The free university movement began in 1964, at the University of California at Berkeley, as an outgrowth of the Free Speech Movement. Other free u's sprout 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 too often determined by an academic atmosphere, and the idea that students should have input into their education.

Although free u's are on college campuses, they may serve as bridges between the campus and surrounding communities. Free u's attempt to serve all the people in the community—workers, homemakers, farmers, the elderly, and children.

The story of University for Man (UFM) is similar. In the fall of 1966, a Kansas State University instructor gathered together some friends to create a free u. 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 1966, printed a brochure, offered seven courses and enrolled about 15,000 enrollees in the Manhattan area. All courses are led by volunteers and are held in informal settings.

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

**National Free U. Conference**

Nationally known speakers will headline the "Learning for the Community" conference, which returns to the Brown Hotel. In 1964, 1965, 1967, 1968, 1969, all UFM participants, teachers and interested people are invited to attend.

John Flanagan, Chicago author of the Grassroots Fundraising Book, will give a talk on management organizations to be released this Fall. He will talk on "Self Sufficiency for the 80's" will Management expert Gerald Graham, who gives workshops around the country, will conduct several sessions on management in the learning organization.

Saturday, October 24 will be "Kansass Day" with a special one day fee.

Participants from a variety of institutions, including colleges, schools, and community organizations, will travel to California to attend the conference. Conference coordinator Julie Govert Walter says that "It is the most ambitious and diverse participation up to the last minute. Just call us at 913-332-5866, she notes."

The conference is being sponsored by the Free University Network, a national organization based in Lawrence, Kansas. Conference organizer Chris Traut says that more than 30 other workshops at the three day meeting will include: education, management, volunteer, teacher recruitment, marketing, course evaluation, and many more.

**Funding Sources for Local Programs**

UFM Local Programs are supported by: KSU Division of Continuing Education, KSU Student Government Association, United Way of Riley County, Kansas Farmer's Union, Red Cross, City of Manhattan, Kansas Department of Education, Office of Adult Education.

** Decorating the UFM House**

We are trying to lift our face a little and upgrade the interior furnishings of our public meeting rooms. Keep us in mind if you have curtains, chairs, couches or tables you'd like to give away. Thank you.

**Folk Festival**

The Third Annual Kansas Folk Festival, celebrating the traditional arts of Kansas will be held in the last weekend of September 26 and 27. Featured will be workshops and demonstrations of such arts as quilting, wood carving, fiddling, and dulcimer playing. This year, the festival will feature a country store where handmade items will be on sale. Ethnic food and games for all will round out the weekend. For a weekend of old fashioned, family fun, come to the Festival.

**Dates:** Sept 26 & 27, 10am-10pm. Location: Tule I-70 to South Manhattan Exit to 10th St. Then West to Ursh Road and North over the Interstate to Festival Grounds.

Admission: $10 & $6 at the Gate ($3 & $2 advance). Available in Manhattan at Western Bank. Children under 12: free.

Thanks to the Manhattan Mercury and Manhattan Camera Shop for assistance in this brochure.

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**Photograph:** Photographs: Rick Tyner, Fife

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**University for Man Extends a Special Invitation to Handicapped Individuals in Our Community Who Wish to Attend UFM Classes.**

**Please Contact:** The **Institute for MULTICULTURAL, HANDICAPPED INDIVIDUALS WHO HAVE VISUAL OR HEARING IMPAIRMENTS, MOBILITY HANDICAPS OR OTHER DISABILITIES. YOU CAN ASSIST BY INFORMING SPECIAL NEEDS WHEN YOU REGISTER OR BY CALLING UFM at 532-5866.
For more information about Community, call Julie Govert Walter at 532-5866

REDISCOVER "MAIN STREET"  C02  537-9683
One Time: Saturday, 10am-1pm, Oct 3
Location: Register and you will be contacted
Manhattan's downtown plays a major part in the social, political, historical and economic welfare of our city. In this class we will examine how all these have come together to create our "Mainstreet." The purpose of "Mainstreet," its growth and meaning to our community will be topics of discussion. Also, we will view and discuss the movie "Mainstreet" from the National Trust for Historic Preservation. Families are especially encouraged to attend. (Tom is coordinator of the Downtown Design Project.)
GEARY COUNTY HISTORICAL SOCIETY'S OLD HOME TOUR  C03
Cheryl Troup  238-6798
One Time: Sunday, 1:45-3:30p, Sept 27
Limit: 300
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration. Materials Fee: $.50, pay at class
On Sunday, Sept 27 the Geary County Historical Society will hold its 3rd annual Old Home Tour. Costumed guides will take participants through an 1870's stone farm house, an 1883 Queen Anne, recently restored, a 1920's Kansas Colonial, and a new home based upon the plans of an 18th Century Tidewater, Virginia home. Also included will be a business - J. Bishop Clothings in a newly restored limestone building. Refreshments will be served. When you sign up, you will be sent information on how to obtain tickets. (Cheryl is Vice-President of the Geary County Historical Society.)

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MANHATTAN: THE LITTLE APPLE  C01
Tuesdays, Oct 6-Nov 10
Whether you're new in town or have enjoyed Manhattan life for years, there must be something you'd like to know about our town. This information-packed series of programs will focus on the facts, issues, ideas and the people which make Manhattan special. The Manhattan Chamber of Commerce and The University For Men invite you to join us. Families and children welcome!
"Our Government"
Tuesdays, Oct 6, K-State Bank, 1010 Westloop 7:30-9:30p
How do things get done in the Manhattan area and who are the decision makers? Representatives of the City, County and School District will discuss the local government and answer your questions.
"Commerce and Industry"
Tuesdays, Oct 13, Location: You will be contacted. 7:30-9:30p
Manhattan is a thriving business and industrial community yet it is without many of the problems which plague other cities. Jim Rettschke of the Manhattan Area Chamber of Commerce will provide you with some reasons behind Manhattan's success and a rundown of the major employers of the area. Major issues which will affect Manhattan's commerce and industry in the future will be addressed.
Meeting Your Hands - Area Agencies and Services
Tuesdays, Oct 20, K-State Bank, 1010 Westloop, 7:30-9:30p
What are some of the educational, recreational, social and personal services available to residents of this area? Representatives from several local agencies will be available to explain their role in the community and to answer your questions.
Major Issues in Our Community
Tuesday, Oct 27, K-State Bank, 1010 Westloop, 7:30-9:30p
What are the major issues which face Manhattan? Mike House of the Manhattan Chamber of Commerce will outline the major issue areas and describe the pros and cons of such issues as "Manhattan's Downtown," "Manhattan's Hospitals," and the "Growth - No-Growth" issue. There will be plenty of time for questions.
Manhattan in the Year 2000 - A Forecast
Tuesday, May 10, Chamber of Commerce, Bill Poynitz 7:30-9:30p
What will Manhattan be like in the year 2000? Where will we work and play? Where will our children and grandchildren go to school? Join us for this look ahead made possible by area schemers and dreamers. Example: Will it be solid houses between Junction City and Manhattan?

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INTERNATIONAL BOOK PROJECT

Doris Good

Tuesdays, 7:30-9pm
First Meeting: Oct 20
Length: Indefinite
Location: Register and you will be contacted

International Book Project is a national non-profit organization which aids developing nations by providing them with "updated" technical journals, text books and other books which are sent to schools and libraries that welcome these materials as treasuries. Individuals and groups are needed to collect books, procure books for shipping, and solicit money for postage. Doris is interested in meeting others who would like to organize a group of the International Book Project.

THE HUMAN IMPLICATIONS OF BUDGET CUTS: A SERIES

Mondays, 11:30am-1pm
Length: 7 times
Location: Register and you will be contacted

Class Fee: $5.00, series, $3.00. session, pay with registration

Oct 5 I: Tragedy Revisited: Meeting the needs of some while choosing to refuse to meet the needs of others was a theory strongly rejected a few years ago. Are we, in fact, practicing the theory today? Resource Person: Jim Lecture, John Esel, Wayne Beizer.

Oct 12 II: The Poor: What will happen to persons in federal programs such as food stamps, aid to dependent children, child nutrition? Resource Person: Florence Pettis, Director of Area Office for Social and Rehabilitation Services.

Oct 19 III: The Aging: What are the effects on persons in programs such as Social Security, Medicare/Aid, Nursing Homes? Resource Person: George Peters.


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Jim Buchanan

Terry Henry
AN INDONESIAN ADVENTURE
Kathryn Hunt & Donna Davis
One Time: Monday, 7-8:30pm, Oct 5
Location: Register and you will be contacted
Class Fee: $15.00, pay with registration
Travel to exotic Indonesia. The evening will be filled with pictures, stories, music and friendship - delightful experiences of life "Indonesian style." (Donna and Kathy spent four months traveling very, very slowly across the Indonesian islands of Bali and Java.)

LANDLORD/TENANT RELATIONS
Paul McKenna, Kathy Lundgren
Section I: Wednesday, 7:30-9:30pm, Sept 23
Section II: Wednesday, 7:30-9:30pm, Sept 30
Section III: Monday, 7:30-9:30pm, Oct 5
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
One of our basic needs is shelter. But in communities with a dense populatio and limited supply of housing - such as Manhattan - it can become a major social issue. This session will discuss how to survive in the issues from the perspective of both the landlord and the tenant: how and problems; the landlord/tenant law; security deposits; services available to tenants and landlords. (Kathy is 45th's student attorney; Paul is an expert on housing matters.)

U.S. MILITARY CONSCRIPTION: WHAT YOU SHOULD KNOW
Dean Donner
One Time, Wednesday, 7-9pm, Nov 18
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
On June 24, 1981, 150 suspected non-registrants received warning letters from the Selective Service. On June 29, male-only draft registration is deemed constitutional by the Supreme Court. What do these events mean? What are the chances of another military draft being re-instituted? What are the choices? (Dean is armed with facts and information in this controversial area.)

WAR TAX RESISTANCE
Dean Donner
One Time: Wednesday, 7-9pm, Oct 4
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
Refusing to pay 50% of federal income taxes "in resistance to nuclear murder and suicide" has been called a "definite step toward total disarmament" by Archbishop Raymond Hunthausen of Seattle. If you, like Hunthausen, are more than merely "concerned" about our government's increased expenditures for plans, deployment and production of weapons which spew planetary annihilation, there is a peaceful way to register your opposition in a way which may impact public policy. To find out more, join us. (Dean sends the military portion of his taxes to the World Peace Tax Fund.)

SUCCESSFUL MONEY MANAGEMENT
Fred Freeby
Section I: Thursday, 7-9:30pm, Sept 17
Section II: Thursday, 7-9:30pm, Sept 24
Location: Register and you will be contacted
People do not get rich making money, but by managing the money they make. This seminar takes you up the 35 steps on the stairway to financial security. Plain everyday language plus extensive use of visual aids help assure a better understanding of what could be highly technical information. (Fred is a financial planner affiliated with Neddell and Reed, the organization sponsoring this course.)

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"Your Hearing", Sept 28, Charlie Gillian
456-2277

Find out how you hear and why hearing ability is lost as one gets older. Also, consider what to do when hearing aids compensate for hearing loss and what to know to get the most for your money in hearing aid purchases.

"Free Tax Assistance", Oct 5, Patti Root
776-9294

Volunteer Income Tax Assistance (VITA) volunteers can help you with the paperwork necessary to receive your Homeowners and Food Sales Tax Refund as well as your Federal and State Income Tax Forms.

"What You Should Know About Drugs", Oct 12, Barry Sarvis
776-6833

The drugs that you take may be helpful, or they may be creating problems for you. Barry will discuss what older people should know about the drugs they take and will answer your questions.

"Sorting Through the Medicare Muddle", Oct 29, Cindy Davis
776-9294

Has today's Medicare system got you confused? You're not alone. This class will help you understand the paperwork involved and the other ins and outs of Medicare. Cindy is an Assistant Director of Consumer Assistance and Information for the Area Agency on Aiding.

"Health Insurance for Those Older than 65", Oct 26, Cindy Davis
539-6625

Is there such a thing as good health insurance for older people? If so, who do you need to talk to and what do you need to know? Cindy will present information you need to know in order to fill in the coverage which Medicare does not provide. You are urged to attend the "Medicare Muddle" course if you are to get the greatest benefit from this session.

"What About the Senior Center?", Nov 9, Frank Bamberly
539-6625

What would you like to know about the plans for Manhattan's Senior Center? Learn the latest from Frank and others involved with this exciting project. Bring your questions. (Frank is the chairman of the Riley County Council on Aging.)

"Reagan's Budget Cuts and You", Nov 26, Patti Root

How will President Reagan's budget affect you as an older citizen? What benefits that you now receive will be continued and what will be discontinued? Patti will take a close look at the budget and present an informed analysis.

FINANCIAL AID: WHAT IT MAY MEAN TO YOU
C19

Robert Evans, Suse, Deputy Director of Student Financial Services

One Time: Thursday, 7:30-9:30, Nov 12

Registration: Register and you will be contacted

Class Fee: $3.00, pay with registration

Will there be money for your college education next semester? How will Reaganomics affect your grant or loan? These questions and others will be answered in this course. Special emphasis will be placed on the application process and important deadlines. (Robert Evans is director of Student Financial Services; Suse is an assistant director of Student Financial Services.)

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GIVE YOURSELF SOME CREDIT
Sarah Carlson

One Time: Tuesday, 7:30-9pm, Sept 29
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration

Understanding Commodity Futures Markets
Jim Buchanan and Terry Henry

One Time: Thursday, 7:30-9:30pm, Oct 27
Location: Register and you will be contacted
Class Fee: $15.00, pay with registration

WHAT'S IMPORTANT?
Wayne Brooks

One Time: Thursday, 7:30-9:30pm, Oct 29
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

Investment for Financial Growth and Income
Dr. Alan L. Windal

Wednesday, 7:30-9:30pm First Meeting: Sept 16
Length: 6 sessions
Location: Register and you will be contacted
Class Fee: $20.00, pay with registration

What About Computers?
Two Times: Saturdays, Oct 3 and 10
Location: Register and you will be contacted
Class Fee: $8.00 for series; $5.00 for one session, pay with registration

WHAT'S IMPORTANT?
When a family crisis occurs, will you be prepared to handle all the legal, 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 easy reference now and in times of crisis. (Dr. Bagley is a financial advisor who works with a local financial institution.)

Social Security and Current Income: A Seminar

One Time: Thursday, Nov 5, 7:30-9:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration (those over 60 exempt)

Recent changes in Social Security laws are causing those in all income levels to ask searching questions about the future of the U.S. Social Security system. This seminar will address these questions and how they may affect you. (Mr. Barlow and Mrs. Barlow have worked with Regional Social Security.)

Women Revisited
C. Stansfield, Sandy Sanders-Wright, Judy Davis

Wed, Sept 23, 7-9pm or Tue, Sept 29, 7-9:30pm (indicate date)

Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

Materials Fee: $0.50, pay at class

The film "We Will Not Be Beaten" discusses the trauma of spouse abuse, women who have been abused discuss their reasons for staying, for leaving, the effects on their children, the effects on themselves. The film, which is used by the Regional Crisis Center in training sessions, was created by women who work in a battered women's shelter. A discussion will follow the film and all those who would like to participate may.

We will focus on support and alternatives outside Manhattan.

(Ann teaches psychology at KU.)
WHAT IS "SOMETHING ABOUT THE MOMENT"?
SANT Collective
One Time: Wednesday, 7-9pm, Oct 14
Location: Register and you will be contacted
A women's newspaper in Manhattan, Kansas? Find out how seven women pooled their talents to produce a monthly newspaper dedicated to promoting equality for women. Topics to be discussed include: layout, photography, writing news, including culture, feminism politics and advertising, (an unhappy marriage) working collectively and more. Members of SANT collective are: Deb Boeche, Ann Britton, Karen Cook, Kate Jacques, Sandy Sanders-Ware, Cathy Stackpole.

FEMINIST MEN'S STUDY AND SUPPORT GROUP
Jared Rasmussen
Thursday, 2:30-30pm First Meeting: Sept 24
Location: Register and you will be contacted
Last spring several men convened in group to study feminism and actively support social change. This fall, we hope to devise numerous local activities and to extend our inquiries into issues of violence, child-rearing and changing sex roles. New members welcome. (Jared is a practicing feminist man.)

THE ABORTION ISSUE
Bonnie
Section 1: Thursday, 7-9pm, Sept 24
Section 2: Wednesday, 7-9pm, Oct 14
Location: Register and you will be contacted
The issue we will discuss are legal and medically safe abortions. The so-called "moral majority" want to deny women the right tochoose. A separation of church and state must be maintained. What are we going to do to protect our rights? (Bonnie is a student in Elementary Education and a humanism.)

CONFRONTATION TRAINING: SELF-DEFENSE FOR WOMEN
Sandy Sanders-Ware, Christie Simpson
776-6498 776-7573
Thursday, 7-9pm, Oct 22, 29 (2 times)
Locations: Register and you will be contacted
Class Fee: $3.00, pay with registration
This class, for women, will help them learn how to deal with both verbal and physical sexual harassment. Class leaders will also present a feminist perspective on how confrontation can be a preventative measure for violence against women. (Sandy is a member of the Women Against Rape Collective.)

WOMEN OF THE HEARTLANDS: SINGING OUR LIVES
Christy Simpson
Monday, 7pm, Sept 21 - organizational meeting
776-7573
Location: Register and you will be contacted
Women of the Heartlands is a feminist chorus. Our primary goal is the establishment of a sense of community through music. Exclusively women's chorus, we sing music by, for, and about women. (Christy has been directing Manhattan's feminist chorus since January.)

BOOKS BY AND ABOUT WOMEN
Lorrie Cross
Tuesday, 7:30pm First Meeting: Sept 22
Location: Register and you will be contacted
This class provides time for women to talk with each other about novels, non-fictional works, humor and satire, dimensions of self-image shaped by literary models are examined by participants as we discuss books selected by group members. Recent meetings have focused on Paris, play by and about women, asking 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.)

EDUCATIONAL CRISIS CENTER TRAINING
Judy Davis
539-3736
Saturday, 9am-9pm, Sept 19
Sunday, 9am-9pm, Sept 20
Location: Register and you will be contacted
Regional Crisis Center needs volunteers! A training for interested persons will include such topics as crisis intervention, legal alternatives, community resources, domestic violence has its impact on the future of the family, etc. The effect of violence on future generations and freedom of individuals to develop their full potential. Rape does cause psychological and physical damage to victims and often their families. No one should have to fear either of these crimes. (Judy has worked for Regional Crisis Center since it began two years ago. The crisis center has helped over 1000 families since then.)

WOMEN AND HEALTH
Judy Schrock
539-9464
Wednesday, 7-9pm First Meeting: Oct 14
Location: Register and you will be contacted
Limit: 12
Mobulating the power to take primary responsibility for our own health is a continuing learning process. In this class, we will diagram individual patterns of health care use, include lifestyle orientations; identify areas of desired change; and learn strategies for reaching self-determined goals. (Judy is a community health nurse who has previously led women's health groups through UNH.)

TOTAL BODY CONDITIONING FOR WOMEN
Becky Nelson
776-1654
Wednesday, 10-11am First Meeting: Sept 23
Location: Register and you will be contacted
Limit: 10
Becky will demonstrate exercises on the Nautilus machines including inner core pullers, hip and back, and leg extension among others. Core dressed for exercise because then you'll get to work out on them. Diet and Nautilus Fitness Center.

RILEY COUNTY WOMEN'S POLITICAL CAUCUS
Diane Acker, Susan Scott Angle
776-9046
One Time: Monday, 7:30-9pm, Sept 28
Location: Register and you will be contacted
After a successful wine and cheese introductory party the next order of business for the Riley County Women's Political Caucus is a reorganizational meeting. We will set priorities, establish committees, elect officers, anyone interested in promoting women's issues through the political process is encouraged to attend (even if you are unable to take an active role in the political process). (Diane and Susan have a commitment to action on women's issues.)

WOMEN AND ENERGY
Mary Heel
776-8853
One Time: Tuesday, 7:30pm, Sept 20
Location: Register and you will be contacted
As energy shortages become more serious, the implications for the general public and women in particular become more apparent. This class will, through a slide presentation, provide information about everyday energy needs and resources. Emphasis will be placed upon encouraging citizens to participate in setting energy policy. (Mary is an energy consultant with OPEL.)

WHAT IS FEMINISM: HISTORICAL AND CONTEMPORARY PERSPECTIVES
Sandra Gagner
776-7014
One Time: Monday, 7pm, Oct 5
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
American feminism is at least 150 years old, but many people are still confused about it, or want to know more. In this class some general principles about the movement, stressing its historical context up to now will be presented. Hopefully there will be lots of questions for discussion. (Sandy teaches, teaches about and participates in feminism.)

WOMEN'S HEALTH CARE IN MANHATTAN
C. Stackpole
539-3736
One Time: Wednesday, 7-9pm, Oct 7
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
A few years ago there was interest in Manhattan in exploring alternative birthing methods and traditional health care. Now, a new impetus has arisen concerning all women's health network which has helped to create energy for local groups. Come, find out more about how women can be not only better consumers of traditional health care, but how we can take control of and care for our own bodies.
Earth

For more information about Earth, call Neil Schanker at 532-5866

ENVIRONMENTAL ETHICS - HOW TO BE A FRIEND OF THE EARTH ED1
Neil Schanker 539-5766
One Time: Thursday, Oct 29, 7:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay at registration
Whatever happened to the environmental concerns of the 60's and 70's: pollution, recycling, endangered species, solar energy, etc? After focusing on the positive and negative aspects, we'll discuss current environmental problems and how people can affect them. A tour of UNM's environmental library will be included. (Neil has been an environmentalist for years and is an organizer of the Kansas chapter of Friends of the Earth.)

PHOTOGRAPHY - A CLOSE-UP VIEW ED2
Ed Pemberton 537-4385
One Time: Tues, Sept 29, 7:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay at registration
The techniques of nature photography will be explained during a close-up look at flowers, mushrooms and wildlife. Come celebrate the beauty of nature. (Ed is the West Central Regional Representative of the National Audubon Society.)

FULL MOON WALKS ED4
Neil Schanker 539-5766
Section I: Tues, Oct 13, 9pm (rate date, Oct 14)
Section II: Weds, Nov 11, 9pm (rate date, Nov 12)
Section III: Fri, Dec 11, 9pm (rate date, Dec 12)
Location: Register and you will be contacted
Class Fee: $3.00, pay at registration
Limit: 15 each section
Listen to the night sounds of the Kansas prairie on a full-moon autumn night. The Flint Hills natural history comes alive after dark with its plantlife, nocturnal birds and mammals. Emphasis will be on listening and experiencing. (Neil enjoys a good full moon in any season.)

A DAY ON THE FARM ED5
Lark Meyer
One Time: 9am, Oct 10, 1pm (rate date Oct 25)
Location: Register and you will be contacted
Class Fee: $3.00, pay at registration
Materials Fee: $5, pay at class
Limit: 25
You will see close up many farm animals practical for the small homestead including goats, chickens, horses, calves and rabbits. Learn how a little cash, ingenuity and a lot of hard work last beginning homemakers enjoy farming on a small scale, as well as supply useful products for the home and kitchen. Most products will be available for sampling - goat pizza and barbecue. Many animals are gentle enough for children to pet. Lark is a graduate of the KSU Dept of Animal Sciences. Her husband Ed is a sophomore in the KSU Veterinary School.

BEESKEEPING
Jim Johnson 532-6154
Mondays, 7-30pm, First Meeting: Sept 21 Length: 3 times
Location: Register and you will be contacted
Honey is that wonderful natural sweetener that bees make - but few people know how to get it. The sessions will cover many aspects of hobby beekeeping: from obtaining the bees and needed equipment, to managing the hive for your first and future honey crops. (Jim is an extension entomologist at KSU, and a local beekeeper.)

BIRD WATCHING
Monty Hinton 776-8830
One Time: Sat, Oct 3, 7:30am (rain date Oct 10)
Location: Register and you will be contacted
Class Fee: $3.00, pay at registration
Limit: 15
Everybody at one time or another has watched birds. On this trip our efforts will be geared to finding out exactly what we are watching, by means of field points, calls, flight patterns, field guides, etc. Bring binoculars if you have them. (Monty has taught this class before.)

HALLOWEEN OWL CALLING
Monty Hinton 776-8830
One Time: Sat, Oct 31, 9pm-12 midnight
Location: Register and you will be contacted
Class Fee: $3.00, pay at registration
Limit: 15
Halloween brings to mind things that inhabit the night. On this trip we will endeavor to seek out and "talk" to a group of nocturnal birds - the owls. (Monty is vice president of the Northern Flint Hills Audubon Society and enjoys activities related to wildlife.)

PUPPY CARE AND SELECTION
Little Pets 532-6854
Kathy Garvin 539-8350
Vel Kramer 537-7082
One Time: Thurs, Sept 17, 7-9pm
Location: Register and you will be contacted
Class Fee: $3.00, pay at registration
Bringing a puppy into your life can be a positive experience or a traumatic one, depending upon how well you are prepared. We'll discuss things to consider when selecting a puppy, and how to help puppies grow into healthy, happy companions. (Kathy teaches the puppy training class for the Manhattan Kansas Kennel Club, and owns Golden Retrievers. Vel manages the kennel club's public information and referral service and owns Schipperkes and Malteses. Little is a kennel club member who owns and shows Boxers.)

THE SPORT OF DOG SHOWING
Elvina Holdenbrand - Little Pets 539-4232 532-6854
One Time: Thurs, Sept 24, 7-9pm
Location: Register and you will be contacted
Class Fee: $3.00, pay at registration
Dog showing is an art, science and exercise for people of all ages. Find out where the dog shows are and how you understand the proceedings. We'll explain the various aspects of obedience and conformation competition, and how to enter a dog show. Perhaps a trip to see a dog show will be organized. (Elvina has achieved 7 AKC obedience degrees and 2 championship with her dogs in 10 years of showing.)

ARABIAN HORSES
Diane Daily 537-7083
One Time: Sat, Nov 7, 10am
Location: Register and you will be contacted
Class Fee: $3.00, pay at registration
The Arabian horse has had an influence on all "light" breeds, but is often misunderstood because of a lack of knowledge. Come and meet some Arabian horses on their own terms. (Diane's interest in Arabians evolved from a 4-yr experience in Egypt and he's been breeding, raising and training horses for years.)
LAND INSTITUTE VISITORS’ DAY

Sunday, 11:30-5pm (carpool at UPM at 11:30am)
Locations: Register and you will be contacted (maps will be provided)
Class Fee: $10.00, pay with registration

The Land Institute is a place where students receive college credit for participating in alternative projects with winemakers, solar collectors, earth houses, and compost toilets. After an introduction to the history and philosophy of the Land Institute, participants will take a tour, then meet in small groups to discuss particular problems in the search for sustainable alternatives in agriculture, energy, shelter, and waste management. Everyone will get back together for concluding lecture and discussion. (Each fall, The Land Institute schedules a Visitor’s Day as a substantive program with challenging intellectual involvement for visitors.)

HUMAN ANATOMY

Lynn Schanker

Saturdays, Oct 31, Nov 7, 1-3pm (2 times)
Locations: Register and you will be contacted
Class Fee: $3.00, pay at registration

Ever want to study a human skeleton but were always afraid to? No bones about it, this class provides you with the opportunity to view and handle human bones, preserved human organs, x-rays, models, dissect rats and sheep eyes. Find out about yourself! (Lynn, a human body herself, is a biology instructor and currently a graduate student in physiology and education.)

GEN STONES

F. C. Lannert

Tuesdays, 7:30pm First Meeting: Oct 20 Length: 2 times
Locations: Register and you will be contacted
Class Fee: $3.00, pay at registration

Limit: 10

At the first meeting, Dr. Lannert will discuss gem stones and share some of his work with them. Natural, synthetic, and fake stones will be discussed with an emphasis on such properties as color, hardness, and fire within the making of gems. The second class will take you over to Millard Hall, where Dr. Lannert will demonstrate equipment and procedures for cutting stones. Professor Lannert is a retired ministry instructor who has shared his knowledge and experience through UPM many times before.

HILFORD LAKE SLIDE SHOW

Gary Murphy

One Time: Tues, Sept 22, 7:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay at registration

Hilford Lake, a reservoir comparable to Tuttle is minutes away, yet how many Manitowitkists use it? This slide show will highlight a general view of what Hilford Lake has to offer including fishing, hunting, boating, water skiing and facilities. Pamphlets and maps will be distributed. (Greg is in his fourth year as a Hilford Lake ranger.)

WILDFLOWER DATA FROM THE 810 GRAND TO NORTHERN CANADA

Michelle J. Elledge

One Time: Thurs, Oct 15, 7:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay at registration

Broady your knowledge of wildflowers coming this evening of slides and discussion. Bring these mosquito stories from the Boundary Waters, those maps from Maine, and those slides from the Buffalo River. Equipment and techniques will be discussed. (Michael has paddled many miles.)

KAYAKING Démonstration

Jeni Kardinal

One Time: Sun, Sept 20, 9-10am
Location: Register and you will be contacted
Class Fee: $3.00, pay at registration

Ever been tempted by Eiskinos, has become very popular. Come see how an expert handles a kayak. During this demonstration session Jeni promises to make rolls, paddle racing techniques, and getting in and out of a kayak look easy. (Cheri, Pres White-water country in Missouri, wants to strike up interest in kayaking here in Kansas.)

KAYAKING EVERY WEEK

Jeni Kardinal

Section 1: Sundays, 9-11am, First Meeting: Sept 20 Length: 4 times
Locations: Register and you will be contacted
Class Fee: $30.00, pay with registration
Materials Fee: $6.00, pay at class

Limit: 8 each session

Want to learn to kayak? You'll get a lot of practice learning the basics of kayaking in this class. Kayaks will be available for all class participants. A white-water river trip to Missouri will be planned.

BUFFALO RIVER WHITE WATER CAKE TRIP

Nancy Weidnas & Robert Deeter

One Time: Wednesday, 7:30pm, Oct 7
Location: Register and you will be contacted

The Outing Club is planning a canoe trip to the Buffalo River in Northern Arkansas the weekend of October 17 and 18. We will be leaving some time Friday and getting back late Sunday. (Nancy and Robert are Outing Club members.)

CANOEING

Pat Dreese

Saturdays, 9am, Sept 26 & Oct 3 (2 times)
Locations: Register and you will be contacted
Class Fee: $5.00, pay with registration

Limit: 15

We will meet for a short talk about canoeing, then we will carpool to the State lake for the real thing. Instruction will be given in basic paddling and steering. Equipment and local places to canoe will be covered. The second class will canoe Deep Creek. (Pat likes to canoe in Kansas.)

HIKING TRAILS IN KANSAS

Jim Alshongwer

One Time: Wednesday, 7:30pm, Sept 30
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

This fall, 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 guides will be available for handout. 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.)

TALL GRASS ORIENTEERING

Dale Bryant

One Time: Monday, 7:30-9:30pm, First Meeting, Sept 21 Length: Ongoing
Locations: Register and you will be contacted
Class Fee: $3.00, pay at registration

This course will introduce the beginning or prospective backcountry to the basics of equipment, clothing and supplies needed. The course techniques needed to be a safe, conservation-minded backcountry. There will be ample opportunity to practice through trips available via the Outing Club. (Dale has hiked the Appalachian Trail through Indiana on west to Colorado.)

INTRODUCTORY BACKPACKING

Bob Klapton

One Time: Wed., 7-10pm, Oct 28
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

This course will introduce the beginning or backpacker to the basic equipment, clothing and supplies needed; and the basic techniques needed to be a safe, conservation-minded backpacker. There will be ample opportunity to practice through trips available via the Outing Club. (Bob has backpacked, hiked and fished from Indiana on west to Colorado.)

ADVANCED BACKPACKING

Bob Klapton

One Time: Wed., 7-10pm, Oct 28
Location: Register and you will be contacted
Class Fee: $8.00, pay with registration

This course will introduce the beginning or backpacker to the basic equipment, clothing and supplies needed; and the basic techniques needed to be a safe, conservation-minded backpacker. There will be ample opportunity to practice through trips available via the Outing Club. (Bob has backpacked, hiked and fished from Indiana on west to Colorado.)

BACKPACKING FOOD AND STOVES

Nancy Weidnas & Mike Braunstein

One Time: Wednesday, 5:30-7:30pm, Oct 7
Location: Register and you will be contacted
Class Fee: $2.00, pay to class
Materials Fee: $3.00, pay at class

We will discuss and demonstrate several lightweight stoves available for camping. We will then cook dinner on them sampling freeze-dried, super-market, and homemade recipes for the tent. This is for beginners or advanced packers! Bring bowl, spoon and come hungry! (Nancy and Mike like to backpack and eat well on the trail.)
RELATING TO NATURE FOR YOUNG PEOPLE 003
JoAnn Freeman
One Time: Saturday, 2-3:30pm, Sept 19 (rain date, Sept 26)
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 10
This workshop will use an outdoor setting to allow children to experience for themselves the niche they occupy in our ecosystem and how they are connected to it. The wide variety of plants and animals will be explored. JoAnn has been with the Outdoor Education Laboratory in Kansas City for 2 years.

PLANT IDENTIFICATION 029
Ted Barkley
One Time: Wednesday, 7:30-9pm, Oct 14
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 15
Do you have mystery plants in your yard? Solve the mystery through the use of botanical keys. In this class the use of botanical keys for plant identification and practical field guides are discussed. No special knowledge of botany is needed. (Ted is Curator of the Herbarium in the Division of Biology, KSU)

KANSAS PRAIRIE: FLINT HILLS FALL PAGEANTY 030
Craig Freeman
Section X: Saturday, 9am-11am, Sept 19 (rain date, Sept 26)
Section II: Saturday, 4-6pm, Sept 19 (rain date, Sept 26)
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 20 each section
Are you inspired by Mother Nature's fall floral pageantry, and perhaps curious about some of the participants? If so, take a walk on the Kansa Prairie with Craig and learn the identity and natural history of some of the Flint Hills' autumn wildflowers. (Craig is a KU graduate student florist.)

PRAIRIE GRASSES 031
Gene Tonne
One Time: Saturday, 10:00am, Sept 19 (rain date, Weds 6pm, Sept 21)
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
All grasses are not alike! Learn identifying characteristics that distinguish one grass species from another. The prairie tour will also focus on importance and interesting information on grass species common to the Flint Hills. (Gene is a research assistant in range management.)

PRAIRIE WILDFLOWERS 032
Gene Tonne
One Time: Saturday, 10:00am, Sept 26 (rain date, Weds 6pm, Sept 30)
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
In this class you will not only enjoy the beauty of the Flint Hills, you will also learn the identifying characteristics of both flowering and vegetative plants. Lots of cubic information will also be obtained.

MUSHROOM IDENTIFICATION 033
Elisabeth Moses
One Time: Monday, 7:30-9pm, Oct 5
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Learn what's good and bad, edible and not, about these fascinating fungi. Enter the world of the Baggy Man, the Stinkhorn, and the Destroying Angel. Enthusiasts will be placed on mushroom forays in Kansas and neighboring farmlands. (Elisabeth learned through home study, field experience and recently, attending National Fungi.)

RITING CLUB 028
Sandra Whitehead & Mike Bransett
776-0271 539-9230
Wednesday, 1st & 3rd of each month, 7:30pm, First Meeting: Sept 16
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
Learned to be the quiet and eating club, we enjoy getting out and hiking, rock climbing, rappelling, backpacking, canoeing, sailing by or other (Nancy and Mike have been having fun with the club for a year.)

STARS AND CONSTELLATIONS 015
Ann Goughanour
One Time: Tuesday, 8:30-10:00pm, Sept 22 (if cloudy, Sept 29)
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 16
Learn how to recognize the autumn stars and constellations. We will discuss how the stars and planets move across the sky, how to tell time by the stars, and more. (Ann has been a student of the stars for about ten years.)

ROCK CLIMBING 027
Ann Sink and Dan Atenbrandt
539-8324
Days, 1-4pm, First Meeting: Sept 20
Length: 3-5 sessions
Location: Register and you will be contacted
Class Fee: $15.00, pay at class
Students will learn climbing, repelling, tying basic knots, and climbing techniques in the local area, with a trip to Fall River, Kansas. (Ann has been extensively in Canada, the U.S. and Mexico for the past six years. She is also an avid climber.)
COMPOSTING £34
Gary Radke
468-3586
One Time: Saturday, 1-3pm, Nov 14
Location: Register and you will be contacted
Class Fee: $2.00, pay with registration
Limit: 6
Get the most out of your yard, garden and garbage by composting. We will talk about and demonstrate this "method" of composting as well as variations, and get to see the finished product. (Gary has been active in composting for two years.)

EXOTIC PLANT CONSERVATORY TOUR £35
Richard Mathison
532-6170
One Time: Monday, 6pm, Sept 21
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
Plant lovers, this is the tour for you! The conservatory is a showcase of over 300 tropical plant species. The west section is filled with cacti and succulents, the east has semi-tropical plants and the central section is like taking a walk in the jungle. This class will introduce you to some of the most interesting members of the plant world, as well as discuss their culture and environmental requirements. (Dick is a horticultural therapy professor at KSU.)

ORCHIDS £36
Jim Legg
539-6594
Wednesday, 7:30-9pm, Oct 7 and 14 (2 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
The aim of this class is to acquaint the participant with some of the variety of orchids commonly grown and some of the basic rudiments of their culture. Sources of further information, plants, and supplies will be given. This is an opportunity to grow and learn from an interest in growing orchids as a challenge, to being hooked on them for about 5 years with over a hundred different kinds in his basement.

CARE OF HOLIDAY BLOOMING PLANTS £37
Larry Lee
776-7989
One Time: Monday, 7:30-9:30pm, Nov 30
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 18
Don't throw away your poinsettias after Christmas! Learn how to care for them along with other seasonal flowering plants such as ornamental peppers, Christmas cactus, cinerarias, and chrysanthemums. A slide show will go along with the discussion. (Larry is the greenhouse manager and grower at Kistlers.)

THE GROWING AND USING OF HERBS £38
Barbara Ayvorgo
494-5418
One Time: Wednesday, 7:30-10pm, Sept 23
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10
Spice up your food as well as your health through the use of herbs. This class will cover the cultural aspects of growing common culinary herbs as well as their use in cooking and curing health problems. (Barbara is a senior in horticulture at KSU with experience growing and selling herbs.)

CARE OF ROSES £41
Bill Hoyt
776-7465
One Time: Wednesday 7:30pm, Oct 14
Location: Register and you will be contacted
Class Fee: $2.00, pay with registration
The care of roses should not be taken lightly. Learn how to get the best performance out of your roses by proper soil and disease management, fertilizers, cutting spent blooms, and pruning for the winter. (Bill has maintained the rose gardens on campus.)

PRESEVING FRESH FLOWERS £39
Karen Modlin
537-2846
One Time: Tuesday, 7:30-9pm, Oct 6
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 10
Enjoy the beauty of fresh flowers longer than you ever expected by learning how to preserve them. The silica gel method will be covered along with how to extend the vase life of your cut flowers. Call Karen to find out what flowers to bring. (Karen owns and operates Westloft Floral.)

BASIC FLORAL ARRANGING £40
Karen Modlin
537-2846
One Time: Tuesday, 7:30-9pm, Oct 20
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 10
Instead of just sticking flowers into a vase, learn the art of flower arranging. In this class basic arrangements will be taught along with how to care for and where, bring a small 4x4" diameter container and try your luck at arranging.

HARVEST AND STORAGE OF VEGETABLES £42
Chuck Merr, Jim Lindquist
532-6170
One Time: Tuesday, 7:30pm, Oct 13
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 20
Would you like to have fresh tomatoes for Thanksgiving dinner, squash for Easter, and potatoes, onions and other vegetables all winter long? Home storage, outdoor storage, and tips for handling vegetables will be discussed. (Chuck is an Extension vegetable specialist at KSU. Jim is a Riley County Extension agent.)

NATURE TRAILS £43
Kate Van Zandt
537-4610
One Time: Monday 7-9pm, Oct 12
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
Limit: 20
At this informal gathering we will look at specific considerations to be made for each population for whom a nature trail is designed. Considerations such as types of soil coverings, seating, identification of plant materials and communication. You will have the opportunity to walk our trail at Meadowlark Hills. (Kate is the horticultural therapist at Meadowlark Hills.)

Energy
HOW TO TELL AN APPROPRIATE TECHNOLOGY WHEN YOU SEE ONE AT1
John Selfridge
537-7411
One Time: Wednesday, 7:30pm, Oct 20
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
What is an appropriate technology? When, where and why is a technology appropriate? Are the same technologies that are appropriate for the U.S. appropriate for other under-developed countries? The use of smaller, more efficient machines, indigenous materials, shifts in the economy and effective use of human labor are important issues. We will attempt to answer these questions and others and discuss some of the objects, issues, and ideas involved. (John has toured appropriate technology centers in this country and Europe and has a continuing interest in the development of appropriate technologies.)

BUYER'S GUIDE TO INSULATION AT10
Owen M. Jones
537-7976
Section 1: Tuesday, 7-9:30pm, Sept 22
Section 11: Thursday, 7-9:30pm, Sept 24
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 12 each section
The right insulating materials in the right places can pay for itself several times over in fuel savings. This class will cover the different types of insulation available, what types to use and where, hazards associated with certain types and how to determine cost-effectiveness. (Owen has installed insulation since 1946.)

ENERGY AND DESIGN CONSULTING AT11
Rick Toye, Kevin Patterson, Bill Dorsett, Dan Denner
532-5086
One Time: Thursday, 7pm, Oct 1
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
This will be an organizational meeting for people interested in designing or building a flat plate collector, solar greenhouse, insulating window treatments or other energy saving projects for their home. We will have a general discussion and set up times for private consulting for individual projects.

Earth
EARTH/AIR COOLING TUBES
Bruce Sneed
One Time: Thursday, 7-9pm, Nov 12
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 15
Interested in a natural way to cool a new home or addition? We will re-
view up-to-date information on earth/air cooling systems like the one at URM’s
Solar Addition. Costs, materials, performance and design concepts will be
covered. There are a number of operating earth/air cooling systems in the
Manhattan area. (Bruce is URM’s Appropriate Technology coordinator and
lectures in architecture at ICUS.)

WIND GENERATORS
Tom Zimmer
One Time: Saturday, 1-4pm, Oct 31
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
This course is an introduction to using the wind for home power genera-
tion. We’ll discuss wind power basics, specifics about using wind power in
the Manhattan area, advantages and disadvantages of wind power, and
how to assess your wind energy potential. Tom has been involved in wind
energy for five years and uses a wind generator to power his home.

WOOD STOVES - HEATING AND BUYING
Dave Onel
Mondays, 7-9pm First Meeting: Sept 28
Length: 2 times
Location/Registration: Contacted
Class Fee: $3.00, pay with registration
More and more homes are turning to wood for heating these days. Dave
will cover the engineering of wood stoves, chimney safety, and national
safety codes. He can show you how to design your house to accommodate
a stove and cover some basics on firewood. (Dave is a local stove retai-
tailer and has designed woodburning stoves and furnaces.)

FLAT PLATE SOLAR COLLECTORS
Dean Demer, Bill Borsett
One Time: Saturday, 10am, Oct 17
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Flat plate solar collectors can be mounted on a roof or wall where they
collect solar heat which can be used to heat a room or a whole house.
These simple, low-cost collectors are adaptable to almost any situation,
and are eligible for a 70% tax credit. This class will cover the basics of
construction and how to plan and build a low-cost system for your
home. (Bill and Dean are local carpenters and featured two of their
collector designs on the solar homes tour last summer.)

ATTACHED SOLAR GREENHOUSES
Rick Tyma
One Time: Saturday, 10am, Oct 24 & 31
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Attached greenhouses can provide food, heat and additional living space
for your family. We will discuss basics of passive solar energy, green-
house design, and low-cost approaches. We will also show examples of
attached greenhouses in the area. Specific design questions are welcome.
(Rick and Kathy are architecture students at CU, have worked with the
appropriate technology staff, and designed a number of greenhouses in
the area.)

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RECYCLING AND YOU
Dean Campbell
Section I: Tuesday, 7-9pm, Sept 22
Section II: Tuesday, 7-9pm, Oct 20
Section III: Tuesday, 7-9pm, Nov 17
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 30 per session
Recycling is a fast growing business in the Manhattan area, with oppor-
tunities for making money while helping to keep our city clean. This
class will include discussions involving the growth, responsibilities,
and future of recycling with special emphasis on individual roles that
are available. We will cover all aspects, paper, bottles and other re-
cyclable containers. Also included will be a tour and demonstration of
the local recycling facilities. Refreshments will be served.

EARTH SHELTERED HOUSING DESIGN
Keith Christenson
Wednesdays, 7-9pm, Sept 23 & 30
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
The first part of this class will cover basic design concepts for earth
sheltered homes including site planning, building design, natural venti-
lation and utilization of passive solar energy. The second part will
include discussion of design and construction details of wall and roof
sections, and a question and answer session. (Keith has taught in the
KU Dept of Architecture for 15 years and spent last summer doing earth
shelter and passive solar design for an architecture firm in Dodge City,
Kansas.)
For more information about Foods, call Julie Covert Walter at 532-5866.

MIDDLE EASTERN COOKING
Manjleh Saedli

Saturday, 10am-noon, First Meeting: Sept 26
Length: Indefinite
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration (food expenses will be shared at class)

The foods of the Middle East are full of variety and surprises. Learn how such spices as cumin, turmeric and cinnamon blend together to form delicious soups, stews and rice dishes. (Manjleh is studying architecture at KSU and is a native of Iran.)

CHINESE COOKING WITHOUT SWEAT
Tung Y.C. Fung

Thursday, 7-10pm, First Meeting: Oct 8
Length: 8 times
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Materials Fee: $24.00, pay at class

In 8 sessions we will present 20 Chinese dishes designed for busy people. We will use authentic ingredients in the Southern Chinese tradition with a dash of Chinese culture and philosophy thrown in. We will prepare, cook and eat. At a final graduation banquet we will complete the course. (Tung ate his way through Southern China and 25 countries and has been the Manhattan Mercury cook of the week - a whiz with the wok.)

YOU, TOO, CAN DEHYDRATE FOOD
Eric Linn

One Time: Tuesday, 7:30-9:30pm, Sept 22
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class

Beef jerky, banana chips and zucchini will be prepared for drying. The class will sample these, dried fruit and other dried foods. Discussion will center around recipes for using dried food and the variety of dehydrators available. (Eric has been drying food for 15 years for his backpacking and camping adventures.)

VEGETARIAN NUTRITION AND COOKING
Rhonda Horshc

Tuesdays, 7:30-9pm, Nov 1 & 17
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 15

With the rising cost of meat, concern about world hunger, and for many other reasons more and more people are becoming interested in meatless diets. The first class session will discuss types of vegetarianism, the principles of complementary proteins, and some practical tips for vegetarian cooking. The second session will be a vegetarian potluck. (Rhonda is a graduate student in foods & Nutrition, with a personal interest in low-meat and meatless diets.)

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- Variety of Meat & Cheese
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537-0986

IN THE SALOON

HOMEMADE YOGURT
Anthony Horshc

One Time: Tuesday, 7:30-9:30pm, Sept 29
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 20

You will learn the quick and easy steps to consistent low-cost yogurt. We will explore cooking uses 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 high food costs.)

CHRISTMAS PANORAMA
Kayann Heiny

One Time: Monday, 7:30-9pm, Nov 1
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Join us for a look toward the Holiday Season. Three, 30-minute presentations will focus on ideas that will make a special one. Kayann will present "Food for a White Christmas." Linda Pettitjohn will discuss "Christmas Plants." and Donna Martinson will cover "Family Christmas Traditions.
You won't want to miss this one-of-a-kind evening. (Kayann, Linda and Donna are Extension Home Economists.)

BABY FOOD CLASS
Barb Bowers, Helen Johnson

One Time: Tuesday, 7:30-8:30pm, Oct 6
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Feeding your child commercial baby foods is like feeding your husband a TV dinner every night. Introduce your baby to a whole new and nutritious world of eating. (Barb and Helen are LaLeche League Leaders who have made their own baby food for their children.)

THE JOY OF BREAD
Leslie Black

One Time: Wednesday, 7:30-9:30pm, Sept 23
Location: Register and you will be contacted
Class 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.)
NATURAL FOODS POTLUCK SUPPERS: 539-5766
Nell Schaner
Sundays, 6-7pm, Sept. 20, Oct. 18, Nov. 15, Dec. 13
Location: Register and you will be contacted
Whatever your definition of natural foods, this class is a fine opportunity to sample various wholesome and nutritious foods. Any dish, be it familiar rice and beans or a gourmet quiche is welcome. Beginners and families are invited. Come hungry! (Nell is a member of the People's Grocery Co-op and is sometimes known as the Potluck-King.)

ROOT BEER F13 776-5714
Jennie Unterberger
One Time: Saturday, 2-4pm, Oct. 7
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10
Have you always wondered how root beer is made? Jennie will demonstrate her particular knack for root-beer making and show you the ins and outs of the process. Then she'll let you sample some of her homemade brew, which has made root beer for years and doesn't even remember why she began making it in the first place.

BAGELS AREN'T THAT HARD F10 776-0271
Nancy Meldahl
One Time: Thursday, 7:30-9:30pm, Nov 9
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Bagels are not hard to make, there's just an extra step or two in the process. The results are a beauty to behold and a treat! Eat your heart bread in the oven.

BAKING FOR CHRISTMAS F11 537-8973
Carol Norris
Mondays, 1:30-3pm First Meeting: Sept 21
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Materials Fee: $10.00, pay at class
Bake your own gifts for those special friends and family this Christmas. From banana nut bread and cookies to fancy yeast breads and braids - this class will be a great chance to get a head start on Christmas giving and have fun too. (Carol is a former 4-H'er whose creations are blue-ribbon quality.)

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BASIC CAKE DECORATING

Mrs. Hoke

Sundays, 6:30-8pm  First Meetings: Oct 4  Length: 6 times  Location: Register and you will be contacted  Class Fee: $10.00, pay with registration  Limit: 15

You’ll learn the basic form of cake decorating including borders, flowers (at least ten designs) and letter writing. We’ll also cover coloring techniques and specialties such as sugar bells, Christmas balls and sugar Easter eggs. After registering for this course you’ll have the option of ordering cake decorating equipment through the instructor – approximate cost is $10. (Mrs. Hoke has had 10 years experience decorating cakes and is a seasoned teacher on this subject.)

UNICOCKTAIL PARTY

Laura King

One Time: Thursday, 7:30-9:30pm, Oct 22  Location: Register and you will be contacted  Class Fee: $1.00, pay with registration  Materials Fee: $2.00, pay with registration

Tittillate your taste buds and join us in exploring party drinks that taste and look good. We’ll create drinks using juices and carbonated beverages in various combinations. We’ll also have snack ideas to try. (Laura is the fun-loving director of KSU’s Alcohol Abuse Prevention Program.)

WINE APPRECIATION: AN INTRODUCTION TO OENOLOGY

Lloyd W. Davenport

Wednesdays, 7-9:30pm, every other week beginning Oct 7  Length: 4 times  Location: Register and you will be contacted  Class Fee: $10.00, pay with registration  Materials Fee: $1.50, pay with registration  Limit: 12

Aspects of wine from the vine to the glass will be the scope of this course. We’ll taste and discuss about 20 different wines both still and sparkling from Europe and from America although emphasis will be on domestic wines. Join us! (Lloyd maintains a small vineyard, makes some of his own wine and is a member of the Society of Wine Educators.)

TASTY BEEF FOR YOUR MONEY

Larry Schalles

Mondays, 7-9pm, First Meeting: Nov 30  Length: 2 times  Location: Register and you will be contacted  Class Fee: $5.00, pay with registration  Limit: 13

Do you find your trips to your supermarket’s meat department confusing and more than a little depressing? This class promises to do away with some of the confusion. You’ll learn how to identify and select beef cuts which can be used as an alternative to drinks containing alcohol. Money-saving ways of preparing beef cuts will also be discussed. (Larry is a KSU senior in Animal Science and is a member of KSU’s award-winning meats judging team.)

GOOD NEIGHBOR MILK RUN

Dee Locker

One Time: Monday 7:30pm, Oct 5  Location: Register and you will be contacted  Class Fee: $1.00, pay with registration

Near Kets is a dairy where you can buy raw milk (and that’s including the cream). To save gas and for convenience, Shackletonites have grouped together to form several "milk runs." The whole milk is $1.35 a gallon and it’s from a certified dairy herd. Come and find out how you can be on this good idea. (Dee enjoys the many benefits of the milk-run tradition.)
Skills

For more information about Skills call Rick Toyne at 532-5866

AUDIOPHILE BASICS $06
John Heritage 537-4708
One Time: Tuesday, 7:30pm, Sept 29
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 30
We will attempt to cover all aspects of home audio equipment including basic functions of individual components (turntables, receivers, tape decks, speakers, equalizers, etc.), speaker placement, troubleshooting, and tips on selecting and matching equipment. (John has been involved with audio equipment for 17 years.)

CUSTOM WELDING $09
Harris L. Holloway, Jr. 776-9620
Tuesdays 7-8pm First Meeting: Sept 22
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10
This course will cover arc welding, acetylene welding, types of welding rods, Mig & Tig welding, cast iron welding, changing gauges on bottles and types of metals. If you are working on a home project or just interested in welding, this class is for you. (Harris has done custom welding for five years.)

BUILDING A KANSAS CRUISER $10
Jim Croemer 537-8616
One Time: Monday, 7pm, Oct 12
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Remember that giant heavyweight bicycle of your youth; the one with curved frame bars, chrome fenders, and big spring on the fork? It may live today in California or Florida as a "Beach Cruiser." The "Cruisers" are coming to Kansas. Learn how you can own a "Custom Kansas Cruiser" without spending $200 plus on a re-manufactured "oldie" or a glorified BMX bike. (Jim has built and conditioned dozens of bikes and is a member of the Bluemantle Bike Club.)

PRINTING FOR CONSUMERS $16
DeWayne Marcellus 775-6599
One Time: Wednesday, 7-830pm, Sept 30
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Knowing how to get what you want is not easy. This is especially true when it comes to getting a poster, flyer or other printed publication to turn out "just right." We will begin with some history of the printing trade and then concentrate on what you should be able to tell a printer so that you'll get what you want. (DeWayne has been involved in the printing trade for 10 years.)

CHAIR SAW SAFETY & MAINTENANCE $08
Bob Alcind 776-6656
One Time: Saturday, 7-4pm, Oct 24
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 12
Topics covered will be: a brief history of the development of the modern chain saw, proper maintenance and care of the equipment, chain saw accessories, chain saw safety and proper procedures when operating the equipment will be emphasized. (Bob owns and operates a small engine repair service.)

FIREWOOD PROCESSING $07
Lee Gould, Fred Atkinson, Ray Aulin 532-5752
One Time: Tuesday, 6:30pm, Sept 29
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
A field trip will be taken to cover processing of trees, BTU ratings, timber management, timber stand improvement, and chain saw safety. Literature will be handed out. (Lee, Fred and Ray are extension foresters.)

BICYCLE MAINTENANCE $11
Dave Colburn 539-5639
Section I: Monday, 7-930pm, Oct 5 & 12
Limit: 10 each section
Section II: Monday, 7-930pm, Oct 26 & Nov 2
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
In this class we will identify all the parts of a bike, explain how those parts work together, and discuss how to keep them running smoothly. (Dave has been riding, racing and fixing bikes for years and years.)

MODULAR RAILROAD DEMONSTRATION $15
Richard Napper 539-3837
One Time: Tuesday, 7-8pm, Nov 3
Location: Register and you will be contacted
The modules for this modular railroad system are built to specifications by different people, each module with its own theme. The modules are then brought together and connected. This demonstration has been set up in Kansas City, Topeka, and Omaha. Come see the demonstration and find out how and why it was built. (Richard is president of the Manhattan area rail joiners, a local railroad club.)

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BASIC AUTO MECHANICS
Saturdays, 1pm, you will be contacted for dates
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 15
Why pay $25 an hour for something you can do yourself? This class will teach you some very simple car repair procedures which can save you lots of money, spenders only, please. (Jerome, an auto vo-tech graduate, was a basic course instructor in the Air Force.)

BASIC AUTO BODY REPAIR
Alan Clark
776-5333
One Time: Tuesday, 7-9pm, Nov 17
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
This session is on the basic mechanics of repairing minor auto body problems. A discussion and hands-on session covering techniques of repairing dents, rust damage and paint loss will be included. (Alan has owned and operated Alan Clark Body Shop, Inc. for 15 years.)

CARE AND FEEDING OF YOUR VW
Saturdays, 1-3pm, Sept 28, Oct 10
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10
This class will cover maintaining your VW with lots of tips from on-the-job experience in keeping VW’s in top shape. Bring your questions concerning your bug, bus, thing, or type 3. (Terri and her husband have run J & L Bug Service in St. George for 8 years.)

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Skills
WOODWORKING

SPINDLE TURNING W01
Dick Stater 539-3932
One Time: Tuesday, 7:30-10pm, Nov 17 Location: Register and you will be contacted Class Fee: $3.00, pay with registration Limit: 6
Turning spindles on the lathe can be both fun and easy. The spindles can be used in furniture building and repair, crafts projects, toys, and decorative accents. Basic procedures and lathe safety will be stressed.

WOOD FINISHING W09
Dick Stater 539-9312
One Time: Tuesday, 7:30-10pm, Nov 10 Location: Register and you will be contacted Class Fee: $3.00, pay with registration Limit: 12
This class will cover the various kinds of wood finishes available: oils, stains, paints, varnishes and lacquers. Samples will be used to discuss their advantages and disadvantages, when and how to use them.

BUILDING YOUR OWN WATCHE W02
Bob Knopp 537-0837
One Time: Thursday, 7pm, Sept 17 Location: Register and you will be contacted Class Fee: $3.00, pay with registration Limit: 30-40
Considering building your own wathet? This class will cover basic construction procedures for the three basic types of watch-wraps, including personal and decorative. Materials will be available. (Bob has been selling and installing watcches for 12 years.)

THE BASICS OF STRIPPING FURNITURE W03
Kevin & Ginny Patterson 532-5866
One Time: Saturday, 1-5pm, Oct 3 Location: Register and you will be contacted Class Fee: $3.00, pay with registration Limit: 20
This class will include general knowledge on stripping and refinishing furniture including the process of stripping, cleaning, staining, sanding and varnishing. Kevin and Ginny will show you their projects and give you tips on how to do your own work. (The basics of this class have been refinished furniture for several years.)

BOWL TURNING W04
Loyal "Bo" Garrels 537-2229
One Time: Tuesday, 7-9pm, Oct 6 Location: Register and you will be contacted Class Fee: $3.00, pay with registration Limit: 6
An introduction to the wood lathe will be presented. Bowl turning, what not shelving, serving trays will be demonstrated. Participants will have the opportunity to learn the safe operation of equipment and complete a small project (on the past 10 years he has created a fulfilling hobby of woodworking for himself.)

WOODWORKING FOR BEGINNERS W05
Dick Stater 532-5866
One Time: Thursday, 7:30-10pm, Oct 13 & 15 Location: Register and you will be contacted Class Fee: $5.00, pay with registration Limit: 8
This course is for those with little or no experience with tools. The proper use of hand tools, and tool safety will be stressed. Some power tools will be included. The goal will be to make a straight, square cut, drill a perpendicular hole and hammer a nail (instead of a thumb). If you decide after this class to tackle a woodworking project, you may join the woodshop co-op.

WhITLING W06
Wilbur Coffee, Jr. 776-4156
One Time: Thursday, 7-9pm, Oct 22 Location: Register and you will be contacted Class Fee: $3.00, pay with registration Limit: 12
Inside every block of wood is an animate being, struggling to get out. This class will demonstrate the general procedures of whitling in the techniques, equipment and safety. If participants are interested, a hands-on class may be offered in the spring. (Wilbur first learned how to whitle at a YMCA course and now exhibits his work at craft sales in the area.)

LAMINATES AND VENEERING W07
Dick Stater 532-5866
One Time: Tuesday, 7:30-10pm, Oct 27 Location: Register and you will be contacted Class Fee: $3.00, pay with registration Limit: 8
This wood veneers and plastic laminates, such as Formica, are relatively easy, inexpensive ways of refinishing, beautifying or protecting table tops, counters, etc. Covered in the course will be the process of applying, trimming, and finishing.

WOODSHOP CO-OP W01
Dick Stater 539-3932
Wednesday, 7:30-10pm, Sept 16 (organizational meeting) Location: Register and you will be contacted Class Fee: $50, semester, $41/year, payable at registration
Located in the UPM Solar addition, the woodshop is equipped with a wide variety of power and hand tools, including a radial arm saw, table saw, shopvice for equipment and facilities, and an introductory meeting. The membership fee is $50 and an introductory meeting will include instruction in the use of the facilities. A workshop meeting will be held to discuss the operation of the shop and the membership fee. Further details. (Dick is the workshop coordinator and a profesisonal woodworker.)

JOINERY W08
Alan Edgar 539-6521
Tuesday and Thursday, 7:30-10pm, Nov 3 & 5 Location: Register and you will be contacted Class Fee: $5.00, pay with registration Limit: 8
The art of joinery has long been a valuable skill among artisans wishing to produce high quality, well-crafted wood work. Alan will bridge the gap between reading about and making strong, attractive woodworking as well as functional joints for low-cost construction with plywood and composition board will be demonstrated. (Alan is a woodworker with a flair.)

HOMES
EVERYTHING YOU NEED TO KNOW ABOUT BUYING A HOME 501
Sharon O'Neal 776-4733
One Time: Thursday, 7-9pm, Sept 17 Location: Register and you will be contacted Class Fee: $3.00, pay with registration Limit: 30
This class will cover what you need to know about furnishing a home, what to look for, different types of mortgage choices available, how to deal with a lender and what to consider when deciding whether to rent or buy. (Sharon is a loan officer at a local savings and loan company.)

SEMINAR ON INTERIOR DECORATING 502
Evelyn Everett Knowles 776-7299
Section 1: Tuesday, 6:30-8:30pm, Sept 22 Section 11: Wednesday, 6:30-8:30pm, Sept 23 Location: Register and you will be contacted Class Fee: $3.00, pay with registration Limit: 20
Need some new decorating ideas for your home or apartment? In this class we will discuss decorating trends and look at some examples of materials and products. Please bring questions, decorating problems, or ideas to talk about. (Evelyn is an interior designer in Manhattan and has taught interior design classes at KCS.)

CREATIVE HOME LIGHTING 503
Jeff Endecott 776-1832
Wednesdays, 7-9pm, Oct 14 & 21 Location: Register and you will be contacted Class Fee: $3.00, pay with registration Limit: 15
There are many ways lighting can be used to brighten up your home. This class will include a general discussion of residential lighting concepts including the types of lighting fixtures to light Ng systems, and what types of lights to use in different situations. Two films on residential lighting will be shown and as a large variety of different fixtures commercially available. (Jeff has been in the residential lighting business for ten years.)

BASIC HOUSE Wiring 504
Richard Napper 539-3837
Tuesdays, 7pm First Meeting: Sept 22 Length: 5 times Location: Register and you will be contacted Class Fee: $5.00, pay with registration Materials Fee: $5.00, pay at class
This course will cover the tools and test equipment needed for a homeowner to service and repair house wiring. Richard will teach the proper way to add additional wiring to their houses including basic theory, specifying wire sizes, switches and receptacles, electrical codes, and wiring circuits. An 80-page home manual on house wiring will also be distributed. Women are encouraged to attend. (Richard is an electrical engineer and a master electrician who owns his own electrical contracting business.)

HOUSE REMODELING: URBAN HOUSE TOUR 505
Gary Sweet 539-3365
One Time: Friday, 6:30-7:30pm, Oct 2 Location: Register and you will be contacted Class Fee: $3.00, pay with registration Limit: 24
This tour will include a slide show depicting the restoration of the Urban House. The structure was built with locally manufactured brick and is listed on the National Register of Historic Places. It was recently renovated for use as an architects office. (Gary is a Manhattan architect and was general contractor for the restoration of the Urban House.)
Fine Arts & Crafts

For more information about Arts and Crafts, call Janet Holcomb at 532-5866.

UWM Winter Crafts Festival

Irene Levy

Friday and Saturday, 11am-5:30pm, Dec 4 and 5
Location: UWM Vauca, 2021 Thurston

Sell your handmade goods at the UWM Winter Crafts Festival! Participate in the festive atmosphere of pre-Christmas excitement. Please sign up - include your address, and you will be sent a registration form with information as to time and area assignment for the sale. It will be held the first weekend of December. (Irene is a professional area potter and has organized the previous Christmas crafts sales for UWM.)

Quilting

Mildred Nelson

Mondays, 7pm
First Meeting: Sept 21
Length: Ongoing
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10

Quilting has evolved through the years from a "necessary task" to a new decorative art form. Come watch the basics as Mildred works on one of her quilts and offers some helpful hints to start your own. (Mildred has been quilting for many years.)

Crocheted Rag Rugs

Rosemary Dukelow

One Time: Monday, 7:30pm, Oct 26
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10

Rosemary can show you how to crochet old scraps of material into lovely, useful rugs. Every rug will be unique and have the hand-made touch. This inexpensive craft adds your personal taste to a room. (Rosemary likes to share her skills with others.)

Weaving for Kids

Cathy Curry

Wednesdays, 7pm
First Meeting: Sept 16
Length: Ongoing
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10

Have fun making your own wool loom and learning basic weaves to be used in card weaving, wall hangings and even clothes! (Cathy teaches at the Living-Learning School.)

SWEDISH WEAVING

Fran Zarev

Wednesdays, 7:30-2:30pm
First Meeting: Sept 16
Length: 4 times
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 6

Sometimes called Swedish Embroidery, this Scandinavian art of embroidery is worked on truck toweling. You can make a special set of guest towels or beautiful Christmas gifts. (Fran enjoys teaching this little known technique to others.)

Susan Warden

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Arts and Crafts.
THE MYTHICAL TOOL A36

Anita L. Gordon

Tuesdays & Thursdays, 7pm. First Meeting: Oct 20
Location: Register and you will be contacted
Class Fee: $15.00. Pay with registration
Limit: 12

The mythical tool is a concept used by many cultures to explain the origins of traditional tools. This class will explore the symbolism and historical context behind these mythical tools, as well as how they have been adapted into modern tools. Materials will be provided for each participant. No prior experience is necessary. (Class will meet on site to discuss the history and significance of the tool.)

BEGINNING GAUDB A15

Greg Bryan

Wednesdays, 7:30pm. First Meeting: Sept 16
Location: Register and you will be contacted
Class Fee: $25.00. Pay with registration
Limit: 12

Beginning Guitar is for beginners who have never played the guitar before. This class will cover the basics of guitar playing, including chord progression, strumming, and simple melodies. Attendees will also have the opportunity to play along with other students and perform in a small group setting.

BEGINNING SCULPTURE A07

Linda Toomer

Wednesdays, 7pm. First Meeting: Sept 23
Location: Indoors
Class Fee: $10.00. Pay at class

Beginning Sculpture is for beginners who want to learn the fundamentals of sculpting. This class will cover basic techniques such as modeling, carving, and finishing. Attendees will learn how to use various tools and materials to create their own sculptures. No prior experience is necessary.

WOODWIND ENSEMBLE A08

Jim Shanteau & Carol Harris

Mondays, 7:30pm. First Meeting: Sept 21
Location: Register and you will be contacted
Class Fee: $20.00. Pay with registration

Woodwind Ensemble is for students who want to learn how to play the flute, clarinet, or other woodwind instruments. This class will cover basic techniques such as breathing, embouchure, and musical reading. Attendees will have the opportunity to perform in a small group setting.

HISTORAMA A33

Geary County Historical Society and Junction City Arts Council

One Time: Saturday, 1-4pm. Oct 12

Historama is a return to the good old days. Craftsman will give free demonstrations of pottery, sleigh riding, butter making, spinning, wood carving, story telling, whistling, dulcimer playing, hat making and square dancing. Enjoy popcorn, cider, homemade ice cream and take part in the old timey canoe walk. Old-timey fire engines will be displayed. The museum at 117 W. 7th will be open with a new display of quilts from the area.

SCIENCE FICTION/FANTASY GROUP A35

Nancy J. Pettit

Mondays, 6-10pm. Sept 23 & Oct 5
Location: Register and you will be contacted
Class Fee: $15.00. Pay with registration

Science Fiction is the reality of tomorrow. Be introduced to anonymity, a science fiction/fantasy club based in Manhattan. Members of anxiety attend science fiction conventions, discuss current trends in the genre, and are working on a convention in Manhattan within 2 years. Participants may be invited to join the club. (Nancy has been interested in science fiction/fantasy for several years and has attended many types of conventions. She is currently the president of ANONYM.)

Arts and Crafts
COUNTRY CROSS-STITCH
Kim Schumm
539-3641
Materials Fee: $5.00, pay at class
Limit: 8
This class will teach you how to make cross-stitch with even weave fabric. Patterns and designs are created by doing a basic cross-stitch within the weave of the fabric. Class will be organized at the wheel. This is a good chance to broaden your needlework skills. (Kim is very adept at many forms of needlework.)

BEGINNING CERAMICS - SECTION I
Sheila & Kate Maxham
776-0133
Materials Fee: $10.00, pay at class
Limit: 8
This class will explore the possibilities for creating unique and original pieces of stoneware pottery. As beginners, you will learn the techniques for hand building clay with such exotic tools as rolling pins and balloons. You will also learn to use a potter's wheel to produce vessels of many kinds. (Sheila has taught beginning ceramics before and enjoys working with clay for recreation. Kate coordinates the pottery studio.)

BEGINNING CERAMICS - SECTION II
John Holcomb, Leslie Black
485-2410 537-8893
Materials Fee: $10.00, pay at class
Limit: 8
This class will also explore the possibilities for creating unique and original pieces of stoneware pottery. As beginners, you will learn the techniques for hand building clay with such exotic tools as rolling pins and balloons. You will also learn to use a potter's wheel to produce vessels of many kinds. (John has taught UW ceramic classes before and is especially interested in hand-building. Leslie has taken numerous classes in the Ceramic Department at KSU and is very adept at the potter's wheel.)

BEGINNING CERAMICS - SECTION III
Kim Kepler
539-8791
Materials Fee: $10.00, pay at class
Limit: 8
This class will explore the possibilities for creating unique and original pieces of stoneware pottery. As beginners, you will learn the techniques for hand building clay with such exotic tools as rolling pins and balloons. You will also learn to use a potter's wheel to produce vessels of many kinds. (Kim enjoys working with clay and looks forward to sharing the fun with her class.)

RAKU POTTERY
Kate Maxham, Janet Holcomb
776-0133 485-2410
Materials Fee: $10.00, pay at class
Limit: 8
Raku, originating with the ancient Japanese Tea Ceremony, is a very spontaneous and exciting experience. The class will form, glaze, and fire their own pieces. You will also learn to use a gas kiln for use by this class. You will learn how to set it up and fire it when you load your own pieces. This Raku technique of reduction firing is unique in that each piece only takes about 20 to 30 minutes to complete so that you are able to see the finished results without waiting - unlike an oxidation firing. The first meeting will cover Raku background, techniques and Raku studio policy. (Both Kate and Janet enjoy the unique process of Raku.)

UPM POTTERY STUDIO CO-OP
Kate Maxham
776-0133
Materials Fee: $10.00, pay at class
Limit: 8
Raku, originating with the ancient Japanese Tea Ceremony, is a very spontaneous and exciting experience. The class will form, glaze, and fire their own pieces. You will also learn to use a gas kiln for use by this class. You will learn how to set it up and fire it when you load your own pieces. This Raku technique of reduction firing is unique in that each piece only takes about 20 to 30 minutes to complete so that you are able to see the finished results without waiting - unlike an oxidation firing. The first meeting will cover Raku background, techniques and Raku studio policy. (Both Kate and Janet enjoy the unique process of Raku.)

UPM POTTERS GUILD
Harold Moore
776-6904
The UPM Potters Guild is made up of professional potters in the Manhattan area. They usually hold two annual sales: one in the spring and one in the fall. If you would like more information, sign up and you'll be notified. (Harold is a professional potter in Manhattan and is a member of the Guild.)

ARTS AND CRAFTS
**SELF-IMPROVEMENT: A BETTER YOU**

**A23**

Nancy Brown

776-5257

Section I: Saturday, 1-3pm, Sept 19
Section II: Saturday, 1-3pm, Sept 26

Location: Register and you will be contacted

Class Fee: $3.00, pay with registration

LIMIT: 10

Is your skin smooth as you'd like it to be? Are you as attractive as you wish? Learn how to care for your skin, apply makeup as naturally or glamorous as you prefer, and to coordinate colors in this fun and informative class. Personal consultation also available at no charge for contouring problems. (Nancy is a graduate home economist who has enjoyed helping people improve their skin and personal appearance for the past 16 years.)

**CALLIGRAPHY I**

**A30**

Jean Hensen

537-4671

One Time: Wednesday, 7:30pm, Oct 7

Location: Register and you will be contacted

Class Fee: $1.00, pay with registration

Calligraphy is the art of fine handwriting. Jean will demonstrate writing the alphabet in three different scripts, using special pens and points. (Jean enjoys the art of fine hand lettering.)

**CALLIGRAPHY II**

**A11**

Carol Ann Norris

537-8993

Section I: Tuesday, 7:30-9pm, Sept 22

Length: 12 times

Section II: Thursday, 7:30-9pm, Sept 24

Section III: Friday, 7:30-9pm, Sept 25

LIMIT: 5 each section

Location: Register and you will be contacted

Class Fee: $10.00, pay with registration

This is an on-hand experience class in learning lettering of the Roman, Old English and script forms of calligraphy. This priestly skill will permit you to produce unique, attractive greeting cards, letters, to grace people's attention and sign that stop people in their tracks. Please bring these materials: a black India ink, regular pen point holder; 1 size holder and points 2 sizes 6 points (C-x and C-2); 1%-1 point and 7-9 oval points; 1 ruler, 1 pencil. (Jean has been practicing calligraphy for 16 years for both fun and profit.)

**BEGINNING CHINESE**

**A41**

Shawm Lai

539-7621

Section I: Tuesday, 7-9pm, First Meeting: Sept 22

Length: 9 times

Section II: Tuesday, 7-9pm, First Meeting: Oct 13

Length: 3 times each

Location: Register and you will be contacted

Class Fee: $5.00, pay with registration

Materials Fee: $5.00 per class

LIMIT: 26 each section

Beginning an easy and stimulating way to wear your hair this fall! We will cover 3, 4, 5 and strand braids, French braiding, fish tailing and 4-strand rope braiding. (Kim is a professional hair stylist and has taught this class before.)

**BEGINNING FRENCH**

**A42**

Ali Moussavi

539-0360

Mondays & Thursdays, 10am-noon

First Meeting: Sept 17 Length: 10 weeks

Location: Register and you will be contacted

Class Fee: $15.00, pay with registration

Vous-tuez parler francais? This course will teach words and phrases used in everyday conversation. We'll learn to read simple narratives and give written and verbal response. We will also look at the French culture. (Ali is a reader of French classics, especially of Hugo & Racine.)

**SIGN LANGUAGE: TO HEAR A HAND**

**A21**

Ian McAloney

537-4270

Tuesdays, 7pm

First Meeting: Sept 22

Length: 6 times

Location: Register and you will be contacted

Class Fee: $6.00, pay with registration

Materials Fee: $6.00, pay at class

"Your lightest word in hand lifts like a butterfly, or folds in liquid motion..." (Dorothy Mills.) For most deaf people in the United States, American Sign Language, created by the deaf for themselves - is the natural, most expressive, and most comfortable form of communication. Linguists' studies over the past two decades have shown that ASL is a true and separate language, not modeled on any spoken language, fully capable of communicating complex ideas and information. ASL "speaks" to the eyes, not the ears. Students will learn the basics of American Sign Language. We will concentrate on the manual alphabet, numbers, simple sentences and conversation, plus having some fun. There is an optional but highly recommended text available for about $6. (Ian has signed language several times before.)

**TUTORING CONVERSATIONAL ENGLISH**

**A40**

Donna Davis

532-6448

Section I: Thursday, 7-9pm, Sept 17

Section II: Monday, 7-9pm, Sept 21

1 class per session

Location: Register and you will be contacted

Are you interested in tutoring international students or their spouses in conversational English? No special training is required, only that you are sensitive to people from other cultures. Volunteers will be given a description of the Conversational English Program and plenty of ideas for each tutoring session. (Donna is Assistant Foreign Student Advisor and coordinates the Conversational English Program at the K-State International Student Center.)

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**BASIC BRAIDING**

**A22**

Kim Kvasnicka

539-7621

Section I: Tuesday, 7-9pm, First Meeting: Sept 22

Length: 9 times

Section II: Tuesday, 7-9pm, First Meeting: Oct 13

Length: 3 times each

Location: Register and you will be contacted

Class Fee: $5.00, pay with registration

Materials Fee: $5.00, pay at class

LIMIT: 26 each section

Braiding is an easy and stimulating way to wear your hair this fall! We will cover 3, 4, 5 and stride braids, French braiding, fish tailing and 4-strand rope braiding. (Kim is a professional hair stylist and has taught this class before.)

**CANDLE MAKING**

**A25**

Nell Schanek

539-5766

Section I: Wednesday, 7-930-930am, Nov 4

Section II: Thursday, 7-30-930am, Nov 5

Location: Register and you will be contacted

Class Fee: $5.00, pay with registration

Materials Fee: $1.50, pay at class

Make candles for gifts this holiday season. After we discuss candle types, waxes, wicks, molds, colors, scents, safety and tricks of the trade, everyone can create a personalized candle. (Nell enjoys making candles on long winter nights and has taught this class before.)

**BASIC SEWING**

**A36**

Helga Stomking

784-4517

Thursdays, 7pm

First Meeting: Sept 17 Length: Ongoing

Location: Register and you will be contacted

Class Fee: $3.00, pay with registration

Materials Fee: $8-$10.00, depending on cost of materials

LIMIT: 10

You love the new fall fashions but just can't afford that new skirt or blouse - right? Pick out a special project to sew and Helga will give you personalized instruction - from choosing a pattern to the actual construction of it. (Helga is an excellent seamstress who wants to share her skills.)

**BASIC EMBROIDERY**

**A20**

Carol Ann Norris

537-8993

Wednesdays, 1-3pm

First Meeting: Sept 23 Length: 6 times

Location: Register and you will be contacted

Class Fee: $3.00, pay with registration

LIMIT: 4

You will have some beautiful handmade embroidered gifts for the holidays when you finish this class. Learn basic cross stitch, outline, satin stitch, French knots and chain stitches with personalized attention from Carol. She will share different ideas for projects which you may choose to work on. (Carol learned this art form from her mother and would like to share her skill with others.)

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22

Arts and Crafts
TALKING SLIDES
Ernie Peck, Dan Ray
Section I: Wednesday, 7:30-9:30pm, Oct 28
Section II: Wednesday, 7:30-9:30pm, Nov 4 (only if needed)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class

Learn how to make title slides and word slides for your own presentations, color slides from black and white film in less than an hour.

(Clark and I have had great success with this class each semester.)

COPY WORK PHOTOGRAPHY
Clark Peters
Monday, 7-9:30pm, Sept 28
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class

Learn the secrets of copy photography! Discover the special photographic techniques and materials needed by architectural students and others who want photographs of drawings, paintings, old photographs, and other flat objects. Be amazed as the mysteries of lighting, film selection, and exposure are revealed for the first time! (Well, almost the first time.) (Clark is a photographer with a degree in Architecture.)

BEGINNING PHOTOGRAPHY
Ernie Peck
Section I: Tuesday, Wednesday, Thursday, 7:30, Sept 22, 23, 24
Saturday, 9am (all day), Sept 26
Tuesday, Thursday, Nov 3, Nov 5
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class

Limits: 10 per Section

Four evenings and a full day of instruction on how to operate and care for a 35mm camera. Film, processing, handouts, and a camera are furnished.
The camera must be returned but the rest is yours to keep. (Ernie has taught this many times with great success.)

PHOTO SEMINARS WITH WILL CROCKET
Monday, 7:30-9:30pm, Sept 21 - 40 Creative Picture Taking Ideas
Tuesday, 7:30-9:30pm, Oct 20 - Flash Photography
Location: Register and you will be contacted
Class Fee: $3.00 per session, pay with registration

Walt Crockett, past president of the Kansas City Camera Club and instructor for the Kansas Professional School of Photography, has been involved in photography for many years. These informative seminars will be held at a nice location and give you a great deal of information in a short time. Come and join us!
UKRAINIAN EGG DECORATION
Dyrja Dawidjak, Elaine Cole
Section I: Thursday, 7pm, Oct 29
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Ukrainian eggs are a traditional, centuries-old folk art which originated in the Ukrainian area of the USSR. Chicken 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 pencil. (This will be a farewell class for Dyrja. She has been sharing this special interest with many, many people in her 3 years of UFM classes. She learned the art from her Ukrainian mother. Elaine has been decorating eggs for 6 years - an elderly Czech woman taught her.)

BELLY DANCING FOR THE BEGINNER
Narisha
Section I: Wednesday, 7-9pm, First Meeting: Oct 7
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Limit: 15
Try an exercise that benefits yourself and pleases others! Emphasis will be on shaping up, learning basic steps and playing zills, (finger cymbals). We will teach on the dance of the Seven Veils, Sword Dance and Sultan's Dance plus how to perform for an audience. (Narisha has danced professionally and taught belly dancing for several years in the San Francisco area. She has also designed and made costumes for both students and professionals.)

INTERMEDIATE BELLY DANCE
Rasha
Section I: Monday, 7-9pm, First Meeting: Oct 5
Location: Register and you will be contacted
Class Fee: $20.00, pay with registration
Limit: 10
Get a taste of the Near East and learn the Candle Dance and the dances of the Shamoneh. You will use zills and veils and eventually create your own dance routine.

THE MAKING OF A BELLY DANCE COSTUME
Narisha
Section I: Saturday, 10am to 1pm, First Meeting: Sept 19
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Materials Fee: $5.00, pay at class
A series of 4 sessions on making belly dance costumes with the goal of everyone - student or professional - making their own costume.
Saturday, Sept 19
Saturday, Oct 3
Making harem pants, 2 styles of skirts and veils
Saturday, Oct 10
Construction of the bra top and belt

FLINT HILLS FOLK DANCE FELLOWSHIP
Kathy Miller
End of semester 7-9pm, First Meeting: Sept 13
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Several local dancers will present a wide variety of dances from all over the world. Every session will include instruction and review. No prior experience is necessary, and all ages are welcome. (The presenters have danced with college, recreational and exhibition groups and have taught for clubs, recreational dance camps, and university workshops.)

COUNTRY WESTERN SWING DANCE
Section I: Monday, Tues, Weds, Thurs, Oct 5, 6, 7, 8 - 9pm, 12 couples
Rosemary Dukekow, Pat Dreese
Section II: Wednesday, Thurs, Fri, Oct 30, 31, 30th 7:30pm
Steve Lindsay, Vicki Herbert
Section III: Monday, Oct 3, 4, 5, 6 thru 27 7pm
10 couples
Section IV: Tues, Oct 6 thru 27 7pm
10 couples
Section V: Wed, Nov 1 thru Nov 30 8:30pm
10 couples
Location: Register and you will be contacted
Class Fee: $7.00, pay with registration (per person)

DANCES OF THE COUNTRY PEOPLE
A09
Success
Section I: Fridays, 7:30-9:30pm, First Meeting: Oct 2
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 30
Come with your dancing shoes on! Bring any knowledge you may have to share. To participate in some reels, squares and other country dances. (Sue is looking forward to learning more about country dances.)

DANCE SAMPLER
A20
Jodie Demere
Section I: Tuesdays, 7:30-9:30pm, First Meeting: Sept 22
Location: Register and you will be contacted
Class Fee: $30.00, pay with registration
Limit: 30
Come and learn different forms of dance all in one class. You will get a sample of various ballets, 2 weeks of exercises, 2 weeks jazz and modern and 2 weeks of lyrical aerobics. We will be flexible to change and concentrate on the interests of the students. Leotards and tights are the preferred wear but if unavailable, please wear shorts and t-shirts. (Jodie has taught ballet, jazz, tap, aerobics and other dance forms in Boston, Mass., Emporia and Manhattan.)

PHOTOGRAPHY
A51A
UFM DARKROOM COOPERATIVE
Section I: Saturdays, 2-4pm, First Meeting: Sept 19
Location: Register and you will be contacted
Class Fee: $30.00, pay with registration
Limit: 10
Learn from the fun and excitement of developing and printing your own black and white film. This class includes an introduction to darkroom processes, an actual demonstration in the UFM darkroom, all necessary texts, and membership in the UFM Darkroom Cooperative.

BEGINNING PHOTOGRAPHY
A51C
Staff
Section I: Sundays, 2-4pm, First Meeting: Sept 19
Location: Register and you will be contacted
Class Fee: $30.00, pay with registration
Limit: 10
This is a basic survey covering the basics of camera operation, basic picture taking techniques, and photographic composition guidelines.

NATURE PHOTOGRAPHY - A CLOSE-UP VIEW
A610
Ed Pemberton
Section I: Tuesdays, 7-9pm, First Meeting: Sept 21
Location: Register and you will be contacted
Class Fee: $3.00, pay at registration
Limit: 10
Learn to capture the beauty of nature. (Ed is the West Central Regional Representative of the National Audubon Society.)

PHOTOGRAPHY FOR ANYONE
A52
Norm Hoffman
Section I: Thursdays, 6:30-8:30pm, First Meeting: Sept 19
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Limit: 10
A course designed to meet the needs of the participants by focusing on basic "how-to's" to advanced techniques. Learn what you want to know about picture taking, developing and printing. Amount of materials will depend on how extensive the individual's project is. (Norm is the Director of the Media Center at KSU College of Education.)

Arts and Crafts
**BIPOLAR PERSONAL GROWTH SEMINAR**

Rod Saunders

**Time & Location:** Contact Rod directly before Sept 14 for instructions
**Class Fee:** $27, non-student; $21, student - pay at class

Bi-Polar uses a psychological inventory process to help discover your basic strengths. It is simple and clear so that you do not need to be an expert in the field of psychology to understand and benefit from it. The inventory leads to better understanding of your strengths and potential and more confidence in your relationships with others, insights into how to communicate more effectively with others, and an overall plan of action for your personal growth. While these are big claims, the personal experiences of those who have gone through the seminar demonstrate that they can be delivered.

**INTRODUCE YOUR RELATIONSHIP TO TRANSACTIONAL ANALYSIS**

Don & Imita Fallon

**Time:** Thursdays, 7:30pm
**Location:** First Meeting: Sept 24 Length: Indefinite

This is an enriching group supporting couples in building communication skills, self-understanding of parent-child ego state interactions and family life script or role expectations. Emphasis will be given to developing skills in handling conflict, developing a healthy fight style and coping with feelings of anger, sex or love, trust, caring, confidentiality and options will be stressed. (Don is Lutheran Campus Pastor and also works with the KSU Center for Student Development. Imita often co-leads with Don in workshops for couples.)

**PARENT EFFECTIVENESS TRAINING**

Don & Imita Fallon

**Time:** Wednesdays, 7pm
**Location:** First Meeting: Sept 30
**Class Fee:** $3.00, pay with registration

This workshop will train parents in the communication skills and philosophies of Thomas Gordon in his Parent Effectiveness Training program. Parents will learn a system to better understand and a child's behavior, roadblocks to communication and to practice skills of listening, empathy will be given to parent-child problems solving with a no-won-lost method. (Don and Imita are certified instructors of P.E.T.)

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**MILL, WELLNESS**

David S. Danzkin

**Location:** Register and you will be contacted
**Class Fee:** $10.00 or $23.00/session
**Limit:** 40 each/session

September 16: "What is Wellness?"
- We will watch a video tape by one of the leading national proponents of wellness - Bill Hettler, MD, followed by a discussion among those attending. Bill makes wellness come alive in what has proven to be one of my most popular videos.

September 23: "An Introduction to Stress Management Strategies"
- A workshop in which we'll introduce to strategies for more creatively directing the normal stresses of your daily life. Come dressed comfortably as we'll be learning stretches, sitting on the floor as well as practicing some relaxation techniques.

September 30: "Fitness as a Part of Weight Reduction"
- We'll watch an exceptional video tape of Charles Kurttlaen, EdD, national consultant on fitness and weight regulation, followed by a discussion among those attending. Then each person will pick one change to make towards wellness.

October 7: "Nutrition for the 80's"
"This is a dynamic video tape by Vicky Newman, RD, MS, Dietician/researcher at the University of California, San Diego Hospital. We'll follow it with a discussion and each person picking one nutritional change towards increased wellness.

October 14: "Depression"
- The talk inspired me as much as any I've heard in a long time. Ken Pelletier, PhD, author (Mind as Healer, Mind as Slaver) lecturer, researcher, talks about his studies of S.S. cultures in which significant percentages of people live to be well over 100 years old. We're learning a lot from them about how to enjoy life and live longer. And, this video presents it in such a personal and useful way. It should stimulate each of us to make another choice towards wellness.

Nora is a counseling psychologist in the Counseling Center at K-State University. She is interested in helping persons (including herself) learn healthier lifestyles. She's had over a dozen years experience in offering programs in relaxation, biofeedback, stress management and personal enhancements.

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**Inner Self**
TREASURE ISLS AND STRESS SKILLS | R05

On Falling
He Time: Saturday, 9:00am-5pm, Oct 10
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Stress is a fact of life: studies, exams, relationships, jobs, finances, fear of failure, loss of the future, illness and depression. Our whole person is affected physically, emotionally intellectually, socially, spiritually. We will focus on evaluating our lifestyle and shaping practical strategies for coping with stress.

HEALTH & DYING | R06

Rod Sanders

Wednesdays, 7:30pm First Meeting: Sept 23 Length: 8 times
Location: Register and you will be contacted

This workshop is designed to expose participants to feelings, reactions, thoughts, and ideas concerning the various aspects of death and dying. This will be accomplished through discussion and by written exercises that enable each person to discover his/her own feelings, reactions, etc. (Rod led a workshop on Death and Dying for 13 consecutive semesters and taught the class at SUNY at Buffalo.)

TRACK MINERALS & TOXIC METALS | R08

Dr. J.R. Cortner

One Time: Monday, 3-4pm, Oct 26
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

One of the most important discoveries to your health in the past 10 years has been trace minerals and other metals. Also toxic metals can cause serious health problems and go undetected. Dr. Cortner will discuss the importance of nutritional balance in healing. (Dr. Cortner practices chiropractic, acupuncture and nutritional counseling in Manhattan.)

GOING BACK TO SCHOOL SUPPORT GROUP | R09

Dee Locker

Wednesday, 7:30pm First Meeting: Sept 16 Length: Ongoing
Location: Register and you will be contacted

Non-traditional students currently enrolled who would like to share their experiences about their return to college are encouraged to participate in this informal discussion group. You will receive information about the Faculty Organization and the on-campus support group. (Dee is the president of the Faculty Organization on campus.)

RETURNING TO SCHOOL | R09

Margaret Novina, Buzz Murf

One Time: Thursday, 7-8:45pm, Oct 22
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 and to find answers to your questions. (Margaret and Buzz are KSI faculty whose work involves adult students new to K-State.)

ASSISTIVE PHOTOGRAPHY | R10

Linda Tener

Tuesdays, 7-8:30pm, Oct 1 & 8 (2 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $5.00, pay at class

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

APPROPRIATE ASSERTIONS | R11

Virginia Acheson, Susan Scott Angle, Sylvia Turkman

Thursdays, 9:30-10:30am First Meeting: Nov 8 Length: 3 times
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 25

A workshop designed to introduce and develop skills, words, phrases, behaviors and ideas that make individuals more capable of relating to others in ways that meet their own needs. Participants are expected to attend all sessions. (Virginia, Susan and Sylvia are all staff members at the KSU Counseling Center and are interested in their own and others continuing growth in assertion.)

CAREER DEVELOPMENT GROUP | R12

Steve Deters

Section I: Saturday, 8:30am-1:30pm, Oct 18
Section II: Saturday, 8:30am-1:30pm, Nov 21
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $4.00, pay at class
Limit: 25 each section

The workshop is designed to assist in acquiring skills and information necessary for appropriate career decision-making. The Strong Campbell Interest Inventory helps individuals look at their personal interests in relation to a variety of careers. The inventory must be scheduled with Marianne, in the Counseling Center, KSU, two weeks prior to the workshop. Students costs are covered through KSI fees.

(Steve is a counselor with the KSI Counseling Center.)

JOB SEARCH WORKSHOP | R13

Steve Deters

One Time: Saturday, 8:30am-3:30pm, Dec 5
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 20
Plan your job search now. This workshop is designed to help participants develop skills that are important in locating and acquiring a job. Where and how do they look, resume writing and interviewing are all discussed and practiced in a supportive group environment. Student's costs are covered through KSI fees.

LIFE PLANNING WORKSHOP | R14

Steve Deters

Section I: Saturday, 8:30am-1:30pm, Sept 19
Section II: Saturday, 8:30am-1:30pm, Nov 14
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 25 each section

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

FREEDOM FROM SMOKING IN 20 DAYS | R15

L. O. Bannock

Tuesdays, 7:30-8:30pm, Nov 17, Dec 8 (2 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 30

"Freedom" is an innovative, self-help smoking cessation program designed to help those smokers who want to quit "on their own." The program is presented by a short slide/tape presentation followed by group participation exercises and distribution of materials. (Louise is an experienced group facilitator in smoking cessation programming.)

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WHAT IS LA LECHE LEAGUE? R16
Kay Ring
One Time: Saturday, 10am-12noon, Sept 26
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 nutritious benefits and personal satisfaction that comes with breast feeding. (Kay is a certified La Leche League Leader and has breast fed her children.)

CAESAREAN BIRTH CLASS R17
Sue Zichowski
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 caesarean parents. (Sue is a caesarean birth mother.)

EARLY PREGNANCY R18
Rita Raff
Time and Location: Register and you will be contacted
Start early in your pregnancy to learn about proper maternal nutrition, body conditioning and preventable birth defects. You and your child will be glad you did. Discussions also include birth planning and relaxation techniques. Slides will be shown on fetal development and nutrition.
(Rita is a member of the Childbirth Education Association of Manhattan.)

LARGE CHILD BIRTH CLASSES R19
Cindy Moyer
Eight Week Session will start on each of the following dates:
September 12, 20, October 19, November 2, 19
Register and you will be contacted for time and location
Materials Fee: $25.00, pay at class
Limit: 7 Couples
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 films. Classes are small and informal. (Cindy is a trained childbirth educator.)

GROWING UP WITH PRE-SCHOOL CHILDREN R20
Sharon McCaffrey
Saturday: 9:15-11:15am, except Oct 29
Location: Register and you will be contacted
If you have an interest in pre-school children, please join us for our Informal monthly meetings. We attempt to share all that we can about the needs of children under 6 years of age. Our meetings include a speaker who will discuss issues. A nursery is provided.
Sept 10 “Services provided by Riley County Health Department”
Oct 8 Special night meeting: 7:15-9:15pm, Regular location, “Parents Rights in School and Hospital Situation”
Nov 12 “Learning Disabilities and other physical problems interfering with learning”
Dec 10 Toy exchange

YOUR CHILD’S FEET R22
Joseph A. Svoboda B.P.
One Time: Tuesday, 7pm, Sept 29
Location: Register and you will be contacted
Materials Fee: $3.00, pay with registration
Normal and abnormalities of the child’s foot ranging from birth to adolescence will be covered. The session will also try to clear up some questions of “corrective shoes.” (Dr. Svoboda is a practicing Podiatrist in Manhattan.)

RACE FOR LIFE - CPR R24
Emel Forrester
Wednesday: 1-3pm, Sept 30
Location: Register and you will be contacted
Materials Fee: $2.00, pay at class
Limit: 12
CPR is a combination of artificial respiration and artificial circulation. It can save many lives (for instance, if started within 1 minute, it can save 92% of heart attack victims). However, it can cause serious harm if administered improperly. Learn the right way and earn a Red Cross Certification. The fee will cover book costs. (Emel is a certified Red Cross First Aid Instructor.)

FIRST AID AND MULTIMEDIA R23
Emel Forrester
One Time: Saturday, 9am-5pm, Oct 17
Location: Register and you will be contacted
Materials Fee: $6.00, pay at class
Limit: 12
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. There is a fee of $6.00, which covers materials, workbook and tests. If you have the Red Cross Standard First Aid and Personal Safety Textbook (the blue book), the fee will be $4.00.

FIRST AID MULTIMEDIA INSTRUCTOR’S COURSE R24
Emel Forrester
One Time: Saturday, 9am-5pm, Oct 17
Location: Register and you will be contacted
Materials Fee: $1.00, pay at class
Limit: 6
This course is for those people who hold a current standard First Aid Personal Safety, or multi-media certification and who wish to become certified instructors of Standard First Aid multi-media. Participants must be at least 17 years of age.

CPR INSTRUCTOR’S COURSE R25
Emel Forrester
One Time: Saturday, 9am-5pm, Oct 3
Location: Register and you will be contacted
Materials Fee: $1.00, pay at class
Limit: 6
This class will prepare you to become a CPR Instructor. You must be at least 17 years of age and hold a current certificate in Standard CPR. This will be a 7-9 hour class.

THE SHORTER WORKS OF TILTLICH R26
A. David Stewart
Thursday: 11-12:15pm. First Meeting: Oct 35
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
Limit: 10-12
Over our lunch breaks, we will read and discuss selections from some of the shorter works of theologian Paul Tilmich, such as The Courage To Say, The Lone Pilgrim, and Last prayers of a Hem. The primary focus will be on those works which relate to our own experience. (Dave is a campus minister who has been teaching Tilmich for several years.)

EVENING DISCUSSION GROUP: YOUR RIGHT TO KNOW R27
Susan Grimes
Alternate Mondays, 7-10pm. First Meeting: Sept 28
Location: Register and you will be contacted
Materials Fee: $1.00, pay with registration
Now in its eighth printing, Your Right to Know by the present living Eckhardt, Gailman Cross, tells you what heaven is here right now. The book covers such topics as the spiritual body of man, abortion, the illusions of death, man’s image of God and the awakened consciousness. With Eckhart you learn to live in harmony with life and handle your day-to-day situation from a higher viewpoint. (Susan is an Exist who has studied for six years.)
Yoga Over 40  R32  539-0495
Bert Franklin  
Tuesdays, 5:30-6:30  First Meeting: Sept 22  Length: 8 times  
Location: Register and you will be contacted  
Class Fee: $10.00, pay with registration  
Limit: 8  
An introduction to yogic breathing (pranayama) and some yogic asanas which, though not strenuous, will reduce the mental and physical distress associated with middle age and the advancing years. There is no upper age limit. Recommended dress: men, running shorts, women, leotards. Please bring your own mat.

Yoga  R33  539-0495
Bert Franklin  
Thursdays, 5:30-6:30pm  First Meeting: Sept 17  Length: 8 times  
Location: Register and you will be contacted  
Class Fee: $10.00, pay with registration  
Limit: 8  
Regular yogic practice can bring greater self-knowledge and enjoyment of the body and mind. It can help foster a feeling of vitality, and physical and mental well-being. In this class we will learn the basic asanas and pranayamas. Please bring your own mat and dress comfortably. (In February 1981, Dr. Franklin was invited to present the invitational inaugural class in the Santana International Center at Parinadel Ray, California.)

Siddha Yoga  R34  
Steve Parrott  
Thursdays, 7:30pm  First Meeting: Sept 17  Length: 4 times  
Location: Register and you will be contacted  
Class Fee: $10.00, pay with registration  
Meditation brings balance to the mind. It allows us to experience our fullest potential in all areas of life. In this 4-week course we will practice and discuss all aspects of Siddha Meditation, which is both simple and effective. (Steve is a certified teacher in Siddha yoga meditation.)

Introduction to Zen  R35  
Leon Rappaport  
Register for this class and you will be contacted for time and place.  
Zen is not theology. It is a way of being in the world which embodies certain qualities of consciousness and awareness. Zen meditation is called Zazen. It means sitting. Zen means that concentration in which you are one with everything. Zen Mind Beginner’s Mind by Shunryu Suzuki Roshi will serve as the basic text. This class will also include taped lectures and zazen instruction. (Leon is a psychology professor.)
AN OVERVIEW OF THE MARTIAL ARTS

PO1
Bradley Arnall & Ron Anderson
539-8119
One Time: Tuesday, 7:30-9:30am, Sept 22
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
The course will cover history, philosophy, and principles of the martial arts. You will learn about various disciplines and practical aspects of the arts. Their main emphasis will be on Chinese Internal Health Kung-Fu, however, Karate (Japan), Tae Kwon Do (Korea), Aikido (Japan), Tai Chi Chuan (China) and Kempo (Okinawa) will be covered. (Ron and Brad have studied most major systems taught in the west, and currently practice a Taofist Kung-Fu System.)

TAKE SUD DO KARATE

PO2
Joel Gedenberg
537-7093
Tuesdays and Fridays, 7-9pm, First Meeting: Sept 28, Length: 20 sessions
Location: Register and you will be contacted
Class Fee: $30.00, pay with registration
Limit: 20
Tang Soo Do is a traditional form of Karate requiring discipline, practice, and hard work. Progress is up to the individual. The goal of the class will be to teach beginners the basics and bring them to fighting level. (Cost is a first degree black belt with five years experience in the martial arts.)

TAT CHI CH'IAI WORKSHOP/WEEDEND

PO3
Marc Masser
Saturday, 9-11am and 1-4pm, Sept 26
Sunday, 1-4pm, Sept 27
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 10
Tat Chi Ch'iai 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 and deep style of Tat Chi. Taught by the instructor. In addition, students will learn related exercises for health. (Marc studied Tat Chi in Ipom, Malaysia and Vancouver, Canada.)

CHINESE EXERCISE FOR THOSE OVER 40

PO4
Bradley Arnall
539-8119
Wednesdays, 7:30-8:30pm, First Meeting: Sept 23, Length: 8 times
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 10
Based on various health, yoga, and martial arts systems, we will guide stretching and movement for stimulation of the circulatory, respiratory, and nervous systems (as well as general health.)
"Buying stereo equipment should be an exciting, enjoyable experience—not a hassle."

"Your decisions should be made carefully in a relaxed atmosphere—not hurried or pressured."

"Equipment should be selected to fill individual needs and desires—not prepackaged or impersonalized."

The Sound Shop
1204 More
Manhattan's alternative to hype, hassle and high pressure.

Volleyball for fun
Lois Morales
Tuesdays & Thursdays, 6:30-8:30pm
First Meeting: Sept 22
Length: Continuing
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Volleyball can provide low-key competition, exercise and a great time for beginners to those advanced. Nets and balls will be furnished. (Lois has played UH volleyball for years.)

BEGINNING TENNIS
Kevin Bailey
Sunday, 9-10am, First Meeting: Sept 20
Length: 6 times
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Limit: 20
Tennis lessons will cover serve, forehand, backhand, volley, court tactics, equipment selection and the rules of the game. Bring a can of marked balls and a racquet. (Kevin has played tennis for seven years including competition in high school.)

REAL A-PARTNER/ TENNIS/RACQUETBALL/INDOOR GAMES
Neil Schranker
Wednesday, 5pm, Sept 30
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
This is an opportunity for you to get some challenging experience and to meet new faces. At registration, indicate the game, your skill level, days and times available, and UMP will compile a list for you. (Neil coordinated this class last year.)

ADVANCED LIFESAVING
Tom Deaver & Joan Robinson
Sunday, 12-1pm
First Meeting: Sept 19
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Materials Fee: $2.25, pay at class
Want to be a lifeguard? Safety in and on the water and the ability to assist or rescue a person in danger of drowning are what this class is about. Some topics to be covered include: personal safety, equipment rescue, water rescues, defenses, lifeguarding, survival swimming and respiratory emergencies. You must be age 15 or over to register for this class. (Tom and Joan are certified water safety instructors by the Red Cross.)

Making Tracks (Fun Running)
Leon Newbanks
Mondays, 7-9pm
First Meeting: Sept 21
Length: 3 times
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Getting started in the great sport of fun running will include precautions for beginners, getting started, warming up, progressive conditioning, and "Making Tracks" log book. Only three class periods are scheduled. However, awards will be made during the semester as participants achieve designated mile objectives. (Leon has three years experience of fun runs as participant and organizer.)

Common Running Injuries
Joseph A. Svoboda, D.P.M.
One Time: Tuesday, 7pm, Sept 22
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
We will cover common running injuries of the lower extremity occurring in the beginner and the serious runner. Self-treatment and professional management will be discussed. Bring your running shoes and your questions. (Joe, himself an avid runner for four years, is a sports podiatrist and consultant to the Department of Intercollegiate Athletics at KU.)

Bicycle to Breakfast
Cathy & Jim Cramer
Saturdays, 8am
First Meeting: Sept 26
Length: 3 times
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
Safe, local routes are chosen to be suitable for any type of bicycle and rider. The ride will end at a local breakfast spot—suggests welcome. Families, children and individuals are all encouraged to come along. (Cathy & Jim are old hands at a casual ride before breakfast.)

Evening Bike Ride
Mike Braunstein
Mondays & Thursdays, 6-8:30pm
First Meeting: Sept 28
Location: Register and you will be contacted
Length: Indefinite
Class Fee: $3.00, pay with registration
This class will participate in evening bicycle rides in and around the Manhattan area. Rides of 10 to 20 miles are planned at a moderate pace as long as the fall weather permits. (Mike enjoys a good bike ride.)
INTRODUCTION TO SKYDIVING

Mark Young, Ron Williams, Greg Retter

One Time: Monday, 7:30-8:30pm, Sept 28
Location: Register and you will be contacted
Class 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 5-State Parachute Club. Information on training to jump will be given.)

HANG GLIDING

Dan Patterson
776-5372

Section I: Saturday, 9-11am, First Meeting: Oct 3, Length: 2 times
Section II: Tuesday, 3-5pm, First Meeting: Oct 3, Length: 2 times
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 20 each section

The first session will include a basic overview, beginner flight information on winds, take-offs and landings, selecting equipment, and the set-up of hang gliders. The second session will travel to Koots to watch Dan demonstrate while in mid-air! Trained in the Golden Sky Soars in Golden, Colorado, Dan has logged over 90 flights.

PREPARATORY DOWN-HILL SKIING FOR BEGINNERS

Rob Slusher

One Time: Thursday, 7-10pm, Nov 12
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

A preliminary course designed to warm up those "cold feet" and give you the initiative to get your skiing career moving forward. It is the intent of the instructor to abolish all those dirty misconceptions and fears about skiing and guide you on track to more clean, white thoughts. You'll be given warm-up exercises to help keep you alive like a snow bunny instead of a snow donkey, and a brief knowledge of equipment to keep you from getting a "snow job" from some slick salesperson. Information on the closest and best slopes will be available to keep you from feeling left out in the cold. (Rob is a connoisseur of the "ficer things in life," and thinks skiing the funnest sport available.)

FENCING WORKSHOP

Robert Boome
537-9406

Monday, 7-9pm, First Meeting: Sept 21, Length: 4 times
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 20

This class will be for the person who wants to improve his fencing skills. We will concentrate on practicing for competition in foil and sabre tournaments. (Rob placed 5th in sabre - Kansas Division in 1982-1983.)

BEGINNING ARCHERY

Bill Shipton
537-1563

Wednesday, 7:30-9:30pm, Sept 23
Location: Register and you will be contacted
Class Fee: $2.00, pay with registration
Limit: 17

Learn about archery equipment, shooting technique and safety, via lecture. Then it's out to the target shooting course which includes a tree stand and natural conditions. Members of the Blue River Bowhunters will demonstrate their skills. (Bill is president of the Blue River Bowhunters.)

Priscilla

Kathy Saunders
776-1702

Sundays, 2-4pm, First Meeting: Sept 19, Length: continuing
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

We'll cover the 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 picks up a Frisbee has filled the prerequisites for this course. We'll focus on fun rather than excellence of play.  (Kathy has led this class before.)

HACKY SACK FOOTBALL GAME

Dave Sampson
1-499-5131

Wednesdays, 7-9pm, First Meeting: Sept 26, Length: continuing
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 20

Hacky Sack is a noncompetitive agility sport that involves eye-foot coordination, balance, and speed. The object of the sport is to keep a small, handbag-sized object known as the Hacky Sack off the ground while standing and walking. In this class, you will be taught how to perform the sport and will be shown various tricks and techniques. The class will be taught by Dave Sampson, who has recently been teaching this game several times a week. He has been teaching it for about four years.

THE LITTLE APPLE JUGGLERS

Steve Parrott

Sundays, 3-5pm, First Meeting: Sept 20, Length: continuing
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 20

The Little Apple Jugglers exist to teach and share their joyous art. We encourage everyone to join our weekly celebrations of energy, motion and beauty as we juggle to our heart's delight. It's so simple, so satisfying, so don't give it a try! (Steve has been teaching juggling for several years.)

CAPTURE THE FLAG

Jim Lyston
537-7288

Saturdays, 1-4pm, Oct 3, Oct 10 (2 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 20

Capture the flag is an outside running game played day or night. Each team has a defense and an offense. A team defends its territory, its flag and a person while attempting to capture the other team's flag. All ages are welcome. (Jim has organized many games of capture the flag.)

RADIO CONTROL AVIATION

Kirby Ferguson
537-7712

Saturdays, 2-3pm, First Meeting: Sept 19, Length: indefinite
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 20

At the first meeting, Kirby will describe and demonstrate different models, radio types and functions, model building and construction, preparation and testing before the first flight, and alternative models including boats, cars and sail planes. A later class will be held at the flying field. (Kirby is president of the Riley County Flyers.)

POCKET BILLIARDS FOR BEGINNERS

Jerry Riggs
776-5333

Section I: Saturdays, 10-11am, First Meeting: Sept 19, Length: 6 times
Section II: Saturdays, 11:30-12:30am, First Meeting: Sept 19, Length: 6 times
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 20 each section

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 - pool, Eight, and nine ball - will be covered as well as the theory and mental game. Also, we will watch a video tape of the world Pocket Billiard Championships in New York City, taking place on 33rd and 34th in 1980.

ROLLER SKATING

Everett Stillman
776-5175

Sundays, 1-3pm, First Meeting: Oct 11, Length: 3 times
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Materials Fee: $3.00, pay at class

We will cover forward skating, backward skating and turns from forward to backward and vice versa. We'll also cover basic spins, jumps and dance figure requirements. (Everett has been teaching skating for 17 years.)
PUTT-PUTT GOLF CLINIC

Vernie Snyder

One Time: Monday, 7am, Sept 21 (same date Sept 23)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class

Here's your chance to learn how to make those elusive holes-in-one from the real pros. If you haven't tried miniature golf, or if you'd like to improve your game, this class is for you. (Vernie has been a professional putter for 18 years and owns Putt-Putt Golf.)

PINOCCHIO: A UNIQUE CARD GAME

Mark Viskimoffke

Tuesdays, 7:30-9pm, Oct 6 & 13 (2 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 20

The game of pinocchio is played with 48 cards consisting of the nine through ace of two decks. Fundamentals such as auction bidding, meld variations, playing and counting points will be taught. Bring a normal deck of playing cards. (Mark has enjoyed playing and teaching pinocchio for 10 years.)

POKER FOR THE UNFINITATED

Helen B. Safford

Tuesdays, 7:30-9pm, Nov 3 & 10 (2 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 14

You don't have to be tough to play and enjoy poker. Helen will teach the following games: 5 and 7 card stud, 8 card draw, follow the queen, high or low Chicago and gut. Bring your own versions. Cards and poker chips are provided. (Helen has enjoyed poker for eight years and can maintain a poker-face for hours.)

DUNGEONS AND DRAGONS

Ron Knight

Thursdays, 7:30pm First Meeting: Sept 17
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: 50c, pay at class
Limit: 10

Harken! Dost thou dare enter the deep, dank dungeons of Modar's World? Thrill to the unexpected as you learn the basics of dungeon-ing. This class is designed for beginning or experienced dungeoners. Dungeons and Dragons is a game in which the imagination is the limit. (Ron has dungeon-ed both played and ran) for nine years.

DUNGEON-MASTERS RETREAT

Jim Parrish & Bruce Sebree

Sundays, 7:30pm First Meeting: Sept 20
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

So you've been a D.M. for a while or would like to learn the fine art of dungeon-mastering and would like to meet other D.M.'s and their Dungeons. Well, this is it! We'll try to let playing, discussing and showing off get in the way of serious work! Other games welcome. (Bruce and Jim have been D.M.'s for over 4 years and are considered mean and tricky.)
The Know-How Network is now a permanent part of IUM. We will continue to organize classes geared to help adult learners improve their job skills and develop what we call "modern survival skills." Classes for the Know-How Network are scheduled in the Northview area, the area south of Roosevelt, and at 21st and Hills Place. If you want to offer a class or have any suggestions or questions, give us a call.

---Julie Gevertz Weller 532-0666
---Larry Nicholson 337-0056

**CENTS AND NON-CENTS: GETTING YOUR MONEY’S WORTH**

Sandra Vannatta
Tuesdays, 7:30-9:30pm, First Meeting: Oct 6
Length: 3 times
Location: First Baptist Church, 2121 Blue Hills Road
Materials fee: $1.00, pay at class

Are you still looking for ways to beat inflation in your household? If so, this could be the course! We’ll discuss the basics including how to organize and use a household budget, shopping hints, tips, and money-saving alternatives. We’ll take a trip to a local grocery store to do some comparison shopping and you’ll be armed with recipes and meal planning ideas to give your food budget a fighting chance. (Sandra is an experienced mother and homemaker, who, after 22 years and three children, knows what she’s talking about.)

**UNDERSTANDING CASH REGISTER RECEIPTS**

Georgia Nanto
One Time: Monday, 7:30-9:30am, Oct 5
Location: Adult Learning Center, Casement and Allen Rd.

Have you ever wondered what all those numbers on your cash register receipts mean? Have you ever walked away from a check-out counter wondering if your total had been overcharged? Receipts from various local businesses will be discussed in such a way that you can see how much change you should receive. We’ll also talk about the importance of keeping your receipts. Bring to class any receipts you have questions about. (Georgia has been a cashier for 12 years.)

**DIRECT BUXING CAN SAVE YOU MONEY**

Lin Rose, Ken Emburs
One Time: Tuesday, 7:30pm, Oct 13
Location: Douglas Community Center Annex, 901 Yuma

Food prices keep rising; farmers are going broke. Lower your food prices by seeking out food deals buying direct from farmers and wholesale dealers, ordering packing and retailing costs. Come to this meeting and find out how much money you can save by buying direct. (Lin & Ken are looking for more folks interested in saving money through direct buying.)

**THREE EXCITING PARENT-ADOLESCENT PROBLEMS: AN EVENING WITH A FAMILY COUNSELOR**

Tony Jurich
Mondays, Tues., Sept 28 & Oct 5 (2 times)
Location: First Baptist Church, 2121 Blue Hills Road
Limit: 12
This is your chance to get a free crack at a $50 an hour family counselor. Tony will attempt to answer your questions and give some practical hints on solving your parent/adolescent problems. Open to parents and adolescents. (Tony has helped many Manhattan parents and adolescents.)

**KNITTING**

Betty Ball
Wednesdays, 7:30-9:30pm, Sept 30
Location: Adult Learning Center, Casement and Allen Rd.
Materials fee: $3.00, pay at class
Limit: 10
This class will cover basic knitting skills for the beginner. We will knit one small piece together (ie, potholder) then we’ll choose a final project with which to end the class. The materials for the potholder will be supplied. (Betty has been knitting for most of her life and has made sweaters and afghans for her family and home.)

**WEIGHT CONTROL WORKSHOP**

Pat Tubach
Tuesdays, 7:30-9:30pm, Oct 20 & 27
Location: Douglas Community Center Annex, 901 Yuma

You don’t have to spend big money in order to lose weight. This class will discuss the importance of basic nutrition and how to choose a weight reducing diet. We’ll also talk about the facts behind the fad diets that are so popular these days. (Pat worked with Riley County Extension for 12 years.)

**A FUN FILM SERIES**

Bill Dornett
Mondays, 7-9pm, First Meeting: Oct 19
Length: 3 times
Location: Douglas Community Annex, 901 Yuma
C146 Mt. Everest, travel to the far corners of the earth and chuckle with some of America’s funniest comics. These will be films the whole family will enjoy! Join us! (Bill has coordinated several film series and has enjoyed them all.)

Know-How Network
Use this calendar to remind yourself of your schedule of classes.
Index

Raku Pottery -21
Reagonomics -6
Recycling and You -12
Rediscov'r Main Street -2
Regional Crisis Center Training - 7
Relating to Nature for Young People -10
Returning to School -26
Riley County Women's Political Caucus -7
Rhythmic Aerobics -29
Roller Skating -31
Root Beer -14
Royal Lichtenstein Circus
Saving Energy Mobile Home -33
Scandinavian Delights -15
Science/Fiction/Fantasy Group -20
Seminar on Interior Decorating - 18
Shingle Art -19
The Shorter Works of Flinchob -27
Sign Language: To Hear A Hand -22
Silk Flower Arranging - 21
Social Security and Current Income -6
Solar & Energy Conservation Project -33
Spindle Turning -18
The Sport of Dog Showing -8
Stain Glass Demonstration -20
Stamp Collecting -32
Stars & Constellations -10
Stress Ills and Stress Skills -26
Successful Money Management -4
Swedish Weaving -19
Swimming: Beginners for Adults -29
Swimming: Beginners for Adults -29
Swimming: Beginners for Adults -29
Swimming: Beginners for Kids -29
Swimming: Beginners for Kids -29
Swimming: Intermediate for Kids & Adults -29
Tai Chi Chuan Workshop -29
Talking Sticks -23
Tall Grass Orienteers - 9
Tatting - The Art of Making Lace - 19
Tang Soo Do Karate - 29
Tasty Beef for Your Money -15
Tax Incentives for Solar & Energy Conservation -12
Total Body Conditioning for Women -7
Tour of the McCall Pattern Company -31
Tutoring Conversational English -22
UM Potters Guild -21
UM Pottery Studio Co-op -21
UM Winter Crafts Festival -19
Unmaintain Egg Decorating
Uncooking Party -15
Understanding Cash Register Receipts -32
Understanding Commodity Futures Markets -6
U.S. Military Conscription -4
Vegetarian Nutrition -13
Volleyball for Fun -30
War Tax Resistance -4
Intermediate Water Color -20
Weaving -33
Well, Well, Wellness -25
What Is Feminism? Historical & Contemporary Perspectives -7
What is La Leche League? -27
What Is Something About The Women? -7
What's Important? -6
Whittling -18
Who Are Native Americans -3

Wilderness Canoeing (from the Rio Grande to Northern Canada) -9
Wind Generators -12
Wine Appreciation -15
Women & Energy -7
Women's Health Care in Manhattan -7
Women & Health -7
Women of the Heartlands: Singing Our Lives -7
Women USA Hotline -6
Wood Finishing -18
Workshop Co-op -18
Wood Stoves -12
Woodwind Ensemble -20
Woodworking for Beginners -18
Yoga -19
Yoga After Forty -28
Siddha Yoga -28
You Too, Can Dehydrate Food -13
Your Child's Feet -27

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COOPS

Pottery Darkroom
Woodshop

POTTERY STUDIO AND CO-OP

The UPM Pottery Studio is equipped with a new portable gas kiln, an electric kiln, work tables, two pottery wheels and shelves for individual storage space along with prepared glazes. These facilities are available for use for 4 hours/week to individuals or groups for a very reasonable fee. Additional use is possible on a space-available basis.

UPM also has a Pottery Studio Co-op for those who feel able to work on their own on a regular basis and who need access to studio space.

The above mentioned equipment is available for use at the following rates:

Pottery Studio Coordinator: Kate Maxham 532-5566 (Home) 776-5133 (Office)

1 semester: $20.00
2 semesters: $30.00
Full year: $50.00

(12 months) $50.00

See the Arts & Crafts Section of this brochure for details about pottery instruction. Hours: 9am-10pm daily (except during pottery instruction)

UPM DARKROOM COOPERATIVE

The UPM Darkroom is located in the UPM house, one block east of KSU campus. For those who need access to a well-equipped facility the darkroom is available from 9am-10pm daily on a reservation basis.

The darkroom fee covers all necessary equipment and chemicals necessary for processing black and white film. Everything is provided except paper.

Darkroom equipment is capable of handling 35mm negatives as well as 20mm and can provide photographic enlargements up to 11x14.

UPM offers a variety of photography classes for those who need instruction in darkroom techniques or photography. See the Arts & Crafts Section of the brochure for a listing of classes.

Darkroom Coordinator: Neil Skancher 532-5566

New Members

- 1 semester: $15.00
- 2 semesters: $30.00
- 3 semesters: $45.00

Renewals

- $15.00
- $25.00
- $35.00

This fee covers use of space, equipment, and all necessary chemicals. There is no additional hourly use charge.

For those who wish to use the darkroom, but who do not wish to purchase a membership, space is available at the rate of $2.00 per hour.

WOOD SHOP CO-OP

Located in the University for Man Solar addition, the UPM Woodshop offers a fully equipped work space for those with an interest in woodworking. This facility enables co-op members to work on their own woodworking projects, from simple furniture repair to custom designed coffee tables. The shop, although compact, offers room enough for two people to work simultaneously on their projects, which have included stereo cabinets, end tables, bowl and shelving units.

The shop is fully equipped for the woodworking hobbyist or do-it-yourselfer. Stationary power equipment includes a table saw, radial arm saw, jointer, lathe, and bandsaw. A router, drills, belt sander, skill saw and saber saw form a compliment of portable power tools. Of course, a full array of hand tools, as well as a sturdy workbench, is also included. The basic stock of tools was provided by a grant from the Clearinghouse for Community Based Free Standing Educational Institutions. While this grant has been exhausted, the stock of tools in the shop is being constantly upgraded and expanded through Co-op member's fees.

The fees for members are $20.00 per semester, or $40.00 per year (12 months). The yearly fee is a great savings over the semester fee and enables co-op members to work on their projects uninterrupted. Because of safety considerations, the Woodshop is available for use by Woodshop Co-op members only. No one-time use is allowed. Hours when the shop is open to members are from 1pm to 10pm weekdays and Sat to 9pm Saturday and Sunday. Members may reserve 4 hours weekly in the shop. Additional shop time is available on a first-come, first-serve basis.

In addition to individual use, the shop is also used for a wide variety of woodworking classes. If you are interested in offering a woodworking class or demonstration in the Spring or would like to take a course not offered this fall, please contact the Woodshop Coordinator.

Woodshop Coordinator: Dick Steiner 532-5566

Membership Fees:

- 1 semester: $20.00
- 12 months: $45.00

Hours: 1pm-10pm, weekdays; 9am-9pm, Saturday and Sunday
Mail In Registration Form

Be sure to register early because limited classes often fill quickly.
(One form per person) Mail-in registrations due Sept 1-12.

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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

Total Due

IMPORTANT! Please read the refund policy
*eg., Sec I or II, etc., if indicated in description.

Registration

All KSU classes are offered by volunteers. All fee income will be used to help meet KSU operating costs.

REGISTRATION DATES
Mail in: Sept 1-12
Walk in: KSU Union—Sept 9-10, 9am-2pm
Public Library—Sept 11, 9am-2pm

LATE REGISTRATION: Accepted on a Space Available Basis

For More Information: KSU, 532-5866, 1221 Thurston, Manhattan KS
(Additional registration forms are available at the KSU 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, is 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. (A stamped, self-addressed envelope would be appreciated)

COSTS:
Registration fee is $2.00 per person. If you are under 13 and your parent(s) are taking a KSU 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 KSU student you are exempt from the registration fee. (An annual SSA allocation supports student participation.)
If you are registering only for Know-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 materials 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 limited class you paid for has been filled
2. if 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 catalogue 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 532-5866.

DISCOUNTS FOR VOLUNTEERS:
You may work for UPM in exchange for registration discounts. Arrangements will be made on an individual basis. Call UPM at 532-5866.

Special Children’s Discount For Family Participation:
If you are under 13 and are enrolling in a class that your parents are enrolling in, pay no registration fee and half the class fee. If you are enrolling in classes that your parents are not in, pay no enrollment fee.

UPM TEACHER CREDIT:
All UPM teachers and volunteers are entitled to fee reductions. If teachers or volunteers desire to register for classes, register through the normal process. Teacher/volunteer credit vouchers will be distributed at the Potluck Gathering or by mail. These can be used for future fee reductions.

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

CLASS TEACHER POTLUCK GATHERING:
Sunday, Sept. 13, at 5:30pm at the UPM House, 1221 Thurston. 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 and friends are welcome.