)

BEGINNING PHOTOGRAPHY $05
532-6020

Doug Walter
Tuesday, 7-8:30pm, June 16
Location: Register and you will be contacted Fee: $25.00 for instruction, materials, pay with registration

It's simple. You'll be shown the basics of camera operation, basic picture taking techniques, and photographic composition guidelines. These topics will be presented through professional slide shows. Texts will be provided.

BEGINNING DARKROOM $06
532-5866

Dan Ray
Section 1: Saturdays, 1:30-3:30pm First Meeting: June 20 Length: 3
Section 2: Saturdays, 1:30-3:30pm First Meeting: July 18 Length: 3
Limit: 10 each section
Location: Register and you will be contacted Fee: $5.00, pay with registration Materials Fee: $5.00, pay at class

When you've finished this class, you'll have a print from film that you've developed yourself! Learn all you need to set up a darkroom for black and white prints. (Dan has taught this class for UFM before.)

DEVELOPING COLOR SLIDES $07
532-5866

Mark Staller
One time: Saturday, 7-10:30pm, July 11
Location: Register and you will be contacted Fee: $3.00, pay with registration

Bring a roll of color slide film to this class, and I'll show you how easy it is to process it yourself. It will be fun and you'll leave with a lot of new ideas. (Mark owns and operates a camera shop in Man- hattan.)

RENOVATION OF OLDER HOMES $08
539-4173

T. Russell Reitz
One Time: Monday, 7pm, June 22
Location: Register and you will be contacted Fee: $23.00, pay with registration

Has the thought flashed through your mind of purchasing and renovating an older house? Find out what you need to know to seriously consider such a project. There will be a review of general aspects to consider when renovating. These aspects covered will start with the basement and work up to the roof. Other topics discussed will be kitchen remodeling, insulation, furnaces, and property financing. Bring your questions for the discussion. (Russell has been engaged in buying, renovation, selling or renting houses in Manhattan.)

BASIC HOUSE WIRING $09
539-3937

Richard Repep
Tuesdays, 7-9pm First Meeting: June 16 Length: 5 times
Location: Register and you will be contacted Class Fee: $18.00, pay with registration
Materials Fee: $5.00, pay at class

This course will cover the tools and test equipment needed for a home- owner to service and repair house wiring. Richard will teach folks the proper way to add additional wiring to their houses. Students should bring their own tools. Women are encouraged to attend. (Richard is an electrical engineer and a master electrician who owns his own electrical contracting business.)

COLOR CHIPS: COLORS PRINTS FROM SLIDES $10
537-1371

Marlow Pelton
Tuesdays, 7-9pm, First Meeting: June 16 Length: 3 times Limit: 10
Location: Register and you will be contacted Class Fee: $15.00, pay with registration Materials Fee: $5.00, pay at class

Ever wonder how they make color prints from slides? We will be making color prints from slides using Cibachrome chemistry and paper. (Marlow is an Emeritus professor of music now specializing in photography.)

CREATIVE PHOTOGRAPHY $11
539-6804

Pat Kilough
Tuesdays, 7-9:30pm, First Meeting: June 16 Length: Indefinite Limit: 6
Location: Register and you will be contacted Class Fee: $30.00, pay at class

Let's learn the difference between snapshots and pictures, and then make creative pictures. This class is for anyone from a beginner to an ex- perienced photographer. The class members will make at least one creative project this semester while learning from each other and the class leader. The time frame of the projects will be flexible - according to the students' needs. (Pat is a former freelancer in Washington, D.C., taught several previous UFM classes, presently doing PR photo work for Lee Killough, novelist.)

SPANISH FOR BEGINNERS $12
539-6627

Ronald Villasante
Thursdays, 7-9:30pm First Meeting: June 18 Length: 8 times Location: Register and you will be contacted Class Fee: $10.00, pay with registration

Did you know that English has over 1,500 words that are similar to those in Spanish? We will practice and talk about them, and learn some basic Spanish expressions and structures. Ideal if you want to be introduced to the real south American culture and language. (Ronald has taught English as a foreign language (EFL) in Peru for 7 years.)

BEGINNING FRENCH $13
539-3936

Ali Moussavi
Mondays and Thursdays, 10am-noon First Meeting: June 15 Location: Register and you will be contacted Length: 10 weeks Fee: $20.00, pay with registration

Would you like to speak French? This course will teach words and phrases used in everyday conversation. We'll learn to read simple narratives and give written and verbal responses. We will also take a look at the French culture. (Ali is a reader of French classics, especially of Hugo & Racine.)

STILL LIFE: AN INTRODUCTION $14
776-7083

Brian Hattwick
Tuesdays, 7-9:30pm First Meeting: June 16 Length: 10 weeks Location: Register and you will be contacted Class Fee: $25.00, pay with registration Materials Fee: $5.00, pay at class

Learn to talk with your hands! This class is an introduction to American Sign Language. We'll concentrate on the manual alphabet, numbers, greetings and conversation, plus having some fun. The text, available at class, is optional though highly recommended. (Brian has taught Sign language several times before and plans on graduate work in Education of the Deaf.)

Fine Arts/Crafts
UFM POTTERY STUDIO Co-Op

A00
Kate Nasham
776-0133

Saturday, 10 noon, June 15 - organizational meeting
Length: 8 times
Limit: 12
Location: Register and you will be contacted
Fee: $18 individual, $27 family, paid with registration

The UFM pottery facilities are available for 4 hours per week at $10 per
8-week session. This includes use of kiln space and 12% lbs. of clay. The
UFM studio has a large electric kiln, 2 kick wheels, shelf space, wedging
boards, glazes, slabs and reclaimed clay. Students and members are expected to
help maintain the studio facilities. All interested persons must be
present at the organizational meeting. (Kate is the new pottery studio coordinator.)

UFM Potters Guild

A55
Harold Moore
776-6904

The UFM Potters Guild is made up of professional potters in the Manhattan
area. They usually hold 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 Guild.)

BEGINNING CLASSES

A01

Section I: Mary Ann Brown
776-1538
Section II: Kim Keppler
539-0791

Section I: Mondays, 7:30-9:30pm First meeting: June 15
Section II: Tuesdays, 7-9pm First meeting: June 16
Length: 8 times
Limit: 12
Location: Register and you will be contacted
Fee: $18, pay with registration (clay, glazes and kiln use furnished)

Clayburn's sculptural handbuilding and wheel throwing techniques. We will
demonstrate coil, slab and pinch pottery. Wheelthrowing will begin by
learning a simple cylinder and progress to mugs and bowl shapes. After
acquiring the basic skills, we will have an opportunity to work on
individual projects. Previous students are welcome! (Mary Ann enjoys
working with clay and has taught at UFM before. Kim enjoys working with clay
and is looking forward to sharing the fun with her class.)

CLAY PLAY

A02
Leslie Black
537-8095

Tuesdays and Thursdays, 10-11:30am, June 16 through July 9
Length: 6 times
Limit: 8 - ages 13-15
Location: Register and you will be contacted
Fee: $16, pay with registration (clay furnished)

Pine needles, bark, silverware and other found objects will be used
in this class to create interesting designs and textures. We will learn
different techniques for working with clay through the projects the
class members choose to make. This will include some wheel throwing
and also handbuilding. (Leslie has taken numerous classes in the ceramic
department at KU.)

NATURAL DYE WORKSHOP

A07
Susan Lalla
531-8610

Tuesday June 22, 4-6pm Materials fee: $3 for wool and dye materials
Location: Register and you will be contacted

Wool hanks, crabapple leaves, choke cherries and mustard green can be used
to dye wool for spinning and weaving. Bring your curiosity and favorite
dish to this potluck/workshop and find out how it's done.

WEAVER'S FANCY

A96
Susan Lalla
537-8610

Wednesdays, 7:30-9pm, July 7, August 4
Materials fee: $4.50 for yarn, pay at class
Location: Register and you will be contacted

Participants will actively produce samples of these weaving techniques:
inkle, card weaving, 4-harness floor loom, rigid heddle weaving, 2-
harness table looms, backstrap weaving, and using a cardboard loom.
Afterwards, you make it, you keep it! (The "Weaver's Fancy" is Manhat-
tan's weaving guild.)

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Free Area/Charges
ALTERNATIVES A12
Karen Servis 770-5338
Section I: Mondays, July 6, 13, 20, 27, 8-9pm
Limit: 5 each section Fee: $5.00, pay with registration Location: Register and you will be contacted
A lot of the alterations to clothing that can save money are easy to do, but most people don’t know how to do them. This class will demonstrate how to hem, take in waists, shorten collars, take the flare out of pants and alter men’s suits. (Karen has been altering clothes professionally for 12 years.)

COUNTER CROSS STITCH A11
Kim Schum 539-3641
Monday June 15 (organizational) 7:30-8:30pm
Wednesday June 24, 30, 7-8pm Limit: 8
Materials Fee: $3.50 for fabric, pay at class Class Fee: $5.00, pay at Location: Register and you will be contacted registration
Counted cross-stitch is a type of needlework using woven weave fabric. Patterns and designs are created with a basic cross-stitch into the weave to create a taller, broader design. Class will organize at the first meeting. Come and broaden your needlework skills. (Kim is no stranger to needlework.)

BEGINNING BANDO A14
David Verschelden 537-0148
Wednesday, June 24, July 8, 22 & 29, 7:30-9pm Limit: 8
Location: Register and you will be contacted Fee: $10.00, pay with registration
You will learn the art of playing the banjo three finger style. The class will go on to demonstrate accompanying oneself playing the guitar. (Dave is a potential “great” on this instrument and wrote this line himself.)

FOLKSTYLE AUTOHARP A20
Linda Teemer 537-5058
One time: Tuesday June 23, 7:30pm Location: Register and you will be contacted Fee: $3.00, pay with registration
Tuning, use of fingerpicks, rhythm backup and picking melody lines are some of the topics to be covered in this class. A basic orientation to the autoharp will be given. (Linda has been playing autoharp for a year and is anxious to share this new found skill.)

MOUNTAIN DulCIMER A21
Linda Teemer 537-5058
Wednesdays, 7pm First Meeting: June 17 Length: Indefinite Location: Register and you will be contacted Fee: $10.00, pay with registration
Dulcimers make nice wall decorations, but they’re also fun to play. Some learn to play, share a new technique or bring a tune to play. The first class will review basic techniques and then we’ll learn new tunes and try different playing styles. Beginners and more advanced players are welcome. (Linda plays mountain dulcimer, hammered dulcimer and autoharp.)

ROCK REPERTOIRE A25
Jim Shanteau and Carol Harris 539-9574
Wednesday, 7:30-9:30pm First Meeting: June 17 Length: 7 times Location: Register and you will be contacted Materials Fee: $5.00, pay at class
Enthusiastic and desire to play rock are important as polished musical skills as we play and discuss chamber music for fun. Styles will range from baroque to modern, but while we meet mainly for our own enjoyment, we will occasionally perform in public. (Jim and Carol have over 20 years experience on wind instruments.)

THE MYTH TOOL A08
Anita L. Gordon 532-6518
Tuesdays, 7-9pm First Meeting: June 16 Length: 4 times Location: Register and you will be contacted Fee: $5.00, pay with registration
But what is a myth anyway? These sessions will be used to explore some definitions of myths, some specific myths, and some ways in which mythology has been used. Suggestions for further study will be included. Interested persons should consult and read Gayley’s Classical Myths or Edith Hamilton’s Mythology. (Anita is currently a catalog librarian at Farrell Library. She holds tester’s degrees in English and Library Science.)

AGING PROJECTS VIEWED THROUGH ON GOLDEN POND A38
Edith Stouckel 532-6945
Mondays, 7-9pm July 13, 20, 27 Location: Register and you will be contacted ON GOLDEN POND, being presented in the Purple Masque Theatre, July 10, 11, 12, 13, 15, 17, 21, 24 & 26 at 8pm, deals with aging and an elderly couple viewing their mortality with humor and heartbreak and re-establishing family ties. Staff members of the Center for Aging will lead small group discussions on the messages inherent in the play. Discussions are free. Tickets for the play are $2.50 and can be reserved by phoning 530-6575. (The Center, a aging works as an educational resource and those involved recognize the need to reach out and explain the aging process.)

UKRAINIAN EGG DECORATING A06
Orysla Davydak 539-2348
Monday June 29, 7-9pm Location: Register and you will be contacted Fee: $3.00, pay with registration
Ukrainian eggs are a traditional, centuries-old folk art which originated in the Ukrainian area of the USSR. Ukrainian eggs are covered with intricate, brilliantly colored, symbolic designs by means of a wax resistant process. Bring at least one fresh egg (at room temperature), a candle, candle holder and matches. (Orysla is Ukrainian and learned the art from her mother.)

FUN WITH BRAIDS A13
Kim Kravitzka 776-4266
Section I: Monday June 22, 29, July 6, 7-7pm Section II: Monday July 30, 7-7pm Limit: 20 each section Location: Register and you will be contacted Fee: $5.00, pay with registration
Braids are the easiest and coolest way to wear your hair this summer. We will cover 3, 4, 5 and 6 strand braids, french braiding, fish tailing and 4-strand rope braiding.

BELLY DANCE A22
Mary R. Roth 776-1644
Mondays & Wednesdays, 7:30-9pm First Meeting: June 15 Length: 10 weeks Fee: $10.00, pay with registration
Maintain your body’s suppleness by stretching those ligaments and muscles. Belly dancing strengthens the whole body, providing good circulation regarding the aging process. It is an excellent way of exercising for both sexes and families of all ages and sizes. This class will start with stretches and lead to the basic dance steps later. Some of the movements will teach the women’s belly rolls and “around the world.” (Mary has performed for three years.)

COUNTRY SWING A23
Section I: Sunday, Monday, Tuesday, Wednesday, June 22, 23, 24, 25, 26 Location: Register and you will be contacted Limit: 12 couples
Section II: Wednesdays July 2-28, 7:30pm Section III: Mondays July 6-27, Aug 3, 7pm Pat Byrnes Location: Register and you will be contacted Fee: $10.00, pay with registration
It’s fun and easy to learn the most popular dance in Manhattan. We will teach you how to do the basic swing step and then the passes and turns that go with it.
AN INTRODUCTION TO MEDITATION

Steve Parrott
One time: Tuesday, 8-9:30pm, June 23  
Location: Register and you will be contacted  
Meditation brings balance to the mind. It awakens an inner peace and  
steadiness, and increases our capacity to enjoy life. In this intro-
ductive program we will discuss and practice the simple and effective  
technique of Siddha Meditation.  
(Steve is an authorized instructor of Siddha Meditation.)

REFLEXOLOGY

Russell Gillespie  
776-6878  
One time: Monday, 7:30-9pm, June 15  
Location: Register and you will be contacted  
Fee: $3.00, pay with registration  
The feet have startling stories to tell! Nerve endings to all parts of  
the body end in the feet. By learning the basics of reflexology (zone  
therapy) you can help yourself prevent and overcome tension, improve  
circulation and normalize body functions. Come and learn the wonders  
of this technique to improve your health and your family's too.  
(Russell is a Certified Registered Reflexologist who is concerned about  
wellness.)

DISCUSSION OF BOOK: "YOUR RIGHT TO CHOP" BY DONALEE GROSS

Arlene McNeill  
1-926-3111  
Wednesday, 7:30-9pm, June 17, July 1  
Location: Register and you will be contacted  
Fee: $3.00, pay with registration  
Now in its eighth printing Your Right to Know by the present living  
Eck Pioneer, Donalee Gross, tells us that heaven is right here now. A  
free book will be given to class participants. The book covers topics  
from the spiritual body of man to abortion, science, the sun and the  
awakening of one's consciousness. With Eck you learn to live in harmony  
with the force and handle your day-to-day situations from a higher viewpoint.  
(Arlene is the area representative for Eckankar, has received training  
to teach classes, and is a third initiate of Eckankar.)

DRAGON AT THE GATE

Nabuddin Nelson  
1-468-3631  
Mondays, 7-9pm June 22, 29  
Location: Register and you will be contacted  
Fee: $5.50, pay with registration  
Let's stay the dragon of religious bigotry together. Come and share  
the Bible, koran, gita, Dhammapada, and Tao. And we'll celebrate the  
God of ALL scriptures in suf and mysticism.  
(Nabuddin has taught previous classes in suf dancing and mysticism.)

A COURSE IN MIRACLES

Conrad Anderson  
776-0365  
Mondays, 7:30-9:30pm, First Meeting: June 15  
Location: Register and you will be contacted  
Fee: $5.00, pay with registration  
A touch of the mystic - a touch of the metaphysical - a whole lot of  
spirituality, this is a Christian course dealing with you, God and the  
Holy Spirit. This is basically a self-help program for all relationships.  
Come learn the peace of God. To know we are one with God and to share  
that joy is all. (Conrad has led this class before.)

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PARENTING AND THE OVER-ACTIVE CHILD 503
John Cook 539-5537
One Time: Tuesday, 7-9pm, July 21
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay at class
The over-active child is often challenging to parents. Many parents struggle with feelings of frustration when overactivity continues despite their best efforts. This class will address "causes" of overactivity, help available, and special needs of parents. It may develop into a support and information sharing group on an ongoing basis. (John is a Clinical Social Worker at NOCC) Child Services.)

FACILITATING STRESS MANAGEMENT SKILLS WITH YOUNG CHILDREN (A WORKSHOP FOR PARENTS, TEACHERS & CHILD CARE WORKERS) 504
Jan Lownstein and Karen Salem 776-4958
One Time: Monday, 7-9pm, July 20
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $0.00, pay at class
Since stress is a part of life, why not teach young children coping skills? This mini-workshop will introduce basic skills adults can practice themselves and relay to children. This presentation will be highly experiential. (Jan is Co-Director of the Conscious Living Foundation, author of stress management materials for children and adults, and was associate producer, writer and host of two TV series for children. Karen is 800-Risk Administrator for the Conscious Living Foundation and past-president of the Riley County Pre-School Association.)

UNSTRESSING: RELAXATION SKILLS FOR INNER WELL-BEING 509
Charlie Griffin
One Time: Tuesday, 1pm, July 7
Location: Register and you will be contacted
Fee: $3.00, pay with registration
We'll focus on some area of stress management skills in relaxation. Drawing techniques from a wide variety of areas such as biofeedback, meditation, visualization, and autogenics, we will help participants identify stressors, develop their own stress profile, and begin to develop personal strategies toward dealing with stress in a more healthy manner. Charlie is a counselor with lots of experience with stress problems.

RETURNING TO SCHOOL 575
Margarit Nordin & Ted Wischow 532-6434
One Time: Thursday, 7:30-9pm, July 30
Location: Register and you will be contacted
Are you thinking about going back to school after being out for four to forty years? Are you wondering just how to get started or whether it is worth the time, money and energy? Come to share your hopes and fears! (Margarit and Ted are USD faculty whose work involves adults students new to K-State.)

YOU AND YOUR MILDLY PARENT 519
Rhoda Cavett 776-2934 532-1254
Tuesdays, 7:30-9pm Dates to be announced Length: 4 times
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Materials Fee: $5.00, pay at class
The aging process is often hard to understand, especially as we see our parents grow older. In this class we will examine issues such as physical, social and psychological changes often manifested by retirement, impairments, living arrangements and confronting death. (Rhoda works with the Area Agency on Aging.)

WHAT IS LA LECHI LEAGUE? 568
Kay Ring, Vickie Malone 539-2468 537-4954
One Time: Saturday, 10-11:30am, June 27
Location: Register and you will be contacted
Bring your questions about breast feeding, mothering and La Leche League. Babies and fathers are welcome. Learn of the nutritional benefits of mother's milk and personal satisfaction that comes with breast feeding. (Kay and Vickie are certified La Leche League Leaders and have breast fed their children.)

LANEZ CHILDREN CLASSES 576
Cindy Myers and Terry and John Buck 539-1705 537-4933
Section 1: Mondays, 7:30-9:00pm First meeting: June 22
Length: 8 times
Location: Registration and you will be contacted
Class Fee: $25 (This fee is set by Childbirth Education Association. It includes the course manual, film, videos, building rent, books, visual aids, etc.)
Be prepared for a positive childbirth experience. Classes explain labor and birth, breathing and relaxation, rights and responsibilities, infant and mother care. We take a hospital tour and watch film. Classes are small and informal. (Terry, John and Cindy are trained childbirth educators.)

FIRST AID MULTIMEDIA 580
Neil Shanker 539-5766
One Time: Tuesday, 6-8pm, July 30
Location: Register and you will be contacted
Class Fee: $6.00, pay at class
This is the American Red Cross Instructional System, featuring filmed demonstrations, guided practice sessions, and programmed workbooks. The student is certified as a standard first-aider upon successful completion of the course. The fee for the course is a fee of $6.00, which covers materials, workbook and texts. If you have the Red Cross Standard First Aid and Personal Safety Textbook (the blue book), the fee will be $4. (Neil is a certified Red Cross First Aid instructor.)

PILS: RACE FOR LIFE 581
Brenda Murrinan
Friday, June 28, 7-9pm
Location: Register and you will be contacted
Class Fee: $6.00, pay at class
CPR can save lives. If you are trained, if you are trained, if you are trained, in CPR, you can make a difference in the face of heart attack victims. However, it can cause serious harm if administered improperly. Learn the right way and earn Red Cross certification. The fee will cover book costs. (Brenda is a trained CPR instructor.)

CASAREAN NORTH CLASSES 586
Sue Sichshofer 537-0851
Sign up and you will be contacted
Length: 2 times
Materials Fee: $5.00, pay at class
This course will cover reasons for, procedures involved, recovery suggestions, emotional involvement, father's feelings, group support and discussions with casarean parents. (Sue is a casarean birth mother.)

EMBRYO PRENATALLY 577
Rita Naas 776-5574
Section 1: Thursdays, 7:30-9:30pm, June 18, 25 & July 2
Location: Register and you will be contacted
Class Fee: $5.00, pay at class
Start early in your pregnancy to learn about proper prenatal nutrition, body conditioning and preventable birth defects. You and your child will be glad you did. Discussions also include birth planning and relaxation techniques. Clides will be shown on fetal development and nutrition. (Rita is a member of the Childbirth Education Association of Manhattan.)

T.A. - AN ALTERNATIVE APPROACH TO COMMUNICATING WITH YOUNG CHILDREN 518
Marcella Miller 776-5938
One Time: Tuesday, 7-9pm, July 14
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Transactional Analysis (TA) uses a special kind of terminology to help people communicate with each other. This class will acquaint parents and educators with the TA approach to communication with young children. We believe that "truth is in the adult" and if we can "stoke the kid" we can help both the kid and the adult. Upon completion of the course, participants should be able to identify emotional reactions of others and communicate more effectively. This class is pilot the T.A. for Tott Pac.

ASSORTIVE COMMUNICATION 525
Linda Tejada 776-5938
Tuesday: 3:30pm First meeting: June 16 Length: 3 times
Location: Register and you will be contacted
Class Fee: $5.00, pay at registration
Learning 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.)
CANCELLING
Pat Dreese, Ton Hittle
485-2628 539-7772
Tuesday, 6:30–9:30pm, June 23 (rain date June 24)
Length: 2 times - the second class will be determined after the
first meeting
Limit: 25
Location: Register and you will be contacted
Fee: $5.00, pay with registration Material Fee: $1.00, pay at class
First a multimedia slide show presentation on all aspects of canoeing
will be shown. Then, we will carpool to Pottawatome County State Lake
40 (where canoes can be rented). Instruction will be given in basic
steering and paddling skills. Information will be given about canoeing
equipment and local places to canoe. A short outing will be planned for
the second meeting. (Pat enjoys canoeing in Kansas. Tom is regional
director of the Kansas Canoe Association.)

HISTORY OF SAILING
Alan J. Liebler
539-2212
One Time: Tuesday, 7–9pm, July 21
Location: Register and you will be contacted
Fee: $3.00, pay with registration
From clipper ships to modern surfsails, basic sailing techniques and
the history of sailing via a slide presentation will be covered. (Alan has
been a sailor and marine boat consultant for years.)

WINDSURFING
Kurtis Robinson
539-1938
One Time: Monday, 6-30pm, June 22
Location: Register and you will be contacted
Fee: $3.00, pay with registration
Windsurfing, a combination of sailing, surfing and flying has come
to Kansas! A movie about windsurfing in Hawaii will be shown. Then it's out
to the land simulator where you can learn to windsurf without even
getting wet. (Kurt has taught windsurfing before for UMF and also sells
windsurfers.)

PRE-WATER BASICS
Charmaine Mazzia
537-2013
One Time: Wednesday, 9am, July 29
Location: Register and you will be contacted
Fee: $3.00, pay with registration
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 swim-
ing instinct. The infant's capabilities at this age in the water, swim-
ing lessons in the bathtub 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.)

SUMMER
All Classes: Length: 6 times
Location: KU, Natatorium Pool
Fee: $10.00, pay with registration
P30 A Young Beginners (1-3 yrs old) [must have 1 parent/child in the water]
Joan Robinson
776-1731
Limit: 6
Saturdays, 8-9am, June 20
P31 B Kids Beginners (6-8 yrs old)
Joan Robinson
776-1731
Limit: 6
Saturdays, 9-10am, June 20
P32 C Kids Beginners (6-8 yrs old)
Anne Backstrom
537-7092
Limit: 10
Sundays, 9-10am, June 21
P33 D Kids Beginners (6-8 yrs old)
Anne Backstrom
537-7092
Limit: 10
Sundays, 9-10am, June 21
P34 E Kids Advanced Beginners (must have passed beginners)
Anne Backstrom
537-7092
Limit: 10
Sundays, 10-11am, June 21
P40 F Kids Intermediates (must have passed advanced beginners)
Anne Backstrom
537-7092
Limit: 10
Sundays, 11am-12noon
P41 G Adult Beginners
Tie Reaves
537-2962
Limit: 10
Saturdays, 9-10am, June 20
P42 H Adult Beginners
Joan Robinson
537-2962
Limit: 6
Saturdays, 10-11am, June 20
P43 J Adult Beginners
Anne Backstrom
537-2962
Limit: 10
Sundays, 10-11am, June 21

17

VOLLEYBALL WORKSHOP
Richard Cox
532-6765
One Time: Wednesday, 2-3:30pm, July 1
Location: Register and you will be contacted
Fee: $5.00, pay with registration
Skills to be covered include serve, reception, setting, spiking and
blocking. Tactica taught include defense, spike coverage, offense and
transition. Come and improve your game. (Richard is an Associate Pro-
fessor of Physical Education at KU.)

VOLLEYBALL FOR FUN
Lola Morales
539-8867
Tuesdays, Thursdays, 6:30–8:30pm First Meeting: June 16
Length: Ongoing
Location: Register and you will be contacted
Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Outdoor summer volleyball can provide low-key competition, exercise and
a great time for beginners to those advanced. Three nets and balls will
be furnished. (Lola has played UMF volleyball for years.)

MEN'S CO-ED BASKETBALL (I) AND VOLLEYBALL (II)
Larry L. Nicholson
537-0056
Section 1: Basketball - Mon, Tues, Thurs, 12:15-1:30pm June 15
Section II: Volleyball - Weds, Fri, 12:15-1:30pm June 17
Both Sections: Ongoing Limit Section 1: 15 Limit Section II: 20
Location: Register and you will be contacted
These activities are for women as well as men. The play is leisurely,
however, as the skill level improves and people get into shape, it be-
comes competitive, but still friendly. (Larry is director of the Douglass
Community Center.)

REGISTRATION TENNIS
Darlene Hinkle, Mary Stewart
776-7702 539-7262
Sundays, 9-10am, First Meeting: June 21 Length: 6 times Limit: 20
Location: Register and you will be contacted
Fee: $10.00, pay with registration
Tennis lessons will cover forehand, backhand, serve, court tactics,
equipment selection and the rules of the game. Bring a can of marked
balls and a racquet. (Both instructors have been members of the Manhattan
High School tennis team.)

Amelia Earhart, the first woman to fly a plane alone
across the Atlantic, and first to fly from Hawaii to
the American mainland.
RACKETBALL FOR BEGINNERS

Kim Shares, Gina Pasquale
776-7736 539-0832

Location: Register and you will be contacted
Fees: $10.00, pay with registration

This class will emphasize the basic rules and fundamentals of the game such as serving, backhand, forehand and serving. During the last class period we will begin playing games. Bring a racquet and two balls. (Kim and Gina like racquetball.)

BAEDMONTON Q.I.C. C 03

Susan Mittler
532-6765

Tuesday, Thursday 7-9pm, First Meeting June 16
Location: Register and you will be contacted
Class Fee: $10.00
Materials Fee: $3.00, pay at class

Susie Elliott, Statue Champion, 1944.
PHIL BOWELL, instructor

RACQUETBALL STVES, FOOD AND EAT-OUT

Nancy Weinhaus
776-0271

One Time: Monday, 6-7:30pm, June 17
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay at class

For the beginner or advanced packers, we will discuss various stoves available and then cook dinner on them. Freeze dried and homeade recipes for the trail will be sampled. Bring recipes if you have them and come hungry. (Nancy likes to backpack and eat well on the trail!!)

INTRODUCTORY BACKPACKING

Bob Flathour
539-5857

Tuesdays, 7:30-9pm, First Meeting: June 26
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration

This course will introduce the beginning or prospective backpacker to the basic equipment, clothing and supplies needed; conservation practices, planning and logistics, basic first aid, dealing with emergencies, and day hiking. There will be at least one weekend trip plus several appropriate trips through the Outing Club. (Bob has backpacked, hiked and climbed from Indiana on west to Colorado.)

BASIC ROCK CLIMBING

Alan Stek and Dan Amanbrandt
539-6334

Section I: Sunday, 1-4pm, June 21, 28, July 5

Section II: Sunday, 1-4pm, July 12, 19, 26

Section III: Sunday, 1-4pm, Aug 9, 23, 26

Location: Register and you will be contacted
Class Fee: $10.00, pay at registration
Materials Fee: $15.00, pay at class

Students will learn rappelling, belaying, tying basic knots, and climbing techniques. Two class periods will be held in the local area, with the third being a trip to Fall River, Kansas. (Alan has climbed in Canada, the U.S. and Mexico for the past six years. Dan is also an avid climber.)

STAMP COLLECTING

Tina Lindemann
532-6415

Thursday, July 2, 5pm, First Meeting: July 9
Location: Register and you will be contacted
Fees: $14.00, pay with registration

This class is for beginners to get some challenging experience and to meet new faces. At registration, indicate the game, your skill level, days and times available, and UPN will compile a list for you. (Tina coordinated this class last year.)

DIAL-A-PARTNER/ TENNIS/RACQUETBALL/INDOOR GAMES

Nell Schanker
539-5766

Thursday, July 2, 5pm, UPN Fireplace Room
Fees: $14.00, pay with registration

This is for anyone who wants to get some challenging experience and to meet new faces. At registration, indicate the game, your skill level, days and times available, and UPN will compile a list for you. (Nell coordinated this class last year.)

CORRECT FOOTWEAR FOR THE ATHLETE

Rob Hoeffer
537-9201

One Time: Tuesday, 7:30pm, July 14
Location: Register and you will be contacted
Fees: $12.00, pay at registration

How to pick the right shoe for the appropriate activity. The pros and cons of canvas, nylon, and leather will be discussed as well as prices, comfort and injuries. (Rob is manager at the Athlete’s Key in Village Plaza.)

OUTING CLUB

Bob Deenie
539-9046

1st & 3rd Wednesday of each month, 7:30pm, First Meeting June 7
Location: Register and you will be contacted
Fees: $14.00, pay with registration

This summer we will go camping, backpacking, canoeing, sky diving, snowshoeing, bike touring, rappelling, rock- climbing, and kite- flying. (Bob is in his 4th year of fun in the Outing Club.)

OUTING CLUB OUTINGS - PLANNING MEETINGS

Bob Deenie
537-9046

Section I: Wednesday, 7:30pm, July 1
Section II: Wednesday, 7:30pm, Aug 5
Location: Register and you will be contacted
Fees: $9.00, pay with registration

The Outing Club will plan and coordinate the following two trips:
Section I: A white-water canoe expedition to either the Jack’s Fork, Current or Eleven Point River.
Section II: A speleolnking trip to Pulaski County in the Cave State

POCKET BILLIARDS FOR BEGINNERS

Jerry Riggs
776-6338

Section I: Saturdays, 10-11am, First Meeting: June 27 Length: 6 Times
Section II: Sundays, 11-12:30pm, First Meeting: June 27
Length: 12 each Section
Location: Register and you will be contacted
Fees: $9.00, pay with registration

The class will start with a brief history of the game, included will be an introduction to playing equipment, basic stance, aiming, English, and control. The different games -- 8-ball, 9-ball and smoker will be covered as well as the theory and mental game. Also, we will watch a video tape trick shot demonstration and a championship match. (Jerry has played in two World Pocket Billiard Championships in New York City, finishing 33rd in 1979 and 16th in 1980.)

THE LITTLE APPLE JUGGLERS

Steve Parrett
537-4445

Sunday, 1:30pm, First Meeting: June 21 Length: 6 Times Continuing
Location: Register and you will be contacted
Fees: $8.00, pay with registration

The Little Apple Jugglers exist to teach and share their joyous art. We encourage you to join our weekly calibrations of energy, motion and beauty as we juggle to our hearts delight. It's simple, so satisfying, so why not give it a try? (Steve has been teaching Juggling for several years.)

DANCERCISE DEMONSTRATION

Shirley Kralik
456-9512

One Time: Thursday, 7:30pm, June 25
Location: Register and you will be contacted
Fees: $3.00, pay with registration

Dancercise works on the cardiovascular system. It improves muscle tone and body coordination. Come see this exciting way of mixing exercise with dance. (Crichton has been teaching Dancercise in the Manhattan area since August.)

Outer Field
DUPLICATE BRIDGE CLINIC

Linda Schottler, Maria Wilson
529-3680 537-6836

Mondays, 7-9pm First Meeting: July 13 Length: 2 times
Location: Register and you will be contacted
Fee: $5.00, pay with registration

In duplicate bridge, the hands are prearranged, so several tables can play the same hands at the same time. This introduction to duplicate bridge will cover mechanics, scoring, and elementary strategy. Linda is the director of the Manhattan Duplicate Bridge club and has been a teacher of bridge classes for two years. Maria is Club Manager for the Manhattan Duplicate Bridge Club.

RUBIK'S CUBE

Jared Nammenson, Sandy Coyner
776-1761

One Time: Thursday, 7:30pm, June 25
Location: Register and you will be contacted
Fee: $3.00, pay with registration

Rubik's Cube is a mysterious six colored cube. It is an amazingly difficult puzzle that will fascinate you for years. (Jared and Sandy have been moderately obsessed with Rubik's Cube since they received one last holiday season.)

BREAKFAST RIDE FOR BIKERS

Mary R. Roth
776-1644

Saturday, 7:30am First Meeting: June 20 Length: Indefinite
Location: Register and you will be contacted Fee: $1, pay w/registration
Each meeting, we'll take short, casual rides for people and bicycles of any type - ending up at a local breakfast spot. Safe, local routes will be chosen. Families and children are welcome. (Mary has been enjoying riding for several years and has enjoyed eating for even longer.)

BICYCLE TOURING AROUND MANHATTAN

Mary R. Roth
776-1644

Saturdays, 2:30pm First Meeting: June 21 Length: Indefinite
Location: Register and you will be contacted Fee: $1, pay w/registration
Introduction to group riding and riding techniques for touring - how to pack, what to pack, and food. We'll be riding out of town and make one or more overnight rides.

BICYCLE TOURING ACROSS AMERICA

Steve Martin
532-6968/776-7098

One Time: Thursday, 8pm, July 30
Location: Register and you will be contacted
Fee: $3.00, pay with registration
Steve will share his personal insights of a bicycle tour across the United States spanning 12 states and 5,000 miles. He will include a slide show and touring equipment presentation, followed by a discussion/question/answer session. (Steve lived to talk about it.)

INTRODUCTION TO SKYDIVING

Ron Wilson, Russ Sheets, Mark Young
590-3895

One Time: Thursday, 7:30-10:30, June 25 Limit: 40
Location: Register and you will be contacted
Fee: $3.00, pay with registration
This class will serve as an introduction to skydiving. Several movies will be shown and also a demonstration of equipment. A comprehensive book will be available for purchase. (All the instructors are members of the K-State Parachute Club. Anyone wanting to train to jump should contact these people.)

FRISBEE

Mark Stiles, Kathy Saunders
537-6869 776-1702

Sundays, 2pm, First Meeting: June 21 Length: 6 times
Location: Register and you will be contacted Fee: $5, pay w/registration
We'll cover the origin and history of Frisbee, learn and practice the basic throws and the unlimited variations of each. We'll also cover the rules and strategies of the seven established games/events and take in a tournament or two. Everyone who can pick up a Frisbee has filled the prerequisites for this course. We'll focus on the fun rather than excellence of play. (Mark took advantage of the UPI Frisbee Class three years ago and has become a Frisbee fanatic.)

GOLF (FOR BEGINNERS ONLY)

Buzz Mulry
532-6887

Tuesdays, 5:45-7:15pm, June 30, July 7 Limit: 12
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $2.50 for 3 baskets of balls
For those who have little or no experience, Buzz will cover the basics including grip, stance, swing, and club selection. Bring your golf clubs. (Buzz has taught golf for over eight years.)

BEGINNING FENCING

John Hughes

Wednesdays, 7pm First Meeting: June 17 Length: Continuing
Location: Register and you will be contacted
Fee: $10.00, pay with registration
Fencing provides excellent mental and physical training. Develop dexterity, posture, poise and physical stamina. This course will cover basic footwork and advancement of full fencing. Proper execution will be stressed. (John enjoys the art of fencing.)

TAI CHI CH'UAN WORKSHOP

Mark Moser

Saturday, 8-11am, June 20 and Sunday, 1-4:30pm June 21 Limit: 20
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Materials Fee: $4.00, pay at class
Tai Chi Ch'uan is a Chinese exercise system involving both exercise and self-defense. Emphasis at the beginner level is placed on coordination, balance, breathing, and smooth flow of movement. Students will learn the first part of the long solo form of the Wu style as interpreted by the instructor. In addition, students will learn related exercises for health. (Mark studied Tai Chi in Japan, Malaysia and Vancouver, Canada.)

ROLLER SKATING

Everett L. Stillway
776-6175

Sundays, 6:30-7:30pm First Meeting: July 12 Length: 3 times
Location: Register and you will be contacted
Fee: $3.00, pay with registration
Everett will teach, depending on your skill level, beginning skating, stopping, backward skating, turns, basic spins and jumps, figure skating, and beginning dance. (Everett has been teaching and operating roller rinks in Manhattan for the last 17 years.)

ROWING FOR BEGINNERS

Don Cofield
539-0371

Section I: Thursdays, 8pm, First Meeting: June 18 Length: Continuing
Location: Register and you will be contacted, Class Fee: $1, pay w/registration
Tuesdays, First Meeting: June 18 Length: Continuing
Location: Register and you will be contacted, Class Fee: $1, pay w/registration
Section I: $1.00, pay at class Section II: $1.00, pay at class
As you bowl a game, Don will give tips on how to hold the ball, approach the lane, release the ball, and follow-through. Striket (Don is manager of Wildcat Lanes.)
SET TO KNOW VO-TECH

Bill Berry

Tuesday, 7am, June 16
Location: Register and you will be contacted

The Vo-Tech school in Manhattan may hold the key to your employment future. Come to a slide presentation that will show you the opportunities available to you. Learn how you can develop skills that can open new doors for you in the Job Market. Office education, nursing, drafting, auto mechanics, wood and data processing are some of the areas that will be covered. (Mr. Berry is the Director of the Manhattan Area Vocational-Tech. School.)

WOMEN, SKILLS AND JOB POWER

Marcia Schuyler

Thursday, 7-8:30pm 2 times, June 18 and 25
Limit: 15
Location: Register and you will be contacted

Childcare will be provided

Thinking about going to work but worried about your skills? Let’s spend some time looking at your accomplishments: sewing, cooking, managing a tight budget, organizing church activities, learn how these skills can help you get a job. (Marcia is a former homemaker and single parent who did her own skills assessment and entered the job market.)

BASIC BOOKKEEPING

Sharyl Eversen

Thursday, 7-8:30pm 2 times, June 16
Limit: 15
Location: Register and you will be contacted

This practical approach to bookkeeping will give you a sound overview of the methods for keeping efficient financial books and records. Sharpen your job skills or learn how to keep better track of your personal finances. (Sharyl is a KSU Business Education student.)

TELEPHONE SKILLS

Kathy Andrews

Monday, 7:30-9:30am, June 29
Location: Register and you will be contacted

Whether you are looking for a job or already have one, your telephone personality is important. Learn how to make a good impression over the phone and how to handle difficult customers on the job. We will practice telephone courtesies and good telephone skills on special equipment. (Kathy works in the telephone communications area for the phone company.)

PAYDAY-TO-PAYDAY SURVIVAL

Gale Ward, Sharon O’Neal

Thursday, 7-8:30pm, July 16
Limit: 20
Location: Register and you will be contacted

How can you stretch your dollars so they won’t run out before the month does? We’ll discuss how to set up and use a budget, balancing checking accounts and the use of credit. Tips on wise shopping will also be offered. (Gale and Sharon are money management specialists.)

FAMILY MEAL PLANNING

Madeline Sullinger

Thursday, 7:30-9pm, June 18
Location: Register and you will be contacted

Family members have many differences in the food they like best, and meals must be prepared accordingly. We will plan meals that the whole family will like and that are low cost and nutritious. Refreshments will be served. (Madeline has been with Riley County Expanded Food & Nutrition for 6-1/2 years.)

TATTING: THE ART OF MAKING LACE

Jessie Foreman

Wednesday, 7am First Meeting: June 17 Limit: Indefinite
Location: Register and you will be contacted

The art of lace making is a traditional skill that has been handed down from mother to daughter. This course will cover the basics of this delicate art. Participants will learn to follow written tatting instructions. Please bring a tape shuttle, a spool of tatting thread and a crochet hook or needle. (Jessie has been tatting since she was twelve. Her grandmother taught her.)

UPHOLSTERY

Betty Lou Currie

Tuesday, 7-9am, June 23 and 30
Limit: 12
Location: Register and you will be contacted

Want to do that chair but are afraid to touch it? Bring a project and Betty will get you started on re-upholstering it. We will demonstrate the basics of upholstery from taking furniture apart to putting the finishing touches on the cushions. We have some tools but advise you to bring a tack puller (available in most notions departments). We have a limited space so no couches, please! (Betty has taught upholstery for UPH many times.)

A HEALTHY APPROACH TO WEIGHT LOSS

Mary Herbert

Thursday, 10:30-7pm First Meeting: June 18 Length: 6 times
Limit: 25
Location: Register and you will be contacted

We will discuss reasons why people overeat; how to change eating habits to make losing weight easier. Course includes a weight reduction diet and exercise program to fit individual needs will be included. (Mary is a Registered Dietitian who has taught weight reduction classes before and worked as a nutritionist at the summer camp for overweight teenage girls.)

TROUBLESHOOTING PARENT-ADOLESCENT PROBLEMS: AN EVENING WITH A FAMILY COUNSELOR

Tony Jurich

Monday, 7:30-9:30pm, June 22
Location: Register and you will be contacted

Once again you get a free crack at a $53 an hour family counselor. Tony will attempt to answer your questions and give some practical hints on dealing with parent-adolescent problems. Open to parents and adolescents. (Tony has worked as advisor for many youth agencies in Manhattan.)

YOUR CHILDREN AND SCHOOL: YOU CAN MAKE A DIFFERENCE

Julie Goverter Walter

Monday, 7:30-9:30pm, August 31
Location: Register and you will be contacted

What questions do you have about your children’s education? Bring your concerns and ideas to this special meeting. Community organizations will invite school officials to a round table discussion to explore new ways for parents and schools to work together for a better education in Manhattan.

WOMEN AND THE LAW

Kathy Lundgren

Monday, 7:30-9:30pm, June 22
Location: Register and you will be contacted

From discrimination in the workplace to women’s rights in criminal proceedings, women often face special legal problems. This class will explore some legal concerns of special interest to women and in addition to the two preceding topics will include: family matters, divorce, and what women should know in seeking legal justice. (Kathy is the K-State student’s attorney and is concerned with women’s rights.)

HOW TO SURVIVE THE SUMMER HEAT AND NOT GIVE BROKE

Rick Toyme, Bldnys Daniel

Saturday, 3-5:30 pm, June 20
Location: Register and you will be contacted

How can you reduce summer air-conditioning bills and still keep your cool? There are some effective, low-cost ways. This class will cover some practical tips to keep your home cooler this summer. Financial assistance for energy-saving home projects will also be discussed. A community tour of window devices will be given. (Rick is an Appropriate Technology staff member at UPH. Bldnys is with the City’s Department of Community Development.)

CROCHETING

Margaret Butler and Fern Switzer

Wednesday, 7-9pm, July 1
Location: Register and you will be contacted

Bring a size H crochet hook and 4-ply yarn. We will learn the basics of crocheting and how to read patterns. We will help everyone get started on a project of their choice. (Margaret has been crocheting for 9 years. Margaret and Fern are members of the Douglass Arts & Crafts Club.)

QUILTING

Nancy Griffin

Wednesday, 7-9pm, June 17 & 24
Location: Register and you will be contacted

Quilting has evolved through the years from a "necessary task" to a new decorating art form. Come learn the basics of quilting and get started on the projects of your choice. (Nancy is a self-taught quilter and has been quilting for 7 years. She is also a member of the Kay Valley Quilters Guild.)

MILLINING

Fern Switzer and Irene Nichols

Wednesday, 7-9pm, June 24
Location: Register and you will be contacted

Bring size 8 knitting needles and yarn. We will learn the basics of knitting and how to read patterns. Fern and Irene will help everyone get started on a project of their choice. (Fern has taught knitting for the Manhattan Recreation Commission, Fern and Irene are members of the Douglass Arts and Crafts Club.)
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Who We Are

The free university movement began in 1964, at the University of California, led by students striving to move beyond the "Free Speech Movement." Many other free u's sprung up on college campuses across the nation. In response to a need to discuss and learn about social issues, a sense that education should be community-oriented, a belief that education is inherently democratic and the idea that students should have input into their education. Although free u's began on college campuses, they now serve as bridges between the local community and their surrounding community. Free u's attempt to serve all the people in the community—workers, homemakers, farmers, the elderly and children.

The free university movement for Man (FUM) is similar. In the fall of 1966, a Kansas State University instructor gathered together some fellow teachers and started an off-campus class. At the same time, a group was meeting in a student's home, exchanging views on society in the year 2000. Together they approached the Kansas State student government and in 1968, printed a brochure, offered seven courses and enrolled about 150 people.

Today FUM is a free university-community education organization which serves Kansas State University, Manhattan, Riley county, and numerous other areas of the state of Kansas. We create and develop all types of educational opportunities which are free of grades, credits, costs and prerequisites. Each spring, summer and fall, FUM prints a catalog, annually offering over 600 courses with about 15,000 enrollments in the Kansas area. All courses are led by volunteers and are held informal settings.

FUM has also been instrumental in the establishment of drug education centers, a telephone crisis intervention center, a community food coop, programs for handicapped and elderly citizens, an alternative elementary school and a community technology center, a community gardens program, and other innovative programs.

Community Gardens

The Manhattan Community Gardens are in their seventh season. They have grown to encompass four and a half acres on South 8th and 9th Street in both the Fair and Riley areas.

The gardens are on city-owned land which is leased to FUM, and Douglas County Community Center, under its current Director Larry Nicholson, cooperate in supervision of the gardens through a volunteer-coordinating program, this year is Bill Hoyle.

The gardens began as a nutritional enhancement program for low income people who have proven to be attractive to all income levels. During the last year, 71% of the approximately 80 families served had incomes at or below Low Income Poverty Level while a 10% increase in Low Income participation from 778.

The average plot size is 400 square feet. There is a sliding scale fee which generates income to help support the garden. Land, water, mulch, safe pesticides, tools and horticultural advice are provided by the fee.

In addition to garden plots for families, there are two special gardening programs available to the community. There is a childrren's gardening experience with a wide array of activities, including a garden for each child. Every Saturday morning, March through October, children meet at the gardens and work under the supervision of horticulture students from the university.

Equally popular is the garden offer's annual sale area for older people who can no longer bend over easily, but who still wish the feel of soil between their fingers. A national study done by Gallup Poll for Gardens for All, Inc. in 1979 revealed that gardening is the third most popular leisure time activity in this country, ahead of sports like tennis and bowling. Thirty-three million Americans or 42% of all families produced $13 billion worth of food, saving an average of $367 per family on annual food bills. Six million more families said they would have gardened if they could have. In Manhattan, Kansas, they could have.

FUM Solar Addition

In November, 1980, The University for Man dedicated the FUM Solar Addition, a multi-purpose building which demonstrates low cost, energy-effective ways to use renewable energy sources for space heating, food production, water heating, waste recycling and other ways to conserve energy. Approximately 50% of the Addition's seasonal energy requirements are supplied by energy generated on site.

The Solar Addition contains a greenhouse, a cooperative wood-working workshop, a lounge and an energy resource library. The Addition is also the headquarters for FUM's Appropriate Technology (AT) program, a program which trains participants in peer-peer and inter-faculty energy awareness and energy conservation.

The Addition also provides courses in the Solar Addition, workshops, seminars and (of course) FUM classes. AT staff members also provide office and administrative assistance and support, including workshop and seminar assistance.

The Kansas Department of Energy Conservation funds the FUM Solar Addition, a community-based free-standing educational facility.

Know How Network

The Know How Network is a special part of the FUM program which is going on its second term after a successful spring. The Know How Network exists to help people share their skills and learn new ones. All Know How Network classes are free to anyone in the community on a first-come-first-served basis.

Courses included in this summer's Know How Network include "Payday to Payday Survival," "How to Survive the Summer Heat and Not Go Broke," "Upholstery," "Telephone Skills" and more. Know How Network courses, like all FUM courses are led by volunteers from throughout the community.

We are proud to offer the second season of Know How Network courses. Special thanks to the Kansas Department of Education, Office of Adult Education, sponsor of this project and to the Douglass Community Center and the Adult Learning Center who provide support and assistance for this project.

CO-OPS

FUM is pleased to highlight its three cooperatives as unique programs which offer the potential for pursuit of interests in photography, pottery, and woodworking.

Photography: The FUM Darkroom is now available to anyone who needs access to a well-equipped facility. It is cooperatively run and maintained by members. A use fee includes access to the darkroom and all necessary chemicals for a limited amount of black and white film processing. FUM offers classes in darkroom use for beginners (see page 10).

Woodworking: Located in the Solar Addition, the wood shop is equipped with a variety of power and hand tools, including a radial arm saw, table saw, jointer, lathe, and most common carpentry tools. Membership fee includes facility use and instruction in safety and basic first aid. Woodworking classes are offered (see page 11).

Pottery: The FUM pottery studio is available for 4 hours per week for each co-op member. Use fee includes kiln space, 12 pounds of clay, and use of equipment. The studio has a large electric kiln, 2 wheel, and kiln space, work benches, clay B-grades, slabs and reclaimed clay. FUM offers pottery classes for beginners and experienced potter (see page 13).

UNIVERSITY FOR MAN EXTENDS A SPECIAL INVITATION TO HANDICAPPED INDIVIDUALS IN OUR COMMUNITY WHO WISH TO ATTEND FUM CLASSES. ARRANGEMENTS WILL BE MADE TO ACCOMMODATE INDIVIDUALS WHO HAVE VISUAL OR HEARING IMPAIRMENTS, MOBILITY HANDICAPS OR OTHER DISABILITIES. YOU CAN ASSIST BY BRIDGING SPECIAL NEEDS WHEN YOU REGISTER OR BY CALLING FUM AT 532-3586.

About Our Cover

MAHONA OF THE TRAIL, 1928: The Old Santa Fe Trail camp was built along the Santa Fe Trail in Mahona Park, in each of the twelve states through which the National Old Trails Road passed. B.N. Hooker bought a monument to the Mahona of the Trail, Council Grove, on the Santa Fe Trail. Judged the most historical town in Kansas, was chosen as a logical site for the effort in this state.
Mail In Registration Form

(One form per person) Mail-in registrations due June 1 - 12.

(Please Print)

Name
Street
City
Zip
Home Phone
Work Phone

Survey: Please check all that apply

I am a:

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Total class fee (see costs)
Plus Registration Fee (Individual) = $2.00

Check here if senior citizen or disabled
If KSU student list ID# here

IMPORTANT Please read the refund policy e.g., Sec I or II, etc., if indicated in description.

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Mail In Registration Form

REGISTRATION DATES:
Mail In: June 1-12
Visit: KUSU Union—June 10-11, 9am-2pm
Public Library—June 12, 9am-2pm

Late Registration: Accepted on a Space Available Basis

For More Information: UPM, 522-5866, 1221 Thurston, Manhattan KS
(Additional registration forms are available at the UPM House.)

TO REGISTER BY MAIL:
Fill out the form at right. One form per person.
Total up the class fees as listed in the catalogue. (Material fee, if listed, can be paid at class.) Add the registration fee as it applies. (See costs.)
Mail your form(s) with your check to: University for Man
1221 Thurston
Manhattan, KS 66506
Receipts and locations will be mailed to you immediately if the class is full see refund policy.

COSTS:
Registration fee is $2.00 per person. If you are under 13 and your parent(s) are taking a UPM class, do not pay registration fee.
Those teaching or doing volunteer work receive fee discounts.

If you are over 60 or disabled, you are exempt from the registration fee.

If you are a full-time KUSU student you are exempt from the registration fee. (An annual 50% allocation supports student participation.)
If you are registering only for Show-How Network classes, you are exempt from the registration fee.
In the brochure when a fee is listed, this is the Class Fee and is paid at registration. When a material fee is also listed, pay it to the instructor at the first class session.

UPM REFUND POLICY:
Please check your calendar before you register for a class. UPM will only give a refund in these instances:
1. the class was paid for has been filled
2. the class you paid for has been cancelled
3. you are unable to attend a class and you notify UPM and the teacher before the first meeting

Refunds are given as credit vouchers. These can be used toward other classes, either in this catalog or in the future, or can be redeemed for cash at UPM. Credit vouchers can be accumulated and are transferable to others.
If you are not satisfied with a UPM teacher or class, please contact the UPM at 522-5866.

UPM TEACHER CREDIT:
All current UPM teachers also enrolling in UPM classes are entitled to a fee reduction equal to the class fee/s of their class/es. For example, a UPM teacher who teaches both a $3.00 and a $10.00 class could reduce the $10.00 from their total fees. UPM will not retain teacher credit for cash. UPM teacher credit can be saved up, but is not transferable to others. We will maintain a teacher credit file at UPM.

RECEIPTS:
After the registration form is processed, you will receive a receipt. This is your proof of payment. UPM will retain a copy.

CLASS LOCATIONS:
When you receive your receipt, the location/s of your class/es will be included.

LIABILITY FORMS:
Participants enrolled in classes with potential safety risks must fill out a UPM liability form at the first class meeting. Class teachers must return them to UPM before the second class meeting.

Class Teacher Potluck Gathering:
Sunday, June 1, at 6:00pm at Long’s Park, 17th and June. In case of rain, meet at the UPM Banquet Room. This is a chance for class leaders to receive their enrollment lists, liability forms, and teacher credit discounts, meet other leaders, and hear tips on teaching. Families are welcome.
Recycle this brochure...share it with a friend!