WVH People ARE MAKING A SPECIAL INVITATION TO HANDICAPPED DISABILITY TO ATTEND our COMMUNITY CENTER. 
SPECIAL ARRANGEMENTS WILL BE MADE TO ACCOMMODATE INDIVIDUALS WITH SPECIFIC HANDICAPS OR OTHER DISABILITIES. 
YOU CAN ASSIST BY MAKING A SPECIAL NEED WHEN YOU REGISTER OR BY CALLING US AT 532-3866.

Thanks to the Manhattan Mercury and Manhattan Chamber of Commerce for assistance in publishing this brochure.

WHO ARE WE?

The free university movement began in 1954, at the University of California at Berkeley, as an outgrowth of the Free Speech Movement. Many other free u's sprang 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, belief that education is intimately connected and the idea that students should have input into their education. 

Though free u's began on college campuses, they now serve as bridges between the campus and surrounding community. Free u's, attempt to serve all the people in the community - workers, homemakers, farmers, the elderly. 

The story of University for Peace (UP) is similar. In the fall of 1965, 15 students gathered in a small room at the University of Oklahoma to form a community education organization. Six months later, the group had grown to 250 students and was launching a community education campaign.

UP has a free university-community education organization which serves Kansas State University, Manhattan, Riley county, and numerous others. UP currently offers over 180 courses with 12,000 students. 

UP has also been instrumental in the establishment of a drug education program at the local high school. It is currently working with several large businesses in obtaining training in drug detection. 

UP offers a wide range of courses in various fields. Some of the courses offered include: 

- Environmental studies 
- Health and safety 
- Business management 
- Agriculture 
- Home economics 
- Computer science 
- Art and music 
- Foreign languages 

UP also offers programs for handicapped and elderly citizens, an alternative elementary/junior high school, an appropriate technology center, a community gardens program, and other innovative programs.

We welcome new staff members: Sandy Sanderson, Rhinea L. Lamb, Genevieve Kimmis and Mary Priest.

Funding Sources for Local Programs

UP Local Programs are supported by: 
- K-State Division of Continuing Education 
- Student Government Association 
- County, Kansas, Farmer's Union-Health Trust, City of Manhattan, Kansas, Department of Education 
- City of Manhattan, Kansas, Board of Education 
- The U.S. Office of Education, Vocational Rehabilitation.

APPROPRIATE TECHNOLOGY

The Appropriate Technology program will be expanding its activities in 1982. Our Solar Remodeling Program will be held 4 weekend construction workshops in March and April with 2 in Manhattan and 2 in Junction City. These "hands-on" events will be publicized and open to everyone.

The program is being extended to the communities of Kansas State University, Manhattan, Riley County, and numerous others. 

The program offers noncredit classes to the general public.

OUTREACH PROGRAM

UP Outreach Program began in 1979 with the idea that the successful Manhattan program could serve small rural communities in Kansas where educational opportunities for adults were limited.

In the first year, more than 40 programs were held in 15 communities, including such places as Ellinwood, Junction City, and Salina. The program has continued to expand, serving communities as large as Lawrence, population 9,000, and as small as Muscopatridge, population 50. The program is expanding to serve the southeast. 

UP is a project of the University for Peace, a non-profit educational organization.

UP on Television and Radio

"This is UP" is a weekly television show featuring interviews with UP leaders and community members. It is broadcast on Sunday evenings at 6:30PM on Cable Channel 6. The show also airs on WDAM-FM, 91.1FM, and KJUR, 1520AM, every Monday at 6:30PM.

IT'S F.U.N. TO L.E.R.N.

The Free University Network, a national organization for non-profit programs, has changed its name to the Learning Resources Network, or LERN.

LERN has expanded its activities in the past few years to reach a variety of educators in both traditional and nontraditional institutions.

For more information contact: 
William A. Dove, National Coordinator, Learning Resources Network, RFD 1, Box 1439, 522 Thurston, Manhattan, Kansas 66502. Phone: 913/532-8666.

JOBS AVAILABLE

ASSISTANT TO THE DIRECTOR FOR LERN, a national organization in adult education. Full-time position includes office management, secretarial and promotional duties. 8:00AM-5:00PM, 50-80 weeks. Please send resume to: Learning Resources Network, 522 Thurston, Manhattan, Kansas 66502.

VOLUNTEER POSITION OPEN

The Learning Resources Network is looking for a volunteer to work three hours a week for a minimum of five months as a Publications Analyst. The job involves analyzing publications and preparing reports on how our publications are used and how they impact teaching. Please send resumes to: Learning Resources Network, 522 Thurston, Manhattan, Kansas 66502.
Lou Douglas

LECTURE SERIES

Programs of The Lou Douglas Lecture Series are being planned for Tuesday evenings through January, March, and April. All programs will take place in Forum Hall of the K-State Union.

If you'd like more information about these special programs focusing on the most critical issue of our time, sign up at registration – or call us. Volunteers to help with speaker arrangements, publicity and receptions are also needed. If you'd like to help call us at 532-5866.

The 1982 Lou Douglas Lecture Series

"AIDS CONTROL: SECURITY & SURVIVAL"

We will ask some hard questions:

Are the Russians real threats or objects we create to fear? Could a nuclear war really be won? Is arms reduction unreasonable or is there any chance of the idealist's imagination?

And what of our moral responsibilities in the expanding arms race? Are we, as U.S. citizens being asked to place national security above our ethical standards?

These will be only some of the issues explored. Plan now to join us and our invited lineup of nationally known speakers including:

- Walter J. Stosswill, Jr., Senior Lecturer, Center for Strategy & Arms Control, Indiana University, Binghamton, N.Y.
- Daniel Ellsberg, Ph.D., former member of the RAND Corporation and楼盘 United States, D.C.
- Dr. Helene Caldicott, author of the book "Nuclear War and Children's Health" and member of the National Board of Directors of the American Civil Liberties Union.
- Dr. Herbert Scoville, Jr., former deputy director of Research at the CIA and current director of the Arms Control Association, Washington, D.C.
- Dr. James W. Lovelock, former director of the U.S. Environmental Protection Agency, Washington, D.C.
- Dr. John Holdren, author of the book "Science and the National Interest: The Implications of the Nuclear Arms Race for the Future of Civilization" and member of the National Board of Directors of the American Civil Liberties Union.
- Dr. Howard Smith, former director of the U.S. Environmental Protection Agency, Washington, D.C.

For more information contact Dave Stewart, 532-5901.

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KANSAS CITY, KANSAS
TOUR OF THE MCCALL PATTERN CO. C22
Norman L. Winter 776-4041
Section I: Tuesday, March 9, 9-10am
Section II: Tuesday, March 30, 1-2pm
Limit: 25 each section
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
You'll see the different departments and how each pattern is cut and folded. All participants will receive a free gift packet.

FLINT HILLS BREADKAST C14
Nancy Denning
One Time: Monday, 7pm, March 29
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
The bellman is here. Find out first-hand about what's inside including the indoor recreation center, meeting rooms and Burgundy Restaurant.

VOLUNTEERING IN MANHATTAN C15
Charlie Griffin, Volunteer Clearinghouse, Jolene Torre, Retired Senior Volunteer Program (RSVP)
One Time: Monday, 7:30-9:30am, Feb 24
Location: Register and you will be contacted
Volunteerism offers opportunities for social action, social change, job experience, and self-fulfillment through serving others. You never know what you'll find. The group will meet to explore the role filled by volunteers in our community, the rewards for individuals who give of their skills and their compassion, and the changing role of volunteers in our society.

WHAT TO WORK WITH THE HANDICAPPED? C16
Genevieve Rouse, Mary Priest
One Time: Thursday, 7-8pm, Feb 4
Location: Register and you will be contacted
Have you considered sharing your time and skills with the handicapped? This class will explain UWU's "Let's ReCreate" project which is designed to provide meaningful and beneficial special learning experiences in horticulture, photography, ceramics, woodworking, aerobics, dance and dramatics. Find out how you can help - you're needed! (Genevieve and Mary are co-directors of the Let's ReCreate project.)

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LIVING-Learning School: An Alternative C23
Cathy Collins & Mary Williams
One Time: Friday, 7-9pm, Feb 12
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
You're invited to an informal get-together to discuss Manhattan's only alternative school for children. Find out what the Living-Learning School is and what it is not. Why it was started and why it survives. Also find out how you can become involved. (Cathy & Mary are dual teachers at the Living-Learning School and are parents of elementary school age children.)

EDUCATIONAL ALTERNATIVES FOR CHILDREN C17
Cathy Collins
Mondays, 7pm, Feb 8 and 15 (2 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
As a parent, have you ever wondered about alternatives to public schools? Have you considered private schools? Has your child had a hard time in the public school system? Come and share your experiences.

PRICE OF TIME DISCUSSIONS C18
Charlie Perkins
Thursdays, 7:30-9pm, First Meeting: Feb 4
Length: Ongoing
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Do you enjoy the challenge of stimulating "Intelligent" discussion? If you enjoy a vigorous exchange of ideas on topics ranging from "What's Wrong With Our Education System?" to "The Costs and Benefits of a Competitive Society" join us. The direction and duration of this discussion depends on the interest of those who choose to participate.

WHAT IS IT TO BE A KANSAN? C8
Mark Roll
One Time: Sunday, 6pm, Feb 7
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
What do "home on the range," The Honeyeae, the Meadowlark and the Cottonwood have in common? They're all official symbols of Kansas. If your ancestors have lived in the Sunflower State, you're invited to this potluck dinner to hear about them. Everyone is welcome at this potluck dinner to share stories and recipes of Kansas recipes. The potluck dinner may be held at your club house or in the community center.

TREMENDOUS SELECTION OF BOOKS
Both Paper and Hardback
All popular categories including:
- Cooking
- Arts and Crafts
- Do It Yourself (including solar and wood burning stoves)
- Hobby and Collecting

Open 9:00 a.m. to 9:00 p.m., Mon. thru Sat., Sunday 12 noon to 5:00 p.m. Ph. 539-0511

Community
Money

HOW ACCOUNTS AND OTHER PLACES FOR YOUR MONEY C24

Richard Morse 532-5515

One Time: Thursday, 7:30-9:30am, March 25
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $5.00, pay at class

Your interest on savings can be tripled without inconvenience or loss of
security. N.O.W. accounts, money market funds, all-saver certificates,
and other savings plans can get more from your money. Learn
about these plans, minimum amounts needed, and how to
(Richard is the Chairman of the KSU Department of Family Economics.)

SUCCESSFUL MONEY MANAGEMENT C26

Fred Freeby 557-4505

Section I: Monday, 7-9:30pm, Feb 8
Section II: Monday, 7-9:30pm, Feb 15
Section III: Monday, 7-9:30pm, Feb 22
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 16 steps on the triangle to personal se-
curity. It is a seminar with a financial planner affiliated with Weddell and Reed, the
organization sponsoring this course.

EVERYTHING YOU NEED TO KNOW ABOUT FINANCING A HOME C28a

Sharon O'Neal 776-4733

One Time: Wednesday, 7pm, Feb 14
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

This class will cover what you need to know to finance a home, what to
look for, different kinds of mortgage availability, 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.)

IT'S YOUR MONEY! A FINANCIAL SERIES C27

Whether you want to know how stocks and bonds, mutual funds and money
market funds work on Wall Street, or want to know how IRA's and Keogh's
can supplement retirement income, chances are you'll find an answer in
this series of programs. These courses are led by Steve Harrison and
Shelby Pivni, who are registered representatives of a New York Stock Ex-
change member firm with offices in Manhattan. Register for all sessions of the series for $10.00 or register for one
or more sessions for $3.00 per session. (Please indicate session you
desire to attend.) Pay with registration.

*Investment Basics* C27-A

Thursday, 7:30-9:30am, Feb 4
Back by popular demand, this is an opportunity to begin forming the
foundation of investment fundamentals necessary for effective financial
planning. Topics discussed will include: money market funds, stocks, bonds,
mutual funds and other investment opportunities.

*Why Investors Fail* C27-B

Thursday, 7:30-9:30pm, Feb 11
Once you have the basics where do you go next? During this session ques-
tions addressed will include: What can I hope to get from investing?
What risks can I afford to take? How do I calculate investment risk?

*Investing For Income Today* C27-C

Thursday, 7:30-9:30pm, Feb 18
*What will give me income now?* For those who ask this question we will
discuss money market funds, bonds (corporate, government and municipal),
income stocks, income-producing real estate and other alternatives.

*Investing For Growth and/or Retirement* C27-D

Thursday, 7:30-9:30pm, Feb 25
Inflation and taxes. Both are major considerations. Discussions will
cover: Investing for income tax reduction through real estate and other
gigs and also how to plan for retirement: retirement plans such as Keogh's and
IRC's and growth through various investment vehicles.

ECOLOGICAL RECOVERY TAX ACT OF 1981 C28

Kirk Brown 532-6136

One Time: Wednesday, 7-9pm, Feb 10
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

How will changes in our tax laws due to the Economic Recovery Act of
1981 affect your financial picture? A general overview will be presented
with particular focus on changes in the taxation of individuals and
businesses. Some familiarity with current tax laws is necessary. (Kim is a CPA with five years of public accounting experience, presently an instruc-
tor in Accounting at KSU.)

WAR TAX RESISTANCE C25

Dean Derry 776-5589

One Time: Wednesday, 7-10pm, March 3
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

Refusing to pay $20 of federal income taxes (the per cent of our tax
dollars that goes toward defense) 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 growing and increased expendi-
tures for war, what will you do? An important step is to register your opposition
in a way which may attract public support. To find out more, join us.
(Dean sends the military portion of his taxes to the World Peace Tax Fund.)

GROSS INSURANCE SERVICES 105 S. 4th Street Manhattan, KS 66502 776-4709

BEFORE YOU RENEW:

- Your 6-Month to 2 1/2-Yr. Savings Certificate
- Your 6-Month Money Market Certificate

Call Steve Marshon 776-3344
111 N. 13th St. P.O. Box 224
Manhattan, KS 66502

Before you lock your money away for another six months or more, you ought to compare the yield you'd get with the high cur-
rent money market yields now being paid by the Edward D.
Jones & Co. Daily Passport Cash Trust. You see, with Daily Passport
Cash Trust you don't lock your money away at all. You can have your money back, all or part of it, any time you want it.
Simply call the number above, any time. We'll send you full in-
formation and a prospectus. Please send no money.

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Kirk Brown

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Jones & Co. Daily Passport Cash Trust. You see, with Daily Passport
Cash Trust you don't lock your money away at all. You can have your money back, all or part of it, any time you want it.
Simply call the number above, any time. We'll send you full in-
formation and a prospectus. Please send no money.

EDWARD D. JONES & Co.
Member New York Stock Exchange
Member SIPC
Are you concerned about what is happening in the world today but wonder "what in the world to do?" The objective of this course is to organize a Manhattan chapter of Amnesty International and devise strategies for lobbying Congress and the courts on behalf of human rights foreign policy. Information on the situation in Central and Latin America will be contributed by the instructor. Those interested in other world regions are welcome. (Jan recently lived in Latin America and continues to travel.) He teaches rural sociology of the U.S. and developing countries.

LIBERATION THEOLOGY

Arleen orbit

Mondays, 7:30pm, First Meeting: Feb 8
Length: 4 times
Location: Register and you will be contacted
Limit: 10-12
Liberation Theology has been called a "theology for the poor and the oppressed." In this course we will study the historical development of the theology and the social and political implications in Latin America and the third world. Those interested in reading/discussion group - "Serials" - may continue indefinitely. (Arleen graduated from KU in 1975 with a BA in Spanish and Latin American Studies and has lived in several Central American countries.)

DO IT THE DUTCH WAY

Christine and Maarten Van Swaay

Thursday, March 25
Length: 4 times
Location: Register and you will be contacted
Class Fee: $8.00, pay with registration
Do it the Dutch way when you travel to the Netherlands. This course will look at the history, language and customs of the Netherlands with a particular emphasis on the interests of course participants. We'll discuss some of the unique features of this country, especially Frisian and alternators. It has been called "the pre-dutch, un-Dutch province that out-Dutch the Dutch in its Dutchness." Christine and Maarten still have the Dutchness flowing in their veins even though they've lived in Manhattan 16 years.
UNDERSTANDING NATIVE NORTH AMERICAN CULTURE
Robert B. Taylor
One Time: Tuesday, 7:30-9:30pm, April 20
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
This class seeks to correct some of the many misunderstandings about the Native North American cultures, from their original times to the present.
WHAT YOU SHOULD KNOW ABOUT REGISTRATION AND THE DRAFT
Jeni Hiett
One Time: Wednesday, 7:30-9:30pm, Feb 10
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
WHAT YOU SHOULD KNOW ABOUT REGISTRATION AND THE DRAFT
Jeni Hiett
One Time: Wednesday, 7:30-9:30pm, Feb 10
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Without your moral, ethical or spiritual beliefs allow you to participate in a war which may be fought in your lifetime? This class will help you explore your options under current law. Those considering conscientious objection should begin documenting that claim now - you'll find out how at this class. Bring your questions and we'll discuss. (Jeni is a trained draft counselor and has many resources to share.)

HISTORY OF FARM MOVEMENTS IN THE U.S.
Jim Peterson
One Time: Wednesday, 7:30pm, March 24
Limit: 25
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
"Raise less corn and more hell," was populist leader Mary Elizabeth Lease. Jim will give a history of the farm movements, the relationship of the farm movements in the United States, and the types of resistance they had on American agriculture past and present. (Jim is a retrospective of the Institute of Agriculture, University of Minnesota.)

FINDING A PLACE TO LIVE - OFF-CAMPUS
Paul McKenna, Sally Schorey, Holly Gery
Section I: Wednesday, 7:30pm, Feb 7
Section II: Wednesday, 7:30pm, Feb 20
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Concerned about finding an apartment for next semester? Do you know where to look; how to look? This seminar is designed to assist students planning to live off-campus next year. We'll discuss: 1) the steps to follow in finding a suitable apartment; what to look for and what to look out for; 2) a look at the student housing options; 3) the responsibilities and obligations of a tenant; and 4) landord's rights and responsibilities. (Paul McKenna is director of Off-Campus Housing, Sally Schorey, Housing Inspector for the City of Manhattan, Holly Gery. Student Senate, K-State College of Education.)

HOME SECURITY
Harold G. Sylvia
One Time: Tuesday, 7:30-9:00pm, Feb 16
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
This program is designed to help citizens reduce the opportunity for crime. It is not about better locks, it is about locking the ones we have. About using our heads. Carelessness is often the principle cause of crimes against persons and property. This program will show how carelessness can cost the community and how the police can help the citizen in preventing crime.

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Holiday Jewelers
425 POYNITZ MANHATTAN KANSAS 776-7827

Estate Planning
Jim Morrison, Mike Rogers
One Time: Wednesday, 7:30-9:30pm, March 3
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
What's the state of your estate? This class will provide you with the essential information you need to assess your estate needs and to make a financial plan for estate planning purposes. Power of attorney, taxes, wills, trusts and conservatorships will be covered. (Jim, a local attorney and Mike, a local CPA are estate planning experts.)

THE TUTTLE CREEK STORY: A MOVIE AND DISCUSSION
Nell Schanker
One Time: Monday, 7:30pm, April 5
Location: Register and you will be contacted
Class Fee: $2.00, pay with registration
In 1995, residents of Blue Valley produced a film in opposition to the construction of Tuttle Creek Dam by the Corps of Engineers. The film depicts how the people of Randolph, Stockdale and other affected towns worked together to oppose the project which would destroy one of the most productive and beautiful valleys in Kansas. The issues that are brought up by the film are still relevant. This is the discussion about the proposed dam, an in the Pottawatomie Court. (Nell, an eight-year resident of the Manhattan area, was concerned about how we treat the environment.)

SENIOR CITIZEN DAY ON CAMPUS
Kathleen Young
532-5945
Senior Citizen Day on Campus is sponsored by the K-State Center for Aging and the local RSVP Chapter to make senior citizens aware of the resources available to them through Kansas State University. We will tour various parts of the campus, meet with students, faculty and staff, have a casual lunch, and sit in on one of several regular classes. If you have ideas or special interests, contact us so we can be sure to meet your wishes! After registration you will be contacted with the date and time.
Women

GET TO KNOW THE LEAGUE C11
Nancy Knopp (and other League members) 776-0863
Section I: Thursday, 2:30pm, Feb 18
Section II: Friday, 12am, Feb 19
Location: Register and you will be contacted

Political responsibility through informed and active participation in government is what the League of Women Voters is all about. Join members of the League of Women Voters - Manhattan - Riley County for an informative session on how this nationally recognized non-partisan group works in our area. Membership information will be available at each meeting. (Nancy is Membership Chair of the local League.)

THE POLITICS OF RAPE C30
Sandy, Pat, Christie, Mary
One Time: Wednesday, 7:30, March 4
Location: Register and you will be contacted

On a national level, two out of every 1000 rapes are convicted of the crime called rape, what is rape and what injuries in our society allow it to happen in our community? These questions will be addressed and we will discuss what action you can take to stop this crime from occurring. (Sandy, Pat, Christie and Mary are members of the Women Against Rape collective.)

CLERICAL WOMEN AND WORK: OUR ROLES, OUR RIGHTS, AND OUR HISTORY C12
Are you employed as a secretary, clerk or typist? If you presently work in a clerical/office position the following series of programs were designed with you in mind. Sponsored by Chapter 36 of the Kansas Association of Public Employes (KAPE), with the support of the Women's Studies Department at KSU, this program was made possible by a grant from the Kansas Committee for the Humanities, an affiliate of the National Endowment for the Humanities. Each presentation in this series will provide you with an opportunity to acquire a better understanding of your work, rights and history as a working woman of today.

*How Working Women of Today Get Work They Are* C12-A
Dr. M. Buddy Gray, Department of History, KSS, Keynote Speaker
Thursday, 12noon-1:30pm, Feb 25, K-State Union, Rm 213

How does the work you perform now compare to that of women in pre-industrial times? Why do women traditionally find you in "women's professions" - nursing, teaching, secretarial/clerical work and retail sales?

*Secretaries, Clerks and Typists: The Evolution of Women's Jobs in the Office* C12-B
Dr. Sandra Cosenza, Director of Women's Studies, KSS, Keynote Speaker
Wednesday, 12noon-1:30pm, March 10, K-State Union, Rm 213

Whatever happened to the prestige connected with secretarial and clerical positions which were once primarily held by men? Why are women still viewed as "temporary" members of the workforce who provide only a "second" income? What does "equal pay for comparable work" mean and what effect could it have on your job?

*Unions and Our Troubled Economy: Are They a Cause or a Cure?* C12-C
Dr. John Exkull, Department of Philosophy, KSS, Keynote Speaker
Dr. Roger Trinsky, Department of Economics, KSS, Keynote Speaker
Wednesday, 12noon-1:30pm, March 28, K-State Union, Rm 206

Have unions contributed to the current economic crisis through unreasonable demands? Can unions provide alternative solutions for economic recovery? Will the bargaining demands of women have a novel impact on our economic and social life where does the union movement stand in the current political climate?

*Against Their True Nature: A Historical Evaluation of the Problem American Women Have Faced Joining Unions* C12-D
Dr. Judy Seeland, Department of History, Wright State University, Dayton, Ohio, Keynote Speaker
Ms. Carol Knepper, KAPE Chapter 34, KSS, Keynote Speaker
Wednesday, 12noon-1:30pm & 7:30-9:30pm, April 21, K-State Union, Rm 213

Does joining a union mean you are shedding a traditionally passive role? What problems have confronted women when they joined unions dominated by men? What has created the recent trend for clerical workers to form unions? Do they encounter special difficulties in participating in unions by nature of their work? What do women want from unions...money or respect? This two-part presentation will be continued in the evening.

*Women and Work: Coping With Two Careers* C12-E
Dr. Frank (Skip) Saul, Department of Psychology, KSS
Wednesday, 12noon-1:30pm, May 5, K-State Union, Rm 213

Do you work and maintain a home? What kind of stress does this place on you, your children, your marriage? How does it affect your work performance, your family income and standard of living? What can employers do to help?

*Understanding Your Rights: The Collective Bargaining and Right-To-Work Law* C12-F
Dr. John Exkull, Department of Philosophy, KSS
Mr. Jerry Powell, Executive Director, Public Employee Relations Board, Topeka
Wednesday, 7-9:30, May 19, K-State Union, Rm 213

Is collective bargaining something to fear? What freedoms does the right-to-work law provide for you? What protection do you have in forming and joining unions? What conditions of employment can be negotiated?

** Free child care will be provided during the two evening presentations.

WOMEN continued on next page--
FULL MOON WALK ON THE STOCKDALE PRAIRIE (AND OPTIONAL CAMP-OUT)  E1
Neil Schanker  539-5766
One Time:  Friday, 9pm, April 23 (reimburse April 24)
Location: Register and you will be contacted.
Class Fee: $5.00, pay with registration  Limits: 30
Listen to the night sounds of the Kansas prairie on a full-moon spring
right. The Flint Hills natural history comes alive after dark with its
plant life, nocturnal birds and mammals. Emphasis will be on listening
and experiencing. Bring along a sleeping bag for the optional camp-out.
(Neil enjoys a good full moon in any season.)

HICKORY TRAILS IN KANSAS  E2
Jim Nighswenger  532-5752
One Time: Wednesday, 730pm, Feb 24
Location: Register and you will be contacted.
Class Fee: $3.00, pay with registration
This spring, hike one of the most beautiful hills and valleys of Kansas. We will dis-
cuss what Kansas has to offer in the way of hiking opportunities. Em-
phases will be on trails 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 Trill
Council and the Kansas Canoe Association.)

BACKWOODS COLORADO  E3
Richard Harris  537-1383
One Time: Tuesday, 730pm, April 6
Location: Register and you will be contacted.
Class Fee: $5.00, pay with registration
Do you want to drive, hike, and camp in Colorado this summer but don't
know where to go to meet the crowds? Come and get ideas (or share your
own) on beautiful, yet largely undiscovered places in Colorado. (Dick has
gone to Colorado once or twice a year for many years and has discovered
many out-of-the-way places.)

BACKPACKING FOR THE BEGINNER  E4
Paul R. Mathewson  539-4178
One Time: Tuesday, 7pm, Feb 9
Location: Register and you will be contacted.
Class Fee: $5.00, pay with registration  Limits: 15
We will discuss the basics of backpacking equipment to include the pack
itself, frames, clothing, tents, food, and cooking equipment. How to pack
gear, how to fit the pack properly and how to get started in planning a
backpacking trip. Participants may bring their own gear and questions
about it. (Paul has backpocked in the Sierra Nevada, in Utah and in
Colorado for about 5 years.)

BACKPACKING: FOOD AND STOVES  E5
Nancy Weidhass & Mike Braunstein  539-8505  539-9236
One Time: Wednesday, 530-730pm, Feb 17
Location: Register and you will be contacted.
Class Fee: $5.00, pay with registration  Materials Fee: $2.00, pay at class
We will discuss and demonstrate several lightweight stoves available for
cooking, as well as a simple dinner on them. Sampling freeze-dried, super-
market, and homemade recipes for the trail. This is for beginners or ad-
vanced backpacks! Bring bowl, spoon and some hungry! (Nancy and Mike like
to backpack and eat well on the trail!)
METAL DETECTOR OPERATION AND USES
Howard Roberts
One Time: Friday, 7:30-9pm, Feb 19
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 15
Howard will cover how to select a detector for your use. He will describe
in adjusting the detector and pinpointing the find. Tools to use and ways
of extracting objects after pinpointing with the detector will be dis-
cussed. (Howard has done a great deal of metal detecting for coins and
small relics in and around the Manhattan area.)

GEM STONES
F. C. Lanning
Tuesdays, 7:30pm First Meeting: April 27
Location: Register and you will be contacted
Class Fee: $3.00, pay at registration
Limit: 20
At the first meeting Dr. Lanning will discuss gem stones and share some
of the myths with you. Natural, synthetic, and fake stones will be dis-
cussed with an emphasis on such things as color, hardness, and fire
which make a good gem. The second class will take you over to Wilford
Hall, where Dr. Lanning will demonstrate equipment and procedures for
cutting stones. (Professor Lanning is a retired chemistry instructor who
has shared his knowledge and experience through JFM many times before.)

STARS AND CONSTELLATIONS
The Couphmier
One Time: Thursday, 8-10pm, April 18 (if cloudy, April 20 or 22)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10
Set your sights on the stars! Learn to recognize some spring stars and
constellations. We will discuss how to keep track of the stars and planets
objects we will observe are three planets: Mars, Jupiter and Saturn. (You
have been a student of the stars for about ten years.)

OBSERVING DEEP SKY OBJECTS
Jonathan Haliskak
Tuesdays, 7:30pm First Meeting: Feb 9
Length: 3 times
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Going trout fishing in Colorado this summer? This class can serve as an
introduction to fly fishing, covering such things as: how to tie hakes, fly
and rods andreels. All techniques will be demonstrated. Also to be covered
will be some of the basic knots a fly tyer uses. The course will not cover
fly pattern, just the basic techniques used. (Jonathan is a self-taught
fly tyer and ties everything from nymphs to dry flies, streamers, and
deer hair bugs.)

BASEBALL RIDDING FOR MENTALLY RETAIRED YOUNG PEOPLE
Suzy Stue, Lynette Jane
Saturdays, 9am-12noon, Feb 27, March 6 (2 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Basic horseback riding will be taught and will include listening and
coordinating exercises. Grooming and horse care will also be covered.
At registration, please designate your age. (Suzy and Lynette are members
of the KSO's Horseman's Association.)

FRIENDS OF THE EARTH
Matt Schranner
One Time: Saturday, 9am, Feb 6
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
FOE, a national environmental organization, promotes clean energy, clean
air, wildlands and wildlife. The Kansas Chapter of FOE will hold a meet-
ing in Lawrence to coordinate efforts to influence the state legislature.
In particular, the meeting will focus on legislation affecting clean
water pollution, the Kansas Energy Office, and the Kansas Corporation Com-
mission. (Matt has been an environmentalist for years.)
Edible Landscape Series

This spring, UMS is beginning a two-year Edible Landscaping program featuring plants and planting schemes which demonstrate ways that home landscaping plans can produce more of the food for your daily diet yet at the same time, use less energy, less water, and less labor than is typical now.

As always, we want this project to become an opportunity for people in the Manhattan area to learn some useful new skills, and discuss new ideas. Toward these ends, the Edible Landscape Series has been created and appears for the first time in this brochure. We invite you to become involved. Take some classes, and experiment around your own home with the things you learn.

PLANTING AND CARE OF DWARF FRUIT TREES AND BERRIES

Appropriate Technology Staff
552-5866
One Time: Saturday, 1pm, Feb 27
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Two dwarf fruit trees can provide more than the annual hard fruit consumption of an average American. Learn how fruit trees and berries can be incorporated into the home landscape and how to care for back yard fruit trees.

FRENCH INTENSIVE/BIODYNAMIC BEDS

Appropriate Technology Staff
552-5866
One Time: Saturday, 9am, March 6
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

French intensive/biodynamic gardening began in Europe during the late 1800s. This method of vegetable production has been shown to be able to produce a year's supply of vegetables on as little as 100 sq ft of land. Discussion and hands-on experience with this method will be part of the UMS edible landscape project.

COLD FRAMES AND MUNT GREENHOUSES

Alan Edgar
552-5866
Section 1: Saturday, 9am-3pm, March 27
Section 2: Saturday, 9am-3pm, April 3
Limit: 10 each section
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

Cold frames and mini greenhouses can extend the growing season from 6 to 12 months and nearly double the productivity of your garden. Class members will use recycled and new materials to build one cold frame and one mini greenhouse at the UMS house. We will provide copies of plans, materials lists and a resource list for supplies. (Alan was one of the builders of the UPM Solar Addition and will be the construction supervisor for the edible landscapes project.)

CISTERN AND GRIP IRRIGATION SYSTEMS

Appropriate Technology Staff
552-5866
One Time: Saturday, 9am, April 17
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

With water becoming a limited resource, we must be conservative of its use in all aspects of our lives, including gardening. Cisterns and drip irrigation systems conserve precious water resources and reduce time and labor demands. These systems, which will be part of the UPM edible landscape, will be discussed at length and hands-on construction of them will take place.

COMPOSTING

Appropriate Technology Staff
552-5866
One Time: Saturday, 9am, April 24
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Compost bins are the key to conserving energy and other resources while converting a waste problem into a low-cost, effective way to restore and maintain productive soil. This class will discuss the hows and whys of constructing and constructing compost bins using low-cost and recycled materials at the UPM House.
Go for the fun of it!

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Prairie Wildflowers

Gene Towne

One Time: Saturday, 10am, May 1
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, but will also learn the identifying characteristics of both flowering and vegetative plants. Lots of tidbit information will also be obtained. (Gene is a research assistant in Range Management and has been teaching how to identify plants for six years.)

Prairie Grasses

Gene Towne

One Time: Saturday, 10am, May 8
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.

Flint Hills Wildflowers of Hunka Prairie

Craig Freeman

Section I: Saturday, 8am-11:30am, May 22 (rain date May 29)
Section II: Saturday, 1:30-4:30pm, May 22 (rain date May 29)
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

Ever wonder about the identity of some of those beautiful wildflowers that adorn the Kansas Flint Hills each spring. If so, take a walk on the Hunka Prairie and learn something of the identity, classification, and natural history of some of these vernal gems. (Craig is a graduate student in plant taxonomy at K-State.)

Edible Wild Plants

Sue Maas, Max Miller

One Time: Tuesday, 6pm, May 11
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Before you pull or spray that weed why not find out whether it can be enjoyed in a culinary style. Hundreds of unwanted or overlooked plants give excellent food value. Twenty to fifty local plants will be reviewed and displayed for the class. What thing you know, you'll be serving stinging nettle quiche to your next dinner goos, and munching on day lily buds. Class will be re-scheduled in case of rain. (Max and Sue are a team with years of professional and amateur experience.)

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HOW TO PLANT A TREE

One Time: Saturday, 1:30-3pm, (date to be announced, please register)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Nature Trails

One Time: Monday, 7am, April 19
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Cutting and Plant Exchange

One Time: Monday, 7:30pm, April 19
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

Indoor Plants

One Time: Thursday, 7pm, April 1
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Basic Floral Arranging

One Time: Tuesday, 7:30pm, March 16
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

African Violets and Their Cousins

One Time: Thursday, 7:30pm, April 22
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Earth
ATTACHED SOLAR GREENHOUSES

Bill Dorsett & Dean Denner

One Time: Tuesday, 7:30pm, March 2
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Limit: 15

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. (Bill and Dean have designed a number of greenhouses in the area.)

MOBILE HOME ENERGY CONSERVATION AND SOLAR APPLICATIONS

Doug Walter

One Time: Tuesday, 7:15pm, Feb 16
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

MOBILE HOMES are notorious for being energy inefficient. Doug is an energy expert and will tell you how to conserve your expensive energy.

He will also inform you on how to use solar energy in your mobile home. (Doug is an energy extension agent at KSU.)

PHOTOVOLTAICS

Bill Dorsett and Dean Denner

One Time: Tuesday, 7:30pm, March 9
Location: Register and you will be contacted
Class Fee: $5.00, pay at registration

Usually overlooked in the search for new energy, these space technology chips have no moving parts, consume no fuel, produce no pollution, and require no maintenance. We will cover the basics, with emphasis on your home’s potential for a small, efficient, and reliable electric supply. (Bill has researched PV’s for 2 years as an alternative to nuclear power.)

CAR POOL SIGN UP LIST

Register and you will be contacted for time and place
Class Fee: $1.00, pay with registration

LIVING OUT OF TOWN is great but the trade-off is a large gas bill. Save money and meet new people by car pooling. Sign up at registration and specify if you come to Manhattan (or other destinations) from the north, south, east or west. We’ll send you a list of people who come from the same direction. (Gas isn’t going to get any cheaper.)

FLAT PLATE COLLECTORS

Dean Denner, Bill Dorsett

One Time: Tuesday, 7:15pm, March 2
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 collectors are simple, low-cost collectors that are adaptable to almost any situation, and are eligible for a 10% tax credit. This class will cover the basics of collector design and how to plan and build a low-cost system for your home. (Bill and Dean are local carpenters and featured on their collector designs on the solar homes tour last summer.)

RECLAINING AND RECYCLING

Dean Campbell

One Time: Wednesday, 7:00pm, March 3
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Recycling is a fast growing business in the Manhattan area, with opportunities for making money while helping to keep our city clean. This class will include discussion involving the growth, responsibilities, and future of recycling with special emphasis on individual roles that we all can play. We will cover aluminum, paper, bottles and other recyclable containers. Also included will be a tour and demonstration of the new containers that will be serviced. (Dean is pioneer in the recycling business.)

ONE ENERGY AUDIT

Gary Neal

One Time: Wednesday, 7pm, March 10
Fee: $5.00, pay at registration
Location: Register and you will be contacted

Everyone would like to save money on energy bills but where to start? This workshop will show you how to analyze your home for energy efficiency. After you’ve conducted your own home energy audit plan for your home. (Gary is an energy expert at KPL.)

WOOD STOVES - HEATING AND BUYING

Larry Price

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

More and more homes are turning to wood for heating these days. Larry will cover the design of wood stoves, chimney safety, additional equipment used with wood stoves. (Larry is a local stove retailer)

ENERGY TAX INCENTIVES

Doug Walter

One Time: Monday, 7pm, Feb 22
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Many taxpayers took advantage of the generous combination of State and Federal energy tax incentives on their 1980 tax returns. Not only did they save money each month on their utility bills, but they were encouraged to save energy. In this class we’ll discuss how you can receive tax benefits for energy conservation.

BE AN ENERGY-WISE HOMEBUILDER

Alen Edgar - Bruce Sneed

Tuesdays and Thursdays, 7:30-9:30pm
First meeting: March 4
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Materials Fee: $3.00, pay at class

Evaluation of a home on the market. (Bruce and Alan don’t like to pay utility bills or chop firewood and have designed solar and energy conserving homes.)

BUS TRIP TO JEFFREY ENERGY CENTER

Ann Fayerharm

One Time: Wednesday, 9:30am to 4pm, April 7
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $5.00, pay at class

How do we get our power? Is it ecologically safe and can you see for yourself? The tour of the energy center itself takes 1 1/2 hours and includes visits to the turbine rooms, coal storage piles, cooling towers and cooling pool. Bring along lists of questions and your own lunch snacks.

SOLAR THERMISTORS & LOW-COST ENERGY SAVERS YOU CAN BUILD

Bruce Sneed

One Time: Thursday, 7:30-9pm, Feb 18
Location: Register and you will be contacted
Class Fee: $5.00, pay at registration

Low-cost do-it-yourself energy savers will be distributed. We will have displays on hand and show you how to save summer and winter energy dollars.

FAMILY AIR CONDITIONING TUBES

Bruce Sneed

One Time: Thursday, 7pm, March 25
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

Interested in a natural way to cool a new home or addition? We will review up-to-date information on earth/air systems like the one at UDH’s Solar Addition. Costs, materials, performance and design concepts will be covered. There is a need of operating earth/air cooling systems in the Manhattan area. (Bruce is UDH’s Appropriate Technology coordinator and lectures in architecture at KSU.)

WINDSPEAK WORKSHOP

Kevin Peterson

One Time: Saturday, 10am-12pm, April 10
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

Windows can account for one-third of your home’s heating and air-conditioning costs. A slide show presentation on a variety of window treatments that have been installed in the Manhattan area will be shown as well as a general overview of the role that windows can take in your home energy savings. Bring your own ideas.

539-2088
VEGETARIANISM

Tom Schultes
Tuesday, 7:30-9pm, Feb 7; & Monday, 7:30-9pm, Feb 8
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Length: 2 times

Tired of feeling like an American Werewolf in London? Does the idea of a Haggis sandwich make you want to McEgg? The answer - vegetables. Yes. Virginia, there are alternatives to meat protein. Do your cholesterol ridden metabolism a favor - eat something green, or yellow, orange, red - even purple! We'll take a look at the health (and not to mention economic) advantages of a vegetarian diet. (Tom enjoys vegetarian dishes and has eight years experience in grocery business.)

YOU, TOO, CAN DERIVATE FOOD

Eric Linn
537-1143
First Meeting: Wednesday, 7:30-9:30pm, Feb 24 and Monday, March 8
Location: Register and you will be contacted
Class Fee: $8.00, pay with registration
Length: 2 times
Materials Fee: $1.00, pay at class

Food drying is an ecological alternative to canning and freezing for food preservation. This method preserves more of the food's nutrients, is frequently less labor intensive and is simple to do. Beef jerky, banana chips, and zucchini will be prepared for drying. The class will sample these, as well as dried fruits and other foods. Discussion will center around recipes for using dried foods and the variety of dehydrating methods available. (Eric has dried foods for 15 years and looks forward to sharing his knowledge with the class.)

BASICS OF BREAD

Jean Johnston
776-3292
Tuesdays, 7:30-9:30pm First Meeting: Feb 9
Location: Register and you will be contacted
Class Fee: $7.00, pay at registration
Materials Fee: $4.00, pay at class
Limit: 10

Basic bread is a class for newcomers and not-so-new newcomers who like homemade bread. Each week we will have a different type of bread demonstrated. We will start from scratch and learn the very basics of good bread and how to bake it. (Jean learned to bake bread in 4-H and has kept baking it for years.)

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COTTAGE CHEESE  
Ron Park  
One Time: 7-9pm, Feb 1, Monday  
Location: Register and you will be contacted  
Class Fee: $10.00, pay with registration  
Limit: 10  
Homemade cottage cheese tastes different from commercial cottage cheese, and some folks like it better. This delicious product can be made with either cow or goat milk. The class will include a demonstration of how to perform the alchemy of cheese making and then the students can sample their work. (Ron has raised dairy goats for several years and started making cottage cheese to use up surplus milk.)

BARTENDING WITHOUT ALCOHOL  
Laura King  
One Time: Thursday, 7:30-9pm, Feb 28  
Location: Register and you will be contacted  
Class Fee: $5.00, pay with registration  
Materials Fee: $2.50, pay at class  
Appealing drinks that offer an alternative to alcoholic beverages will be sampled using juices, carbonated beverages, ice cream, fruit, etc. A wide variety of non-alcoholic drink recipes and ingredients will be available for you to do your own "bartending." Bring your own recipe thoughts, a bit of imagination - and an appetizer! Snacks will be provided. (Laure is interested in encouraging personal choice in individuals' drinking practices and is looking forward to sharing new and old recipe ideas.)

WINE APPRECIATION  
LW. Davenport  
Fridays, 7-9:30pm  
First Meeting Feb 5  
Length: 4 times  
Location: Register and you will be contacted  
Class Fee: $10.00, pay with registration  
Materials Fee: $20.00, pay at class  
Limit: 12  
If your personal wine consultant is also Betty-this class is for you! This is an introduction to wines; from vine to glass (and beyond...). The emphasis will be on the four classes of wine: foreigns and domestics; when to serve them and how to pick them. (Mr. Davenport tends a small vineyard, is a winemaker and a member of the Society of Wine Educators.)

CAKE DECORATING DEMONSTRATION  
Betty Sewell  
Mondays, 7:30-9:30pm, Feb 1 & 8  
(2 times)  
Location: Register and you will be contacted  
Class Fee: $5.00, pay with registration  
Materials Fee: $1.00, pay at class  
Limit: 8  
This demonstration will cover cake decorating for weddings, Valentine's Day, Easter and birthday ideas. We will learn to make flowers, daisies, rose buds, and pretties. Then we'll enjoy cake and coffee while we exchange ideas. (Betty made her first cake when she was 5 years old.)

THE WORLD'S BEST CHEESECAKE  
Kate Maxham  
One Time: Thursday, 7pm, March 11  
Location: Register and you will be contacted  
Class Fee: $5.00, pay with registration  
Materials Fee: $1.00, pay at class  
Limit: 8  
This is it! The best taste sensation to hit the cheesecake world. Cheese lovers unite - sign up and enjoy an evening learning the knock and tasting the results. (Kate can make calories irrelevant with her taste tempting cheesecake.)

Foods
PIE MAKING

Mary K. Lickey

Section I: Thursday, Feb 11 F20A
Section II: Thursday, March 11 F20B
Section III: Thursday, April 14 F20C
Time: 7-9pm all sections
Location: Register and you will be contacted
Class Fee: $3.00, pay at class
Materials Fee: $1.00, pay at class
Limit: 10

This will be a basic class on the making of pie crust using the “hot water method,” plus some instruction in decorative crusts and some favorite fillings. Everyone is invited to bring a copy of his/her favorite pie recipe to be traded during class. Mary learned to make pie crust using the “hot water method” from a high school Home Economics teacher and has had great results ever since.

NUTRITIONAL AND ECONOMICAL ASPECTS OF EATING OUT

Debbie Genter

One Time: Wednesday, 7-9pm, April 21
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
At least one, and increasingly, two meals out of three are eaten out — these are the latest statistics on the average American family. Two-career families and busy lifestyles have led to a real increase in eating away from home. In this class, we will examine the nutritional and economic effects of this phenomenon. We will look at hidden costs, influences on our taste, choice of eating places and times and will examine some local “eating-out” options. (Debbie has a Ph.D. in Food Service Management and is a registered dietitian.)

EATING JOYFULLY FOR LATER YEARS

Daisy Atkinson

One Time: Monday, 7:30-9:30pm, May 3
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
This class will explain body changes that affect nutritional well-being and suggestions for adapting eating patterns to meet these changes. Daisy’s approach will be intergenerational (applicable from age 10 to 80). The session will be relevant for the older person, family members, and those who work with the elderly. (Daisy works in the Department of Foods and Nutrition at KSU.)

MAKING YOUR OWN BABY FOOD

Helen Johnson, Mrs. Bowers

One Time: Tuesday, 7-9pm, Feb 9
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Why spend your hard-earned money on all those little jars of over-processed, over-priced food for your baby. Learn simple ways to make quality nutritional foods for your baby at a fraction of the cost. (Helen has made baby food for her own daughter and has helped teach this class before.)

CHILDREN'S COOKIE CLASS (6-16 YEARS)

Betty Sewell

Mondays, 7:15-8:30pm, Feb 22 and March 1 (2 times)
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 8
We will bake with a dough making demonstration and discuss methods for brownies, sugar cookies, molasses and date nut delights. We will take home copies of the recipes and cookie samples. This class will be geared toward children's participation. (Betty is a close friend of the "Cookie Monster.")

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KOREAN COOKING
Sungh Brown
Wedgesdays, 10-11:30am; First Meeting: April 7
Length: 4 times
Location: Register and you will be contacted
Materials Fee: $10.00, pay at class
All oriental cooking is not the same. This class will explore the Korean style. We will present several dishes and recipes that use beef, chicken, and vegetables. We will cook with sauces and spices used with each. Each meeting we will prepare a different dish and conclude with the pleasure of enjoying it for Lunch. (Sungh grew up in Korea and is an excellent cook.)

SWEDISH SAUSAGE
Bonnie Berggren
One Time; Wednesday, 7-9pm, Feb 10
Location: Register and you will be contacted
Class Fees: $3.00, pay with registration
Materials Fee: $3.00, pay at class
Bonnie will supervise this class as participants make Swedish sausage, called POTISMORD, the way her grandmother taught her. For this delicious spicy sausage, bring one pound mild ground sausage and one pound ground beef, the rest will be furnished. (Bonnie learned to make POTISMORD from her Swedish grandmother.)

CHINESE COOKING WITHOUT SWEAT
Daleh C.C. Fang
Thursdays, 7-9:30pm, First Meeting: Feb 11
Length: 6 times
Location: Register and you will be contacted
Class Fees: $10.00, pay with registration
Materials Fee: $25.00, pay at class
Limit: 20
In 6 sessions we will learn to cook 20 Chinese dishes designed for busy people. We will use authentic ingredients in the Southern Chinese tradition with a dash of Chinese culture and philosophy thrown in. We will prepare, cook and eat. A 10-disc graduation banquet will complete the course. Daleh is on his way through Southern China and 23 countries and has been the Manhattan Mercury cook of the week - a week with the won.

MEXICAN-STYLE COOKING
Beverly J. Miller
Wednesdays, 7:30-9:30pm, March 17, 24 (2 times)
Location: Register and you will be contacted
Class Fees: $15.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 15
Spends some time enjoying Mexican-style cooking; watching, working, sampling and discussing. The recipes for the two complete dinners (one each meeting) will be available with the more difficult recipes and dishes being carefully demonstrated. (Having acquired a taste for Mexican food while living in Tucson, Beverly has attempted to provide her family and friends a reasonable facsimile while in Manhattan.)

SCANDINAVIAN DELIGHTS
A.Loris Redman
One Time: Friday, 7:30-9:30pm, March 6
Location: Register and you will be contacted
Class Fees: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 20
This class has nothing to do with Liv Ullman, Britt Ekland, or Volvo - the real Scandinavian delights are STRUVOCR, a unique, light butter cookie coated with hot tonic shaped like roses and butterflies; Mandelkornem, a ground almond refrigerated dough pressed into molds to swell a favorite filling; Keddeken and Bror for this: a cool, mashed potato-based pastry, just this side of a pancake - and more! (Lots has lived in Scandinavia and these recipes are among her favorites.)

MON TON
Kate Novman
One Time: Wednesday, 7-9pm, April 21
Location: Register and you will be contacted
Class Fees: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 8
Are you looking for an interesting alternative to appetizers? This is the class for you! Excellent as an hors d'oeuvre, side dish, or just by the plateful! Learn to make these exotic snacks in a flash - sauces to accompany them will also be discussed. (Kate enjoys the fun in making Mon Tons and finds them a delicious alternative to store bought appetizers.)

SAUCERNOULT
Charles Harr
One Time: Saturday, 10-11:30am, April 17
Location: Register and you will be contacted
Class Fees: $3.00, pay with registration
Limit: 20
Ever want to boil cabbage, make it sour and put it on a shelf for months - eat in the middle of winter? Right! We all want to! Especially the next time we boil a hot dog, or whip up a quick Pastastan on a rainy, why not jazz up your taste buds some homemade sauerkraut? A simple process just right for canning or freezing. (Chuck grew up on a farm where sauerkraut was made every year for 10 years.)

BALENS
Nancy Welshas
One Time: Saturday, 10-11:30am, March 10, 7:30-9:30pm (2 times)
Location: Register and you will be contacted
Class Fees: $3.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 8
This class will introduce you to the art of bagel-making. Not quite a roll, not quite a doughnut - they're a wonderful alternative that's as much fun to make as they are to eat! (Boy breads are Nancy's favorite and she loves the smell of bread in the oven.)

TOFU MAKING
Nessa Meng
One Time: Saturday, 1-3pm, March 27
Location: Register and you will be contacted
Class Fees: $3.00, pay with registration
Limit: 10
Learn the art of Tofu! Tofu is a high protein oriental staple made from soybeans. A demonstration of the technique of making tofu, from processing the fresh soybean to boiling, to salt salting and cold pressing for refrigeration. Nessa will offer many serving suggestions and recipes, and discuss the book of Tofu for further reference. (Nessa grew up enjoying this Oriental staple.)

Foods
STELLSKILLS

For more information about Skills
call Julie Coates
at 532-5866

HOW TO BUY A USED CAR
SK1
Ralph Currie

Section 1: Wednesday, 7-9:30pm, March 3
Section 2: Wednesday, 7-9:30pm, March 10

Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 20

Learn about important things to check for before you buy a used car.
Help improve your choices of getting a good deal by knowing what to look
for when you shop. (Ralph buys and sells used cars for a living.)

THINGS TO CHECK WHEN BUYING A USED MOTORCYCLE
SK2
Ralph Brooks

One Time: Wednesday, 7:30pm, Feb. 24
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

When spring arrives so does the irresistible urge to buy a motorcycle.
Be sure you know just what to look for when you buy a used bike. Ralph buys
and sells used motorcycles and can show you specific things to check
that will help you avoid buying a lemon. (Ralph owns a local motorcycle
dealership and buys and sells them for a living.)

UP TO YOUR NECK IN HOT WATER: PLANNING AND ENJOYING A HOT TUB
SK3
David Hacket

One Time: Sunday, 6-9pm, April 11
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Bring your swimming suit and towel and enjoy David's hot tub while you
learn about it. The evening will include discussions on the cost of
equipment and maintenance; varieties; indoor-outdoor; brochures and pre-
sentation by local hot tub dealership; medical benefits and dangers;
tax benefits. A great way to discover what hot tubs are all about.
(David is editor of the Manhattan Mercury and is accustomed to being
up to his neck in hot water.)

SETTING UP AND MAINTAINING A FRESH WATER AQUARIUM
SK4
Jody Hackerott

One Time: Wednesday, 5-7:30pm, Feb 3
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

We'll discuss the method for setting up a fresh water aquarium,
the different sizes of aquariums, types of filtration and the importance
of beginning with quality equipment. We will also discuss the nutritional
needs of fish and some basic care information. (Jody's the manager of
Fountain Hills Tropical Fish Shop and has had fresh water as well as salt
water aquariums of her own.)

YOU AND THE COMPUTER
SK5
Jay Elyert

One Time: Tuesday, 7pm, Feb 2
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 15

Computers and the need to understand them are becoming more important
every day. Jay will attempt to lift the mystique from the computer by
exposing the basic terms, capacities, limitations, sizes and other
qualities of the various machines, with the age of home computers upon
us this class will also make you a more intelligent buyer.

COMPUTER AWARENESS
SK6
Jay Elyert

Tuesdays, 7-9pm. First Meeting: Feb 2
Length: 8 times
Location: Register and you will be contacted
Class Fee: $6.00, pay with registration
Materials Fee: $6.00, pay at class
Limit: 12

The computer will be an integral part of the future. If you'd like to
become educated in the use of a computer this in-depth class can help you.
This series is designed to provide a basic foundation in computer
architecture, jargon, operation, and programming. Students will learn
to do the basic programming language through practical hands-on exercises.
Get a jump on the future. (Jay is an experienced computer programmer and
applications designer, with 8 years in the field and 3 years teaching.)

BASIC AUTO BODY REPAIR
SK7
Joe Klinkner

One Time: Wednesday, 7pm, March 10
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 15

This session is on the basic methods of repairing minor auto body
problems. A discussion and hands-on session covering techniques of re-
pairing dents, rust damage and paint loss will be included. (Joe owns a
local auto body shop.)

RECYCLE MAINTENANCE
SK8
Dave Colburn

Section 1: Tuesday & Wednesday, 7-9:30pm, Feb 2 & 3
Section 2: Tuesday & Wednesday, 7-9:30pm, Feb 16 & 17
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 10

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.)

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VIDEOTAPE BASICS

Jerry Tatum

One Time: Sunday, 3pm, April 11
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Home video recorders are the newest and most important innovation in home entertainment in years. If you would like to know more about them, let Jerry show you the characteristics, various functions and price ranges of the different brands and models. (Jerry is manager of a local electronics dealership and a video cassette recorder expert.)

HOME VIDEO CASSETTE EXCHANGE CLUB

John Holcomb

Register and you will be contacted for times, date and location
Class Fee: $3.00, pay with registration

Want some variety in your home videotape viewing? Taped movies and TV events are expensive so join the exchange club and swap your tapes with others on a temporary basis. Include with your registration, a list of tapes you will exchange and we’ll send you a compiled list of all registrants and their tapes. Give them a call and work out your swap.

(John gets tired of watching the same tapes over and over and wants some variety in his life.)

BUILDING PERMITS

Owen R. Jones

Register and you will be contacted for dates, times and location
Building codes are complex and can be confusing. You’ll need a permit for some projects and not others. We’ll discuss when you need a permit, why you need it, how it will be inspected and how to get a permit.

( Owen has worked with builders in Manhattan, remodeled houses and secured several permits from the city in the past.)

RENOVATING OF OLDER HOMES

T. Russell Retz

Register and you will be contacted for date and location
Monday, 3pm
Class Fee: $3.00, pay with registration

If you’re thinking of renovating an older home, you’ll need to know some of the problems and solutions involved. We’ll discuss purchasing a home, usual work involved in most renovations, answers to individual cases and give you some encouragement. (Russell has renovated 25 older homes or apartment buildings - purchased and sold or rented.)

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BASICS AUTO MECHANICS

Greg Tillery

Tuesday & Thursday, 7:00pm, Feb 9 & 11
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

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. Beginners only, please. (Greg is the manager at Firestone in Manhattan.)

CHEMISTRY SWEEPING

W. Burrow Coffee

One Time: Monday, 7:00pm, April 12
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

As more people begin to heat with wood, it becomes even more important to know the basics of cleaning a chimney. Wilbur is a professional chimney sweep and he’ll show you how to check your chimney, what to look for, and the basics of how to clean it. (Wilbur owns and operates a chimney sweep business.)

BARTENDING BASICS

Holiday Inn

Register and you will be contacted for dates, times and location
Class Fee: $3.00, pay with registration

Learn the bartending basics from an expert. Be a more knowledgeable host at your next party. Bartending can be fun and this class will help you with the basics.

STONE BUILDING

Earl Robinson

Register and you will be contacted for dates and location
Class Fee: $3.00, pay with registration

Stone is one of the most versatile and everlasting building materials. Building with stone is an exacting art that requires a good basic knowledge of the methods involved. Earl can give you ideas for projects once you know the basics. (Earl has years of experience and can show you how to build solidly and beautifully with stone.)
WOODWORKING

WOODWORKING FOR BEGINNERS

Dick Stater
539-9332
Tuesday & Thursday, 7:30pm Feb 16 & 23
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
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.

STRIPPING FOR FUN & PROFIT

Kevlin & Giny Patterson
1-253-5504
One Time: Saturday 12noon-3pm, April 10
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 15
This class will include general knowledge on stripping and refinishing furniture, Kevlin and Giny will show you their projects and the materials they use. You are welcome to bring a project you have done or wish to do. (Kevlin and Giny have done this for 2 years.)

WOODSHOP CO-OP

Dick Stater
539-9332
Tuesday, 7:30pm, Jan 26 Organizational meeting
Locations: Register and you will be contacted
Fees: $20, semester, $60/year, payable at registration
Limit: 30
Located in the UPM Solar addition, the wood shop is equipped with a wide variety of power and hand tools, including a radial arm saw, table saw, jointer, lathe, band saw, and most common woodworking tools. The membership fee is for equipment and facility use only. No materials are included. The mandatory, organizational meeting will include instruction in safe equipment use and basic first aid. See inside back cover of brochure for further details. (Dick is the UPM Workshop coordinator and professional woodworker.)

CHAIN SAW BOWL CARVING

Dick Stater
539-9332
One Time: Saturday, 1-4pm, April 24
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 15
With the chips fly as you see a chain saw do the impossible: carve a finely turned bowl from a piece of fireplace. Included in the demonstration will be final carving and finishing of a bowl. (Dick is a professional woodworker and is UPM’s Woodworking Co-op Coordinator.)

LATHE WORK: BOWL TURNING

Loral “Yo” Garrels
537-2229
Register and you will be contacted for day, time and location
Class Fee: $3.00, pay with registration
Limit: 10
An introduction to the wood lathe will be presented. Bowl turning, whatnots, serving trays will be demonstrated. Participants will have an opportunity to learn the safe operation of equipment and complete a small project. (Over the past 10 years Yo has created a fulfilling hobby of woodworking for himself.)

KITCHEN CABINET DOORS

Marlin Wilson
776-7949
Register and you will be contacted for day, time and location
Class Fee: $3.00, pay with registration
Limit: 15
Using tools available in the UPM woodshop, Marlin will demonstrate for you the steps in making one beautiful kitchen cabinet door. (Marlin owns and operates a local cabinet shop.)

SPINDLE TURNING ON A WOOD LATHE

Wayne Wilson
776-7949
Register and you will be contacted for day, time and location
Class Fee: $3.00, pay with registration
Limit: 15
Wayne has been turning wood for many years and will demonstrate how to make beautiful, unique pieces for chair legs, candle holders and other uses. (Wayne has owned and operated a local cabinet shop in the past and is still very active in woodwork.)

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Skills
Stitchery

FRAMING YOUR FAVORITE PHOTO WITH FABRIC  
FA 36  
Kate Nashan  
776-0133

One time: Monday 7-9pm, March 22  
Location: Register and you will be contacted  
Class Fee: $30.00, pay with registration  
Materials fee: $2.00, pay at class  
Limit: 8

Take the only 6PM class rated 4-1! In this class you will fabricate a fantastic 6"x8" rectangular frame, covered with fabric, and an oval portrait-center. We will go through the process step-by-step, from sizing and cutting the frame to stitching and gluing the fabric. All you need to bring is your favorite photo! (Kate sells many of her frames in the Manhattan area.)

BASIC SEWING  
FA37  
Elizabeth Ann Pratt  
537-9849

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

Learn to sew on a sewing machine and make your own pillow or a few accessories. (Elizabet ann has been teaching sewing classes for years.)

COUNTED CROSS STITCH  
FA36  
Kim Schauf  
539-9641

Tuesdays, 7-9pm, First Meeting Feb 9  
Length: 3 times  
Location: Register and you will be contacted  
Class Fee: $3.00, pay with registration  
Limit: 8

Counted cross-stitch is a type of needlework using 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 first meeting. This is a good chance to broaden your needlework skills. (Kim is very adept at many forms of needlework.)

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

UP-DATING YOUR CLOSET  
FA39  
Fran Zehby  
537-7660

Tuesdays, 7:30-9:00pm, Feb 9 and 23 (2 times)  
Location: Register and you will be contacted  
Class Fee: $3.00, pay with registration  
Limit: 15

Do you find your closet full of clothes, but nothing to wear? Recycle those clothes by learning how to shorten, take up or alter your favorite garments so you can wear them and still be in style. Bring one garment to use as a project. (Fran is a home economist who taught clothing (sewing) and now does professional sewing for other people.)

LET'S MAKE A T-SHIRT  
FA41  
Elizabeth Ann Pratt  
537-9849

One Time, Thursday, 7-9pm, Feb 4  
Location: Register and you will be contacted  
Class Fee: $3.00, pay with registration  
Limit: 10

Learn how to make a T-shirt to fit you. In one evening we will learn to sew on rib trash, match stripes and make ruffles finish a T-shirt designed for you. (Elizabeth Ann is a certified "Stretch and Sew" instructor with many years experience in sewing with knitsw.)

VARIATIONS ON LET'S MAKE A T-SHIRT  
FA42  
Elizabeth Ann Pratt  
537-9849

One Time: Thursday, 7-9pm, Feb 11  
Location: Register and you will be contacted  
Class Fee: $3.00, pay with registration  
Limit: 10

In one evening we will discuss and demonstrate many variations in T-shirt styles which are possible to achieve with the minimum amount of expense. Get all the hints on how to personalize your T-shirts. This class is for those who have taken the basic "Let's Make a T-shirt" class or who are adept at sewing T-shirts. Please bring one you have made to class.
SUGAR EASTER EGGS
Mrs. Hoke
Tuesdays, 6:30pm, March 21 and 28 (2 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10
With Easter coming up now's the perfect time to make a lasting gift for this special holiday. Sugar Easter eggs are beautiful and fun to make and involve melting an egg with sugar, hollowing it out when dry, putting together a scene for the inside and decorating it all with royal icing which hardens and lasts for years. Please bring these decorating tools to the first class: tube #44; writing tube 3 & 4; leaf tube #70; star tube #16 and 18 or 20. (Mrs. Hoke taught 8 years for adult evening school at Manhattan High School and has taught HPN cake decorating in the past.)

WEAVING FOR YOUNG FOLKS
Cathy Collins
Tuesdays and Thursdays, 6:30-8:30pm, First Meeting, Jan 12
Length: 14
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 10
Use Cathy's looms or learn how to make your own. This class is for any young people who enjoy weaving or who would like to learn some of the basic weaves. We will make wall hangings, belts, pillows and clothes (and anything else that you would like to create.) (Cathy has been a weaver for 25 years and has been teaching weaving to children for five years. She also teaches at The Living-Learning School.)

BASIC KNITTING
Jean Johnston
Thursdays, 7:30-9:30pm, First Meeting: Feb 11
Length: 5 times
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 10
Do you have a special problem with your knitting or need to confer with someone who has some expertise? Perhaps you just need some individual attention in getting started. Jean can help. Jean is willing to work on a one-to-one basis with you. (Jean has 15 years of knitting experience.)

WHEAT WEAVING
Georgia Monte
One Time: Saturday, 9am, Feb 13
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 10
This class will learn one weave and see several patterns demonstrated such as the house blessing, Welsh fan and others. Traditional designs and their uses through the years will be discussed. If you know an interesting design, bring it along. (Georgia has been weaving wheat for 6 years and has given demonstrations to various local groups.)

SELF-IMPROVEMENT: BE PRETTIER YOU
Nancy Bowen
Section I: Saturday, 1-4pm, Feb 6
Class Fee: $3.00, pay at regis.
Section II: Tuesday, 7-10pm, Feb 16
Location: Register and you will be contacted
Limit: 5
Is your skin as 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 as glamorous as you prefer, and how 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.)

PROFESSIONAL MANICURES
Judy Goodman
One Time: Monday 7-8:30pm, Feb 15
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 8
Here's your chance to achieve the long, beautiful and healthy nails that you've always admired on everyone else but didn't think possible for yourself. Well - it is! A professional manicurist will demonstrate and help you with actual hands-on experience. You'll discuss technique used in giving a professional manicure, hand care problems, safety precautions and use of the equipment. Pamper yourself and feel great when you leave. (Judy has been a hairdresser for 10 years and is a trained manicurist.)

CREATIVE HAIR BRIDAL
Lin Broccoli
Section I: Monday, 7:30pm, Feb 1
Section II: Wednesday, 7:30pm, Feb 10
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10
Bridal is an easy and stylish way to wear your hair this spring. Hair stylist will demonstrate different types of braiding and knotting on each of the participants. Come enjoy yourself and learn the newest techniques so that you can do them on yourself. (Lin owns her own salon in Manhattan.)
Fine Arts Series

CERAMIC SCULPTURE  FA1
Hope McGuire  537-4379
One Time: Saturday, Jan 16, Feb 16
Location: Register and you will be contacted
Class Fee: $25.00, pay with registration
We will look at slides and talk about the progression of my ceramics, dealing primarily with the sculptural aspects and various techniques and philosophies that I have experimented with in the working process. (Hope is completing a BFA in Art and has taught UFM ceramics classes in the past.)

MATTING OF ARTWORKS ON PAPER  FA12
Roger Routson  776-0389
One Time: Saturday, Jan 21, Jan 28, Feb 18
Location: Register and you will be contacted
Class Fee: $25.00, pay with regis.  Limit: 12
Don't pay outrageous prices to have your favorite poster or artwork matted. You can get professional results and 10 times the satisfaction doing it yourself. The class will be a hands-on matting workshop. Each student is encouraged to bring a drawing, watercolor, poster or other work on paper that can be matted and covered with acetate during the workshop. Each student will be responsible for bringing the necessary materials listed: 1) Drawing or artwork on paper; 2) 2 pieces white mat board at least 8 inches greater in length and width than image to be matted; 3) one piece .003 (or equivalent) acetate at least 12 inches greater in length and width than image to be matted; 4) masking tape; 5) mat knife (utility knife) with sharp blade; 6) metal straight edge. (Roger is Assistant Professor, Kansas State University Art Department, and teaches courses in painting and drawing.)

APPROACHES TO FUNCTIONAL POTTERY  FA13
Same Steverson  539-8926
One Time: Saturday, Jan 16, March 17
Location: Register and you will be contacted
Class Fee: $25.00, pay at registration
This class will cover various approaches to making functional pottery - using wheelthrown and handbuilt and/or altered methods of construction. Included in the session will be demonstrations and slides of my past work along with a look at other artists' work. (Same is currently an M.F.A. student in ceramics at K.S.U.)

RUBBER MOLD MAKING/SCULPTURE CASTING  FA14
Bob Clore  456-2739
One Time: Saturday, Jan 31, April 10
Location: Register and you will be contacted
Class Fee: $25.00, pay with registration  Limit: 12
Learn the process of making rubber molds to mass produce any type of sculptural form. It is possible with this method to make copies of any ceramic, metal/soldering or sculpture in plaster, wax, polyester resin and fiberglass. Slides of student work will be shown. (Bob is assistant professor, KSU Art Department and teaches Design 1, 11, III.)

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CERAMICS

INTERMEDIATE CERAMICS FA18
Janet A. Holcomb 532-5866

Saturdays, 11am First Meeting: Feb 6 Length: 8 times
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Materials Fee: $10.00, pay at class
Limit: 8
We will concentrate on polishing your wheel throwing and hand building techniques while making a wider variety of forms including plates, tidied containers, pullled handles. Emphasis will be placed on visual aesthetics of each piece. There will be guest artists invited, bringing slides and examples of their work. Persons should already know how to throw a basic cylinder on the wheel. (Janet has studied as a ceramics major and has taught many classes for UPM and elsewhere.)

UPM POTTERY STUDIO CO-OP FA19
Janet Holcomb 532-5866

Saturday, 11am, First Meeting: Feb 6 (organizational)
Location: Register and you will be contacted
Length: 8 weeks
Class Fee: $10.00, pay with registration
Materials Fee: $10.00, pay at class
Renewal in studio co-op class - $10.00
Annual membership in studio co-op - $80.00 (3 semesters)
$30.00 (2 semesters)
This is a co-operative studio-access class open to anyone with experience who feels confident working alone. As a co-op member you will have access to the studio for four hours a week, 12-1/2 lb of clay plus all the recycled clay you produce in 11/2 space, and glasses. (Janet is the pottery studio coordinator for UPM.)

UPM POTTERS GUILD FA20
Norm Latty 460-3696

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 will be contacted. (Norm is a professional potter in Olshurg and is a member of the Guild.)

BEGINNING CERAMICS I FA16
Leslie Black 537-0893

Mondays, 7:30pm, First Meeting: Feb 1

BEGINNING CERAMICS II FA16
Romie Hamilton 529-1319

Tuesdays, 7:30-9:30pm, First Meeting: Feb 2

BEGINNING CERAMICS III FA17
Kim Kepner 532-3774

Wednesdays, 7-9pm, First Meeting: Feb 3

For All Classes: Length: 8 times
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Materials Fee: $10.00, pay at class
Limit: 8
These classes will explore the possibilities for creating unique and original pieces of stoneware pottery. As beginners, you will learn the many techniques for hand building clay with such exotic tools as rolling pins and balloons. You will also learn to use the potter’s wheel to produce vessels of many kinds. (Leslie has taken numerous classes in the ceramic department at KU and is very adept on the potter’s wheel. Kim enjoys working with clay for recreation; and Kim enjoys working with clay and looks forward to sharing the fun with her class.)

STAINED GLASS DEMONSTRATION FA34
Bob Lindsay 776-5466

Section I: Monday, 7-9pm, March 29
Section II: Monday, 7-9pm, April 5
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
See a demonstration of the colorful and time-honored craft of stained glass. Bob will show you the basics in constructing a window with the copperfoill and leaded techniques. cutting each pattern out of glass and layering them together with lead or copper to make the finished product. Color your life with some beautiful stained glass. (Bob is in the business of restoring old leaded stained glass windows and has been doing this for 36 years.)

ORIGAMI - JAPANESE PAPER FOLDING FA49
George Norcia 532-6583

One Time: Saturday, 9:00-11:00am, Feb 27
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 8
Origami is the Japanese art of folding colored paper into animals and other objects. It is a very old craft passed down traditionally to younger children to increase their creativity and imagination. Come and learn this beautiful oriental skill for yourself. (George has taught this class before and has been interested in all arts since she was very young.)

CANDYMAKING FA52
Neil Schanker 539-5766

Section I: Wednesday, 7:30-9:30pm, April 7
Section II: Thursday, 7:30-9:30pm, April 8
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 20
We will discuss candy types, waxes, wicks, molds, colors, scents, safety and tricks of the trade, everyone can create a personalized candy. (Neil enjoys making candies and has taught this class before.)

CREATIVE CLOTHWORKING FA53
Steve Hall 539-5228

Section I: Tuesdays, 7-9pm, Feb 2 & 16
Section II: Tuesdays, 7-9pm, March 2 & 20
Section III: Tuesdays, 7-9pm, April 6 & 20
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 20 each section
Cloths can have sensitivity! Materials will be on hand for each participant to create a unique cloth face of his/her own design to be incorporated into a simple box frame. Several examples and some suggestions will be available. (Steve is a participant in local craft shows and enjoys creating craft items.)

THEATRE MAKEUP FA54
Leora R. Forstern 539-8211

One Time: Saturday, 1-4pm, Feb 20
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 10
We will explore costumes you can create out of things you find around the house. Please bring your imagination and some old pieces of clothing that can be cut up. This is a great class to get ideas for making inexpensive and original costumes for kids.

WATER COLOR PAINTING FA52
Gene Ernst 776-8202

Saturday, 9:30am-3:30pm, March 27
First Meeting (see description)
Thursdays, 7:30-9:30pm, First Meeting, April 1 Length: 5 times
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Materials Fee: $10.00, pay at class
Limit: 15
The group will visit the Kansas Watercolor Society exhibit at Wichita Art Museum Saturday March 27 as a kick-off. Then, in four regular classes on Thursday evenings, we will cover washes, composition, tools and paper, wet and dry techniques, glazing and framing. We prefer intermediate and advanced watercolorists. Furnish your own brushes, paints and paper. This group will paint with guidance and demonstrations by Ernst. (Gene is a member of the Kansas Watercolor Society and has had recent exhibits in Manhattan, Wichita, and Crested Butte.)

FINE ARTS AND CRAFTS
Dance

ELFIT MILLS YOUNG PEOPLE FESTIVAL* F640
Kathy Miller, Artistic Director
539-1850 539-6308
2nd & 4th Sundays, 7:30-9:30 p.m. First Meeting: Feb 14 Length: Ongoing
Location: Register and you will be contacted
Class Fee: $20.00, 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, all ages and welcome. (The presenters have danced with college, recreational and exhibition groups and have taught for class, recreational dance camps, and various workshops.)

COUNTRY WESTERN SWING DANCE F641
Charlie Clark
Section I: Tuesday, 7pm, Feb 2 Length: One Time
Section II: Tuesday, 7pm, Feb 9
Section III: Tuesday, 7pm, Feb 16
Location: Register and you will be contacted Limit: 10 couples
Class Fee: $3.00 per person, pay with registration
Hey - cowboys and cowgirls - round your friends up to learn the sharp moves, spins, dips, turns, and slides done in country western swing. A fun evening out dancing will give us a chance to romp and stomp to some great music.

COUNTRY WESTERN SWING DANCE F642
Ellen Johnson
539-5483
Tuesdays, 7pm First Meeting: Feb 23 Length: 3 times
Location: Register and you will be contacted Limit: 10 couples
Class Fee: $7.00 per person, pay with registration
Hey - cowboys and cowgirls - round your friends up to learn the sharp moves, spins, dips, turns, and slides done in country western swing. A fun evening out dancing will give us a chance to romp and stomp to some great music. (Ellen is a member of X-Ladies at KSU and has taught swing classes in Pennsylvania in the past.)

SOCIAL COUNTRY SWING
Sec: I Fri. 6:30-9:30 p.m., 8 weeks, $28.
Sec: II Fri. 8:30-9:30 p.m., 4 weeks, $14.
For all ages, couples and singles. Have fun and learn this year's most popular dance steps. Country Swing. Crotched Eye, and Polka are included in this course.
Rosalee Landolf is a certified ballroom instructor.

SLOW DANCIN’ BALLROOM!*
Sec: I Fri. 7:30-9:30 p.m., Sec: II Sun. 5:6 p.m.
Eva White, Instructor
For all ages, couples and singles. Learn all of these steps: East Coast Swing, West Coast Swing, Slow Dancing, West Coast Swing, Waltz, Rumba, Cha-Cha, Jitterbug, Foxtrot, and more.
Rosalee Landolf has years of ballroom teaching experience.

Junior High - Country Swing & Ballroom
Fri. 4:30 p.m., 8 weeks, Cost: $28.
High School - Country Swing & Ballroom
Sun. 4:30 p.m., 8 weeks, Cost: $28.
For those of all ages. Some have some fun, and learn dance steps that everyone is dancing these days. Learn these popular step: East Coast Swing, West Coast Swing, Cotton-eyed Joe; Country Swing; Slow Dancing: Jitterbug, and much more.
Rosalee Landolf is a certified ballroom instructor.

EXERCISE
“BUMPS & GRINDS”* Monday, 7:00-8:30 p.m., 8 weeks, $40.
Shake up, stay fit and have fun at the same time! Enjoy this twice weekly class and look forward to coming each time. Warm up, do exercises for strengthening flexibility, and do routines to music.
Jean Keslar is a Dance graduate and needs this class to stay fit too.

JAZZ for Adults
Tues. 5:30-6:30 p.m., 8 weeks, Cost: $28.
Let go, feel good and learn ‘all that jazz’ with this beginning class in jazz techniques. Learn body isolation, a new way to approach jazz music, and much more. You’ll walk out of this class feeling jazz.
Phyllis Andrews is a KSU dance graduate and loves to move.

JAZZ for Teens
Tues. 5:30-6:30 p.m., 8 weeks, Cost: $28.

TAP for Adults & Teens
Thurs. 5:30-6:30 p.m., 8 weeks, Cost: $28.

INTERMEDIATE BELLY-DANCE* F643
Rasha
776-1644
Mondays, 7-9pm First Meeting: Feb 8 Length: 8 times
Location: Register and you will be contacted Limit: 10
Class Fee: $10.00, pay with registration
Get a taste of the Near East and learn the Cancle Dance and the dances of the Gypsies. You will use stilts (finger symbols) and will eventually create your own dance routine learning to refine your movements and to flow with the music. (Rasha has been dancing professionally for four years.)

DANCE SWALLOW* F644
Sidney Pudwill
762-7454
Thursdays, 6:30-8:30 p.m. First Meeting: Feb 4 Length: 8 times
Location: Register and you will be contacted Class Fee: $10.00, pay with registration Limit: 20
Come and learn different forms of dance all in one class. You will get a taste of 2 weeks ballet, 2 weeks tap, 2 weeks modern and 2 weeks of Jazz. Leotards and tights are the preferred wear but if unavailable, please wear shorts and T-shirts. Please bring hard soled shoes to class. (Sidney dances and tours with a dance company from Manhattan.)

DANCING FOOLS* F645
Linda Gross
1-949-2812
One Time: Saturday, 7pm, Feb 6 (organizational)
Location: Register and you will be contacted Class Fee: $11.00, pay with registration
Have you ever swung dancing for a year or more? Would you like to take your dancing seriously but can’t find a serious partner or partners? Help form a new group, Dancing Fools, interested in getting together often and practicing. THIS IS NOT A CLASS, just for people interested in being better dancers. (Linda teaches swing dance in Manhattan and dances for the fun of it.)

MOVEMENT AWARENESS* F77
Susan Warden
Wednesday, 7:30-8:30 p.m., Feb 3 & 10
Location: Register and you will be contacted Class Fee: $5.00, pay with registration
A background in dance technique is not important. You need only an interest in spontaneity and exploration of communication through movement. This will be a non-embarrassing approach to movement. (Susan has taught this class before for UPL and is professor of dance at K-SU.)

Susan Warden Dancers
DANCE CLASSES

BALLET
Ballet for Adults
Tues. & Thurs. 7:30-9:30 p.m., 8 weeks, $28
Ballet for Teens
Mon. & Wed. 6:30-7:30 p.m., 8 weeks, $28

MODERN
Modern for Adults and Teens
Fri. 6:30-7:30 p.m., 8 weeks, $28
TAP
A walk of creativity that you have left unexplored and experience the excitement of modern dance. A technique class emphasizing body awareness and using different styles to music.
Susan Warden is a KSU professor of dance.

CHILDREN’S CLASSES

CREATIVE MOVEMENT*
Pre-School 4/6 yrs., old Sat. 9-10 a.m., 8 weeks, $28.
Elementary 8-7 yrs., old Sat. 10-11 a.m., 8 weeks, $28.
Let your child experience the joys of spontaneous movement and learn the basics of ballet. Provides fundamentals for future dance classes as well as basic coordination and grace. Sidney White Pudwill is a KBU Dance Graduate.

CHILDREN’S BALLET!
For ages 8-10 Sat. 11-12 a.m., 8 weeks, $28.
Give your child the opportunity to experience the joy and physical discipline of classical ballet. Emphasis on correct body training and alignment useful in gymnastics as well as future dance classes. Sidney White Pudwill is an experienced children’s ballet teacher.

CHILDREN’S BALLET!
For ages 10-13 Wed. 6-8:45 p.m., 8 weeks, $28.
For children who have already acquired some basic ballet fundememtes. Continuation of ballet basics in preparation for points work. Molly Magee is a KSU Dance Graduate.

Registration Form

Name:
Address:
Home Phone:
Work Phone:
Classes:
Total Amount Enclosed: $27
TUTORING CONVERSATIONAL ENGLISH  FA56  Donna Davis  522-6448

Section 1: Tuesdays, 7-8pm, one time Feb 2  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.)

PRINCIPLES OF ARABIC LANGUAGE  FA57  Hassan Alanna  537-2376

Thursdays, 7-8pm  First Meeting: Feb 4  Length: 3 times  Location: Register and you will be contacted  Class Fee: $5.00, pay with registration  Limit: 8
For Americans, the Arabic language is very important because there are many American companies in Saudi Arabia who prefer to employ people knowing the language. It will be important to know in the next decade because of the economic and political situations occurring between our two countries. (Hassan is a masters degree candidate in Food Science and a native Arabic speaker.)

RESIDENT FRENCH  FA58  Ali Mousavi  539-0360

Monday, Wednesday, Friday, 7-8pm  First Meeting: Feb 1  Length: 16 times  Location: Register and you will be contacted  Class Fee: $10.00, pay with registration  Limit: 15
Vouslez-vous parler français? 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 take a look at the French culture. (Ali is a reader of French classics, especially of Hugo & Rostand.)

SIGN LANGUAGE: TO HEAR A HAND  FA 31  Dan McAvaney  597-4270

Tuesdays & Thursdays, 2:30-3:30pm, First Meeting: Feb 2  Length: 20 times  Location: Register and you will be contacted  Class Fee: $5.00, pay with registration  Materials Fee: $5.00, pay at class  Limit: 25
"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 complete language, not based on any spoken language, fully capable of communicating complex ideas and information. But 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. (Dan has taught sign language several times before.)

PARLIAMENTARY PROCEDURE IN ACTION  FA49  R. J. Dickens  539-7050

One Time: Monday, 7-8:30pm, March 22  Location: Register and you will be contacted  Class Fee: $1.00, pay with registration  Limit: 10
How many times have you been involved in a meeting that went aimlessly without a set order? Are you (or are you about to become) a presiding officer of an organization and not sure what to do? This class, based on Robert's rules of order, can help.

STEER CRAFT  FA44  Manhattan Toastmasters  539-7050

2nd & 4th Thursdays, 6:30-8:30pm  First Meeting: Feb 9  Length: 8 times  Location: Register and you will be contacted  Class Fee: $10.00, pay with registration  Limit: 20  Materials Fee: $5.00, plus meals, pay at class  Effective communication is becoming increasingly important in our modern society - in our homes, offices and classrooms. This class offers basic instruction in giving presentations, discussions, and listening - all in an atmosphere of effective evaluation through constructive criticism and enjoyment. (Toastmasters International is a non-profit educational organization offering its members an opportunity to improve speaking, listening and leadership skills.)

FLINT HILLS TOASTMASTERS CLUB  FA43  Dixie Roberts  776-6346

Mondays (2nd & 4th), 7:30-9:30pm, First Meeting, Jan 11  Length: 9 times  Location: Register and you will be contacted  Class Fee: $5.00, pay with registration  Toastmasters is interested in one of life's most exhilarating challenges - ...the improvement of the individual; develop leadership skills; increase communicative abilities as listener and speaker; learn efficient organization techniques-parliamentary process. (Toastmasters training has helped Dixie to step into new vistas with confidence.)

HARLEQUIN BOOK EXCHANGE  FA59  Mike Brownstein  539-9238

One Time: Tuesday, 7:30pm, Feb 2  Location: Register and you will be contacted  Class Fee: $3.00, pay with registration  Most everyone has a few paperback books lying around collecting dust. Here's a chance to put them to good use. This will be a great way to exchange a book you've already read with someone who has one you want to read. A list of names and phone numbers will be exchanged (along with a few books) at this informational meeting. (Mike loves to read Harlequin books and has collected a lot over the years.)

BOOK DISCUSSION GROUP  FA 82  Mike Brownstein  539-9238

1st & 3rd Tuesdays/month, 7:30-9:30pm  First Meeting: Feb 5  Location: Register and you will be contacted  Length: 5 times  Novels, non-fiction, short stories... join with some fellow literary enthusiasts in informal discussions of your favorite books(s). Class members will choose the books to be discussed at the first meeting. The more people, the more diversity. (Mike enjoys a good literary discussion.)

FINE ARTS AND CRAFTS
FOLK ROOTS

KANSAS FOLK ARTS FESTIVAL FA1
Joan Pease $32-5275
Register and you will be contacted regarding time and location.
In 1981 the Kansas Folklife Festival is moving to Manhattan. The event, which celebrates the traditional arts of Kansas, has been held in Topeka the last three years. This year the festival will take place on May 7th and 8th, 1981. Many volunteer the time and effort to make this statewide event a success. If you would like to work around traditional craftspeople and musicians and can help with publicity, sales, food, sound, grounds, hospitality, or other needed areas please sign up and you will be contacted. Working on the festival is a unique and rewarding experience. (Joan is the director of the Kansas Folklife Festival.)

KANSAS FOLK ARTS FA2
FOLK ROOTS is a project funded by the National Endowment for the Arts and the Kansas Arts Commission, which helps to promote a better understanding and appreciation of the traditional arts in Kansas. The following courses are offered as an introduction to the subject. The introductory class will explore the work of folk artists found throughout the state. The other classes listed offer the student a chance to directly interact with local folk artists and learn their skills.

KANSAS FOLK ARTS: AN INTRODUCTION FA3
Jennie O'Brien $32-5866
One Time: Tuesday, 7:30-9:30 pm, March 30
Location: Register and you will be contacted.

For the past year and a half the University for Man has conducted a statewide survey of Kansas Folklife Arts. Through the use of slides and audio tapes the results of this survey will be presented. The work of some of Kansas' most traditional artists will be viewed and discussed. Come share information about quilters, woodcarvers, post rock cutters, folk musicians and much more. (Jennie is the staff folklorist at University for Man and is directing the Folk Roots program.)

UKRAINIAN EGG DECORATING FA5
Elaine Cole, Kate kazham
539-2148 778-0133
Section I: Wednesday, March 3, 7pm
Section II: Tuesday, April 6, 7pm
Location: Register and you will be contacted.
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class

Ukrainian eggs are a traditional centuries-old folk art which originated in the Ukrainian region of the USSR. Chicken eggs are covered with intricate, brilliantly colored, symbolic designs by means of a waxing and dying process. Ukrainian eggs are traditionally made for Easter and according to various folk beliefs possess magical powers. We'll start the class with a slide show explaining the history and tradition of this folk art, then each person will decorate his/her own Ukrainian egg. Bring at least one fresh egg (at room temperature), a candle, candleholder and pencil. (This class is dedicated to Oryzla Gaydak and all Ukrainians who taught us this craft.)

DOLLMAKING FA10
Hildred Nelson 776-5208
Tuesdays, 7pm, April 13 & 20 (2 times)
Location: Register and you will be contacted.
Class Fee: $3.00, pay with registration

The production of handcrafted items for use in the home often combined beauty with purpose. Hildred is an expert quilter and does all her piecing by hand. She will teach you to make your own quilts by cutting patterns from scraps and hand piecing them into blocks to quilt. Bring fabric, scissors, pins, and thread, pencils and paper to class. (Hildred has made beautiful quilts for many years.)

WOODCARVING FA7
Harold Classon
One Time: Wednesday, 7-9:30 pm, April 7
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Woodcarving is one of the more popular traditional crafts found in Kansas today. Using a few basic tools and his knowledge of farm animals, Harold carves beautiful animals out of scrap wood. He is happy to share his knowledge about this traditional art and by not discussing his own work but also sharing his experience with others so they can begin their own woodcarving projects. (Harold is a folk artist who has been woodcarving for years.)

TATTING - THE ART OF MAKING LACE FA6
Jesse Lee Foevesuck
Wednesday, 7pm, April 14, April 21 (2 times)
Location: Register and you will be contacted.
Class Fee: $3.00, pay with registration

Tattting, or "Frogeling" as the French call it, is a very old art. This process of making lace by hooping and knotting a single strand of thread on a small shuttle seems to have originated in Europe. Years ago tatters used very fine thread and many long "pictors," to create a lace effect. Modern tattting has shorter and fewer pictors, uses heavier thread, and will outfit the cloth it is on. Please bring a plastic tattting shuttle, spool of tattting thread, crochet hook or needle and a basic tattting instruction booklet. (Jesse Lee was 11 years old when she learned this art from her grandmother and has continued tattting to the present day.)

MAKE A PALM EASTER STICKS FOR CHILDREN AGED 6-10 FA6
Christina van Swayan
One Time: Saturday, 9:30am, April 3
Location: Register and you will be contacted.
Class Fee: $3.00, pay with registration
Materials Fee: $2.50, pay at class

On Palm Sunday Palm-Easter sticks are/were made by Dutch children, especially in the smaller villages. The stick is in the form of a cross and is decorated with a bread dough sun and a bread dough wreath. Garlands of string candy, fruits and greenery are also used for decorations. A Palm Easter song is sung while the children show their sticks to family and friends. (Christina is native from Holland and enjoys making the Palm-Easter sticks with children in the community.)

LOG HOMES IN KANSAS FM4
Bill Koch
539-7128
One Time: Monday, 7-9 pm, March 1
Location: Register and you will be contacted.

"Log homes of Pioneer Kansas" - This course will explain details of tools needed, types of wood utilized, traditional dimensions, types of corner joints, etc. Bill Koch is a professional carpenter and his firm has five log homes on the National Register of Historic Buildings. Slides of about 50 existing structures will be shown, all of which were constructed 100 years or more ago; some of these have been moved to city parks and are furnished with traditional furnishings of the period. Some of the songs and poetry concerning the sentimental attachment the settler had for his "cabin home" will be considered. There were many more log homes built in Kansas than the much written about "hoddy." (Bill has been gathering material on this subject for ten years - photographing and getting the history behind each log home, etc.)

GOOPAL SINGH - NEW LIGHT BAPTIST CHURCH F9
Joe Ameling
532-5866
One Time: Friday, 9-10 pm, April 23
Location: Douglas Center, 501 Yuma

One of the highlights of the 1981 Kansas Folklife Festival was the Sunday morning appearance of the New Light Baptist Church Choir from Bonner Springs, Kansas. The choir was organized in 1950 with only six members. Today the group is made up basically from three families and claims thirty members. They have appeared throughout the Kansas City area and have been special guests on KANF television's "Your Church and Mine" and on KUON radio. They have also traveled to Jacksonville, Illinois, St. Joseph and Carrollton, Missouri, Dallas, Des Moines, and cities in Ohio. This fine vocal group will not only perform but also participate in workshops with the help of Kansas State University faculty.
Photography

BEGINNING PHOTOGRAPHY
Dale Bryant
Mondays, 7:30-9:30pm Register and you will be contacted for dates
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
You just got a camera for Christmas and don’t know how to work the “new fangled” thing? This is a beginners description of how a camera works and what it can do, we’ll discuss film, types of processing and exposure as well as the do’s and don’ts of composition and photography criticism. I’ll show you my pictures at the first class, you show me yours at the second. (Dale is an associate professor of Architecture, he has taught architectural photography at KSU and has a special interest in nature photography.)

PHOTOGHAPIC PRINTING & DARKROOM TECHNIQUE
Sally Sampar
Mondays, 7pm First Meeting: Feb 8 Length: 6 times
Location: UFM Darkroom
Class Fee: $5.00, pay with registration
This class will introduce the magic of the darkroom. You will learn the basics of good photo printing as well as some of the fine points. Each student will shoot a minimum of two rolls of film per week, develop proof sheets and print the best photographs. We may also learn how to dry mount photos for display. (Sally teaches photography at KSU.)

UPM BEGINNING DARKROOM
John H. Holcomb
One Time: Monday, 8:30pm, Feb 1
Location: Register and you will be contacted
Limit: 12
Class Fee: $5.00, pay with registration (chemicals furnished)
Discover 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.

UPM DARKROOM COOPERATIVE
Neil Schunker
Organizational Meeting: Monday, 7-8pm, Feb 8
Located just one block east of campus in the UFM House, the UFM darkroom is available to anyone who needs access to a well-equipped facility. Equipment is capable of handling up to 11x14 prints and 4x5cm negatives as well as 35mm. The fee includes everything but paper, for those who need instruction in darkroom techniques, UFM is offering a course “Beginning Darkroom” where you can have your questions answered.
Fees: 1 semester, $18, new members $16, renewals (pay with 2 semesters, $32, new members $25, renewals (registration)
3 semesters, $48, new members $39, renewals
This fee covers use of space, equipment and all necessary chemicals for black and white film processing. 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/hr.

FINE ARTS and CRAFTS
TALKING SLIDES

Ernie Peck, Ban Ray

One Time: Wednesday, 7pm, Feb 10
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class

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

COLOR SLIDE PROCESSING

Eric Peck

One Time: Tuesday, 7:30pm, March 9
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class

Bring a roll of Ektachrome slide film to this class, and I'll show you how easy it is to process it yourself. It will be a fun evening, and you'll leave with a lot of new ideas.

MANHATTAN CAMERA RENTAL DARKROOM COOPERATIVE

Bob Buzby, Manhattan 776-4240

Hours: 9:30am-10pm, Monday thru Friday, 9:30am-5pm, Saturday
Location: Manhattan Camera, 228 Poyntz
Fee: 1-year membership $20.00
Individual Lifetime Membership $50.00
Family Lifetime Membership $75.00
Plus - Black and White Space $2.00 per hr.
Color Space 4.00 per hr.

Rental darkrooms for color and black and white film processing and printing. Memberships available now. If you've always wanted to make your own color or black and white photos, but didn't have a darkroom or the knowledge, now we can solve your problem. All chemistry is furnished and the equipment is new. We will have someone on hand all the time to help you and classes will be available on a frequent basis. You really need to see our facilities to realize how nice they are!

DARKROOM 1

Tina McDonald, Corl Anderson

Monday, Wednesday, Thursday, 7-9:30pm, March 22, 24, 25
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class

We'll learn how to properly handle and develop negatives. We will use different developers and learn what makes a good negative. We will also make black and white prints up to 16"x20". You will need a pack of 8"x10" graded paper, your favorite black and white negatives, and a smiling face. If you don't have the paper, you can buy it as we use it.

DARKROOM 2

Tina McDonald, Cort Anderson

Tuesdays and Thursdays, 7pm, April 10, 22, 27 & 29 (4 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class

We will work on spotting and retouching, salvaging under and over exposed negatives, and printing color negatives and slides. We will learn to process Ilford's new black and white film (FX-1). Also, we'll learn Solarization and Polarization. (As you can see, you need some background for this one.)

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INTRODUCTION TO ZEN - PRACTICE AND PHILOSOPHY 51

Al Potter, Mary Williams 539-3300

Thursdays, 6:30-10pm First Meetings: Feb 4 Location: Register and you will be contacted Length: 3 times Class Fee: $5.00, pay with registration 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. As 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 basis for class discussion. The class will also include taped lectures and zazen instruction. (Both Al and Mary are Zen students under instruction from Kazuaki Kouchi at the Minneapolis Zen Center.]

THE SHORTER WORKS OF TILLICH S2

Dave Stewart 539-3051

Thursdays, 11:30am-1pm First Meetings: Feb 4 Location: Register and you will be contacted Length: 8 times Class Fee: $1.00, pay with registration Limit: 12

By popular request, this weekly lunchtime discussion of Tillich's works will continue. We will begin with Love, Power and Justice. We will then select other considerations of Tillich's works. The primary focus will be whether/how Tillich's works relate to our own experience. (Dave is the American Baptist campus minister who has been dialoguing with Tillich's works for years.)

ORIENTALISM AND THE BIBLE S-2A

Ivy Rao

Mondays, Feb 15, 22 & March 1 7:30-8:30pm Location: Register and you will be contacted Class Fee: $3.00, pay with registration

Many of the parables and events of the Bible are more easily understood if approached from an Eastern point of view. This class will provide participants with biblical interpretation that merges East and West. (Ivy was brought up in a Christian family in India and has noted the different ways Eastern and Western culture interpret the Bible.)

THEOLOGY OF MOVIES S3

Dave Stewart 539-3051

Saturdays, 6:30pm First Meetings: Feb 6 Location: Register and you will be contacted Class Fee: $5.00, pay with registration Limit: 15

Materials Fee: Cost of movies

We will view selected movies at local theaters and then discuss their meaning in relationship to life and faith issues.

FUNERALS - CONSUMER'S LAST RITES S4

Patti Root 776-8294

One Time: Thursday, 9:30-11am, Mar 25 Location: Register and you will be contacted This class will be a discussion of alternatives to conventional funerals, how to save money on conventional services, and tips on helping consumers protect themselves in a time of personal crisis. (Patti is director of the Consumer Assistance and Information for the Aging Program.)

A LOOK AT "DYING" S5

Mary Herrmann 776-3322

One Time: Tuesday, 7-8:30pm, Feb 2 Location: Register and you will be contacted As a time characterized by grief, there are many other issues and emotions that must be dealt with before, and at the time of death. These factors vary when the death is a friend, family, or your own. This class will look at the implications surrounding death, and examine the roles and responsibilities of the people it touches. (Mary is Chaplain, The St. Mary Hospital.)

On Health

SELF-HEALING S6

Jean Burnham 539-1546

Wednesdays, 7:30-9pm, First Meeting: Feb 3 Location: Register and you will be contacted Length: Ongoing Class Fee: $3.00, pay with registration

Within all our minds is a guiding and healing force which directs us toward fulfilling our highest potential. The class will focus on contacting this inner force and reorienting and working with its manifestations in our daily lives. Using dreams, events, changes, relationships, feelings and illnesses, (Jean does a lot of personal counseling directed toward inner growth and healing.)

COLOR AWARENESS IN HEALING S7

Pat Emberg, Joes Kawan 468-3627 539-6697

One Time: Wednesday, 7:30-9:30pm, Feb 10 Location: Register and you will be contacted Class Fee: $3.00, pay with registration

This class will be an introduction to the use of color rays in healing. The information presented is from ancient and contemporary resources as well as practical experience. Participants will have the opportunity to join the ongoing group of the previous two semesters. (Pat and Joe continue to explore alternative ways of healing.)

AN INTRODUCTION TO BIOFEEDBACK S8

David G. Donskii 532-6392

One Time: Thursday, 7-9pm, Feb 20 Location: Register and you will be contacted Class Fee: $3.00, pay with registration (non-KSU students only)

How well do you know your body? Sure, it has its subtle ways of telling you when to bathe, get out of the sun, and even breathe! But what is it telling you chemically? Electrically? This class will explore and analyze the available methods and machines that monitor and calibrate our biological signals through judging temperature feedback, muscle tension, and EKG (Galvanic Skin Response, the basis of the polygraph, or lie detector test). (KUS students' class fees are covered by KUS tuition.) (Dave has been offering biofeedback training for over 12 years.)

Aggie Hair Shapers

ATTENTION: January birthdays ad rates are due by January 16.

ATTENTION: April birthdays ad rates are due by April 20.

ATTENTION: August birthdays ad rates are due by August 7.
HYPNOSIS FOR THE SERIOUSLY CURIOUS

Gregory W. Potter
537-0076
One Time: Monday, 6:30pm, March 8
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

This class offers information about and an explanation of how hypnosis is used in goal achievement. Hypnosis will be presented from a cognitive behavioral viewpoint. Books and tapes will be available for purchase but are not required. Questions are invited. (With a MS in psychology and PhD in counseling, Greg has trained in hypnosis at the Institute to Advance Ethical Hypnosis in Newark, NJ, and owns and directs Personal Achievement Systems in Manhattan.)

YOGA I

S11
Bert Franklin
530-0495
Tuesdays, 5:30-6:30pm First Meeting: March 2
Length: 8 times
Class Fee: $10.00, pay with registration
Materials Fee: $1.50, pay at class

This will be an introductory course providing a basis for continued practice and advancement in yoga asana (postures), pranayama (breath control), kriya (cleansing), and dhyana (meditation). Recommended dress: men, running or swimming shorts; women, leotards or tight, loose clothing. Please bring your own mat. It can be stored at the classroom during the course. (In 1982 Dr. Franklin will attend a symposium of about thirty internationally-known Yoga teachers from Asia, Europe and America.)

YOGA II "YOGA OVER 40"

S12
Bert Franklin
539-0495
Thursdays, 5:30-6:30pm First Meeting: March 4
Length: 8 times
Class Fee: $10.00, pay with registration
Materials Fee: $1.50, pay at class

This will be an introduction course to yogaic breathing (pranayama) and some yogaic asanas which, though not strenuous, will reduce the mental and physical effects 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

S10
Rob Sheridan
Register and you will be contacted for time and location
Length: 8 times
Class Fee: $10.00, pay with registration
We will study the basic asanas, pranayama, and bandhas so that the student may continue the practice of yoga as his or her own. (Rob has been studying yoga with Dr. Franklin off and on for several years.)

MEDICARE MUDLE

S23
Cindy M. Davis
776-9294
One Time: Thursday, 9:30am-11am, March 4
Location: Register and you will be contacted
The Medicare Muddle is an attempt to decipher the workings of the Federal insurance program. The class will cover eligibility, benefits (what is and is not covered by Medicare), filing claims and appeals. (Cindy is the Assistant Director of Consumer Assistance and Information for the Aging.)

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MEDICARE HEALTH INSURANCE FOR PEOPLE WITH MEDICARE

S22
Cindy M. Davis
776-9294
One Time: Thursday, 9:30-11am, March 18
Location: Register and you will be contacted
The Medigap Health Insurance program is an exploration of the insurance needs of persons with Medicare and the types of insurance available to them. The discussion will include in-hospital policies, nursing home policies and prepaid disease policies.

MASSAGE

S13
Bob Parr
776-8768
One Time: Thursday, 9:30am-11am, March 4
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
The feet have startling stories to tell! Nerve endings to all parts of the body and in the feet. By learning the basics of reflexology (zone therapy) you can help yourself prevent and overcome tension, improve circulation and normalize body functions. Come and learn the wonders of this technique to improve your health and your family’s too. (Russell is a Certified Registered Reflexologist who is concerned about people’s health.)

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The Hair Experts
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A full service salon
which believes you are an individual, not just part of the crowd
WHAT IS A LA LECHÉ LEADER?  S14
Kay Ring 539-2448
One Time: Saturday, 10am-12pm, Feb 20
Location: Register and you will be contacted
Bring your questions about breast feeding, mothering and La Leche League.
Babies and fathers are welcome. Learn of the nutritional benefits and personal satisfaction that comes with breast feeding. (Kay is a certified La Leche League Leader and has breast fed her children.)

PLAY THERAPY  S19
Rick Kleindienst 539-0092
Saturdays, 1-3pm, Feb 20 and 27 (2 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration  Limit: 10
This course will provide information on the topic of play therapy for children. It will cover the different theories of play therapy and various techniques that can be used in a professional and para-professional setting. After completion of this course, the student will have an understanding of the techniques of play therapy for children. (Rick has been a family and individual counselor at a child abuse agency for 3 years, and is presently enrolled in the graduate program of Education at K-State.)

CHILD ABUSE: DETECTION AND INTERVENTION  S20
Rick Kleindienst 539-0092
Saturdays, 1-3pm, Feb 12 and 19 (2 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration  Limit: 10
The goal of this class is to provide information to community service students (teachers, nurses, counselors, etc.), on the following topics: causes of abuse, recognition of child abuse, wound identification, intervention, and parenting education. The objective is for the student to recognize behavior patterns and physical injuries which would indicate child abuse. The student will learn methods of appropriate intervention. (Rick has done training seminars for students from psychology, sociology, and nursing in the area of child abuse for four years.)

CHILD ABUSE AND NEGLECT  S21
Nancy Meising 776-4011
One Time: Wednesday 7-10pm, Feb 3
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration  Limit: 20
We will discuss general information about child abuse and neglect. Topics to be included will be characteristics of parents and children, statistics in Kansas as well as locally, and the procedure for reporting suspected cases. This will be an informal discussion. (Nancy has worked in the area of child welfare for Social & Rehabilitation Services for 9 years.)

PARENT EFFECTIVENESS TRAINING  S36
Don and Imre Fallon 539-4451
Wedgesdays, 7:30pm First Meeting: Feb 10  Length: 8 times
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration  Limit: 16
Materials Fee: $5.00, (optional Registration fee and books), pay at class
This workshop will train parents in the communication skills and philosophies of Thomas Gordon in his Parent Effectiveness Training program. Parents will form a support group to better understand their child's behavior, roadblocks to communication and to practice skills of listening. Emphasis will be given to parent-child problem solving with a no win-lose method. (Don and Imre are certified Instructors of P.E.T.)

MY MOTHER/SELF WORKSHOP  S36
Leigh N. Liggett and Susan Angell 532-5510
Tuesdays, 3:30-5pm First Meeting: Feb 9  Length: 3 times
Location: Register and you will be contacted  Limit: 12
Class Fee: $5.00, pay with registration (non-KSU students only)
This workshop is designed to explore mother-daughter relationships for the purpose of promoting a better understanding of ourselves and our interpersonal relationships. Based on the book My Mother/Myself, by Nancy Friday, (KSU students' class fees are covered by KSU tuition.) (Leigh is Director of Sexuality Education and Counseling Services and Susan is a staff counselor and the Counseling Center with the Center of Student Development.)

INTRODUCTION TO FOSTER PARENTING  S37
Connie Morehead and SRS Licensing staff 776-4011
One Time: Tuesday, 7:30-9:00pm, April 20
Location: Register and you will be contacted
Are you a family with the desire, love, time and space to open your home to a child who needs one? The Department of Social and Rehabilitation Services is seeking foster homes. This class will give general information about foster parenting. (Connie was a licensing worker for three years and feels that Riley County is in need of more foster homes.)

CHILD CUSTODY AND THE LAW  S30-4
Robert Littrell 776-1000
One Time: Wednesday, 7-10pm, March 31
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Recent changes in the Kansas statutes mean changes in child custody matters. This session will focus on the basics involved in child custody decisions with a special emphasis on explaining recent changes in the law. (Robert is a Manhattan lawyer.)
On Personal Growth

FACILITATING STRESS MANAGEMENT SKILLS WITH YOUNG CHILDREN
(A WORKSHOP FOR PARENTS, TEACHERS, AND CHILDREN WORKERS)

Karen Soxey

776-4958

One Time: Monday, 7-9pm, April 19
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Class Size: 30, pay at class

Since stress is a part of life, why not teach young children coping skills? This mini-workshop will introduce basic skills adults can practice themselves and relay to children. This presentation will be highly experimental. (Karen is a preschool Administrator for the Conscious Living Foundation and past-president of the Riley County Pre-School Association.)

LITTLE APPLE SINGLES

S. J. Dickens

530-7050

Mondays, 7pm First Meeting: Feb 8
Length: Ongoing
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

We are a group of single adults - widowed, divorced, never-married - who are tired of socializing on our own. We are looking for a place to meet and to share interests and activities with other singles. (On a recent trip to Phoenix, S.J. was exposed to a unique singles organization that is spreading throughout the southwestern U.S., and is committed to starting a group here.)

PRE-MARRIAGE T.A. WORKSHOP

S. 40

Don Fallon

539-4401

One Time: Saturday, 9:30am-11:30am, March 27
Limit: 6 couples
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Introduction to transactional analysis: an enrichment group supporting couples in building communication skills, self-understanding of parent-child-child ego state interactions and family life scripts or roles expectations. Emphasis will be given to developing skills in handling conflict, developing a healthy and healthy coping with feelings of anger and love, trust, caring, confidentiality and openness will be stressed. (Don is Lutheran Campus Pastor and also works with the KSU Center for Student Development.)

CREATIVE DIVORCE: PAIN AND GROWTH

S. 41

Don Fallon

539-4451

Tuesdays, 7:30-9:30am First Meeting: Feb 9
Length: Semester
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 12

The purpose of the group will be to form a supportive, caring community for those facing or working through divorce. The group will work toward understanding, value change, and tolerance for change. Participants will have the opportunity to recognize self-defeating behavior and to discover options in making the traditional methods of social interaction and - tired of sitting at home. Our alternative is an organization based on self-improvement in a social atmosphere. (On a recent trip to Phoenix, S.J. was exposed to a unique singles organization that is spreading throughout the southwestern U.S., and is committed to starting a group here.)

DIVORCED SUPPORT GROUP

S. 42

Jean Chapell

537-1096

Tuesdays, 7-9pm, Feb 2 - First Meeting (Subsequent meeting dates to be decided as a group) Meet weekly for 3 months.
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 12

The Divorced Support Group will be offered as a means of allowing those persons contemplating, going through, or coming out of a divorce to have a safe place to explore feelings and problems. Jean is a divorced woman who has been on her own for the past 12 years, who has raised 3 children by herself, and who has made what she feels is an effective adjustment to all of the above.

THE CHIARACTEFOOT

S. 15

Joseph A. Svoboda, D.P.M.

539-7964

One Time: Saturday, 1pm, Feb 20
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

This class will examine some of the foot foet problems that are seen, particularly in the diabetic patient. Prevention and self-care will be discussed in an effort to understand how these problems can be controlled. (Joseph A. Svoboda, D.P.M., is a practicing Podiatrist in Manhattan.)

FIRST AID MULTI MEDIA

S. 16

Emma Foerster

537-0977

One Time: Saturday, 8am-5pm, Feb 13
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, which covers materials, workshops and tests. If you have the Red Cross Standard First Aid and Personal Safety Textbook (the black book), the fee will be $4.00. (Emma has taught this class many times before and is a Certified Red Cross Instructor.)

CAEASARIAN BIRTH CLASS

S. 17

Sue Zachoche

537-0851

Register and you will be contacted
Materials Fee: $6.00, pay at class
Limit: 12

There is no more glorious moment in human experience than the moment of giving birth. Caesarian birth can be as overwhelmingly beautiful and spiritual as a vaginal birth. It needn't be frightening nor diminish the joy of bringing new life into the world. This class 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.)

UPM has 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.

University for Man

Baptist Campus Center
1801 Anderson
539-3051

Dave Stewart
Campus Minister

Inner Self
LIFE PLANNING

Susan Scott Angle

One Time: Saturday, 8:30am-4:30pm, Feb 13
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration (non-KSU students only)
Materials Fee: $2.00, pay at class (non-KSU students only)

The workshop is designed to involve participants in the deliberate process of planning the direction of their lives. Each participant is encouraged to consider the importance of the future and the role they will play in their careers. Activities include self-assessment, career exploration, goal setting, and realistic planning.

CAREER EXPLORATION

Steve Deters

Section I: Saturday, 8:30am-1:30pm, March 6
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration (non-KSU students only)
Materials Fee: $4.00, pay at class (non-KSU students only)

The workshop is designed to assist participants in identifying skills and interests necessary for future career decision-making. The Strong Interest Inventory helps individuals to look at their personal interests in relation to a variety of career opportunities. The Inventory must be scheduled with Marianne, in the Counseling Center, KSU, two weeks prior to the workshop. Costs are covered through KSU fees.

RETURNING TO SCHOOL

Margaret Nordin, Buzz Murr

One Time: Monday, 7:15-8:30pm, April 15
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. This class will be very helpful to anybody thinking about going back to school for the summer or fall. (Margaret and Buzz are KSU faculty whose work involves adult students new to K-State.)

GOING BACK TO SCHOOL SUPPORT GROUP

Dee Lockier

Wednesdays, 7:30pm First Meeting: Feb 3 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 the classroom are encouraged to participate in this informal discussion group. You will also receive information about the support organization which is an on-campus support group. (Dee is the president of the Family Organization on campus.)

JOB SEARCH

Susan Scott Angle

One Time: Saturday, 8:30am-4:30pm, April 17
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration (non-KSU students only)
Materials Fee: $2.00, pay at class (non-KSU students only)

Plan your job search now. The workshop is designed to help participants develop skills important in locating and acquiring a job. Where and how to look, resume writing and interviewing are discussed and practiced in a supportive group environment. Student's costs are covered through KSU fees.

APPROPRIATE ASSERTION

Dr. Virginia Acheson, Susan Angle, Sylvia Worlman

Tuesdays, 3:30-5:00pm First Meeting: March 22 Length: 3 times
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration (non-KSU students only)

Did you ever feel like no one was listening to you? And, if they were, they weren’t hearing you? Many people feel the need to have a positive effect on others, a wealth of ideas and information, the assertive at necessary times. This class will examine behaviors, and develop an understanding of skills, strategies, and how to help others to relate to people and find yourself in ways that make your personal needs. (Virginia, Susan and Sylvia are all staff members at the KSU Counseling Center.)

WORKING WITH DREAMS

Jean Sumsion

Tuesday and Thursday, 7:30pm, Feb 21, and 11 (1 time)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Dreams give us a wealth of information. They are helpful in solving problems and working through relationships in daily life. In this class, we will learn to decipher our personal dream language, and analyze what we may learn about it. (Jean has worked with her own dreams and has found them a great source of information in problem-solving.)

STRESS ILLS AND STRESS SKILLS

Don Fallon

One Time: Saturday, 9:00am-11:00am, Feb 27
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

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

STRESS MANAGEMENT STRATEGIES

David G. Danakin

Section I: Wednesday, 7:30-9:30pm, Feb 3
Location: Register and you will be contacted
Class Fee: $5.50, pay with registration

A one-time workshop in which you’ll learn some strategies for more creatively directing the normal stresses of your daily life. Come stressed comfortably as we’ll be learning some stretches, sitting on the floor, as well as practicing some relaxation techniques. Designed to help eliminate stress and promote general well-being. (Dave has been offering stress management for over 10 years as part of his activities in K-State’s Counseling Center.)

ADULT DAY CARE

Susan Davis

One Time: Monday, 7:00-9:00pm, Feb 22
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Need a day off from caring for a loved one? Meadowlark Hills’ Innovative House Program was developed in response to a need expressed by the St. Mary’s Social Group. Services offered include Nursing Care, Meals, Exercise, Activities and Socialization. Explanation of the program, its philosophy, days and hours of services, and a tour of the facility will be offered. (Susan is the Coordinator of the Adult Day Care Program at Meadowlark Hills, which is one of only a few offered in Kansas.)
ICE SKATING P1
Steve Ernst & Jamie Shields 776-3622 539-6034
Sundays, 10am First meeting, Feb 7 Length: ongoing
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Grab your skates and/or hockey stick and join us for some fun at the local frozen ponds. Broomball, a form of hockey using brooms, a ball and using shoes instead of skates, will also be played. 01 ages and experience levels welcome. (Jamie is a national competitor in figures, free style, dance and pairs. Steve has skated on local area ponds for many years.)

IFIC CROSS-COUNTRY SKATING P2
Petes Dauschias 784-2363
Thursday, 7-9pm, Feb 4 and Saturday, 1-4pm, Feb 6 Length: 2 times
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
In the first meeting you will learn about equipment including skis, boots, bindings and poles for beginning, touring and racing. Also covered will be warm-up, clothing, training and technique. Then in the second meeting it's off to a snow-covered location to practice single-striding and double-poling. Pete will critique your style and then lead a short tour that will challenge you to use all that you have learned. (Pete is a former member of the Eastern ski team, U.S. Biathlon Team [w/whoshoting] and U.S. Olympic team. He has competed in international competition in many European countries including Norway, Sweden, France, Italy, and USSR. Winner 1976 national 20K biathlon championships.)

REGISTRI NG CONTRACT BIDGE P3
Dave Young 776-3433
Monday, 7-9:30pm First Meetings Feb 8 Length: 4 times
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Don't know what a partner's spot is? Learn basic bidding and play from an expert. A brief introduction to defense will be included. This is the place to make mistakes, so that in four weeks, you'll be ready to play with friends and strangers. No previous bridge experience is required. (Dave, a bridge player for six years, is a Life Master and experienced tournament player.)

POKER FOR THE UNINITIATED AND UNGRACED P4
Helen B. Safford 776-7615
Thursday, 7:30-9pm, Feb 4 & 11 (2 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
If you've ever been too tired to play poker but declined because you're just not confident enough to really enjoy the game, then come and build your poker skills in this class. We cover basic games, philosophies of betting and bluffing, and we have a good time. Confidence is all you need to be a successful poker player. (Helen taught this class last semester and has enjoyed poker games for several years.)

POCKET BILLIARDS FOR BEGINNERS P5
Jerry Riggs 776-6388
Section I: Saturdays, 10-11am, First Meeting Feb 6 Length: 6 times
Section II: Saturdays, 11:15-12:15pm, First Meeting Feb 6, 6 times
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 12 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 - 6-ball, 9-ball and snooker will be covered as well as the theory and mental game. Also, we will watch a video-tape trick shot demonstration and championship match. (Jerry has played in two World Pocket Billiards Championships in New York City, finishing 33rd in 1979 and 16th in 1986.)

STAMP COLLECTING P6
Tin Laminco 532-6415
Thursday, 7:30-9:30pm, every 2nd and 4th Thurs of the month
First Meeting Feb 11 Length: Ongoing
Location: Register and you will be contacted
This class is for beginners, intermediate and advanced stamp collectors. You will learn the basics and finer points of collecting, Programs include a slide show of movies and field trips. Two field trips are planned to area stamp shows. (This is a long-time member of the American Philatelic Society and a collector for 27 years.)

MILITARY INSIGNIA COLLECTION P7
Douglas R. Teener 537-0508
Tuesdays, 7-9pm, First Meeting Feb 2 Length: 4 times
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
With F. Riley so close and Farrell Library as an available resource, the Manhattan area provides an ideal spot for collecting military insignia, particularly American. Many collectors start out as children with relatives in the service, adults actually in the military or retired veterans. Doug will introduce you to the national organization ASME (American Society of Military Insignia Collectors), basic research and the ethics of the collector. The only real usage of heraldry in the U.S. is in military insignia. (Doug has been collecting for more than twenty years.)

CHESS: FROM OPENINGS TO CHECKMATE P8
James A. Blood 539-4870
Thursdays, 7:30-10pm First Meeting: March 4 Length: ongoing
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 20
"Chess is no mere game," once explained a past world champion. This class will explain the reasons why. Learn the rules and fundamentals and enter the finest world of sixty-four squares. After the basics, the class will proceed to planning and theory. Openings to endings will be discussed, as well as perceptions and analyzing moves correctly. Any level of expertise, including beginners are welcome. (James is a former Manhattan city champion with 37 years experience in playing, teaching and participating in regional and national tournaments.)
"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
1284 Monroe
Manhattan's alternative to hype, hassle and high pressure.

DISTANCE RUNNING  P9  532-6765
Tony Milcox
One Time: Monday, 7-9pm, Feb 22
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
The class will cover the training principles that should guide both the beginner and the experienced runner. Topics will include shoe selection, weight reduction, race preparation, and marathoning. Some benefits of running include better health, self-satisfaction, competition, lowering of heart rate and loss of body fat. Tony will talk about commitment. He says, "anyone can get into running and achieve a level of success." (Tony is an exercise physiologist at SSU and an experienced distance runner, competing at distances of 10 kilometer to the marathon.)

RUNNING AND YOUR HEALTH: A SEMINAR  P10  539-7664
Thomas Ryan, Guy Smith, Joe Swoboda
One Time: Saturday, 1pm, Feb 27
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Two running medical doctors and a running Podiatrist will address running as it concerns your entire body. Their personal and professional experience will cover everything from basic foot anatomy to how the entire body reacts to jogging, running and racing. Bring your running shoes and your questions. (Thomas Ryan, M.D. - runner, physician at KSU; Guy Smith, M.D. - runner, team physician for KSU; Joe Swoboda, D.P.M. - runner, podiatrist.)

ADULT FITNESS  P11  532-6980
Janis Rupe
One Time: Monday, 7:30-9:30pm, March 1
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
While our ancestors worked long, hard hours, Americans have more leisure time than ever before. We're using an ever increasing chunk of that time in keeping physically fit. Janis will cover the following topics: How to start your own fitness program; what exercise does to your body, and why your body adapts; how to adjust fitness to your lifestyle. (Janis is working on a Masters in Exercise Physiology and teaches an adult fitness class in the summer.)

SYNCHRONIZED AEROBICS  P19  537-0253
Cindy Tanner
Mondays, Wednesdays, Fridays, 6:30-8:30am  First Meeting: Feb 1
Length: 10 weeks
Location: Register and you will be contacted
Class Fee: $15.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 15
The program, Rhythmic Aerobics, with fitness at heart, was invented as a means of experiencing how exercise does not have to be drudgery. Routines are programmed to include a sufficient workout for all body muscles, especially the heart. Participants monitor their heart rate to prevent overworking; in the meantime they are improving coordination, reaction time, muscular endurance, flexibility and cardiovascular fitness. Discover how getting fit can be fun! (Cindy enjoys keeping fit with Rhythmic Aerobics.)

PHYSICAL FITNESS THROUGH WALKING: GETTING STARTED ON A LIFE-LONG EXERCISE PROGRAM  P40  532-6432
Dr. Earl Hulse
One Time: Saturday, 9:30-11am, April 3
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
The purpose of this class is to help adults who are interested in starting a regular exercise program. Walking is fun and an ideal exercise alternative for many reasons - special equipment or facilities are minimal and it can be done nearly anywhere. The discussion will include getting started, exercise programs now available, when to walk, special problems, and how to stay with it when tempted to quit. (Earl has been walking for exercise for over 9 years.)

BEGINNING TENNIS  P12  776-3002
Kevin Bailey
Sundays, 8-10am, First Meeting: March 28  Length: 6 times
Location: Register and you will be contacted
Class Fee: $15.00, pay with registration
Limit: 20
Tennis lessons will cover forehand, backhand, serves, a twirle tacticas, equipment selection and the rules of the game. Bring a can of marked balls and a racquet. (Kevin has played tennis for over 4 years, including competition in high school.)

Outer Self
RACQUETBALL FOR BEGINNERS

Mike Fitzgerald
Sundays, 6-10am, First Meeting: March 28
Length: 5 times
Class Fee: $10.00, pay with registration
Limit: 16
Join one of the most popular of up and coming sports. Racquetball is good at developing cardiovascular fitness, muscular endurance, controlling fitness and is a lifetime activity. This class will emphasize basic rules and fundamentals of the game including serving, backhand, forehand and serving. Bring a racquet and two balls. (Mike enjoys racquetball.)

NELL SCHANCE

Thursday, 5pm, Feb 18
Location: Register and you will be contacted
Class Fee: $3.00, 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 UMM will compile a list for you. (Nell coordinated this class last year.)

SPECIAL OLYMPICS

Kim Pattell
776-7012
Register and you will be contacted for day of week, times and number of classes.
Manhattan has recently begun organizing a local Special Olympic program in hopes of cutting the costs of traveling and to give more possible Special Olympians from Manhattan a chance to participate. We need the interest and support of the community. If you would like to become involved, please contact Kim. (Kim has been working with Kansas Special Olympics through Big Lakes Developmental Center for over 3 years.)

VOLLEYBALL FOR FUN

Lois Morales
539-8867
Tuesdays & Thursdays, 6:30-8:30pm, First Meeting: Feb 2
Location: Register and you will be contacted
Length: Continuing
Class Fee: $5.00, 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 UMM volleyball for years.)

HACKY SACK FOOTBALL GAME

Dave Sampson
Section I: Wednesdays, 7-9pm, First Meeting, March 24
Length: Ongoing
Location: Register and you will be contacted
Limit: 16 each section
Class Fee: $1.00, pay with registration
Hacky Sack is a self-competitive agility sport that involves eye/foot coordination, balance, and speed. The object of the sport is to keep a small, leather bag aloft by kicking it with the foot using a technique that will be demonstrated at the class. A few Hacky Sacks will be available for purchase after the class. (Dave is a rabid Hacky Sack fan and has played and taught for more than a year.)

BEGINNING FENCING

David F. Aids
Wednesday, 6-8pm, First Meeting: Feb 3
Length: Ongoing
Location: Register and you will be contacted
Limit: 10
Class Fee: $5.00, pay with registration
Learn to fence with a full footwork, conditioning, and blade play will be emphasized in the first few weeks followed by practice bouts. The class will end with a class practice and a tournament in preparation for the Kansas beginners tournament. Fencing is an exciting intercollegiate sport. Five colleges in Kansas regularly sponsor events in Wichita, Lawrence and Kansas City. (David has taught fencing for two years and has had several students participate in the beginners tournaments.)

TAI CHI CH’TIAN WORKSHOP

Mark Moser
One Time: Saturday, 9-11am and 1-4:30pm, Feb 6
Location: Register and you will be contacted
Limit: 16
Class Fee: $5.00, pay with registration
Materials Fee: $5.00, pay at class
Tai Chi Ch’lum is a Chinese exercise system involving both exercise and self-defense. Emphasis at the beginner level is placed on coordination, balance, breathing, and smooth flow of movement. Students will learn the first part of the Long Solo form of the Nu style as interpreted by the instructor. In addition, students will learn related exercises for health. (Mark studied Tai Chi in Ipoh, Malaysia and Vancouver, Canada.)
**Motorcycle Touring**

Gregg Matthews 539-8072

Thursdays, 7-9pm, Feb 3 and March 4
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

This is a class for motorcycle nuts! We will discuss bikes, touring equipment, and life on the road. The class goal will be aimed at making a tour during spring break, March 12-22. The tour route will be determined by the class. Expenses will be covered by staying out of motels. Motorcycle camping is the only way to go! (Gregg is an avid motorcycle enthusiast and manages to take a tour at least once or twice a year.)

**Hang Gliding Introduction**

Don Ingalls 532-4836

Saturdays, 7-9:30pm, Feb 13 and 20 (2 times)
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

The first class will present at least one hang glider, fully assembled for examination. Don will cover equipment, learning how to fly, a short slide show and a film strip on powered hang gliders. The second class will meet out in the Flint Hills to observe hang gliding in action. (Don, a hang glider for five years, is hopelessly hooked on flying.)

**Introduction to Skydiving**

Mark Young, Jim Brown, Greg Petter 539-3655

One Time: Monday, 7:30-9pm, Feb 22
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 there will be a demonstration of equipment. A comprehensive book will be available for purchase. (All the instructors are members of the K-State Parachute Club. Information on training to jump will be given.)

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**Tai Chi Exercise**

Tom Graham 532-6332 776-0780

Wednesdays, 7-9:30pm and Saturdays, 8:30-11:30am
First Meeting: Feb 3
Location: Register and you will be contacted
Class Fee: $6.00, pay with registration
Materials Fee: $5.00, pay at class

This class is a continuation of the Tai Chi workshops given by Mark Moser. Beginners are welcome, however, participants take turns at leading exercises and critiquing other participants. We study the daily exercises and first solo form of the Wu style style. We would be interested in exchanging our knowledge with that of practitioners of other Tai Chi styles. (Tom, like most of the current members, began Tai Chi this fall. He has been involved in martial arts for five years.)

**Flying Club**

Mark E. Haertl 776-9215 776-9224

Thursday, 7-9pm, March 25, Saturday, 10am-noon, March 27 (2 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

The purpose of the K-State Flying Club is to promote interest in aviation. The first class, which includes a slide presentation, is designed to familiarize people with the K-State Flying Club and requirements for obtaining a pilot's license. The second session will be to familiarize people with the Flight Service Station and to show the club aircraft. (The teachers are private pilots and officers of the K-State Flying Club.)
BICYCLING FOR EVERYONE

Register and you will be contacted for time and location. Class Fee: $1.00, pay with registration

Whether you tour, race, or just cruise around, you should know that the Bluebonnet Bicycle Club is reorganizing this spring and is reestablishing itself to the community with an exciting new schedule of activities. It is obvious that there are a lot more riders in town than there are members of the club and we would like to turn that around. In order for the club to serve, promote, and support all types of bicycle riding, we need your support. Get excited! Get involved! For more information, call Tom Hurnemberger, club president, or call Alan Edgar at the U.M. house, 532-9866.

BICYCLE TO BREAKFAST

Cathy & Jim Cramer

Saturday, 8am, First Meeting: April 3 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 - suggestions welcome. Families, children and individuals are all encouraged to come along. (Cathy and Jim are old hands at a casual ride before breakfast.)

SWIMMING

Class: P26

All Classes: Location: Register and you will be contacted Fees: $5.00, pay with registration Teachers are Red Cross certified Water Safety Instructors A. Beginners for 3-5 year olds (2 parent must accompany each child in the pool) Joan Robinson Saturdays, 10-11am, First Meeting: Feb 6 Length: 6 times Location: Register and you will be contacted Class Fee: $5.00, pay with registration

B. Beginners for 6-8 year olds Joan Robinson Saturdays, 11-12noon, First Meeting: Feb 6 Length: 6 times Location: Register and you will be contacted Class Fee: $5.00, pay with registration

C. Beginners for children Cindy Tanner Sundays, 10-11am, First Meeting: Feb 7 Length: 6 times Location: Register and you will be contacted Class Fee: $5.00, pay with registration

D. Beginners for Adults Tom Cramer Saturdays, 10-12pm, First Meeting: Feb 7 Length: 6 times Location: Register and you will be contacted Class Fee: $5.00, pay with registration

E. Beginners for Adults Donna Fager-Schnitter Sundays, 10-12pm, First Meeting: Feb 7 Length: 6 times Location: Register and you will be contacted Class Fee: $5.00, pay with registration

ADVANCED LIFESAVING

Class: P32

Lifesaving is required for those who plan to work as a lifeguard or take the Water Safety Instructor (WSI) class in order to teach swimming. This is a safety class for anyone who will be around pools or lakes. Safety is in and on the water and the ability to assist or rescue a person in danger or in need of rescue. (Tom and Joan are Red Cross certified water safety instructors.)

Class: P32

Advanced Lifesaving is required before you can work as a lifeguard or take the Water Safety Instructor (WSI) class in order to teach swimming. This is a safety class for anyone who will be around pools or lakes. Safety is in and on the water and the ability to assist or rescue a person in danger or in need of rescue. (Tom and Joan are Red Cross certified water safety instructors.)

ADAPTED AQUATICS

Class: P32

Patti Johnson

Section I: Sundays, 11-12noon, First Meeting: Feb 7 Length: 6 times Location: Register and you will be contacted Class Fee: $5.00, pay with registration

Section II: Sundays, 11:30am-12:30pm, First Meeting: Feb 7 Length: 6 times Location: Register and you will be contacted Class Fee: $5.00, pay with registration

COMPETITIVE DIVING

John Profitt

Saturdays, 12-1pm First Meeting: Feb 6 Length: 4 - 6 times Location: Register and you will be contacted Class Fee: $5.00, pay with registration

Want to impress your friends with jackknives, front somersaults, and back dives? This is a class to refine existing skills and hopefully to add new skills and more difficult dives. Minimum age in 10 years with at least some experience diving, at least the ability to do a front dive is required. John has been diving for approximately 20 years, he has dived competitively in K.C. and has placed in several meets.)

SAILING BASICS

Class: P35

Naurice Stark

Saturday, 10-noon, April 17 and one other session to be announced Location: Register and you will be contacted Class Fee: $5.00, pay with registration

Sail-a: to travel on water by the action of wind upon sails b: to move without visible effort or in a stately manner. An introduction to sailing, including terminology, boat nomenclature, how to sail, selecting a boat, and how to get started. Several types of boats will be shown at the second session. (Naurice is Rear Commodore of the Blue Valley Yacht Club but new enough to the sport that he can relate to the problems of beginners.)

CANOEING KANSAS WATERS

Bob Poreisky

Organizational meeting, Thurs Feb 11, 7:30-9:30pm

Sunday, 1-3pm - dates to be announced at organizational meeting Location: Register and you will be contacted Class Fee: $4.00, pay with registration

Advanced canoe techniques will be incorporated into trips to nearby lakes, streams and rivers. We will have a chance to learn/reflect canoeing techniques as we explore this spring. Participants will be responsible for providing canoes, paddles, life jackets, etc. The spring schedule will be set at the Feb meeting at which time partners and rental locations will be found. This class welcomes both individuals and families. (Bob has led similar classes and enjoys this opportunity to get out in the spring. Have canoe, will paddle.)

CANOEING WITH THE KANSAS CANOE ASSOCIATION

T. J. Hittle

One time: Sunday, 7-9:30pm, Feb 7 Location: Register and you will be contacted Class Fee: $5.00, pay with registration

The Kansas Canoe Association is an organization of individuals and families interested in canoeing. The K.C.A. chapter is quite active with a dynamic membership of both non-experienced and experienced canoeists. The class will see a multi-week show and will be provided with brochures and river guides. (T.J. is an active white-water canoeist and kayaker. As the K.C.A. Regional Director, he oversees the Kansas area activities.)

KAYAKING

Jeni Kardinal

Section I: Sundays, 9-11am, First Meeting: Feb 21 Length: 6 times Location: Register and you will be contacted Class Fee: $5.00, pay with registration

Section II: Sundays, 9-11am, First Meeting: April 4 Length: 4 times Location: Register and you will be contacted Class Fee: $5.00, pay with registration

Kayak (K-L-A): the Eskimo seal-skin canoe, long, narrow and covered over. Learn how to handle and enjoy the new lightweight plastic kayaks that are fast becoming so popular. Three sessions in an indoor swimming pool will prepare you for a trip to Missouri's draining white water. Kayaks and equipment are provided. Catch some wave action! (Jeni has been kayaking 3 years and has raced and taught for over a year.)

CANOEING WHITE WATER CLIMAX

T. J. Hittle, Rich Williams, Glen Lojka

Sundays, 9-11am, March 14 & 21 Location: Register and you will be contacted Class Fee: $5.00, pay with registration

Learn white water canoeing techniques like drew strokes, sideboats, ferries, eddy turns and pull-outs (coming out of an eddy turn). Racquet fits and demonstrations by experts will enable you to negotiate riffles, rapids and large rocks. Practice in the pool and at Rocky Ford Dam with these safe, fun, skilled instructors. The trick is to miss the rocks, have fun and stay afloat. Water rescue techniques and how to unwage a canoe will be covered as well. (T.J. and Rich are ACA members, Glen is a Red Cross canoe instructor.)

Outer Self
Know-How Network

The Know-How Network is now a permanent part of UBM. 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 and the area south of Fellows. If you want to offer a class or have any suggestions or questions, give us a call. Sandy Sandersware, 532-5866; Roxanne Lambert, 532-5866.

GENERAL OFFICE PROCEDURES
Mary Bohnenblust, Anne Peterson
Tuesdays, 7-9pm First Meeting: Feb 2 Length: 13 weeks Location: K30, 217 Calvin Hall Limit: 25
This class is for folks who want to learn office skills or brush up on skills you already have. The 13-week class will cover basics in record keeping, filing, how to operate a calculating machine, writing, business grammar, telephone etiquette, and the different ways to write and type a business letter. If you need transportation call Sandy Sandersware at 532-5866. (Mary and Anne are K30 students in Business Education.)

KNITTING
Fern Switzer
One Time: Wednesday, 7-9pm, Feb 10 Location: Douglass Center Annex, 901 Yuma Bring a knitting needle or yarn. We will learn the basics of knitting and how to read patterns. Fern will help everyone get started on a project of their choice. (Fern has taught knitting for the Manhattan Recreation Commission and is a member of the Douglas Arts & Crafts Club.)

KNOW HOW TO GET THE JOB
Marcie Schuyler
Mondays, 7-8:30pm First Meeting: Feb 15 Length: 2 times Location: Adult Learning Center, 2031 Casement Rd
Recognizing what we can do well and what we enjoy doing is the first step in getting a job. Knowing our skills tends to help us feel better about ourselves and more able to answer the question: Why should I hire you. We'll be looking at practical ways to prepare for the job hunt and to answer interview questions in the two class meetings. (Marcia is a former homemaker and single parent who did her own skills assessment and entered the job market.) If needed, childcare will be provided. Please contact Sandy at 532-5866.

BASIC CARE GIVE
Larry Nicholson
Mondays, 7-9pm First Meeting: March 24 Length: 2 times Location: Douglass Center Annex, 901 Yuma – Butler Building
Learn more about how a caregiver operates and how you can prevent costly repairs. Different in-home maintenance yourself. Larry will cover tasks like changing the oil, spark plugs, interfering, and simple car repair. (Larry has worked on cars for years.)

SOLAR REMODELING WORKSHOPS
Bruce Snead
Dates & Time: Sign up and you will be contacted Location: Douglass Center Annex, 901 Yuma
This class will be developing low-cost solar designs for existing homes and two or more of these designs will be built on local homes in weekend construction workshops early in 1982. If you are interested in learning do-it-yourself solar remodeling skills please sign up and we will contact you when the workshop dates have been scheduled. (UWM's Appropriate Technology Program will lead the workshops.)

TAX WORKSHOP
Cindy Davis
Section 111 Tuesday, 7-9pm, Feb 2 Location: Douglass Center Annex, 901 Yuma
Section 112 Wednesday, 7-9pm, Feb 10 Location: Adult Learning Center, 2031 Casement Rd
April 15th is around the corner. This class will teach you how to prepare your federal and State Income Tax Return. It will help you understand all the exemptions and how they benefit you when filling your return. (Cindy works with the Area Agency on Aging.)

SELF-DEFENSE FOR WOMEN
Christie, Mary, Pat, Sandy
WEDNESDAYS, 7:30-9:30pm First Meeting: March 3 Length: 2 times Location: Douglass Center Annex, 901 Yuma
Nagatoro of age, race, social class or lifestyle - all women are potential targets of violence. However, women rarely receive any training for their own defense. This class will introduce simple but effective self-defense skills, taught by women for women. Be sure to wear loose, comfortable clothes. (Christie, Mary, Pat & sandy have taught self-defense for women for the past 14 years.)

LEGAL AND ILLEGAL JOB INTERVIEW QUESTIONS
Kurt Hanks
One Time: Friday, 7-9pm, Feb 19 Location: Douglass Center Annex, 901 Yuma
Black? Female? Divorced? If any one of those questions describes you, you may be interested in this class. We will address what is legal for an employer to ask you and what is illegal - and how to answer (or not answer) those questions which are illegal. (Kurt is the Equal Employment Opportunity officer at Ft. Riley.)

RETURNING TO SCHOOL
Margaret Nordin
One Time: Tuesday, 7:30-9pm, Feb 16 Location: Douglass Center Annex, 901 Yuma
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 works with adult students now to K-State.)

PARENTS & ADOLESCENTS - HOW CAN WE BOTH SURVIVE?
Michael Weisburg
Tuesdays, 7-8:30pm First Meeting: Feb 23 Length: 2 times Location: 404 Humboldt, Suite C
Mike will discuss ways of building mental strength that will help you deal with everyday problems. He will learn specifically about a method called reality therapy and how it can help parents of teenagers. This classes is an educational experience for parents who would like to better understand their teenage children. (Mike is the director of Manhattan Youth Care and a practiced reality therapist.)

VOLLEYBALL FOR FUN
Lois Mowles
Tuesdays & Thursdays, 6:30-8:30pm First Meeting: Feb 2 Location: Registrar and you will be contacted Length: continuing Materials Fee: $1.00, pay at class
Volleyball can provide low-key competition, exercise and a great time for beginners to advanced. Nets and balls will be furnished. (Lois has played UWM volleyball for years.)

BASIC TYPING SKILLS
Debbie French
Mondays & Wednesdays, 7-8:15pm First Meeting: Feb 1 Length: 24 times Location: K30, 217 Calvin Hall
This class will teach basic typing skills and an understanding of the typewriter. We will concentrate on speed and accuracy. Please bring your own typewriter. If you need transportation call 532-5866.

YOUNG BLACK WOMEN LEADERS - AGES 13-18
Roxanne Lambert, Vester Davis
One Time: Sunday, 7-8:30pm, Feb 21 Location: 1315 Colorado
Are you sitting around with nothing to do - bored? Together we can make things happen - take trips, plan community events. Learn more about ourselves. This class will be an informal meeting to find out your interests and plan some activities. (Roxanne and Vester were members of Sisters of Soul (50.S.O.) and would like to see a group like this start up again.)

DRAWING
Natalya Hall
Tuesdays, 7-9pm First Meeting: March 16 Length: 2 times Location: Douglass Center Annex, 901 Yuma Limit: 10
Anyone can draw and enjoy doing it. The classes will be informal drawing/sketching sessions and will focus on each individual's interest. Bring your own drawing materials. If you have any drawings you would like to share. (Natalya is a self-taught artist.)

BEGINNING PHOTOGRAPHY
John Holcomb
460-2410
One Time: Wednesday, 7-9pm, Feb 3 Location: Douglass Center Annex, 901 Yuma Limit: 12
Bring your camera - simple or complex - and we will discuss basics of good picture taking. We will also talk about basic equipment and give information about cameras, lenses, and other gadgets. (John is a photographer and is coordinator of the UWM Darkroom Cooperative.)
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: Janet Holcomb
532-5866

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<th></th>
<th>1 semester</th>
<th>2 semesters</th>
<th>Full Year (12 months)</th>
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<td>$20.00</td>
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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 KUS1 campus. For those who need access to a well-equipped facility the darkroom is available from 9am-2pm 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 6x6cm negatives as well as 35mm 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 Schanker
532-5866

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<td>1 semester</td>
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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, bowls and shelving units.

The shop is fully equipped for the woodworker hobbyist or do-it-yourselfer. Stationary power equipment includes a table saw, radial arm saw, planer, lathe, and bandsaw. A router, drills, belt sander, skill saw and saber saw form a complement 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 $60.00 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 4pm to 10pm weekdays and 9am to 4pm Saturday and Sunday. Members may reserve 4 hours weekly in the shop. Additional shop time is available on a first-come, first-served basis.

In addition to individual use, the shop is also used for a wide variety of woodworking classes. (See the Skills Section of the brochure.) 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.

The Woodshop Coordinator, in addition to teaching woodworking classes and arranging others, is also available to Co-op members for consultation and help on their projects.

Woodshop Coordinator: Dick Stater
UPM 532-5866 Home 539-3312

<table>
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<tr>
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Hours: 1pm-10pm, weekdays; 9am-4pm, Saturday and Sunday
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*Let's Recreate Project Staff—Geneviève Remus and Mary Priest*
Let's Recreate!

The main goal is to provide participants with education and socialization in a recreational area so that an avocation can be continued independently on a lifetime basis. Participants will be encouraged to experience all of the areas before selecting a specialty area. Classes will then be provided for participants to reach an advanced level of skill in his/her specialty area. Skills and knowledge will be taught through varied methods including hands-on experience and field trips.

Dramatics
- Movement and body awareness
- Games — sound, imagination, concentration, group and individual awareness
- Improvisations
- Structured Drama

Pottery
- Working with clay
  - Sculptural handbuilding
- Wheel throwing
- Types of clay
- Glazes
- Kilns
- Trips to local production studios

Woodworking
- Safety
- Tools
- Materials
- Construction techniques
- Planning
- Finishing and refinishing
- Plan and build selected project
  - Group project
  - Trips to local shops

Photography
- Good picture taking
- Film development
- Picture taking expeditions
- Exploration of other media, i.e. video tape
- Trips to exhibitions

Horticulture
- Plants and their care
- Gardening outdoors
- Gardening indoors
- Horticultural crafts
- Trips to local facilities
- Individual projects

Other Activities
- Aerobics or Dance — to provide opportunity for regular exercise
- Transportation — provided for those who need it
  - Group trips — to expand opportunities to travel

For information and registration, contact:
Genevieve Remus or Mary Priest
University for Man (UFM)
1221 Thurston
Manhattan, Kansas 66502
532-5866
**Mail In Registration Form**

Be sure to register early because limited classes often fill quickly.  
(One form per person)  
Mail-in registration due Jan 11-22.

<table>
<thead>
<tr>
<th>Class #</th>
<th>Sec.</th>
<th>Title</th>
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Total class fee (see costs)

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Check here if senior citizen or disabled

IF KSU Student: Is this your first ID here?

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IMPORTANT! Please read the refund policy *e.g., Sec 1 or 11, etc., if indicated in description.

**Registration**

ALL UFM classes are offered by volunteers.  
ALL fees and costs will be used to help meet UFM operating costs.

<table>
<thead>
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<th>Registration Dates</th>
<th>Mat'1: Jan 11-22</th>
<th>Walk in:</th>
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<td>Jan 12, UFM House 7-9am</td>
<td>Jan 16, Wal-Mart 10am-1pm</td>
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<td>Public Library 1-5pm</td>
<td>Food Lion 1-4pm</td>
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<td>Jan 13, KSU Union 9-5pm</td>
<td>Jan 19, Public Library 9-5pm</td>
<td>5-7pm</td>
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<td>Ft. Riley 10am-4pm</td>
<td>Jan 20, KSU Union 9-5pm</td>
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<tr>
<td>Ft. Riley 10am-4pm</td>
<td>Jan 21, KSU Union 9-5pm</td>
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Late Registration:  Accepted on a Space Available Basis

For More Information:  UFM, 532-5866, 1221 Thurston, Manhattan KS 66502

[Additional registration forms are available at the UFM House.]

**TO REGISTER BY MAIL:**

Fill out the form at left.  One form per person.

Total up the class fees as listed in the catalog.  (Material fee, if any, is paid at class.)  Add the registration fee as it applies.  (See costs)

Mail your form(s) with your check to:  University for Men 1221 Thurston  
Manhattan, KS 66502

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 UFM 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 SGA allocation supports student participation.)

If you are registering only for Know-How Network classes, you are exempt from the registration fee.

If the person who will pay the fee is not attending with you, please register at the time of registration and send the fee directly.  (A stamped, self-addressed envelope would be appreciated)

**UFP Refund Policy:**

Please check your calendar before you register for a class.  UFM will only give a refund in these instances:

1. The limited class you paid for has been cancelled.
2. The class you paid for has been cancelled.
3. You are unable to attend a class and you notify UFM and the teacher before the first meeting.

Refunds are given as credit vouchers.  These can be used toward other classes, either in this catalog or in the future, or can be redeemed for cash at UFM.  Credit vouchers can be accumulated and are transferable to others.

If you are not satisfied with a UFM teacher or class, please contact the UFM at 532-5866.

**Discounts for Volunteers:**

You may work for UFM in exchange for registration discounts.  Arrangements will be made on an individual basis.  Call UFM 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.

**UFM Teacher Credit:**

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

**Receipts:**

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

**Class Locations:**

When you receive your receipt, the location(s) of your classes will be included.

**Liability Forms:**

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

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Survey: Please check all that apply

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I would like to volunteer my skills in exchange for registration discounts

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If you are a full-time KSU student you are exempt from the registration fee. (An annual SGA 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.

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When you receive your receipt, the location(s) of your classes will be included.

**Liability Forms:**

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

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**Mail In Registration Form**

Be sure to register early because limited classes often fill quickly.

(One form per person) Mail-in registration due Jan 11-22.

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Survey: Please check all that apply

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Money

MAKING MONEY WORK

Patty Streeter

537-2244

One Time: Wednesday, 7-8:30pm, June 9
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 10-15

There's nothing more important than having a clear idea of just what your financial situation is. In this class you will learn how to balance your checkbook, calculate a budget, income, expenses, and how to evaluate your financial net-worth. (Patty is a small business owner and a money management specialist.)

INVESTMENT INSIGHTS FOR 1987

Steve Harrison - Sherry Pearl

One Time: Monday, 7:30-9:00pm, April 22
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay at class

Back by popular demand, this is an opportunity to begin forming the foundation of investment fundamentals necessary for effective financial planning. Topics discussed will include money market funds, stocks, bonds, mutual funds and other investment opportunities. (Steve and Sherry are registered representatives of a New York Stock Exchange member firm with offices here in Manhattan.)

MONEY FOR MORTGAGES: YOUR HOPE

Margaret Pickett, Ken Elder

537-0200

One Time: Thursday, 7-9pm, May 10
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Buying a home is a big step. Find out what types of financing are available for your home purchase. Also, you will be taught how to choose the best loan for your needs. Margaret has been with a local bank for 10 years and in real estate lending for 3 years.

TIPS ON HOME BUYING

Karen Jones

537-1214

One Time: Thursday, 7-9pm, April 11
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
So you want a car? Great, Now - how to get the money. This course will cover the basics of how to apply for and qualify for an auto loan. Included will be a review of the contract for a purchase of a mobile home. (Karen is an installment loan officer with a local financial institution.)

NAR TAX RESISTANCE

Dean Denner

776-5509

One Time: Thursday, 7:30-9:00pm, April 11
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
On April 15th we vote with our federal income tax dollars. The winners under the Reagan budget are determined: military - $61, human resources - $22, physical resources - $3, all other costs - $12. Join with the Peace Council, Roman Catholic Archdiocese Hunchen and an increasing number of groups and individuals to use your tax money for life-affirming causes rather than supporting preparation for a "winnable" nuclear war. (Dean has cast the military portion of his federal income tax to the World Peace Tax Fund.)

CREDIT

What is the credit bureau?  

D. Gale Thierolf

776-9434

One Time: Wednesday, 7:30-9:30pm, April 28
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10

Have you ever wondered what a credit bureau is or how your credit bureau works? This is your chance to come and take a look. You'll be provided with interesting explanations. Bring your questions. (Dale owns and operates a local credit bureau.)

Are you an "invisible" woman?  

Sarah Carlson

937-4400

One Time: Tuesday, 7-9pm, May 4
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10

Are you invisible in the credit world? Unfortunately, many women have no credit histories, and many have been denied credit because of their sex. Others have not applied for credit relying on credit cards in their husband's name. Learn why your individual credit rating is a necessity, how to obtain a credit rating and what laws protect you as a woman. (Sarah is a loan officer with a local financial institution.)

ESTABLISHING A CREDIT RATING

D. Gale Thierolf

776-9434

One Time: Thursday, 7:30-9:30pm, April 29
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10

Need to establish a credit file but wondering how to go about it? The essentials of building your credit file will be explored and you will be provided with suggestions on how to build and maintain yours no matter what your age or income.

HOW TO USE CONSUMER CREDIT WISELY

Patty Streeter, Sharon O'Neal

937-2244 776-4723

One Time: Wednesday, 7-9:30pm, May 5
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10

A special emphasis will be given to ways women can make credit work for them. (Patty and Sharon are officers of the Manhattan Chapter of Credit Women-International.)
MORE ON MONEY

TAKEING CARE OF BUSINESS

BUSINESS CREDIT AND COLLECTIONS

Liz Golcher

527-1669

One Time: Tuesday, 7-30am, May 25
Location: Register and you will be contacted
Class Fee: $10.00, pay by registration
Limit: 15

Credit collection is an important part of any successful business. This course will discuss the various tools available to businesses designed to aid their collection efforts. The importance of the telephone and credit card collection and the effect of proposed federal contacts will be emphasized. (Liz is a senior credit representative for a large local company and has worked in the field for 7 years.)

WOMEN ALONG BUSINESS LINES

Vanessa Kleen

336-269-6571

One Time: Wednesday, 7-30pm, April 21
Location: Register and you will be contacted
Class Fee: $5.00, pay by registration

Are you a woman with business on your mind? This course will focus on personal traits for women and consider before taking their place in their business. Such questions as "what type of business is right for you?" and "what will I wear in my business venture?" will be discussed. (Vanessa, a loan officer has been with the Small Business Administration for 3-1/2 years.)

SPECIAL ORGANIZATIONAL SERVICES (505)

Connie Streichl

537-4400

One Time: Thursday, 7-30, May 6
Location: Register and you will be contacted
Class Fee: $3.00, pay by registration

When a family crisis occurs, will you be prepared to handle all the personal, business, and financial affairs? If you are in doubt, this two-hour workshop is for you. Learn to gather and document information for easy reference now and in times of crises. (Connie has been in the banking industry for 3 years.)

HUMAN CONCERNS

APRIL INTERNATIONAL

Jan Floris, Ann Demmer

539-3082 776-5569

1st Tuesday of month, 7-30 First Meeting: May 4
Length: Ongoing

Amnesty International is a worldwide organization that works directly as a liaison for individuals who face trial threat for their religious and political dissent. A local chapter is in the process of organizing. (Jan has experience working with human rights groups in Latin America.)

SOCIAL SECURITY

Jawns Alup

539-4681

Tuesdays, 7-30 First Meeting, May 4
Location: Register and you will be contacted
Class Fee: $10.00 for series; $3.00 individual classes, pay with registration

Stay informed about today's Social Security System and the benefits it provides. The following series of courses is designed to thoroughly inform participants of the four major types of Social Security benefits. Jawns Alup, a field representative for the Manhattan Social Security office will answer your questions about today's Social Security system and benefits. Bring your questions.

Tuesday, May 4 - Retirement

"Will I ever see any of the tax money I pay to Social Security after I retire?" is a common question. This session will cover who is eligible for retirement benefits, how benefits are determined and recent legislation and proposals affecting this part of the Social Security program.

Tuesday, May 11 - Survivor's Benefits

This session will focus on benefits provided to survivors as part of today's Social Security system. Who is eligible, continuing eligibility requirements, how benefits are determined and new legislation affecting survivors will be discussed.

Tuesday, May 18 - Disability

Who is eligible for Social Security disability benefits and how are such benefits determined? These questions and others will be discussed in this session.

Tuesday, May 25 - Medicare

Find out what you need to know about today's Medicare benefits: How does the Medicare system work, who's eligible, what are the benefits?

HUMAN CONCERNS

Understanding Native American Cultures

Robert B. Taylor

539-6871

One Time: Tuesday, 7-30 to 9:30am, April 20
Location: Register and you will be contacted
Class Fee: $3.00, pay by registration

This class seeks to correct some of the main misunderstandings about the lifeways of native North Americans from aboriginal times to the present, and to inform the class members of some of the significant but not widely known contributions of the Native American cultures. The perspectives are those gained from anthropological studies. Questions and contributions from class members will be invited. (Robert is a cultural anthropologist who has taught "Indians of North America" at C-Slate for many years and has done research among the Zapotec of Mexico and Westville of Oregon.)

Speaking Out

SPEEDCRAFT

R. J. Dickens

539-7050

Section II: 2nd & 4th Tuesdays, 6:30pm First Meeting: April 27
Section II: 1st & 3rd Thursdays, 7:30pm First Meeting: April 19
Section III: Wednesdays, 7:30pm First Meeting: April 21
Location: Register and you will be contacted
Class Fee: $1.00, pay by registration

When you attend upon to speak in a meeting - what do you do? Do you rise to your feet confidently and then respond with appropriate remarks, or do you refuse with apologies? Would the ability to present your ideas in clear, brief and convincing style be welcome? If your answer to that question is "yes," then this class may help.

Section I: O is open to the public
Section II is open to F: Riley personnel and spouses
Section III is open to international students, spouses and family members.

HOW TO CONDUCT PRODUCTIVE MEETINGS

R. J. Dickens

539-7050

1st & 3rd Thursdays, 7:30pm First Meeting: April 22
Location: Register and you will be contacted
Class Fee: $3.00, pay by registration

Parliamentary Procedure in Action

R. J. Dickens

539-7050

1st & 3rd Thursdays, 7:30pm First Meeting: April 22
Location: Register and you will be contacted
Class Fee: $3.00, pay by registration

Young Speedcraft

R. J. Dickens

539-7050

Register and you will be contacted for time and location
Class Fee: $3.00, pay with registration

Do you have trouble speaking in class? Are you president or another officer of a school or other youth organization and not sure what to do? This class can help. This class will fulfill all requirements for Boy Scouts Public Speaking and Communications merit badges.

HOW TO LISTEN EFFECTIVELY

R. J. Dickens

539-7050

Register and you will be contacted for time and location
Class Fee: $3.00, pay with registration

Estimates indicate that some people retain as little as 12 per cent of the information they hear. Are you one of them? This class will present, and give the opportunity to practice, techniques that will give greater comprehension and clarity to what is said to you.

PARLIMENTARY PROCEDURE IN ACTION

R. J. Dickens

539-7050

Register and you will be contacted for time and location
Class Fee: $3.00, pay with registration

How many times have you been involved in a meeting that went on aimlessly without a set order? Are you (or are you about to become) a presiding officer of an organization and not sure what to do? This class, based on Robert's rules of order, can help.
Practical Skills

SELF-IMPROVEMENT - A PRETTIER YOU

Nancy Bower
One Time: Saturday, 2-5pm, May 8
Location: Register and you will be contacted
Class Fee: $30.00, pay with registration

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

SPRING FASHION PREVIEW

Nancy Black
One Time: Wednesday, April 28 7-8pm
Location: Register and you will be contacted
Class Fee: $15.00, pay with registration

Re-energize your spring wardrobe with tips from fashion consultants of Scott's Ltd. in Aggieville. Learn how to coordinate the new spring colors and fashions on a limited budget by making different outfits from a few basic items. Discuss how to make your wardrobe work for you!

(Nancy is the manager of Scott's Ltd. in Aggieville.)

CHILDREN'S DOUBLE CLASS (6-16 YEARS)

Kim Salmon
One Time: Tuesdays, 7:30-8:30pm, April 20 and 27 (2 times)
Location: Register and you will be contacted
Class Fee: $36.00, pay with registration
Materials Fee: $1.00, pay at class

We will begin with a dough making demonstration and discuss methods for brownies, oatmeal cookies, and peanut butter cookies. We will be making homemade cakes and cookie samples. This class will be geared toward children's participation and will also cover the basic rules of kitchen safety. (Kim is a close friend of the "Cookie Monster.")

INTRODUCTION TO BABYSITTING

Kim Schunn
One Time: Saturday, April 10
Location: Register and you will be contacted
Class Fee: $2.00, pay with registration

This is an introduction for those aged 12 and older who have never babysat or who have done it infrequently and would desire more information. We will cover the things that you as a sitter should know such as basic first aid and safety. We will also talk about some tips for working with children that will make childcare a little easier for you. (Kim is a mother and a former elementary school teacher. Karen is a registered pediatric nurse.)

HOW TO BUY A USED CAR

Lao H. Converse
For Time and Date you will be contacted.
Location: You will be contacted
Class Fee: $5.00

Learn about important things to check for before you buy a used car. Help improve your choices of getting a good deal by knowing what to look for when you shop. (Leo has 20 years experience in auto sales and management.)

PROBLEM PESTS?

RESIDENTIAL PEST CONTROL - TERMITE

Matt Dox
One Time: Tuesday, 7-8:30pm, April 20
Location: Register and you will be contacted
Class Fee: $36.00, pay with registration

We will cover identification of the eastern subterranean termites and its colonies, damage caused, and control of. Slides and actual damage will be reviewed. Question and answer period will be included.

RESIDENTIAL PEST CONTROL - MOSQUITO

Matt Dox
One Time: Tuesday, 7-8:30pm, May 4
Location: Register and you will be contacted
Class Fee: $36.00, pay with registration

Identification of rats and mice and the damage caused by each. Life cycles and habits will be discussed as well as control measures.

RESIDENTIAL PEST CONTROL - GENERAL PESTS

Matt Dox
One Time: Tuesday, 7-8:30pm, April 27
Location: Register and you will be contacted
Class Fee: $36.00, pay with registration

Identification and control measures for commonly encountered insect pests. Slides and actual specimens will be shown. Question and answer period included.

GET WITH THE PROGRAM!

INTRODUCTORY COURSE

Jay Elowitz
Tuesdays, 7-9:30pm First Meeting: April 20
Length: 10 times
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Materials Fee: $50.00, pay at class

CUBOL is the most commonly used business programming language in the world. This class is for students already familiar with the fundamentals of programming who want a Prism computer. (Limit: 20)

Tour of Thorncroft Hall greenhouse facilities. Thorncroft Hall is the new plant sciences building on the Kansas State campus. The building houses the departments of Agronomy and Plant Pathology and provides classroom space also for the Department of Horticulture. The attached greenhouse is used by the departments of Agronomy, Plant Pathology, Horticulture and Entomology for both the teaching and research programs within the department.

EATING OUT OF YOUR SPRING GARDEN

Kate Bruny
One Time: Wednesday, May 26

REGULAR BASIC PROGRAMMING

Jay Elowitz
Mondays, 7-9pm First Meeting: April 12
Length: 8 times
Location: Register and you will be contacted
Class Fee: $120.00, pay with registration
Materials Fee: $305.00, pay at class

An introduction to computer terms, capabilities, limitations, and functions to help the student gain a first-hand understanding of computer concepts. The basic programming language will be taught, then used by students.

Co-ops

WOODSHOP CO-OP

Alan Edgar
Monday, 7:30pm, April 19 - organizational meeting
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Materials Fee: $10.00, pay at class

WEEKLY FEES: $20.00, $45/year, payable at registration

Located in the UMF Solar Addition, the wood shop is equipped with a wide variety of power and hand tools, including a radial arm saw, table saw, jointer, Festool, band saw, and most common woodworking tools. The membership fee is for equipment and facility use only. No materials are included. The mandatory organizational meeting will include instruction in safe equipment use and basic first aid. (Alan is the UMF workshop coordinator.)

UMF POTTERY STUDIO CO-OP

Janet Holcomb
Friday, April 9, 5:30pm - organizational meeting
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Materials Fee: $12.00, pay at class
Membership in studio co-op - $50.00, 24 weeks
Lectures - $30.00, 16 weeks

This is a co-operative studio-access class open to anyone with experience who feels confident working alone. As a co-op member you will have access to the studio for four hours a week, 12 lbs. of clay plus all the recycled clay you produce, kiln space, and glazes. (Janet is the pottery studio coordinator for UMF.)

UMF DARKROOM COOPERATIVE

Neil Schank
Organizational Meetings: Monday, 6:30pm April 19
Location: Just one block east of campus in the UMF house, the UMF darkroom is available to anyone who needs access to a well-equipped facility. Equipment is capable of handling up to 31x40 prints and燊son negatives as well as 35mm. The fee includes everything but paper.

Fee: 2 weeks/extra spring session - $10.00
5 weeks, $18, new members
5 weeks, $35, new members (pay with
45 weeks, $40, new members
35 weeks, $15, renewals
35 weeks, $35, renewals registration

This fee covers use of space, equipment and all necessary chemicals for black and white film processing. 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/hour. 
Fun & Games

POCKET BILLIARD

Jerry Riggs

Saturday, 10:30am First Meeting; April 24 Length: 6 times Location: Register and you will be contacted Class Fee: $5.00, pay with registration Limit: 20

The class will start with a brief history of the game. Included will be an introduction to playing equipment, basic stance, AIM, English, and control. The different games - 9-ball, 8-ball and snooker will be covered as well as the theory and mental game. Also, we will watch a video tape on championship or tournament matches. (Jerry has played in two World Pocket Billiard Championships in New York City, finished third in 1979 and 16th in 1980.)

NAME: ALONG BUSINESS LINES

Vernon Klein

One Time: Wednesday, 7-830pm, April 21 Location: Register and you will be contacted Class Fee: $5.00, pay with registration

Are you a woman with business on your mind? This course will focus on personal factors women often consider before taking their place in the business world. Such questions as what type of business is right for you and how to run one will be discussed.

GAME EXPERIENCE FOR BEGINNERS

Pat Breese

One Time: Saturday, April 24, May 2 (2 times) Location: Register and you will be contacted Class Fee: $5.00, pay with registration Limit: 15

We will go for a short talk about gaming, and then we will go to the State Fair for the real thing. Instruction will be given in basic scoring and steering. Equipment and local places to game will be covered. The second class will game Deep Creek. (Pat likes to game in Kansas.)

BEER BALL

Brian Muncy

One Time, 8pm, May 18 Location: Register and you will be contacted Class Fee: $3.00, pay with registration

Beer ball is a not so regular baseball game. Its intention is to enjoy the spirit of baseball and the spirit of beer-drinking. Rules will be explained at game time. (Brian is an expert at beer ball.)

The Great Outdoors

NATURE PHOTOGRAPHY SHOOTING SESSION

Dru Clarke

One Time: Saturday, 7-9am, May 15 Location: Register and you will be contacted Class Fee: $8.00, pay with registration

Before you pull or spray that weed why not find out whether it can be enjoyed in a culinary style. Hundreds of unwanted or overlooked plants give excellent food value. Twenty or fifty local plants will be reviewed and displayed for the class. Next thing you know, you'll be serving stinging nettle quiche to your next dinner guest, and munching on say, ladybugs. Class will be re-scheduled in case of rain. (Max and Sue are a team with years of professional and amateur experience.)

STRAWBERRY MIGRATIONS

Monty Hinton

One Time: Saturday, 7-9am, May 15 Location: Register and you will be contacted Class Fee: $8.00, pay with registration

Winter Migration will be in full swing. This area is a good place to observe them. Learn how to identify them. Be sure to bring binoculars and camera and food if you want. (Mont) has done classes before for UMP. He is vice-president of Flint Hills Audubon Society.

BACKGROUNDBILLIARDS

Gary Schott

One Time: Friday, 7pm, April 23 Location: Register and you will be contacted Class Fee: $5.00, pay with registration

Basic discussion of background bird feeding strategies. Emphasis on class participation on ideas for feeders, feeding, etc. (Gary is an avid bird watcher.)

WOMEN AND THE EARTH

Ann Britsow, K. Bromley

One Time: Friday, 6:30pm, April 30 Location: Register and you will be contacted Class Fee: $5.00, pay with registration

Women, come join us in celebration of ourselves and our connection to Mother Earth. Sue is the author of "Between the Spring Equinox and Summer Solstice and is a reflection on the earth's rebirth (Spring)." We create a May Day by bringing your ideas, sharing a meal (potluck), sharing in song, and exploring our spiritual selves. We will contact you about location and the possibility of childcare and/or children's participation.

GEOLGY FIELD TRIP FOR BEGINNERS

Ted Hebert

One Time: Saturday, 12noon-3pm, April 24 Location: Register and you will be contacted Class Fee: $5.00, pay with registration

We want to take the ground we walk on for granted - but have you ever thought that your backyard was once at the bottom of a great ocean? In this class, which will feature a field trip to nearby locations, we will learn more about the land we live on. We'll examine rocks, minerals and fossils. This should provide a basis for participants to plan their own field trips for fun. You will need to furnish your own transportation, but carpooling is encouraged. (Ted is Laboratory Education Tech for the Department of Physics and an active astronomer and geologist.)

PRAIRIE FESTIVAL 1982

The Land Institute

Saturday & Sunday, May 29 & 30 (all day) Location: Register and you will be contacted Class Fee: $10.00, pay with registration

Materials Fee: $5.00/person, $10.00/family pay at event

Dandelion discussions and Music in the Air. The Institute at Salina will sponsor a celebration of the prairie for the fourth consecutive year. This year's theme, Restressing America, will include David Eisenfeld, author of the Arugonauts of the Great Green Sea, Moms and farmers. The Land Institute is devoted to the search for sustainable alternatives in agriculture, energy shelter and waste management.)
PLANTING ARE CARE OF YOUR LANDSCAPE

Lea Minton

One Time: Saturday, 9:30am, April 17
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

If you’re planting your own landscape, learn how to plant the materials you choose and how to care for them during the first year. Bring any questions you have about caring for your new plants. (See also horticulturist with a specialty in landscaping.)

RAINFALL

Ron Paul

One Time: Wednesday, 7pm, May 12
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

Topics such as breeds of dairy goats, selection, housing, feeding, breeding, diseases and management of dairy goats can be discussed. Any collective knowledge and experience is welcome to share. (For raised goats for 7 years and is interested in milk products.)

COMPOSTING

A.T. Staff, UFM

One Time, Saturday April 24, 1pm
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

Compost bins are the key to conserving energy and other resources while converting a waste problem into a low-cost, effective way to restore and maintain productive soil. This class will discuss the hows and whys of composting and then construct compost bins using low-cost and recycled materials at the UFM House.

DRIP IRRIGATION

Alan Edgar

One Time, Saturday, April 17, 1pm
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

With water becoming a limited resource, we must be conservative of its use in all aspects of our lives, including gardening. Drip Irrigation systems conserve precious water resources and reduce time and labor demands. Hands-on construction of the system for the edible landscape will take place. (Alan was the beta tester of the UFM Solar Add-on and is the construction supervisor for the edible landscape project.)

Solar Attached Greenhouses

Bill Dorsett, Dean Denner

One Time: Saturday, 7:30-9:30pm, April 24
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

Attached solar greenhouses offer supplemental space heat, additional growing area and food production. Design considerations, construction details and numerous examples will be offered. Specific design questions are welcome. (2011 and Dean design and build attached solar greenhouses in the B111.)

BE AN ENERGY-WISE HOUSER

Alan Edgar, Bruce Sned

Tuesdays and Thursdays, 7-8pm
May 18, 20, 22
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Materials Fee: $3.00, pay at class

Before you buy or build a house, you should know that just the location and orientation of your home could increase your annual home energy consumption by 20%. By choosing the right location and building type, you can reduce your energy usage by 30%. It is easy to see why this class series is important to you.

Solar Flat Plate Collectors

Bill Dorsett, Dean Denner

One Time: Saturday, 1-3pm, April 24
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

Flat plate solar collectors can be built on the ground, wall or roof to provide supplemental daytime heat. The class will discuss design, construction, tax credits (up to 70%) and show examples. Our goal is to give you the information so that you can build a collector for yourself or a friend.

Earth Shelters

Keith Christensen

One Time: Wednesday, 7:30-9pm, April 28
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 15

The first part of this class will cover basic design concepts for earth sheltered homes including site planning, building design, natural ventilation 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 KSU 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.)
Health & Personal Growth

INTRODUCTION TO FOSTER PARENTING

One Time: Tuesday, 7:30-9:00pm, April 20
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
Are you a family with the desire, love, time and space to open your home to a child? The Department of Social and Human Services is seeking foster homes. This class will give general information about how to become a licensed foster parent for three years and feels that Riley County is in need of more foster homes.

FACILITATING STRESS MANAGEMENT SKILLS WITH YOUNG CHILDREN

Karen Seay

One Time: Monday, 7-9pm, April 10
Limit: 10
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Since stress is a part of life, why not teach young children coping skills? This mini-workshop will introduce basic skills adults can practice themselves and relay to children. This presentation will be highly experimental. (Karen is a pre-school Administrator for the Conscious Living Foundation and past-president of the Riley County Pre-School Association.)

HYPNOTIC IDEAS FOR THE SERIOUSLY CURIOUS

Gregory W. Potter

One Time: Thursday, 7-10pm, April 29
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
This class offers information about an explanation of how hypnotic is used in goal achievement. Hypnosis will be presented from a cognitive behavioral perspective. Techniques will be available for purchase but are not required. Questions are invited. (With a BS in psychology and PhD in counseling, Greg has studied and practiced hypnosis at the Institute to Advance Ethical Hypnosis in Newark, NJ, and owns and directs Personal Achievement Systems in Manhattan.)

QUIET-MIND STRATEGIES FOR MASTERY TRAINING

Dave Danek

One Time: Thursday, 7-10pm, April 29
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
This class will give you some quick and useful strategies for managing the stress in your life. For those with final exams pressures coming up, this class could be a life saver (and a GPA saver, too.) (Dave is a counseling psychologist at KSU.)

Know-How Network

LOW-COST DECORATING

Colleen Burnett

One Time: Sunday, 5-6pm, May 2
Location: Douglass Center, 900 Yuma
This class will teach you how to make decorative things for your home at a very low cost. We will use materials normally found around the house. Bring to the class 2 towels, colored contact paper, scraps of material, a knitting needle and anawl.

CONTAINER GARDENING

Kate Bromley - Brian Mulch

One Time: Saturday, 10:00am, May 15
Location: Douglass Center, 900 Yuma
Limit: 10
The time for fresh vegetables is just around the corner. No problem if you haven't a big plot for a garden. You can grow food in small spaces. We will teach you how to care for plants in containers, what vegetables and herbs grow well and how to plant them. Enjoy fresh vegetables from your window or patio. (Kate and Brian both work with the Eddie Landscape at UFM.)

LADIES & TEEN EXERCISE CLASS

Camille Givens

Tuesdays & Thursdays, 6-9am First Meeting: April 1st
Location: Douglass Center, 900 Yuma
Length: Ongoing
Limit: 20
This class is strictly for the person who needs someone to exercise with to motivate them. It is very-popular to spark interest in those teenagers who are interested in exercising. The exercises are not difficult to learn and Givens has been working as Program Coordinator for the Douglass Center since 1980.

MAKING UP - CAREERS IN COSMETOLOGY

Nancy Martin

Fridays, 7-9pm, April 16 & 23 (2 times)
Limit: 15
Location: Douglass Center, 901 Yuma
This class is generally geared toward the young adult who has not had much experience using makeup. The class will cover the basic steps of skin care, followed by the basics of applying makeup for the soft, natural look. We will also talk about possible careers in cosmetology. (Nancy enjoys the art of applying makeup and has had past experience as a beauty consultant through Mary Kay Cosmetics.)

JOB SEARCH

Susan Scott Angle

One Time: Saturday, 8:30am-11:30am, April 17
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class (non-KSU students only)
Plan your job search now. The workshop is designed to help participants develop skills important in finding and acquiring a job. Where and how to look, resume writing and interviewing are discussed and practiced in a supportive group environment. Student's costs are covered through KSU fees. (Susan is a counselor with the KSU Counseling Center.)

LITTLE APPLES SINGLES

R. J. Dickens

2nd & 3rd Sundays, 6:30pm First Meeting: April 19
Length: Ongoing
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
We are a group of single adults - widowed, divorced, never married - who are tired of the traditional methods of social interaction - and tired of sitting at home. Our alternative is an organization based on self-improvement in a social atmosphere. (On a recent trip to Phoenix, R.J. was exposed to a unique singles organization that is spreading through the southwestern U.S. and is committed to starting a group here.)

RETURNING TO SCHOOL

Margaret Nordin, Buzz Muir

One Time: Monday, 7-10:30, April 5
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. This class will be very helpful to anybody thinking about school for the summer or fall. (Margaret and Buzz are KSU faculty whose work involves adult students new to K-State.)

INTRODUCTION TO ZEN - PRACTICE AND PHILOSOPHY

Al Potter, Mary Williams

Thursdays, 8:30-10pm First Meeting April 15
Location: Register and you will be contacted
Class Fee: $2.00, pay with registration
Zen is not religion. It is a way of being in the world which endows certain qualities of consciousness and awareness called zazen. Zazen 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 basis for class discussion. The class will also include taped lectures and audio instruction. (Both Al and Mary are Zen students under instruction from Katagiri Roshi of the Minneapolis Zen Center.)

LITTLE WOMEN

Colleen Burnett

Sundays, 2:30-4pm First Meeting: April 18
Length: Ongoing
Location: Douglass Center, 900 Yuma
Little Women is a club now forming for girls aged 6-13. Have fun learning, cooking, going on trips, and making friends. (Colleen works at UFM, is a mother of two girls and hopes this club will give young girls the chance to explore and learn more about the world.)

YOUNG BLACK WOMEN UNITED - AGES 13-18

 Roxanne Lamert, Xavier Davis

Sign up and you will be contacted
Get involved! Are you sitting around with nothing to do? Bereft? Together we can make things happen - take trips, plan social events, learn more about ourselves. This group is sponsoring an Ebony Dance, Friday night movies and plans to do many more exciting projects and programs. (Roxanne and Xavier were members of Sisters of Soul (S.O.S.) and would like to see a group like this start again.)

RECYCLABLE SHELF BUILDING

Brian Mulch, Sandy Sanderson

One Time: Saturday, April 17, 10am-12noon
Location: Register and you will be contacted
We will learn how to design and build shelves from recycled materials. The shelves we build in this class will be donated to the Manhattan Broadway program. If you are handy with hammer and saw, bring these with you. (Brian and Sandy work at UFM and are involved with the Manhattan Broadway program.)

SUMMERING COOLING: HOW TO BEAT THE HEAT

Bruce Snead

One Time: Thursday, 7:30-8pm, April 29
Location: Douglass Center Annex, 901 Yuma
Summertime cooling can be very expensive. We will talk about ways to stay cool without busting your energy budget. Examples will be discussed with lots of time for questions and answers. (Bruce coordinates the UFM Appropriate Technology Program.)
# Items of Interest

## GOSSIP TINGING - NEW LIGHT BAPTIST CHURCH CHOIR

**Composer:** Jennifer Cowan  
**Time:** 8:00-10:00, April 23  
**Location:** Douglass Church, 101 New

The New Light Baptist Church Choir is from Bonner Springs, Kansas, and participated in the 1981 Kansas Folklore Festival. It is made up basically from three families and clergy Unity members that have appeared on television and in radio and radio participate in workshops with help from KSU faculty. Don't miss it!

### KANSAS FOLKLORE FESTIVAL

**Composer:** Joan Pasco  
**Time:** 5:32-5575  
**Location:** UMP Fireplace Room

Register and you will be contacted.  

The 1983 Kansas Folklore Festival is going to be held in Manhattan's Civic Park on May 1 - 3. If you would like to volunteer to work around crafts people and musicians or can help with publicity, please sign up and when you will be contacted. This should prove to be a unique and rewarding experience! (Joan is the director of the Kansas Folklore Festival.)

### UMP SPRING CRAFT FAIR

**Composer:** Janet Holcomb  
**Time:** 5:32-5866  
**Location:** Faculty and Saturday, 11:30-5:30, April 2 and 3

This is a perfect opportunity to visit with various craft people and buy an Easter present or Mother's Day gift. Your UMP's new solar greenhouse while you're there. Featured will be stained glass, fabric frames, paper crafts, hand stuffed toys and pillows, knitted and crocheted items.

## MAY BASKETS

**Composer:** Margie Davidson  
**Time:** Monday, 7-9pm, April 26  
**Location:** Register and you will be contacted  
**Class Fee:** $5.00, pay with registration

This will be an all-day workshop given by the Sunflower State Clappers of Topeka who will explain and teach the participants to make 10 different traditional steps and the stories connected to each of them. Clapping is related to and descended from the toil or the folk dancers of the southern Appalachian mountains. Please bring hand made shoes and a sack lunch. (There will be an hour lunch break.) (Ham is a member of the Sunflower State Clappers.)

### STAINED GLASS

**Composer:** Boda Klenke  
**Time:** Monday, 7:15-9:00, April 23  
**Location:** Register and you will be contacted  
**Class Fee:** $25.00, pay with registration

This demonstration will show you the techniques of both copper foil and leaded glass. You will be shown how a window goes from a design to a finished project and what materials and tools are used. The first meeting will be a demonstration of techniques. The following meetings will be hands-on sessions for those interested in learning. (These sessions will require investing in your own tools and glass if you want to do a project.)

## WAVE DANCE

**Composer:** Rich Kline  
**Time:** Monday, 7-9pm, April 20  
**Location:** Register and you will be contacted  
**Class Fee:** $3.00, pay with registration

This is an all-day workshop given by the Sunflower State Clappers of Topeka who will explain and teach the participants to make 10 different traditional steps and the stories connected to each of them. Clapping is related to and descended from the toil or the folk dancers of the southern Appalachian mountains. Please bring hand made shoes and a sack lunch. (There will be an hour lunch break.) (Ham is a member of the Sunflower State Clappers.)

## ANNOUNCEMENTS

**Announcer:**  
**Time:** 5:32-5866  
**Location:** UMF Fireplace Room

John Todd - Former director of the New Alchemy Institute will be speaking Monday, April 5 at 3:00pm at K-State Forum Hall. Topic for the talk will be self-reliance, sustainable ecosystems, and the work of the New Alchemists in Woods Hole, Massachusetts. (New Alchemy Institute is a pioneering group in meeting the needs of the 21st century.)

### ANNOUNCEMENTS

Put some fun and new friends in your spring. Join UMF's Volunteer Corps, a group which provides ideas and assistance for UMF programs on the campus and to the Manhattan community. For more information call UMF at 532-5866.

**Contact:** Daniel Ellingson  
**Time:** 5:32-5866  
**Location:** UMF Fireplace Room

Don't forget! Daniel Ellingson will present the last address of the 1982 Lou Douglas Lecture Series at 7:30pm, Tuesday, March 30 in Forum Hall of the K-State Union. All are invited! A reception will follow at the UMF House, 1221 Thorton.

**Contact:** Ground Zero Users, April 10-25 will be a week of learning about the nuclear weapons race and what we can do about it. The week's events will be sponsored by the Other Manhattan Project and other community organizations and groups. Watch the Manhattan Mercury and The Collegian for details. If you'd like to help call UMF at 532-5866.

**Contact:** UMF Staff members who make the UMF Extra possible are: Julie Gates, Director, UMF Campus/Community Program; Dave陌ley, Edie Hallett, Janet Holcomb, Brian Mulch, Sandy Sanders, Hilt Schanberg and Julie Soyer Walter. Special thanks to Patti Streeter who volunteered time and energy toward the UMF Extra effort.
# Registration

For More Information: UFM, 532-5866, 1221 Thurston, Manhattan KS

Mail-in registration due March 29-April 9.

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Total class fee (see costs)

Total Due

Check here if senior citizen or disabled

If KSU student list ID# here

IMPORTANT! Please read the refund policy e.g., Sec. 1 or 2, etc., if indicated in description.

## Registration Rates

Mail-in: March 29-April 9

- **Walk-in:**
  - Tuesday, March 30
  - UFM House: 6:30-8:30pm
  - Wednesday, March 31
  - KU Union: 9am-2pm
  - Thursday, April 1
  - Public Library: 5-7pm
  - Friday, April 3
  - UFM House: in conjunction with KU Spring Crafts Fair 11am-5pm
  - Saturday, April 4
  - KU Union: 9am-2pm
  - Thursday, April 8
  - Public Library: 9am-5pm

Parking:
The UFM parking lot is usually full during the day, but is available in the evening.

Late Registration: Accepted on a space available basis

For More Information: UFM, 532-5866, 1221 Thurston, Manhattan KS

(Additional registration forms are available at the UFM House.)

TO REGISTER BY MAIL:

Mail the form at left. One form per person.

Total up the class fees as listed in the catalog. (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 66502

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 UFM 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 SGA allocation supports student participation.)

If you are registering only for Known-How Network classes, you are exempt from the registration fee.

In the brochure where 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.

## UFM Refund Policy:

Please check your calendar before you register for a class. UFM will only give a refund in these instances:

1. the limited class you paid for has been filled
2. if you are unable to attend a class and you notify UFM and the teacher before the first meeting.
3. if you are a full-time KSU student you are exempt from the registration fee. (An annual SGA allocation supports student participation.)

Refunds are given as credit vouchers. These can be used toward other classes, either in this catalog or in the future, or can be redeemed for cash at UFM. Credit vouchers can be accumulated and are transferable to others.

If you are not satisfied with a UFM teacher or class, please contact the UFM at 532-5866

### Discounts for Volunteers:

You may work for UFM in exchange for registration discounts. Arrangements will be made on an individual basis. Call UFM, 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.

### UFM Teacher Credit:

All UFM 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.

### Receipts:

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

### Class Locations:

When you receive your receipt, the location(s) of your classes will be included.

### Liability Forms:

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