UNIVERSITY FOR MAN

A community learning center.

Summer 1982
COMMUNITY EDUCATION: WHAT'S IT ALL ABOUT?

A free university is defined as an organization that offers non-credit classes to the general public in which "anyone can teach and anyone can learn." Citizens offer to lead classes and may teach practically anything they want in any manner they wish. The free university acts as a link between the people who want to teach and those who want to learn.

What makes free universities different from other non-credit educational providers? One of the most distinguishing characteristics of free universities is the philosophy that anybody can teach and anybody can learn. Free universities are the only nationally coordinated organizations that allow an individual to teach anything he or she wants, provided it is legal.

A second distinctive feature that sets free universities apart is that free universities are not necessarily "free," they are the most cost-efficient adult learning. A study conducted for the National Center for Education Statistics showed that the average cost per class for a participant was less than $10. That cost included cost of the sponsoring institution, to the government, and to the participant.

This low cost makes it possible for any community, large or small, to have a free university. In Oshkosh, Wisconsin, a volunteer committee runs the Oshkosh Rural Educational Opportunities (OREO) program on a budget of $200 a year, which is raised at an annual tea and flea market.

Free universities are not so much an extension of institution as a new vision and a new model. Any person or organization can set up a free university, which hopes to utilize existing resources, agencies, and people in the community.

Free universities are more than just education. Among other things, free universities attempt to provide a sense of community. They offer an opportunity for people to meet, to share, to be with other people who have similar interests. Free universities provide teachers and learners with a "community of scholars," a feeling of learning with others.

In pursuing learning for all, free universities have had to attack some mental blocks. They unhesitatingly propose that "anyone can teach and anyone can learn." Anyone can teach, anyone can learn.

The 1980's will see great changes in adult learning. Many of those changes are unforeseen now. We do not know much about what adult learning will be like at the end of this decade. We know something about the demographics of our society, but not a whole lot. We do not fully understand what self-directed learning is. We do not have a clear idea of what a new vision of what is a self-directed learner. We do not have an accurate gauge as to when it is appropriate to become a self-directed learner.

The 1980's will see great changes in adult learning. We do not know how many people participate in different adult learning settings.

TAKING CHARGE: "Taking charge." Many books and magazine articles deal with this topic, often promising ways to "gain control" over your life and your surroundings.

"Taking charge" is not a new idea. We, here at UPM have been offering opportunities and tools to help individuals "take charge" for over four years.

Whether you'd like to "take charge" by stopping your smoking habit, cutting your energy bill in half, or taking an active role in the political process, we think you'll find something in this summer's UPM catalog which will give you greater control over the outcomes in your life.

OUR NEW LANDSCAPE

You may have noticed that our lawn is undergoing some changes. We are developing an "edible landscape" to demonstrate potential for urban food production.

Our long-term goal is to help individuals and groups in Manhattan and other communities develop locally controlled, comprehensive community food systems. We also intend to demonstrate:

1. how ecological and low-cost solar devices can be created and used for urban gardens
2. potential uses of by-products of the garden
3. potential uses of the garden

We hope to provide the knowledge and skills, particularly to senior citizens, the handicapped and low-income residents of Riley County, who will enhance food self-sufficiency.

If you'd like to know more about our edible landscapes, give us a call. We'd be glad to arrange a tour. Many of the classes in our "Earth" section will also give you more information on this project.

STAFF:

- Julie Coates  Director of Local Programs
- Kevin Souder  Assistant Director of Local Programs
- Kate Brownley  Class Coordinator
- Julie Govert Walter  Class Coordinator
- Susan Holcomb  Class Coordinator
- Kate Maxham  Class Coordinator

GENERAL INFORMATION

Who are we? Why do classes cost? How is UPM funded? Keep your receipt Interested in teaching? Anyone who has a skill to share is invited to propose a class for UPM's community learning center. The deadlines for class proposals for fall, 1982 is August 6. Some of our current needs include:

- business/office skills
- basic auto mechanics
- cake decoration
- shoe repair
- word processing
- computers
- hair styling
- Chinese cooking
- self-hypnosis

How do I register for a class? Complete registration instructions can be found on the inside-back cover of this catalog.

Why do classes cost? Registration fees are collected to cover printing costs and other expenses. Some instructional materials are free for students and applicants. Please keep in mind that the same instruction elsewhere usually costs more. Special rates are provided for senior citizens, the handicapped and families.

If you cannot afford to pay the class fee, please call UPM.

Who can take free U classes? Young or old or anyone in between can take Free U classes. You select the classes that interest you.

Keep your receipt!!!

The receipt you receive when you register for a UPM class is important. The date, location and time of your class appears on the back of your receipt. If you have problems with a class or need a refund, your receipt number can help us give you better service. When you register in person, you will receive your receipt at registration. If you register by mail, a receipt will be returned to you by mail. Either way, hold on to it (and read the back). It's important.

Funding Sources for Local Programs

UPM Local Programs are supported by KSU Division of Continuing Education, USG Student Governing Association, local residential colleges, Kansas Farmer's Union-Grace Thoms, City of Manhattan, Kansas Department of Education, Office of Adult Education, and the U.S. Office of Education, Vocational Rehabilitation.

The Learning Resources Network (LERN) is a national association for adult learning headquartered at UPM. This summer we are moving to larger quarters in the UPM building, and we could use some help.

If you have any desk, shelves, typewriter tables or other office furniture not being used, we would appreciate your donation to the new LERN offices. Just contact Karen Stevenson at 532-5866.

UNIVERSITY FOR MANHATTAN EXTENDS A SPECIAL INVITATION TO HANDICAPPED INDIVIDUALS IN OUR COMMUNITY AND WISH TO ATTEND UPM CLASSES. REQUIREMENTS WILL BE MADE THAT INDIVIDUALS WHO HAVE VISUAL OR HEARING IMPAIRMENTS, INVALID HANDICAP OR OTHER DISABILITIES. YOU CAN ASSIST BY INDICATING SPECIAL NEEDS WHEN YOU REGISTER OR CALL UPM AT 532-5866.

THANKS TO THE MANHATTAN JERSEY AND MANHATTAN CAMERA SHOP FOR ASSISTANCE IN PUBLISHING THIS BROCHURE.

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Places to go...

**McCALL PATTERN CO.**

Norman F. Winter

**Section I:** Wednesday, June 30, 9-10am

**Location:** Register and you will be contacted

**Class Fee:** $1.00, pay with registration

**KSU NUCLEAR REACTOR TOUR**

Tim Delby

**One Time:** Wednesday, July 8, 4:30-5:30pm

**Location:** Register and you will be contacted

**Fee:** $1.00, pay with registration

*See the KSU nuclear reactor facility, beginning with a slide presentation and ending with a walk-through tour of the reactor. The research and training uses of the KSU reactor will be discussed in detail. (Tim is presently the Reactor Supervisor at KSU and has been a reactor operator for 25 years.)*

**MANHATTAN MERCURY TOUR**

**One Time:** Monday, July 10, 4-5pm

**Location:** Register and you will be contacted

**Class Fee:** $1.00, pay with registration

Get a firsthand look at what goes on behind the scenes at the Manhattan Mercury. Included will be a general overview of how the Mercury is organized, how news is gathered, and a tour of the printing facilities. Join us! (David is the Mercury's managing editor.)

**KSAE: RADIO IN KANSAS TOUR**

Richard Baker

**One Time:** Monday, July 21, 7-9pm

**Location:** Register and you will be contacted

**Class Fee:** $2.00, pay with registration

Tour KSAE, Kansas State University's 5000-watt station and one of the first radio stations in the state. A complete tour of the station's facilities and studios and a brief discussion of KSAE's history will be part of this informative event. (Richard is KSAE's News Director.)

**HIDDEN PLACES: MORE HISTORY LIVES**

**CS6**

Julie Coates

Register and you will be contacted for time and location

Kans is full of hidden places. Physically, our landscape appears plain to outsiders because the attractiveness of our state lies in an understated, solid handsomeness, not a postcard show of mountains, forests, or seascapes. However, in this understated quality, while our past included events of national importance (Bleeding Kansas, the cowtown, Carney Nathan and prohibition), still most of our history has consisted of events that have not made national headlines. These "hidden places in our history, however, are in at least one important way even more interesting than the major historical events: by telling us about the lives of ordinary people, they portray with great effectiveness the shaping of the Kansas character, he will show three films on three separate nights, which take us to the hidden places in our history. Despite the fact that only one of the hidden places in these films is in Kansas (Hollenberg Station), all three films are relevant to our state.
Dollars and sense

INSURANCE: WHAT YOU NEED TO KNOW (C-21
Pat McDonald
Thursdays, 7-9pm First Meetings: July 1
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Materials Fee: $3.00, pay at class.

If you're confused about the world of insurance, you're not alone. This class will introduce risk management and the importance of insurance. Liability and personal losses, risks to be discussed include: loss of health through sickness or accident, loss of money from personal liability, loss of money through theft, fire or accident; loss of life; and loss of income through sickness or accident. The information in this course can save you thousands of dollars during your lifetime. Join us and find out what you need to know. (Pat, who is working on his Ph.D. in Family Economics at K-State, wants consumers to know their options.)

INVESTMENT BASICS

Steve Harrison & Sheri Prawl
Tuesday, June 22 & Thursday, June 24, 7:30-9:30pm
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

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 Sheri are linked partners of a New York stock exchange member firm with offices in Manhattan.)

SUCCESSFUL MONEY MANAGEMENT

Fred Freeby
Section I: Monday, 7:30-9:30pm, June 28
Section II: Wednesday, 7:30-9:30pm, June 30
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

People do not get rich making money, but by managing the money they make. This seminar takes you up the steps to the street in financial security. Plain everyday language plus a few visual aids help ensure a better understanding of what could be highly technical information. NOTE: Each section meets one time only. (Fred is a district manager for Waddell & Reed, a national financial services organization specializing in financial planning.)

WHAT YOU NEED TO KNOW ABOUT IRA'S

Bill Dean
One Time: Monday, July 19, 7:30-9:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

You've heard about them on the radio, you've seen them on T.V. Here's your chance to learn more about IRA's from a financial expert. Are IRA's all they are cracked up to be? How can you establish one and what should be considered in making this decision? These and other questions will be discussed. (Bill is a local financial planner.)

EVERYTHING YOU NEED TO KNOW ABOUT BUYING A HOME

Sharon O'Neal
One Time: Monday, July 12, 7-9pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

There's a lot that goes into deciding to buy a home these days. This course will cover what you need to know in making this important decision: a) How do I finance a mortgage; b) What qualifications to look for; c) Types of mortgages available; d) How to deal with a lender and what to consider when deciding to rent or buy. (Sharon is a loan officer at a local savings and loan company.)

1984 TAX PLANNING FOR YOUR BUSINESS

H.R. '611' 411apple
One Time: Tuesday, June 29, 7:30-9:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

What do you need to know to reap the largest tax benefits for your business in 1984? Cost Recovery, Investment Credit, the new "write off" option and the tax "cut" will all be discussed in this course. We will also consider the records you need to keep and how to set up a simple, yet effective financial records system. (Bill, who has twenty years of tax preparation experience, is the owner of the Manhattan franchise of H & R Block.)

FOR GROWING WAGS & MEI WHO SHOULD KNOW BETTER

Nina Miley
One Time: Wednesday, July 14, 7:30-9:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

"Business"...??? Is it usual? Maybe not. If you have been thinking of starting your own small business or enterprise you've many questions to ask. We'll explore business philosophies, thought processes and research that are important parts of organizing and creating a small enterprise. This course will provide some solid ways of "thinking through" your business ideas. (Nina is a free lance project coordinator who has created many successful small enterprises.)

INVESTMENT IN OLDER REAL ESTATE

Tom Keohan
One Time: Wednesday, June 27, 7:30-9:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

When it comes to real estate investments these days buildings don't get older but get better. This course will cover the economic advantages of investing in older and historic buildings including the Economic Recovery Act of 1981 and Investment Tax Credits. Find out how older real estate can be one of the best investments you can make in today's real estate market. (Tom is the coordinator of Manhattan's Downtown Design Project.)
Women taking charge

WOMEN AND POLITICS

C-29

RESIE STILES

Wednesday, July 21 & 28, 7:30-9:30pm (2 times)

Location: Register and you will be contacted

Class Fee: $3.00, pay with registration

This class will explore opportunities for women to become aware of the political process and issues of particular concern to women. The first session will provide an overview of the women's political caucus and other women's political organizations. The second session will present some of the challenges women face as they enter the political arena.

(Alice is a member of the women's political caucus and is enthusiastic about women's roles in politics.)

ARE YOU AN "INVISIBLE" WOMAN?

C-29

SARAH CARLSON

One Time: Wednesday, July 7, 7-9pm

Location: Register and you will be contacted

Class Fee: $3.00, pay with registration

Limits: 10

Are you "invisible" in the credit world? Unfortunately, many women have no credit histories and some have been denied credit because of their sex. Others have not applied for credit relying on credit carried 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.)

BADE

C-30

SUE MULRYAN, SANDY SANDERSON

One Time: Thursday, July 1, 7-9pm

Location: Register and you will be contacted

Class Fee: $3.00, pay with registration

Would you know what to do if you or someone you knew were raped? Learn the "do's and don'ts" in this session. We'll also discuss the prevalence of this violent crime in the U.S. and the rape intervention services offered by groups such as the Regional Crisis Center. (Sandy is a member of Women Against Rape, a Manhattan group concerned about violent crime against women; Sue is a staff member of the Regional Crisis Center.)

IT'S A FAMILY AFFAIR

C-31

SUE MULRYAN

One Time: Monday, July 19, 7-9pm

Location: Register and you will be contacted

Class Fee: $3.00, pay with registration

Family violence. What do you know about one of America's most prevalent problems? What should you know? This class will focus on the problem and the issues related to family violence. The film "Family Affair" will be shown and discussed and related concerns including police intervention, the judicial process and alcoholism will be covered. Join us for an informative and thought-provoking evening.

FEMINIST FISHING FROLIC

E-10

KATE JACQUES

One Time: Sunday, July 11, 11am

Location: Register and you will be contacted

Class Fee: $3.00, pay with registration

This class asks the question: why don't more women go fishing these days? Fishing is easy, fun, and there's no better place to spend some time on a Sunday than on the river bank. Grab a fishing pole and join us! (Kate is an avid fishermom.)

Be in Command with Union National Bank's Satellite banking services Command Card Automatic Teller Machines located in front of our main bank downtown, at our west bank in Westloop and in the K-State Student Union.

UNION NATIONAL BANK & TRUST CO.
THE OTHER MANHATTAN PROJECT
David MacFarlane
One Time: Monday, June 28, 7:30-9:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

"What," have you asked, "is the Other Manhattan Project?" Here's your chance to find out about Manhattan's citizen group which was organized just last spring to "slow, stop and reverse" The Nuclear Arms Race. The video-tape "But What About the Russians?" will be shown, bring your questions. (Dave is the Other Manhattan Project's contact person.)

VIETNAM VETERAN GROUP
Bill Powers & Bob Lavery
Wednesday, First Meeting June 23, 7-9pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Vietnam veterans share many common experiences and frustrations as a result of their service to their country. This is a group offering support for Vietnam veterans who want to share their assistance and are seeking assistance for other related personal concerns. (Both Bill & Bob are veterans of the Vietnam conflict.)

WINNIN
Edith Stunkel
Register and you will be contacted for time and location

What's it like to run through fifteen states in 22 days? The runners for WINNIN, a trans-continental relay which will bring the message "end world hunger" to the U.S. on July 4 will know. The relay team will be in Manhattan on June 24 where they will make a stay-over. A Manhattan hostess is needed to plan hospitality arrangements which will make Kansas and Manhattan the highlight of WINNIN's trek. Your help is needed. Sign up to learn all the details.

FLINT HILLS BREAD BASKET
Tom Mulhern, Carol Tyler
One Time: Tuesday, June 29, 7-8pm
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

Kansas is known as the "breadbasket of the world" and now Manhattan has a breadbasket of it's own - the Flint Hills Breadbasket. You're invited for a tour of the Manhattan area's food bank and to find out how you can be involved in this positive approach to the community's and the world's hunger problem. (Tom and Carol have been involved in the organization of the Flint Hills Breadbasket.)

WANT TO WORK WITH THE HANDICAPPED
Genevieve Remus & Mary Priest
One Time: Monday, June 28, 7-8pm
Location: Register and you will be contacted

Have you considered sharing your time and skills with the handicapped? This class will explain UPR's "Let's Recreate" project which is designed to provide the handicapped individual special learning experiences in horticulture, photography, ceramics, woodworking, aerobics, dance and drama. Find out how you can help. You're needed! (Genevieve and Mary are coordinators of UPR's Let's Recreate project.)

AMNESTY INTERNATIONAL
Jean Denney & Buddy Gray
Register and you will be contacted for location and time
Class Fee: $3.00, pay with registration

Amnesty International is a worldwide organization that works directly as an advocate for individuals who are imprisoned around the world for their religious and political dissent. A local chapter is in the process of formation. All are welcome. (Jean and Buddy are concerned about the protection of human rights.)

VOLUNTEERS FOR LIVING LEARNING SCHOOL SUMMER PROGRAM
Mary Williams
One Time: Wednesday, June 23, 7:30-9pm
Location: Register and you will be contacted

Learning can be fun and an adventure. The Living-Learning School's two summer sessions for children 5-14 years old invites you to be part of their innovative learning program. We'll be offering German, language arts, basketball, pottery, woodworking, crafts, emergency first aid, Dungeons and Dragons, math skills and more this summer. If you would like to be involved in Living-Learning School's summer programs or if you'd like to learn more about the school's programs, join us! Dates - Session 1 - June 14th through July 9th. Session 2 - July 9th through August 13. (Mary is head teacher at Living-Learning School. A certified elementary teacher in Kansas and the mother of three children.)

THE AQUARIAN CONSPIRACY: A DISCUSSION
Eld Stover
One Time: Thursday, June 24, 7:30-9:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

What is the impact that new scientific discoveries, especially concerning the brain, will have on our society? Can a hopeful future be projected even from today's "glowing" world situation? Marilyn Ferguson deals with these and a variety of other questions in her book The Aquarian Conspiracy. This class will focus on the ideas in The Aquarian Conspiracy and be looking forward to discussing them with others.
Growing your own

INDOOR GARDENING  E29
Mary Priest  539-7313
One Time: Tuesday, July 13, 7-9pm
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
If you have indoor houseplant problems or would just enjoy learning more about interior gardening, this is the class for you. We will cover the importance of light, media, watering and fertilization. Other topics discussed will be propagation, flowering, insects and diseases.

BASIC TREE MAINTENANCE  E30
Joel Brinker  539-6142
One Time: Saturday, July 10, 9am
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 20
We will consider pruning principles for trees of all sizes and the various reasons for pruning of shade, fruit and ornamental trees. We'll also be looking at specific trees and their problems as well as some of the tools used for pruning. This class will take place in a two-acre area well populated with native Kansas trees which will be identified. (Joel owns and operates a local tree service and is a Kansas Certified Arborist with ten years experience.)

ARRANGING YOUR GARDEN FLOWERS  E31
Karen McDonald  537-2846
One Time: Tuesday, July 27, 7:30-8:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10
We don't just throw your beautiful flowers in a vase! Learn how the professionals do it! During this session you will learn the basic skills of floral arrangement so that you can arrange your garden flowers correctly. Bring a container and flowers. (Karen loves flowers and is manager of Westinghouse Florals.)

FALL GARDENING  E32
Sall Hoyt  776-7426
One Time: Wednesday, July 7, 7-9pm (refandise July 8)
Location: Register and a graduate of Mississippi State University
Class Fee: $5.00, pay with registration
Limit: 20
Extend your garden's productivity! Grow traditional spring crops in the fall! Spinach, beets, cabbage and potatoes can do beautifully in the cool of the fall season. Planting for fall gardens needs to be planned in July. (Sall is the Manhattan Community Gardens Coordinator.)

HORTICULTURE FOR HANDICAPPED ADULTS  E33
Illene Meyer  532-5866
Mondays, 7-9pm, First Meeting: June 28
Length: 14 times
Location: Register and you will be contacted
Learn about plants as a hobby in a class geared for handicapped adults. Plants and their care, outdoor gardening, indoor gardening, horticultural crafts and field trips will be included. (Illene is a Horticultural Therapy graduate student and gardener at heart.)

PLANT PROPAGATION TECHNIQUES  E22
Mary Priest  532-5866
Thursdays, 7pm, First Meeting: July 1
Length: 4 times
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 20
The fascinating techniques of plant propagation will be discussed and practiced, including sexual and sexual propagation. There will be time to practice the following methods: seeds, cuttings, grafting and budding, layering, and specialized stem and root propagation. A variety of plant species will be used and also proper tools and their uses will be discussed. (Mary is a horticulturist at Kansas State University in Ornamental Horticulture and is presently working on a Master's in Horticultural Therapy at K-State.)

SOLAR FOOD DEHYDRATORS  E35
Alan Edgar  532-5866
One Time: Tuesday, June 29, 7:30-9pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 20
For many foods, dehydrators offer the key to home-grown nutrient-rich foods throughout the winter months. This class will discuss solar dehydrator design and construction using plant and procedures already available. (Alan is the construction supervisor for the UMP Ecolandscape project.)

MOVABLE PATIO CONTAINERS  E36
Alan Edgar  532-5866
One Time: Thursday, June 24, 7:30-9pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10
Movable planting containers offer flexible, attractive options for substantial food or flower production in limited space. Especially good for small dwellers, this class will talk through box design and planting options, materials choice, and construction techniques.

TURF GRASS MAINTENANCE  E27
Brian McBride  776-6802
One Time: Saturday, June 26, 9am-12noon
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 20
Want a beautiful green lawn this summer? This course will cover various aspects of turf maintenance such as: fertilization, weed control, irrigation, mowing, fertilizing and other cultural practices. (Brian has a degree in turfgrass with several years experience as a lawn specialist.)

TERRARIUMS (AGES 12-18)  E28
Rebecca Brownson  532-9098
One Time: Saturday, July 10, 9-11am
Location: Register and you will be contacted
Class Fee: $6.00, pay with registration
Limit: 30
Materials Fee: $5.00, pay at class
Bring a jar, some imagination and we will gather plants and create an enclosed garden. Control of your terrarium's environment and some of the life processes occurring within will be discussed. Parents welcome, but you must bring your own jar. (Rebecca has been keeping terrariums since she was a child when her grandmother introduced her to gardening.)
FIELD TRIPS

WILDFLOWERS — FOR FAMILIES E22
Lee Jacobs 776-6273
Time: Tuesday, June 7, 10am-4pm. Register by Monday, June 6, 1977. If no one is available, call the park office.
Ass. Fee: $3.00, payable with registration.
Price: $3.00, payable with registration.
This will lead you to the beautiful hills and valleys of Kansas. We will discuss what Kansas has to offer in the way of hiking opportunities. Emphasis will be on trail locations and their unique features. Information and guidance will be available for handouts. Foot trails will be emphasized and canyons will be mentioned. (See also a member of the Kansas Trail Council and the Kansas Cane Association.)

WILDFLOWERS (FOR KIDS AND ADULTS) E17
Stephen Hoffman 776-8072
Time: Saturday, June 26, 2-5pm. Registration is required. Register and you will be contacted.
Ass. Fee: $3.00, payable with registration.
This will be a walk where people have never been. Join with Steve and search for unique wildflowers, shrubs, trees, and fairy residents. Wear appropriate clothing. (Steve has been exploring these areas for six years.)

HIKING TRAILS IN KANSAS E15
Joie Nighswonger 532-5752
Time: Monday, July 17, 7:30pm.
Location: Register and you will be contacted.
Class Fee: $3.00, payable with registration.
This will be a trail location and their unique features. Information and guidance will be available for handouts. Foot trails will be emphasized and canyons will be mentioned. (See also a member of the Kansas Trail Council and the Kansas Cane Association.)

CANYON OUTDOOR OUTING AND CAMPOUT WITH FRIENDS OF THE EARTH E18
Pat Dresser 539-9150
Location: Register and you will be contacted.
Class Fee: $1.00, payable with registration.
We'll camp out to the historic Carhuan Creek area of the Tuttle Creek Reservoir. We will enjoy the remaining daylight for camping, hiking, swimming and fishing. Around the campfire, we'll discuss the activities and aspirations of the local environmental group, Kansas Friends of the Earth. In the evening, we'll cook an outdoor breakfast and head home. Bring your camping gear. (Pat is president of the Kansas branch of Friends of the Earth.)

EXCAVATIONS (CAVE EXPLORING) E11
William McSee 776-6679
Time: Wednesday, June 23, 7:30pm.
Location: Register and you will be contacted.
Class Fee: $3.00, payable with registration.
Ever dream of exploring mysterious caverns (or getting lost in them?) Let Bill show you the 'how-to's' of cave exploring. He'll lead us by the best equipment, clothing, safety, food, water, types of caves and locations. Missouri, 'the cave state,' is nearby and convenient for summer trips. (Bill has had spelunking experience, mainly in the Ozarks, since he was 14. He is forming a Manhattan Grotto of the National Speleological Society.)

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NATURE PHOTOGRAPHY  
David Bissell  776-0567

Saturdays, June 26, 10am-12noon; July 10, 7-9pm  Length: 2 times
Class Fee: $3.00, pay with registration  Limit: 10
Capture on film that perfect dew-cloaked spider web, that cute house worm or that serene landscape. This class will provide a practical in- 
stitution to techniques, equipment, optical considerations, etc.  At the 1st session there will be 

FRIENDS OF CITY PARKS  
John LaShellle  532-0868

Alternate Thursdays, First Meeting: July 8, 7:30-8:30pm  Length: continuing
Location: Register and you will be contacted
Help promote Manhattan’s natural-area parks. A volunteer group is needed 

to develop educational materials, publicize, organize walks and trail 

RECREATIONAL GOLD PROSPECTING  
David Patterson  776-5013

Thursdays, 7:30-9:30pm  First Meeting: June 24  Length: 2-3 times
Class Fee: $3.00, pay with registration
This class will cover beginning prospecting, basic and advanced equip- 

Astronomy: Basics Plus
Jeff Whitehead  539-4868

Location: Register and you will be contacted  Class Fee: $6.00, pay with registration
This class will cover how to use a telescope for those with little ex- 

ARCHIPELAGO, NERVOUS, FINEST AND THE GREAT PHYSICS SHOW  
Larry Weaver  532-6790

One Time: Tuesday, June 29, 2:30-4:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Come to a variety of interesting and/or amusing physics demonstrations, 

The Leukemia Society of America, Inc.  
Kansas Chapter  1406 South Hydraulic 
Wichita, Kansas 67211

Here’s another message from Liz Powers Wilderson:

Many of you in Manhattan and surrounding communities 

research patient aid and professional education

The Universal Insurance Services

AUTO  HOME  COMMERCIAL  BONDS

TELEPHONE 776-4825 108 NORTH 4TH ST.
MANHATTAN, KS.
Animal friends

DOG OBEDIENCE E1
Susan Bryant 537-7008
Sundays, 4-5pm First Meetings: June 27
Length: 6 times Location: Register and you will be contacted (no July 4 class)
Class Fee: $3.00, pay with registration Limit: 15 (1 dog per person)
After this class your dog will know heeling, the automatic sit, come when called, long sit and down and many other exercises. Teach your dog to be happier and more obedient. Each dog will need a size 4 foot leather leash and a choke chain (two inches longer than neck measurement).
(Susan has taught dog obedience to 600's and for FHF.)

RABBIT RAISING - BUNNIES FOR ALL E2
Suzy Klimes 539-4543
One Time Saturday, August 7, 10am Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Learn to raise rabbits for pets, show, meat, and your own supply or organic fertilizer. We will discuss breeds, hutches, and sanitation. (Suzy has been raising rabbits for 5 years. Her rabbits have won purple ribbons at the State Fair.)

EUROTIC BIRDS: FLIGHTS OF FANCY E3
Pat Dewitt 537-7920
Wednesdays, 7:30pm, July 14 & 21, Length: 2 times Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Learn how to choose, tame and care for cockatoos, macaws, budgies and lovebirds. Pat will discuss how to handle middle of the night emergencies, who to call for help and the possibilities of forming an information exchange club. Join us as we visit an avairy with walk-in cages, specifically designed for big birds. (Pat has been caring for exotic birds for three years.)

BUSSES LIKE KIDS E4
John Holcomb 1-488-2470
One Time: Saturday, June 26, 10am-12pm (Raindate: July 10)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
And, kids like bugs. We will find and identify as many insects as possible on a walk around the university grounds. We'll make a collection together. Mounting techniques will be demonstrated. Bring a butterfly net or similar bug catcher with you (you can make one with a wire clothes hanger and old nylon stockings or pillowcase). (John likes bugs too.)

ANIMAL CARE - FOR CHILDREN AGES 7-14 E5
Maggie Moynagh, DVM 537-9670
One Time: Saturday, June 26, 2-4pm Location: Register and you will be contacted
Class Fee: $3.00, pay with registration Limit: 20
Learn how to feed, groom and love your animals. Basic techniques of animal care will be demonstrated and practiced. Children are encouraged to bring along pets that are restrained and vaccinated appropriately.
(Maggie is a DVM, graduate from Purdue in 1981 who is now working at the 4-State Vet Hospital in Internal Medicine.)

PRINCIPLES OF ANIMAL CARE E6
Maggie Moynagh, DVM 537-9670
One Time: Monday, June 28, 7-9pm Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
The theoretical side of animal care, including vaccination and immunity, parasite control, and breeding will be discussed. Breed associated problems will also be examined. This discussion is best suited to the serious animal manager.

Hook, line and sinker

FISHING ROD AND REEL REPAIR AND MAINTENANCE CLINIC E7
Mike Weissbender 537-9815
One Time: Thursday, June 24, 7-9:30pm Location: Register and you will be contacted
Class Fee: $3.00, pay with registration Limit: 25
Get your old fishing gear out of the closet and let Mike show you how to get it in good condition again. Basic repair and maintenance of various rods and reels will be stressed. Mike will also let you in on the latest hot fishing tips. (Mike owns a local shooting and fishing store.)

GOOD FISHING: MAKING FLIES, JIGS AND SINKERS E8
Mike Weissbender 537-9815
One Time: Thursday, July 1, 7-9:30pm Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Don't pay big bucks for fishing lures and tackle. Mike will teach you how to your lead sinkers and jigs and also to tie flies and lures. Tips on the best lures for summer fishing will be given.

INTRODUCTION TO BOWFISHING E9
Tom Gallinner 776-8432
One Time: Saturday, June 26, 9-10am Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Put meat on the table with this fun and inexpensive sport. Tom will teach you about the methods and regulations for bow, reels, arrows, whether you bowfish from the bank, a canoe or flat-bottom boat, you too can go after those big fish which never seem to bite your conventional hook and worm. Hints on preparing and cooking your fish will also be given. (Tom's been bowfishing for three years and is with The Blue Valley Bowhunters.)

FEMINIST FISHING FROLIC E10
Kate Jacques 776-6273
One Time: Sunday, July 11, 9am Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Put meat on the table with this fun and inexpensive sport. Kate will teach you about the methods and regulations for bow, reels, arrows, whether you bowfish from the bank, a canoe or flat-bottom boat, you too can go after those big fish which never seem to bite your conventional hook and worm. Hints on preparing and cooking your fish will also be given. (Kate is an avid fisherwoman.)

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

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• University Bank - Denison & Callin
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Foods

Taking charge might be said to begin at home. One of the simplest ways to take charge of your health and overall well-being is by taking charge of the food you eat each day. So consider your health and take charge this summer.

Your garden is a great place to begin. Sign up for "Family Garden Recipe Sharing" and find out how others make the most of the bounty gardening in Kansas offers. If there's a little one on the way or already making a home with you, good nutrition can begin with the popular "Making Your Own Baby Food" course. You'll find other ways to take charge included in the Foods section. Try "Dry It - You'll Like It," "Homemade Yogurt," "Freeze-making" or one of the more exotic culinary ways of "taking charge" this summer.

MAKING YOUR OWN BABY FOOD F14
Helen Johnson 776-8948
One Time: Tuesday, July 6, 7-8:30pm
Location: Register and you will be contacted Class Fee: $3.00, pay with registration Limit: 15
My spend your hard-earned money on all those little jars of over-processed, over-priced foods for your baby? Learn simple ways to make nutritious, traditional foods for your child at a fraction of the cost. (Helen has made baby food for her own daughter and has taught this class before.)

FOOD FOR TOTS F15
Paas Barba 539-7114
One Time: Saturday, July 17, 1-2:30pm
Location: Register and you will be contacted Class Fee: $3.00, pay with registration
Or, how the kid goes solid - ever had nightmares of English peas sitting across your kitchen or dinner table looking like the food fight in "Animal House" - switching from bottle or breast to solid food can be rough, and in this class we'll examine the wide range of reactions, and how to cope with them. So don't rent that force feeding machine just yet - sign up first. (Paas finds this transition easier after experiencing her own children.)

PORTUGUESE BREAD F6
Debra McCabe 539-5956
One Time: Saturday, June 26, 10am-2pm
Location: Register and you will be contacted Class Fee: $3.00, pay with registration Materials Fee: $1.00, pay at class Limit: 8
Bake the Rock of Gibraltar - or an ancient angel food cake. This versatile old world sweetbread varies its taste and texture with the time spent kneading the dough. Massa Soveda is called 'massage bread' as a joke. Learn the secrets of success with this recipe and explore the varieties of traditional Portuguese forms and shapes that vary with the seasons. (Debra has been making "Massa Soveda" for 10 years and has won blue ribbons for this prize winning recipe.)

TRADITIONAL MINNESOTA EATING TREATS F7
Myrna Bartel/Karen Franz 539-7950
One Time: Tuesday, June 29, 7-9:30pm
Location: Register and you will be contacted Class Fee: $3.00, pay with registration Materials Fee: $2.00, pay at class Limit: 12
Enjoy the traditional holiday treats of the Minnesotans this Christmas/New Year season. This class will prepare the raisin titter, New Year's cookies, and the ever-favorite peppernuts - and then enjoy the titters of their labor - both were big hits at the recent Kansas Folk Life Festival. Learn to make them now, in the traditional way. (Karen & Myrna have prepared these treats for their families.)

CHILDREN'S COOKIE CLASS (8-12 YEARS) F16
Kim Schumm 776-8366
Tuesdays, 7:30-8:30pm June 29, July 6
Length: 2 times
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration Materials Fee: $2.00, pay at class Limit: 6
We will begin with a dough making demonstration and discuss methods for brownies, oatmeal cookies, and peanut butter cookies. We will take home copies of the recipes 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")

FAMILY GARDEN RECIPES SHARING F17
Kate Bromley 539-5866
One Time: Saturday, July 17, 9-5pm
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration Materials Fee: $1.00, pay class
Too many tomatoes, radishes, cucumbers? Share your recipes with others and sample some gourmet dishes. Bring one dish using garden produce, and recipes to use up lots of veggies or fruit. Bring a self-addressed stamped envelope if you want a copy of all the recipes. (Kate is a home gardener who likes to share recipes and ideas.)

A GROWING NATURAL FOOD INDUSTRY - FIND OUT WHY F18
Don Stellinges 776-6203
One Time: Wednesday, July 7, 7-9:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration Limit: 20
This is a no nonsense, question and answer session, to bring you some of the art information on the latest in the natural foods and supplement industry - products designed to help you with weight loss, fatigue, stress management, skin problems, chronic diseases, herps, adinfinitum. This is for product information and customer response only. No medical claims or diagnoses will be made. (Don has 15 years interest in the field and is owner of a retail health food store for the last 10 years.)

DEAL-AS-KITCHEN EQUIPMENT CO-OP F19
Kate Mohan 776-1033
One Time: Wednesday, June 23, 5pm
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
Ever get stuck in the middle of a recipe without the right pan? Or read: "and now with your pasta machine..." right? Many of us won't give our first-born and movable rights, plus the 4,000 rubles for the latest model. Jot down your desperation on the market - ever want to rent one or better, just borrow something but didn't know where? Sign here. You've heard of iron-library loan - Kate is trying to establish an inter-kitchen loan network.

ROSE PEACH JAM-BORRE B F8
Kate Mohan 776-0133
Register and you will be contacted for time and location
Class Fee: $3.00, pay with registration
Ever get stuck in the middle of a recipe without the right pan? Or read: "and now with your pasta machine..." right? Many of us won't give our first-born and movable rights, plus the 4,000 rubles for the latest model. Jot down your desperation on the market - ever want to rent one or better, just borrow something but didn't know where? Sign here. You've heard of iron-library loan - Kate is trying to establish an inter-kitchen loan network.

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COTTAGE CHEESE F9
Ron Pozzi 539-6569
One Time: Monday, June 28, 7-9pm
Location: Register and you will be contacted
Class Fee: $3.00, 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.)
Dry IT - YOU'LL LIKE IT!
Bonnie Hansen
539-3268
One Time: Tuesday, June 29, 7:30-9pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 20

Dried foods can mean much more than apricots, apples, and prunes - nuts class will examine methods for drying not only fruit but meat jerky and vegetables, as well as the special needs for drying foods for camping. Various methods for food dehydration are available and the class will examine them in the light of their nutritional advantages. Bonnie has a PhD in nutrition and has taught classes in food drying for 6 years. She owns and operates a health food store in Manhattan.

STUFFED GRAPE LEAVES
Pat Tetraault
776-1116
One Time: Thursday, July 8, 7-9pm
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 8

Some learn to make this traditional dish that is enjoyed in countries from the Near East to the Far East. It's a tailor-made delight that's economical, easy, and can be made up ahead of time when you don't have much time for cooking - a delicious mixture of meat, rice, tomato paste, and seasonings. Enjoy! (Pat grew up watching her mother make this delicious dish.)

SAURKRAUT
Charles Mirr
One Time: Saturday, June 26, 1:30-2:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class

Ever want to boil cabbage, make it sour, and put it on a shelf for months? Do 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 pasta on rye. Why not taste with 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.)

VEGETARIANISM
Tom Schultes
Wednesday, 7:30-9:30am
First Meeting: June 30
Length: 2 times
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Materials Fee: $1.00, pay at class

Tired of feeling like an American awkward? In London! The answer - vegetables. Yes, Virginia, there are alternatives to meat protein. Do your cholesterol and metabolism a favor - eat something green, or yellow, orange, or mixed! Let's do it! (To mention economic) advantages of a vegetarian diet. (Tom enjoys vegetarian dishes and has eight years' experience in grocery business.)

PRETZEL MAKING
Sandra Cindrich
776-5446
One Time: Thursday, July 8, 7:30-9:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 6

Ever get tired of hard pretzels you buy in a box at the store? You'll feel like you're downtown in the 'Big Apple' when you bite into these. (Sandra has been making soft pretzels for 10 years and has found then to be an inexpensive treat for her 2 children.)

HOMEMADE YOGURT
Ann Britswor
One Time: Thursday, June 24, 6:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 10

The class will learn the quick and easy steps to constant low-cost yogurt. We will explore cooking uses and exchange flavorful ideas. We will sample some frozen yogurt, and consider it as a substitute for cream cheese, sour cream, cottage cheese and more. (Ann is interested in letting people in on economical alternatives to food cost.)

BARTENDING WITHOUT ALCOHOL
Laura King
532-6432
One Time: Thursday, July 22, 7-8:30pm
Location: Register and you will be contacted
Materials Fee: $2.00, pay at class

Appealing drinks that offer an alternative to alcoholic beverages will be sampled, using juices, carbonated beverages, iced tea, fruit, etc. A wide variety of nonalcoholic drink recipes and ingredients will be available for you to do your own "battening." Bring your own recipe and bring your appetite! (Snacks will be provided also.) (Laura is interested in encouraging personal choice in individuals' drinking practices and is looking forward to sharing new and old recipe ideas.)

12 Foods

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**Skills**

Take charge this summer with a practical skill you can use to improve your life.

Do those winter energy bills still have you seeing red? Take charge now with resources and information you can use to cut your energy costs. Joanne Bruce, President of the Riddle Sunlight, Inc., a successful owner of films and presentations focusing on energy considerations which are of prime concern for homeowners. There's also "Factory-built Greenhouses," a course which will cover the pros and cons of pre-fabricated greenhouses versus the more custom made varieties, the ever-popular "Earth Sheltered Housing," the new and "Wind Power Generators," covering the how-to's of generating energy from the Kansas wind.

Popular courses including "Auto Mechanics," "Stone Masonry" and "Furniture Refinishing" are available along with "Making Wooden Bowls" and UR's successful "Hardship Cooperative." Be practical and take charge this summer with UR.

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**BASIC AUTO MECHANICS** $83

Jerry Martin
Saturdays, 9:30-11:30am First Meeting: June 26 Length: 3 times
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. (Jerry is a civil engineer at KU.)

**RIGHTS OF NURSING HOME RESIDENTS** $27

Harriet Nehring
One Time: Wednesday, July 7, 10-11:30am
Location: Register and you will be contacted

This class will be an open discussion of the rights of residents of nursing homes; recent changes in rights provisions in state regulations, and problems encountered by residents and their families in asserting rights. If you have a problem in particular, or you simply want to be aware of current legislation in this area, enroll now. (Harriet is the Executive Secretary of Kansas for Improvement of Nursing Homes, advocates for residents and their families. KIFH distributes residents rights and promotes knowledge of their provisions.)

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**CREATIVE HAIR BRIDGING** $88

Lisa Broccoli 776-4456
Section I: Monday, June 20, 9pm Length: One time each section
Section II: Wednesday, July 7, 9pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Bridging is an easy and stylish way to wear your hair this summer. Hair stylists will demonstrate different types of bridging and styling on each of the participants. Come enjoy yourself and learn the newest technique so that you can do them on yourself. (For own the hair experts in Apple Valley.)
WOODSHOP CO-OP

Alan Edgar

Wednesday, 7pm, June 30 - organizational meeting
Location: Register and you will be contacted
Fees: $10, 4 months; $40/year, payable at registration

Limit: 30

Located in the UFM 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. (Alan is the UFM woodshop coordinator.)

DOIL TURNING

Loyal Garrels

One Time: Tuesday, July 14, 7:30-9:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Limit: 8

An introduction to the wood lathe will be presented. Dowl turning, whis-ometric shelving, 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 he has created a fulfilling hobby of woodworking for himself.)

WOODWORKING FOR HANDICAPPED ADULTS

Dick Stater

Section I: Monday, June 28/September 27, 7:30-9:30pm
Section II: Thursday, June 24/September 23, 7:30-9:30pm
Length: 12 times
Register and you will be contacted

Learn woodworking as a hobby in a class geared for handicapped adults. Safety, tools, materials, construction techniques, planning, finishing and refinishing are covered. Participants will take various field trips and plan and build a selected project. (Dick is a professional cabinet maker and wood is his hobby.)

FURNITURE REFINISHING WORKSHOP

Marge & Marne Sorens

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

Materials Fee: $3.00, pay at class

In this three-hour class, you’ll be able to completely refinish any small furniture piece that you bring. (Not professional results as we dissolve the old varnish, lacquer or shellac. Teakwood may have to be replaced. Scratches will disappear without sanding and we’ll apply tung oil or your favorite finish. Bring a wide-mouth glass jar (cup on) and rubber gloves (optional). Call if you have questions. Marge and Marne have been using and demonstrating Victorian House for more than a year.)

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Energy

**FLAT PLATE SOLAR COLLECTORS**

Dean Denner, Bill Dorsett

One Time: Saturday, July 24, 9:20-11am
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Flat plate solar collectors can be built on the ground, wall or roof to provide supplemental daytime heat. The class will cover 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 if you wish.

**FACTORY GREENHOUSES - GOOD AND NOT SO'S**

Bill Dorsett, Dean Denner

One Time: Saturday, July 24, 2pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $10, pay at class

Demand for solar greenhouses has brought a number of "sunspace" into the market. Some are remodeled conventional greenhouses and others are quite efficient. In this class we'll discuss the costs including portico the kit won't provide and design considerations in choosing one which best suits your needs. (Bill and Dean design and build attached solar greenhouses in Manhattan.)

**VENTILATING YOUR ATTIC**

Bruce Smad

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

Without the proper summer ventilation the storage of your attic, an excessive amount of heat can build up, causing your air conditioner to work harder and cost you more. Without the proper winter ventilation, low temperatures and indoor humidity can cause dry air to entice problems - possibly rusting your insulation and other materials. This class will review the requirements and options in home and other ventilation. (Bruce is known for his ability to move air.)

**SAVE THE OPOSSUMS**

Mary Neel

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

"Save the Opossums" is a KPA plan to reduce summer-time peak demand and balance the year-round load on the electrical system. Learn how you can peak load in the summer months. Help to postpone costly power plant construction and rate increases that must come when a new plant goes into operation. (Mary is the Customer Assistance Advisor for Kansas Power and Light.)

**EARTH/AIR COOLING TUNES**

Bruce Smad

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

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

**ENERGY AND YOUR HOME - FILM SERIES**

Bruce Smad

One Time: Wednesday, July 14, 7-9:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Two new films from Rosalie Press, Saying Energy In the Home and Opening Your Home to the Sun will focus this class on the how's and why's of saving energy and going solar with your home. Two hour films will be followed by your questions and our energy-wise answers.

**GREENHOUSE KITS**

Leroy Honebein

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

The topic of greenhouses in the home as a passive solar heat collector, a sunshine room, or a food factory will be covered. An actual greenhouse will be toured in the Material Showroom. (Leroy's company, Honebein gardens, builds sunshine rooms.)

**MANHATTAN AREA ENERGY ALLIANCE - RILEY COUNTY ENERGY AUDIT**

MEA Staff: Tom Phillips/Steve Ernst

One Time: Thursday, July 29, 7:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Energy and its costs impact all of us. In order to control that impact we must know what amounts of energy we use for what purposes. Riley County Energy Audit and its findings will be presented and its implications discussed. (Tom has been in charge of The Energy Audit for the past 5 years.)

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**EARTH SHELTERED HOMES**

Keith Christiansen

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

The first part of this class will cover basic design concepts for earth sheltered homes including site planning, building design, natural 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 KU Dept. of Architecture for 15 years and spent last summer doing earth shelter and passive solar design for an architecture firm in Dodge City, Kansas.)

**ENERGY AND YOUR HOME - FILM SERIES**

Larry Price

One Time: Wednesday, July 21, 7-9:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

A new film from Rosalie Press on Wood Heating will raise the issues in using wood as an energy source for your home. The 2-hour film will be followed by questions and answers about wood heating and how it keeps you warm more than once. (Larry is an experienced wood stove user and is familiar with what is on the market today.)

**WIND-POWERED GENERATORS: THEORY AND DISCUSSION**

Charles Jott

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

Charles will discuss economical, reliable wind electric systems for home, business, and remote power needs. He will cover systems costing $500 to $35,000 discussing sitting, economics, and other issues along with answering your questions about wind power. (Charles presently sells solar heaters, solar grain driers, wind generators and services them.)

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**ON-SITE PRACTICAL APPLICATION OF WIND POWER**

Dale Feldman

One Time: Friday, July 23, 7:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Dale 1982-83

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Skills 15
Fine Arts

Take charge and participate in some of the finer things in life this summer.
Experience the thrill of creating something from the earth, water and fire through UPM's pottery courses. Beginning pottery, ceramics and UPM's Pottery Studio can add something extra to your life.

Instead of accepting the music coming from your radio or stereo this summer, why not try to create your own music or brush on your musical skills? Linda Teemer, UPM's dulcimer expert has been making music and dulcimers for years on her own "Dulcimer Technique" with Peter Delta Fenta, a music artist who performs professionally too.

Take charge of your communications skills this summer - R.J. Dicken's "How to Listen Effectively" or "Speech Arts" courses will give you a better command over communications skills essential if "take charge" plan is to "Take off."

Potpourri
BEGINNING CALLIGRAPHY
FA33
Lone Spirit
1-494-2708

Saturdays 10-12noon, July 10, 17.
Class Fee: $5.00, pay with registration
Limit: 12

Have you ever wanted to learn the unique lettering styles on cards and posters that catch your attention? With some practice you can learn calligraphy. We will learn Chancery script and Old English lettering styles. If you are very interested this can be an ongoing class. Please bring to class: 8 1/2 x 11 sketch pad, pen, holder, Black India ink, Layout bond paper - several sheets (large size.) (Linda is a graphic design artist.)

DRAWING (1) AGE 16 AND UP
FA34
Sharon L. Walz
776-0898

Saturdays, 10-12noon First Meeting: June 26
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Limit: 10

We will be concerned with developing a sense of composition and experimenting with various techniques involved with handling the media. Most of the classes will be held in outdoor locations. We hope to learn a lot and have fun together. Please bring to the first class: All-Purpose Paper, size 18 x 24"; Pencils: 2b, 4b, 6b, 2h; Drawing Board, 20 x 20; masking tape; knitted and pink pearl earrings. (Sharon is a senior at KSU majoring in Art Education, concentrating in drawing.)

RAYGAIN HUNTER'S GUIDE TO ART COLLECTING
FA35
Julie Strecker, Kate Cashman
539-2139

One Time: Tuesday, June 26, 7-9pm
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 12

Learning how to collect art and how to choose what is right for the collector is the objective of this course. We'll discuss different art forms and the processes involved, and most importantly, developing personal guidelines for investment. (Julie is the director of the Strecker Gallery, Jule is an art collector and owns the gallery.)

OPENING NIGHT: AN INFORMAL APPROACH TO ARTS AND
HUMORISTS FOR OLDER ADULTS
FA36
Edith Stinek, Charlotte Edelman, Cindy Klents
532-5945

Register and you will be contacted for times and location.
Class Fee: $1.00, pay with registration
Limit: 12

Let's get together to discuss music, crafts, movement, writing, design and more! This class will emphasize arts and humanities programs involving older adults. Anyone young or old interested in arts and humanities programs should attend this class. (Edith, Cindy and Charlotte attended a 2-day workshop on arts and humanities for older adults and are eager to share their information, inspiration and ideas.)

A stitch in time
CRELLICK STITCHERY
FA9
Joyce Erickson
537-0159

One Time: Saturday, July 17, 10am-12noon
Location: Register and you will be contacted
Class Fee: $2.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 10

Crewel stitchery uses special thread to embroider decoration onto material. You will complete a small sample in class and have the opportunity to order any number of further projects you wish.

STITCH-N-THUFF
FA10
Joyce Erickson
537-0159

One Time: Saturday, July 24, 10am-12noon
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 10

Stitch-n-Thuft gives a dimensional look to your pillow or wall hanging by stitching around and stuffing certain areas. You will complete one sample project and have the option to order additional ones.

COUNTED CROSS-STITCH
FA11
Kim Schum
539-3641

Tuesdays, 7-9pm First Meeting: July 27
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. This is a good one to broaden your needlework skills. (Kim is adept at many forms of needlework.)

COUNTED CROSS STITCH
FA7
Joyce Erickson
537-0159

One Time: Saturday, June 26, 10am-12noon
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 10

This is one of 4 classes offered through the "Creative Circle," a home demonstration program. Counted cross-stitch is one of the easiest and oldest embroidery techniques. You will learn the stitch and complete a small sample project. There will be various extra projects you may wish to purchase. (Joyce is a distributor for "Creative Circle" products as a hobby.)

NEEDLEPOINT
FA8
Joyce Erickson
537-0159

One Time: Saturday, July 10, 10am-12noon
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 8

Needlepoint is a beautiful art that you can work on almost anywhere while you relax. You will learn all the necessary stitches needed to complete one sample project with the option to order any other project you wish. These may include pillows and pictures.

TATTING - THE ART OF MAKING LACE
FA1
Jessie Freedom
532-2022

Wednesdays, 7-9pm, June 26, 30, July 10, 14
Class Fee: $3.00, pay with registration
Limit: 6

Tattering or "Pricklitt" as the French call it, is a very old art. This process of making lace by looping and knotting a single strand of thread on a small shuttle seems to have originated in Europe. Several years ago Teresa used very fine thread and many long "spitos," to create a lace effect. Modern tattering has fewer loops and produce a lacey finish. We will show several "spitos" and pictures of the process. Please bring a plastic tattting shuttle, spoil of tattting thread, crochet hook or needle and basic tatting instruction booklet. (Jessie was 11 years old when she learned this art from her grandmother and has continued tattting to the present day.)
Fleece to fabric

SPINNING

Petra Stephens 1-494-2568
Thursdays, July 8 & 15, 7:30-9:30pm Length: 2 times
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 8
This class will be a hands-on introduction to spinning, including the treatment of the wool from the sheep to the yarn, each person will make their own drop spindle, practice making yarn with it, and have a chance to use a modern spinning wheel. (Petra spins her own wool to use in her hand-knit sweaters.)

KNITTING

Petra Stephens 1-494-2568
Tuesdays, 7-9pm First Meeting: June 29 Length: 4 times
Location: Register and you will be contacted
Class Fee: $7.00, pay with registration
Limit: 8
Using the European knitting method (thought to be twice as fast and simpler than American knitting) the course will concentrate on basic stitches and textures as well as an introduction to making one own pattern for a first project. Please bring any size knitting needles and yarn to go with them for the first class. (Petra has noticed since she was 10 and trades her hand-knitted sweaters for wool from her friends.)

NATURAL DYE FORAGING

Sue Nets 532-5866
One Time: Thursday, July 22, 6pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 12
Many of our native prairie plants can be used for beautiful natural dyeing. Soft gentle colors are produced from sumac, dock root, poke, juniper berries and many other area plants. We will forage the surrounding area gathering and learning to recognize these plants in their natural surroundings. (Sue is a wild edible enthusiast who is familiar with local plant uses and identification.)

BATTING

Pan Harris & Jannie Shields 539-0509 539-6034
Tuesdays, 7-9pm First Meeting: June 29 Length: 3 times
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 10
There are so many exciting and endless possibilities to create with batts. Pan and Jannie enjoy making wall hangings or banners and will teach you their techniques and help you design one of your own. Please bring a white sheet, (it need not be new) and a plastic bucket. You will need to purchase some wax and rit dye for the second class. (Pan and Jannie have made many of their own decorative wall hangings.)

TIE DYING FOR ADULTS

Sandy Nelson 539-5306
One Time: Sunday, July 25, 2-4pm
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Materials Fee: 50c
Limit: 12
TIE DYING FOR KIDS (AGES 6-12)

Sandy Nelson 539-5306
Section I: Sunday, 2-4pm, July 18
Section II: Sunday, 2-4pm, July 25
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration (each section)
Limit: 6
Materials Fee: 50c each section
Be colorful this summer! With string and colored dyes we will create bright, personalized clothing out of a plain white T-shirts. Please bring a 100% cotton T-shirt to tie dye. (Sandy has tied dyed since childhood and often wears what she dyed.)

TIE DYE WORKSHOP

Kathy LaFerre 764-4448
One Time: Saturday, July 24, 10am-3pm
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 10
Class members will be taking dye plant materials collected by the Dye Forage Class and with the use of mordants, dye wool yarns for use in their future projects. Natural dyeing procedures will be emphasized. Materials will be provided. (Kathy is a production hand spinner from Ft. Riley.)

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POTTING AROUND

UHF POTTERY STUDIO CO-OP
Janet Holcombe
Thursday, June 24, 6pm, organizational meeting
Location: Register and you will be contacted
Membership in studio: $20.00, 8 weeks
30.00, 16 weeks
50.00, 24 weeks
This is a cooperative studio-access class open to anyone with experience who feels confident working alone. There is no instruction provided. As 12% of clay plus all the recycled clay you produce, kiln space, and glazes. (Janet is the pottery studio coordinator for UHF.)

BEGINNING CERAMICS
Pat Laroin
Tuesdays, 7-9pm First Meeting: June 22
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Materials Fee: $5.00, pay at class
This will be a combination of throwing and handbuilding clay techniques. Students will be given the freedom to work on a project of their own choosing. (Pat has taken ceramics as a student at KSU and is anxious to teach this class.)

BEGINNING CERAMICS: MINI-SESSION
Bonne Hamilton
Wednesdays, 7-9pm First Meeting: July 14
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Materials Fee: $5.00, pay at class
This will be an introduction to working with clay. It will cover covering the handbuilding techniques of coil, slab and pinch through basic wheel throwing. Students will have the opportunity to work on a project of their own choosing. (Bonne has taken ceramics as a student at KSU and enjoys teaching this class for UHF.)

RAW POTTERY
Janet S. Holmes
Fridays, 6:30-8:30pm First Meeting: June 25
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Materials Fee: $7.00, pay at class
Raw, originating with the ancient Japanese tea ceremony, is a very spontaneous and exciting experience. This class will work with clay and make your own pieces. UHF has a very nice gas kiln for use by this class. You will lay a ceramic piece flat on the floor and fire it using a small kiln. The firing will take place anywhere in the studio. There are no restrictions as to what you will make in this class and you are encouraged to make your own work. This Raw kiln technique of reduction firing is unique in that you can see the results of what you did the next day. This Raw kiln technique is an exciting way to learn about the making and firing process. The first meeting will cover Raw techniques, background and UHF studio policy. (Janet studied ceramics in college and has taught many classes for UHF. She's the pottery studio coordinator.)

POTTERY FOR HANDICAPPED ADULTS
Staff
Section I: Mondays, 7-9pm First Meeting: June 28
Section II: Thursdays, 7-9pm First Meeting: June 30
Location: Register and you will be contacted
Learn ceramics as a hobby in a class geared for handicapped adults. Instructional, handbuilding, types of classes, kilns and field trips are included. Transportation will be provided for participants.

A SHOT IN THE DARK
UHF DARKROOM COOPERATIVE
Neil Schenkner
Organizational Meeting: Thursday, 5-5:30pm, June 24
Located just one block west of campus in the UHF House, the UHF darkroom is available to anyone who needs access to a well-equipped facility for black and white film processing. In addition to accommodating amateur shooters, it includes everything but paper.
Fees:
8 weeks $10.00
10 weeks, $15.00, new members
12 weeks, $30.00, new members
25% off, new members
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.

PHOTOGRAPHY FOR HANDICAPPED ADULTS
Kathy Miller
Section I: Tuesdays, 7-9pm First Meeting June 29
Section II: Wednesdays, 7-9pm First Meeting June 30
Learn photography as a hobby in a class geared for handicapped adults. Good photography techniques, film development, picture taking expeditions. (Kathy is a professional photographer in Manhattan.)

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GETTING IN TUNE

PLAYING THE HAMMERED DULCIMER  FA18
Linda Teener

One Time: Saturday, July 10, 7-9pm  Class Fee: $3.00, pay with registration
Location: Register and you will be contacted
Have you wanted a hammered dulcimer, but didn't know how to select one? We have one, but don't know the top of the button? This class will cover the basics of selecting a good instrument and will also teach some basics for playing. The hammered dulcimer is Linda's favorite instrument and she likes to share it with others.

STEEL WILLS DULCIMER PLAYERS  FA19
Linda Teener

Wednesdays, 7-9:30pm First Meeting: June 23  Location: Register and you will be contacted
Limit: Indefinite
Class Fee: $3.00, pay with registration
We are a group of mountain dulcimer players who meet to play together, share tunes, and learn new techniques. We generally play traditional American and British music. There are no skill requirements and beginners are welcome. (Linda plays both mountain and hammered dulcimer and loves to play with other people.)

WOODWIND ENSEMBLE  FA21
Jim Shanteau, Carol Harris

Sundays, 3-5pm First Meeting: June 27  Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
As we play and discuss chamber music for winds, enthusiasm and desire to play are more important than polished musical skills. Styles will range from baroque to modern, while we meet mainly for our own enjoyment, we may occasionally perform in public. (Jim and Carol have over 20 years experience on wind instruments.)

BLUEGRASS JAM GET TOGETHER  FA22
Janet Holcomb

Organizational Meeting: Friday, July 9, 7:30pm  Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
Anyone who plays a bluegrass instrument or enjoys singing is encouraged to sign up. This will be an opportunity to meet other people who are interested in playing bluegrass in an informal jam get-together. Bring your instruments and yourselves. The class can meet on a regular basis if there is enough interest.

FOLKSTYL AUTUMN  FA17
Linda Teener

One Time: Saturday, June 26, 7-9pm  Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
A basic orientation to the autumns will be given with information on distonic tuning available. Tuning, use of fingerpicks, and basic backup is some of the topics to be covered in this class. (Linda has been playing autumns about 2 years using it as both a melody and backup instrument.)

BEGINNING RECORDER  FA20
Vicki Shult

Mondays, 7-8:30pm First Meeting: June 28  Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Materials Fee: $10.00, pay at class
Limited to age 16 and up, group sessions will concentrate on help with technique problems, ensemble playing, and making music as opposed to just playing notes. Participants should plan to put in some practice time $5.00/later lessons and study those for 27 class will cost around a recorder and music stand. (Vicki has taught recorder for a number of years, studied and performed early music at the University of Florida.)

HOMES OF THE HEARTLANDS - SINGING OUR LIVES  C-32
Carol Re nrw

Friday, June 28, 7-8pm  Location: Registration and you will be contacted
Class Fee: $1.00, pay with registration
Won't the establishment of a sense of community through music, without the rituals of our club, we are of music, we, and for, and about women. (Christie has been directing Manhattan's feminist chorus for over a year.)

GUITAR IMPROVISATION  FA24
Peter Della Famina

Wednesday, Thursday, Friday, 8:00-9:30pm, June 23, 24, 29, 30, July 1, 2  Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Materials Fee: $5.00, pay at class
This is a class in playing melodic over chords and following chord changes. Some chord theory is covered. Knowledge of major and minor scales is preferred. Due to the quick pace of instruction some facility with scale patterns will be needed, but this can be accomplished readily with the proper effort. Intense practice is a must! You will learn a lot about your guitar. (Note: this will not be a course on how to play fast.)

GUITAR TECHNIQUE  FA23
Peter Della Famina

Wednesdays, 7:30-8:30pm First Meeting: June 23  Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Materials Fee: $5.00, pay at class
Beginning to intermediate players are welcome. Knowledge and facility with basic chords is preferred since left hand fingerpicking technique will be covered briefly. The majority of class time will be spent on hand techniques (strumming, fingerpicking, etc.). The instruction is meant to improve the songs you already play. Bring your guitar for each class. (Pete composes and performs his own music in the Manhattan area.)

BAGPIPES  FA16
Ann Bristow

Wednesday, 7-9pm, organizational meeting June 30  Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
Is there anyone else in Manhattan or surrounding areas who plays bagpipes? If so, let's get together with practice charts and try to play a reel. If there's enough interest, I'd like to play regularly with some sister/fellow pipers.
Getting your word's worth

TUTURIAL CONVERSATIONAL ENGLISH  FA42
Donna Davis  539-6408
Register and you will be contacted for time and location
Are you interested in tutoring international students or their spouses in conversational English? We need trained tutors to communicate on behalf of our international students. Call to register and find out when and where you will be needed.

INTRODUCTION TO FREELANCE WRITING  FA43
Edward Allison  539-5097
Tuesdays, 2-4:30pm, July 5, 12 Length: 2 times
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
So you feel you may be a budding writer but don't know where to go to publish or how to present your writing? This class will answer your questions about what freelance writing is, how to get started in it, and also discuss various classes which may help you improve your skills. There will be no actual writing done at these two meetings. (Ed is a graduate student in journalism at K-State and has freelanced as a hobby for 3 years.)

HOW TO CONDUCT PRODUCTIVE MEETINGS  FA37
R. J. Dickens  539-7060
2nd & 4th Tuesdays, 6:30pm First Meeting: June 22 Length: ongoing
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Take the number of meetings you attended last year, multiply by the number of hours for each meeting, multiply that times the average number of people at each meeting times the cost of time spent by people at meetings, multiply by 12 and you have some idea of what unproductive meetings may be costing you. This class will show you how to make your meetings more productive by use of laboratory sessions and workbook handouts.

PARLIAMENTARY PROCEDURE IN ACTION  FA30
R. J. Dickens  539-7060
One Time: Monday, July 12 Length: 8 hours
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

HOW TO LISTEN EFFECTIVELY  FA39
R. J. Dickens  539-7060
One Time: Monday, June 28 Length: 8 hours
Location: Register and you will be contacted
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 you the opportunity to practice, techniques that will give greater comprehension and clarity to what is said to you. Anyone that has taken this class before is welcome to participate again.

INSTRUCT  FA40
R. J. Dickens  539-7060
Section I: 2nd & 4th Tuesdays, 6:30pm First Meeting: June 22 Length: ongoing
Section II: 1st & 3rd Thursdays, 7:30pm First meeting: July 18 Length: ongoing
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

DRAMA AND DANCE

Drama for Handicapped Adults  FA14
Cindy Klentz & Nancy Stover  539-5866
Tuesdays, 7-9pm First Meeting: June 29 Length: 14 times
Location: Register and you will be contacted
Learn more about yourself through movement and body awareness, games, sound, imagination and concentration. Your work as a group with improvisations and structured drams. Some tips to theatrical productions will be taken.

DANCE FOR THE HANDICAPPED  FA5
Jodie Darwen  539-5866
Section I: Wednesdays 6:30-7:30pm First Meeting: June 23 Length: 14 times
Section II: Mondays, 6-7pm First Meeting: June 28 Length: 14 times
Location: Register and you will be contacted
Learn more about yourself through movement and body awareness, games, sound, imagination and concentration. Your work as a group with improvisations and structured drams. Some tips to theatrical productions will be taken.

COUNTRY SWING DANCE  FA12
Beth Salofsky, Floyd Howe  539-8505 539-3469
Thursdays, 7-9pm First Meeting: June 24 Length: 4 times
Location: Register and you will be contacted
Class Fee: $7.00, pay with registration
Limit: 16
May y'all out there, rustle up a partner and learn the swing steps, jitterbug, dip, turn, and slides done in Country Western Swing Dance. A fun evening out dancing will give us a chance to resp in and stomp to some lively music.

BEGINNING BELLY DANCE  FA10
Baha  776-1544
Mondays, 7-9pm First Meeting: June 23 Length: 8 times
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Limit: 16
Try an exercise that benefits yourself and pleases others! Exercise will be on shaping up, learning basic steps and playing zills (finger cymbals). We will touch on the dance of the Seven Veils, Sphinx Dance and Sultan's Dance plus how to perform for an audience. (Baha is one of the Curian dancers and has been dancing professionally for 3 years.)
Inner Self

Take charge of yourself -- those important, but often overlooked and underestimated aspects of life in modern society.

Take charge by discovering the centering effects of Zen or Yoga exercise -- or discover how hypnosis or Reflexology can work for you.

Take charge of your health by learning about Arthritis, Alzheimers Disease, Stop smoking and save your life or learn First Aid or CPR to save someone else's life.

There's something to help the single, the divorced and those expecting a baby. Treat yourself well this summer. Take Charge!

Families together and apart

TOGETHER - YOUNG AND OLD  $26

Nancy Demby, Debbie French

One Time: Wednesday, July 28, 3-5pm
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration

Are you 16 years old and believe most older people lose their memories?
Are you 68 years old and believe most young people only have time for themselves?
Then come for an afternoon get together and see if your beliefs are true. Here's an opportunity for anyone of any age to meet fellow teenagers from different generations and learn about the misconceptions we all have about each other. (Nancy is one of the two authors of '92, a secondary major in gerontology at KSU. Debbie has worked in CRS foster care and is currently a master's student in Family Life Education with emphasis in Gerontology.)

SINGLE PARENTING  $23

Michael Melberg

Tuesdays, 3-5:30pm, July 20 and 27 (2 times)
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration

Materials Fees: $1, pay at class

We will discuss the many obstacles single parents have to overcome, such as: how to answer our children's questions about divorce or death of our ex-spouse; what are some productive ways to handle acting out and misbehavior. We will conclude with tips that will promote a healthy family environment for you and your children. (Michael is a M.S. in FDO, is a doctoral candidate in Adult Education and has a private practice as a certified healing therapist providing counseling services.)

DIVORCE SUPPORT GROUP  $24

Jean Chappell

Wednesdays, 7-9pm, First Meeting: June 23 Length: 12 times
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

Limit: 5

This group of sessions is designed specifically for those thinking about going through, or just coming out of a divorce. Participants will find this support group a safe place to discuss ideas, concerns, and share feelings. (Jean has a Master's degree in vocational rehabilitation counseling and has established similar groups in other cities.)

CHILDREN AND DIVORCE  $25

Preston Gregory

One Time: Wednesday, June 23, 7-9:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Limit: 5

This class is designed to provide divorced and divorcing parents an opportunity to explore the changes in family relationships after divorce. Also, to help parents understand the emotional needs of their children during and after the divorce as well as typical feelings and reactions of children in that age range. We will then examine possible ways of dealing with those feelings and reactions in a positive way. The leader will provide a background of those issues and group discussion and interaction will be encouraged.

LITTLE APPLES SINGLES  $22

R. J. Dickson

One Time: Monday, June 28, 7-8:30pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Do you spend too much time alone, just sitting at home? Are you tired of it? We are. We value the development of good communication and equal participation from people who are interested in becoming more productive, self-sufficient role models. Some of us are widowed, some divorced, and some never married. We believe that single people must lead socially active, more involved lives. Why sit alone, when you could join the rest of us? Please call R.J. before registering. (On a recent trip to Phoenix, R.J. was exposed to a unique singles organization that is spreading throughout the Southwestern U.S., and is committed to starting a group here in Manhattan.)

PREPARED CHILDBIRTH - LAMAZE  $8

Terry & John Buck, Melinda Inman

Thursdays, 7:30-9:45pm, First Meeting: June 24 Length: 8 times
Location: Register and you will be contacted
Class Fee: $20.00, pay with registration

Materials Fees: $3.00, pay at class

Limit: 8 couples per session

Nutrition, development of fetus, Lamaze breathing and relaxation techniques, body mechanics, emotions during pregnancy, role of support person, consumerism, Cesarean birth, Post partum, and New baby care, etc., will be covered. We'll go on a hospital tour and see film and slides. (Terry and her husband John team-taught prepared childbirth classes as does Melinda. These are all members of International Childbirth Education Association, Eaton.)

PREPARED CHILDBIRTH - REFRESHER  $9

Terry & John Buck

This is a preparation for couples who have completed the 8-week class and would like a reminder of techniques for current pregnancy.

WAIT IS LA LECHE LEAGUE  $10

Kay Ring

One Time: Saturday, June 26, 12-1:30pm
Location: Register and you will be contacted

Are you pregnant and thinking of breastfeeding? Or a new mother who would like to talk to another nursing mom? Come and bring your baby. (Kay is the La Leche League leader and has breast fed her two children.)
Good for your body...

HOSTING AND SERVING ALCOHOL

Dennis Beitz

One Time: Wednesday, July 21, 7-9pm
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

This class will look at the information on alcohol as a social beverage. We will discuss ways to serve, how it affects the body, how the body (and certain foods) affects alcohol, and what you should do to see your guests return home safely. (Dennis teaches in public schools, colleges, and in the community.)

HOUNDS TO STOP SMOKING

Dennis Beitz

Wednesday, June 23; Monday, June 29, July 6 & 13
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration

This class will look at the physical effects of smoking on your health. We will also analyze the reasons why you may have "the habit," and then offer some common sense suggestions on how to decrease and even stop smoking altogether. (Dennis is the Director of Alcohol and Drug Services at the Farmine Mental Health center and holds a PhD in health sciences.)

FIRST AID MULTI MEDIA

Emile Fuerstorf

One Time: Saturday, June 26, 4am-5pm
Location: Register and you will be contacted
Materials Fee: $8.50, pay at class

This is the American Red Cross Instructional System, featuring film 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 for $8.50, which covers materials, workbooks, and texts. If you have the Red Cross Standard First Aid and Emergency Safety Textbook (the blue book), the fee will be $6.00. (Emile has taught this class many times before and is a Certified Red Cross First Aid Instructor.)

MASSAGE

Rob Parr

One Time: Saturday, June 26, 10am-2:30pm
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Materials Fee: $2.00, pay at class

This class will introduce you to traditional Swedish massage. The emphasis is on the whole body with particular attention to facial and hand techniques. The aim is to improve circulation and promote relaxation. We will take a short lunch break, so please bring a sandwich. (Rob worked as a massage therapist for two years at a health club, putting himself through school.)

HIGH LEVEL WELLNESS

Cathy Hastings, Charlie Griffin

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

Drawing from several areas such as health maintenance, stress management, professional "burn-out," and non-traditional techniques, we will experimentally and theoretically describe the process of working with the wellness model. (Cathy is an assistant professor and a Program Director in the Family Therapy program at KSF and the Family Center, and has worked with families under stress of chronic illness and has a strong commitment to health education. Charlie has worked with stress management and biofeedback for many years, attempting to integrate health strategies into working with families.)

RACE FOR LIFE - CPR

Emile Fuerstorf

Tuesday, June 29; Thursday, July 1, 7:10-10:30pm (2 times)
Location: Register and you will be contacted
Materials Fee: $6.00, pay at class

CPR is a combination of artificial respiration and artificial circulation. It can save many lives (for instance, if started within one minute, it can save 92% of heart attack victims). However, it can cause serious harm if administered improperly. Learn the right way and earn a Red Cross certification. The fee will cover book costs.
...Good for your soul

SUFI DANCING      S3
Nabuluddin Nelson  468-3621

Thursdays, July 16 & 29, 6-9:30pm (2 times),
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Simple folk style movements and the chanting of sacred phrases and mantras from the world's religions produce a certain feeling of shared joy and brotherhood that must be experienced to be understood. Please join us in that experience. (Nabuluddin is the local Sufi center coordinator and has led this class for a couple of years.)

YOGA      S4
Rob Sheridar, Bert Franklin  776-6849

Mondays, 6-8pm First Meeting: June 28 Length: 5 times
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Limit: 8
We will study the basic yogaic postures and yogic breathing techniques, rather than the philosophies of yoga. However, the actual practice of yoga will deepen one's understanding of yogic philosophy. Please bring your own mat, comfortable clothing (shirts, leotards, etc.) and an empty stomach. Dr. Bert Franklin will also be on hand - his translation of E. J. Bourodand's book, "Yoga: The First Steps" is available at UMK. (Rob has been studying with Dr. Franklin for a few years.)

WOMEN AND THE EARTH      E-34
Ann Britton

One Time: Monday, June 28, 7pm
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
We would like to begin a discussion/experimental group of women to explore our connectedness to nature. Possible topics might include women's cycles, feminist spirituality and Native American Indian rituals. Discussions and exercises will be geared toward individual's interests. (Ann teaches in the Psychology Department at KSU and is interested in feminist spirituality.)

INTRODUCTION TO ZEN - PRACTICE AND PHILOSOPHY      S2
Mary Aitchison, Leon Rabooyev  639-5530

Tuesdays, 7:30-9pm First Meeting: June 29 Length: 2 times
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Zen is a way of being in the world which embodies certain qualities of consciousness and awareness. Zen meditation is called Zazen, Zen 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. (Mary is a Zen student under instruction from Katagar Roshi, the Minneapolis Zen Center and Leon is a psychology professor.)

SUCCESS DRESS PRINCIPLES      S20
Marshia Habluetzel  632-2568

Section I: Thursday, June 24, 7:30-9pm
Section II: Thursday, July 1, 7:30-9pm
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Materials Fee: $5.00, pay at class
Research has proven there are certain styles and colors of clothing you can use to gain favorable public reaction and employer reaction. Learn what to wear to enhance your selling potential, how to look qualified for a managerial position, what a woman should wear to succeed over sexual prejudice in the job world, etc. (Marshia is a franchise owner and instructor for Image Improvement, Inc., and is trained in the areas of personal and business "Image").

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BEGINNING TENNIS P14
Sharon Tuttle 539-1099
Sundays, 8:10am First Meeting: June 27 Length: 6 times
Location: Register and you will be contacted
Class Fee: $50.00, pay with registration
Limit: 20
Tennis lessons for the beginner will teach forehand, backhand, serves, court tactics, equipment selection and game rules. Bring a can of marked balls and a racquet. (Sharon played on the Manhattan High School team and has continued playing tennis for the past four years.)

FOOTBALL FOR BEGINNERS P15
Marlise Kenig 539-1007
Sundays, 8:10am First Meeting: June 27 Length: 5 times
Location: Register and you will be contacted
Class Fee: $50.00, pay with registration
Limit: 15
Join one of the most popular up and coming sports. Ruckeball is good for developing cardiovascular fitness, muscular endurance, controlling fitness and is a lifetime activity. This class will emphasize basic rules and fundamentals of the game including scoring, backhand, forehand and serving. Bring a rucke and two balls. (Marlise has enjoyed recreational ruckeball for three years.)

SELF FOR BEGINNERS P17
Buzz Muir 532-5666
Mondays, 5:15-6pm, June 6 and 13 Length: 2 times
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 12
For those who have little or no experience, Buzz will cover the basics including grip, stance, swing and club selection. Bring a seven iron, putter and wood or 3-wood (inexpensively) at the golf course.
(Buzz has taught golf for over nine years.)

DIAL-A-PARTNER/TENiNS/RAcQUEBALL/INDOOR GAMES P16
Nell Schanker 532-5866
Mondays, 8:30am, June 26 Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
Want some new partners for summer sports? 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 UFM will compile a list for you. (Well coordinated this class last year.)

Volleyball for fun P19
Lafla Morelos 539-8867
Tuesdays, Thursdays, 6:30-8:30pm First Meeting: June 24 Length: Ongoing
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Fees: $1.00, pay at class
Outdoor summer volleyball can provide low-key competition, exercise and a great time for beginners to those advanced. Nets and balls will be furnished. (Lafla has played UFM volleyball for years.)

THE FANTASTIC FRISBEE P20
Mark Stiles 776-1702
Tuesdays, 2pm First Meeting: June 29 Length: 5 times
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
We'll cover the origin and history of frisbee, learn to practice the basic throw and the unlimited variations of each. We'll also cover the rules and strategies of the seven established games/events and take in a tournament one day. Everyone who can pick up a frisbee has filled the apparent need. We'll focus on fun rather than excellence of play. (Mark took advantage of the UFM frisbee Class four years ago and has become a Frisbee fanatic.)

CHILDREN'S PLAY GROUP (1-6 YEAR OLDS) P24
Barb Stork 776-8423
Wednesdays, 10:30am First Meeting: June 23 Length: ongoing
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
Mothers socialize and their children get to know each other while they play with the playground equipment and each other. This is a good chance for both moms and kids to have fun. (Barb, the mother of a four- and a one-year-old, has been in this group for two years.)

In the water...

SWIMMING
All Classes:
Location: Register and you will be contacted
Length: 5 times
Registration: Teachers are Red Cross certified Water Safety Instructors

Beginning Swimming for 3-5 year olds P4
Joan Robinson 776-1731
(One parent must accompany each child in the pool)
Saturdays, 9:10am First Meeting: June 26 Class Fee: $5.00, pay with registration
Limit: 6 children

Beginning Swimming for ages 6 and over P5
Joan Robinson 776-1731
Saturdays, 10-11am, First Meeting: June 26 Class Fee: $5.00, pay with registration
Limit: 8 children

Beginning Swimming for ages 6 and over P6
Ann Fields 539-4468
Sundays, 11am-12pm First Meeting: June 27 Class Fee: $6.00, pay with registration
Limit: 10

Adult Beginners P8
Shari Keller 776-1388
Saturdays, 12:30-1:30pm First Meeting: June 26 Class Fee: $6.00, pay with registration
Limit: 10

Adult Intermediates P9
Barb Stork 776-4243
Sundays, 9-10am First Meeting: June 27 Class Fee: $5.00, pay with registration
Limit: 10

There will be no July 3 & 4 lessons
**TREKKING AROUND**

**BACKPACKING FOR THE BEGINNER**

Paul R. Patheemson, 530-4176

**OUTING CLUB**

Mary Ruth, 776-1644

First and Third Wednesdays, 7:30pm; First Meeting: July 7

Location: Register and you will be contacted

Class Fee: $2.00, pay with registration

Length: Ongoing

**LEISURE LENGTH DISCREPANCY AND THE AFFECT ON RUNNING**

Joe Svedova, Gene Russell, 530-3083 530-5862

One Tuesday; Wednesday, 7:30pm; June 23

Location: Register and you will be contacted

Class Fee: $3.00, pay with registration

If you are interested in going camping, canoeing, bike touring, rock climbing, backpacking, kayaking, sailing, spelunking, or any of the above, this is the club for you. Each meeting, a variety of trips are planned for the next two weeks. (Mary enjoys many outdoor activities.)

**ON THE WATER**

**KAYAKING**

Ray Rejpole, T. J. Mistle, 530-9357 530-7772

Tuesday & Thursday, 6-9pm; June 22, 24, 26. July 1

Location: Register and you will be contacted

Class Fee: $5.00, pay with registration

Materials Fee: $16.00 for all class (equipment rental)

Length: 10

Experience the challenge of Kayaking through films, lectures, demonstrations, and hands-on experience as you will study equipment needs, paddles, strokes, fast water maneuvers, safety, and the kayak roll. The class meets three times at the lake and once on a nearby river. All equipment is provided. (T.J. is president of the K.C.A. Both Ray and T.J. have extensive whitewater experience and have taught kayaking.)

**CANOEING KANSAS WATERS**

Bob Porecy, 530-2967

Organizational meeting; Thursday, June 24; 7:30-9:30pm

Sundays, 1-5pm - dates to be announced at organizational meeting

Location: Register and you will be contacted

Class Fee: $5.00, pay with registration

Length: 4-6 times

Basic canoeing techniques will be incorporated into trips to nearby lakes, streams and rivers. We will have a chance to learn/revise canoeing techniques on the water. If weather permits, students may try these on themselves. Several types of boat locations will be used at the June meeting at which time partners and rental locations will be announced. This class welcomes both individuals and families. (Bob has led similar classes and enjoys this opportunity to get out on the water. Have canoe, will paddle.)

**SAILING BASICS**

Maurice Stark, 530-1781

Saturday, 10am-12noon, June 26 and one other session to be announced

Location: Register and you will be contacted

Class Fee: $5.00, pay with registration

Length: 15

Sail- 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. (Maurice is Rear Commodore of the Blue Valley Yacht Club but new enough to the sport that he can relate to the problems of beginners.)

**BOARDSAILING**

Kurtis Robinson, 530-4839

Section I: Sunday, June 27, 1-4pm

Section II: Wednesday, June 30, 6-9pm

Location: Register and you will be contacted

Class Fee: $3.00, pay with registration

Class will meet inside to see a movie on Boarsailing and have a 30-minute question and answer session. The group will then commute to the Stockdale area of Tuttle Reservoir and be given a demonstration of Boarsailing techniques on the water. If weather permits, students may try it themselves. Students must provide their own transportation. (Kurtis has been a Certified Beginner Instructor for two years and has seven years selling experience.)

**BLUHEM TIE CLUB REGULAR RIDES**

Ted Gelbert, 530-6822

Section I: Wednesday, 5:30pm; First Meeting: June 23

Section II: Saturdays, 4pm; First Meeting: June 26; Length: Ongoing

Section III: Sundays; 4pm; First Meeting: June 27

Location: Register and you will be contacted

Class Fee: $1.00, per session

**BREASTFED RIDES** - Meet Wednesdays; 5:30pm. Ten to 20 miles, fast pace, increasing as the season progresses. Not for the beginner nor the weak at heart.

**MEDIUM RIDES** - Meet Sundays, 4pm. Twenty to 40 miles, moderate pace. Heroes with participants’ ability and desire.

(Ted is president of the Bluheim Bike Club which meets the first Monday of each month.)

**BIKING AND BIKING**

Phil Fay, 530-6556

Saturdays: 7:30am-10:30am; July 10, 17, 24

Location: Register and you will be contacted

Class Fee: $3.00, pay with registration

Length: 3 times

Do you enjoy bicycling? Do you enjoy birdwatching? If you like both, here’s your big chance. We’ll ride to some nearby birding spots and look for common and unusual species. Bring binoculars and a field guide. Beginners in both activities are welcome. Distances will be under 35 miles total. (Phil is a biology student and avid bicyclist.)

**OUTDOOR ROLLER SKATING**

Robert Harper, 530-6149

Weekdays, 10-11:30am; First Class: June 23

Location: Register and you will be contacted

Class Fee: $3.00, pay with registration

Length: 8 times

All ages are welcome in this class to learn how and where to skate. Equipment, safety rules and surfaces will be covered. Come and do some disco and routine skating. The last class will include a picnic lunch. (Robert has been street skating in the Hamatoo area for three years.)

AGGIE HAIR SHAPERS

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SELF DEFENSE (WITH JUJITSU EMPHASIS)  P2

Stan Allson  539-7723

Tuesdays, 7-9pm; First Meeting: June 22  Length: 6 times
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Limit: 20

For centuries, the Japanese used Jujitsu, "the easy and effective self-defense," when weapons were not available. In this class, Stan will use basic Jujitsu to teach you simple methods using leverage, balance and everyday items carried in pockets. Mental aspects of self-defense will also be covered. (Stan has been involved in the martial arts for 12 years.)

TAI CHI EXERCISE  P3

Tom Graham  532-6311  776-0780

Saturdays, 8:30-10:30am; Wednesdays, 7-9pm, First Meeting: June 23
Location: Register and you will be contacted  Length: Ongoing
Class Fee: $5.00, pay with registration

Tai Chi 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. (Tom, like most of the current teachers, began Tai Chi last fall, he has been involved in martial arts for five years.)

RHYTHMIC AEROBICS  P1

Debbie Flynn  537-7746

Mondays, Wednesdays, Thursdays, 7:15-8:15pm
First Meeting: June 24  Length: 15 times
Location: Register and you will be contacted
Class Fee: $35.00, pay with registration
Materials Fee: $10.00, pay at class
Limit: 40

The program, Rhythmic Aerobics, with fitness at heart, was invented as a means of experiencing how exercise does not have to be grueling. Routines are choreographed 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 (Debbie enjoys keeping fit with Rhythmic Aerobics.)

BEGINNING FLINTSMAKING  P18

Richard Arneis  539-5961

Wednesdays, 8-10pm; First Meeting: June 23  Length: ongoing
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

Learn to make a full flintlock, conditioning, and blade play will be emphasized in the first few weeks followed by practice bouts. The class will end with a class practice tournament in preparation for the Kansas beginners tournament. Fencing is an exciting sport. Five colleges in Kansas regularly sponsor events in Wichita, Lawrence and Kansas City. (Richard has been fencing for two years.)

INTRODUCTION AND DEMONSTRATION OF BATON TWELEAVING:  P26

FROM BASIC SKILLS TO THE DEFENSE AND OFFENSE

Tart Botler  776-3550

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

Tart will teach you basic skills, practice drills and marching. She'll demonstrate advanced skills like sprints and spontaneous routines. To top off the evening, we'll be treated to a demonstration of swords and fire between. (Tart has twisted since age 3 and has taught since seventh grade. She performed in junior high, high school and college.)

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**PAC-MAN FOR PARENTS AND ADULTS: WHAT'S IT ALL ABOUT ANYWAY?**

Bob Shoop

One Time: Wednesday, June 23, 7-9pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: 25¢/game

Why has Pacifica, the video game that started as an occasional diversion for affluent teenagers, become such a household word? Is it addictive, helpful, or harmful? Bob will lead a 30-minute discussion on Pacifica and other video games. Then it's on to a game room to see what it's all about. (He's an admitted Pac-Man addict, a professor in the College of Education at KUSC.)

**INTELLIVISION GAME EXCHANGE**

Charles A. Satsh

June 23, 8-9pm
Length: depending upon interest
Class Fee: $1.00, pay with registration

If you own a ball Intellivision Videogame and would like to temporarily play and save money, this class is for you. You might even find a partner to exchange cartridges during the summer to expand the variety of your game or to play such games as football, baseball, soccer, or sea battle. (Chuck and his family enjoy playing video games and would like to meet others who own the Intellivision.)

**GAMING COUNCIL**

Jim Parrish

June 23, 10-11am - organizational meeting
Location: Register and you will be contacted
Length: Ongoing
Class Fee: $5.00, pay with registration (each section)

Section I: War Games! For those who are generals at heart, Jim Ahern and Co. will hold a "war council" for those who wish to learn, teach, and play!

Section II: Dungeons and Dragons! Jim Parrish and Elliott Jackson have a combined gaming experience of over 5 years. Come and see what fantasy role playing is all about!

Section III: Computer Gaming! Micro computers and more! Larry Haverstake and Tim Moore will share their computer games and experience with those interested in high-tech gaming. (Jim is president of the Gaming Council.)

**CHESS FROM OPENINGS TO CHESSMATE**

James Blood

First Meeting: June 23
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

"Chess is no mere game," once explained a past world champion. This class will explore the rules and fundamentals and enter the fascinating world of the sixty-four squares. After the basics, the class will proceed to planning and theory. Openings to endgame will be discussed, as well as assessing and analyzing the moves correctly. Any level of expertise, including beginners are welcome. (James is a former Manhattan city champion with 27 years experience in playing, teaching and participating in regional and national tournaments.)
KNOW HOW TO GET YOUR G.E.D.

K1
Sandy Sandersware
Tuesdays, 7-9pm First Meeting: July 6
Location: Register and you will be contacted
This group is for women to come together and share and develop strengths and support as a group and as individuals. Some potential topics are:
- single parenting
- relocation
- child care
- some general information.
(Sandy will facilitate the group and bring in resource women for specific topics.)

BUDGETING WHAT LITTLE YOU HAVE

K3
Madelin Sullivan
One Time: Thursday, June 24, 7-9pm
Location: Douglas Center, 401 Yuma, King Rd
How can you stretch your dollars so you won't run out before the month does? We'll talk about how to set up a budget, balance your
County Extension Service and has helped many people with budgets.

CIVIL RIGHTS/ELECTION RIGHTS

K4
Nurt Hanks
One Time: Monday, October 15, 7-9pm
Location: Douglas Center, 401 Yuma
“Never have so few taken so much from so many in so little time.” This
classes will look at what is happening in our social programs which have
the voting rights acts. (Nurt is an Equal Employment officer and very inter-
ested in Civil Rights.)

WRITE YOUR REPRESENTATIVE

K5
Julie Gevertz Walker
One Time: Thursday, July 1, 7:30-9:30pm
Location: UPH Center, 401 Yuma, 4221 Thrupton
The continued success of our nation’s democratic system depends on our
active citizenship. How often have you become really upset about a national, state or local issue? Do you still have the nerve to write effective letters to elected officials and
the press? Join us as we make our voices heard.

ESTABLISH YOUR WEIRD

K6
Liz Enoch
Tuesday, Thursday, July 22 and 24, 7-9pm
Length: 2 times
Location: Douglas Center, 401 Yuma
Learn how to update your clothes through style changes. Liz will dem-
strate how to narrow waists and shoulders, convert dresses to pants, remove cuffs, narrow pant legs, and how to make a pair of knickers from
long pants (Liz is a recent graduate in apparel design.)

WHAT YOU CAN DO ABOUT SEXUAL HARASSMENT

K7
Marilyn O’Krouche Athens
One Time: Thursday, July 20, 7-9pm
Location: Douglas Center, 401 Yuma, King Rd
What do you do if you’re harassed on the job or at school? Marilyn will
talk about what sexual harassment is, legal guidelines, court decisions and
what your options are if you are harassed. (Marilyn has several years
experience as an Equal Employment Opportunity Officer and has in-
vestigated many cases of sexual harassment.)

SEWING YOUR OWN ALTERATIONS

K8
Liz Enoch
Tuesday & Wednesday, June 29 & 30, 7-9pm
Length: 2 times
Location: Adult Learning Center, 201 Cassen Rd
Do you have a jacket that doesn’t fit quite right? Liz will be there.
Sewing basics to expand your wearable wardrobe. Liz will talk about
fitting blazers, neckline changes, hemming, fitting pants, etc.

Know How Network

The Know How Network provides learners in Manhattan unique opportunities
to "take charge" this summer. Whether you search for ways to take charge of your career, your civil
rights, your car, your personal care needs, or your self-
concept, the Know How Network has something to offer.
Check out the courses in the Know How Network. Each one is an opportunity
to "take charge."

INTERVIEW TO SPECIALIZING

K9
Carol Stein
Tuesdays & Thursdays, First Meeting: June 28, 7-8:30pm
Length: 11 times
Location: Calvin Hall, Nw 217
The first interview techniques combine longhand letters and a few
symbols to form a system of interviewing. With a good basic understanding
and be able to take dictation at 80 to 90 words per minute. (Carol is a senior
in business education at Kansas State University.)

BEGINNING PHOTOGRAPHY

K10
John Holcomb
One Time: Tuesday, June 29, 7-9pm
Location: Adult Learning Center, 201 Cassen Rd
Limit: 22
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 UPH darkroom cooperative.)

CPR SAVES LIVES

K11
Denise Morley
One Time: Friday, Monday, July 3, 9, 12, 6:30-9:30pm (3 times)
Location: Douglas Center, 401 Yuma, King Rd
Materials Fee: $10,00 due at class
CPR is a combination of artificial respiration and artificial circula-
tion. It can save many lives (for instance, if started within 1 minute).
However, it can cause serious harm if administered improperly. Learn the right way and earn a Red Cross
Certification. The fee will cover book costs. (Denise is a certified in-
structor of CPR and a volunteer for the Red Cross.)

WE WILL NOT BE BEATEN! - FILM

K12
Cathy Stackpole
One Time: Sunday, July 20, 7-9:30pm
Location: Adult Learning Center, 201 Cassen Rd
This excellent film grew out of the need to reach as many people as
possible with information about battering (domestic violence). After the
film will be a discussion about the problem of domestic violence.
(Cathy is project coordinator for the Regional Crisis Center.)

SUMMER FUN FOR THE KIDS

K13
 Roxanne Lambros
One Time: Saturday, June 26, 1-3pm
Location: Douglas Park, 401 Yuma
Are your children already saying they’re bored and its only the beginning
of the summer. Learn and share childhood games such as double dutch rope
jumping and rhythmic hand clap games. (Roxanne has two children and
she is always looking for new and exciting ways to entertain them.)

BEGINNING GUITAR

K14
Shelly Crosby
One Time: Monday, June 28 and Thursday, July 6, 7-9pm (2 times)
Location: Douglas Center, 401 Yuma
Get out that old guitar you have tucked away in your closet and learn
to play some very simple songs. Shelly will teach you basic guitar
chords and strumming. Bring with you tunes you want to learn to play.
(Shelly has been playing the guitar for 8 years.)

HANDING BASKETS

K15
Vester Davis
One Time: Thursday, July 8, 7-9:30pm
Location: Douglas Center, 401 Yuma, King Rd
Limit: 10
Vester will teach you the basic square knot and help you make a plant
hanger or hanging table. Bring (your choice of size and color)
of natural vine, tape measure, scissors and wooden ring. (Vester has
taught herself how to make a beautiful hanging basket and wants to show
you how to do the same.)

BASIC CAR CARE

K16
Larry Nicholson
Fridays, 7-9pm, July 9 & 16 (2 times)
Location: Douglas Center, 401 Yuma, Dulmar Blvd
Learn more about how a car operates and how you can prevent costly re-
pairs by doing simple maintenance yourself. Larry will cover tasks like
changing the oil, spark plugs, summerizing, and simple car repairs. Please
bring clothes that you don’t mind getting dirty. (Larry is the Director
of Douglas Center and has worked on cars for years.)
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*Maria Mitchell b. 1818*

- Women gained right to vote, 1920

- August

![Image of people plowing with horses](image-url)
Mail In Registration Form

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

(If you print this form and wish to add any name, date, etc., use a felt tip pen without the ink bleeding through.)

Mail Registration card and registration fee to:

Mail-in registration due June 7-18

Walk-In:

Tuesday, June 8

UFM House 7-9am; Public Library, 5-7pm

Wednesday, June 9

UFM Union, 9am-2pm

Thursday, June 10

KSU Union, 9am-2pm

WalMart, 10am-12pm; K-Mart, 1-3pm

Friday, June 11

UFM Union, 9am-2pm

Saturday, June 12

WalMart, 10am-12pm; K-Mart, 1-3pm

Monday, June 15

Public Library, 9am-2pm; 5-7pm

Tuesday, June 16

UFM Union, 9am-2pm

Late Registration:

Acceptance on a Space Available Basis

TO REGISTER BY MAIL:

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

Total up the class fees as listed in the catalogue. (Material fee, if included with class.) Add the registration fee as it applies. (See costs)

Mail your form(s) with your check to:

University of Man

2211 Thurtton

Manhattan, KS 66506

Receipts and locations will be mailed to you immediately. If the class is full see refund policy.

COSTS:

Registration fee is $2.00 per person. If you are under 13 and your parent(s) are taking a UFM class, do not pay registration fee.

These 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 $90 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 registration. When a materials fee is also listed, pay it to the Instructor at the first class session.

UFP REFUND POLICY:

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

1. The full class fee paid for has been filled
2. The class you paid for has been cancelled
3. You are unable to attend a class and you notify 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.

UFM TEACHER CREDIT:

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

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 class/es 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.

Class Teacher Potluck Gathering:

Sunday, June 14, at 5:30pm at Long's Park, 17th and Yuma. In case of rain, meet at the UFM Banquet Room. This is a chance for class leaders to receive their enrollment lists, liability forms, and teacher credit discounts, most other leaders, and hear tips on teaching. Families are welcome.
Recycle this brochure... share it with a friend!