A community learning center
Fall 1982
The land that is now Kansas was for centuries inhabited by Native Americans of a variety of tribes. In 1541, the Spanish conquistador, Francisco Vasquez de Coronado crossed the Arkansas River in Kansas in his unsuccessful search for gold. French explorers were in Kansas in the early 1700's. For a time France, Spain and England all had claims on the Kansas area. The English did nothing to further their claim. French claims were ceded to Spain in 1762, but in 1780 title was returned to France from whom the United States bought the entire Louisiana Territory in 1803.

Marinot Louis and William Clark, while exploring the Louisiana Purchase saw Kansas in 1804 as did Zebulon Pike in 1806 on his way to discover the mountain which is now called Pike's Peak.

William Becknell, a Missouri trader opened the Santa Fe Trail, the main thoroughfare to the Northwest in the 1820's. The trail was used by settlers and trappers on their way to the West. The Mexican government, in 1821, ceded the land in the area to the United States.

In 1837, Atchison became a shipping center for Texas cattle when Joseph McCoy persuaded Texas cattle drivers to use the short line Chisholm Trail. The cattle were taken to the Kansas City area to be sold to the expanding Kansas cattle market.

In 1854, Kansas was admitted to the Union. The Kansas City area became a center of trade and industry. The railroad was built in the 1860's and Kansas became an important agricultural center.

The Learning Resources Network (LERN) is the national association of free universities headquartered at 150 E. 8th Street, San Francisco, CA 94111. We are also pleased to have a new office number, 939-LERN. Our new office number is 367-9999. Our new mailing address is 150 E. 8th Street, San Francisco, CA 94111. Our new office number is 939-LERN.

UNIVERSITY OF MAN HAS EXTENDED A SPECIAL INVITATION TO HANDICAPPED INDIVIDUALS IN OUR COMMUNITY WHO WISH TO ATTEND UMP Classes. ARRANGEMENTS WILL BE MADE TO ACCOMMODATE INDIVIDUALS WHO HAVE VISUAL OR HEARING IMPAIRMENTS, MOBILITY HANDICAP OR OTHER DISABILITIES. YOU CAN ASSIST BY INDICATING SPECIAL NEEDS WHEN YOU REGISTER OR BY CALLING UMP AT 532-5566.

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

Photos courtesy of Kansas State Historical Society, cover, pgs 3, 4.
7 photos, 7 text, 5 photos, 12 text, 13 photos, 14, 15, 16, 17, 18, 19, 20

HOW DO I REGISTER FOR CLASSES?

Complete registration instructions can be found on the inside-back cover of this catalog.

WHAT ARE CLASS COSTS?

Registration fees are collected to cover printing costs and other expenses. Some instructors charge for materials and supplies. Please keep in mind that most instruction elsewhere usually costs more. Class rates are provided for senior citizens, the handicapped and families. If you cannot afford to pay the class fee, please call UMP.

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 UMP course 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 must be returned to us in a timely manner. 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.

STAFF:

Julie Coates .................. Director, Local Programs
Robert Holcomb .................. Class Coordinator
Brian Mulch .................. Class Coordinator
Adam Hume .................. Class Coordinator
Neil Schmitz .................. Assistant Director, Local Programs
Julie Guertler Walter ................. Class Coordinator
Sandy Sanderstone ................. Class Coordinator

Cover photos, summer 1982 catalog by Holly Miller. UMP apologizes for omission of credit in summer '82.
COMMUNITY

The search for historic Kansas begins in your own back yard. The Manhattan area is full of adventures for those who seek their past. You might want to start out on an adventure to the places you know. Why not discover the history of your house this Autumn in your historic Marshall County. Or maybe this fall would be a good time to explore your family trees, and you want to visit Leona and Doris Velen's "Our Kansas heritage" slide presentation.

MONEY MATTERS

YOUR BUDGET

Patricia Streeter
537-2244
Tuesdays, 7:30-9:30pm, Sept 28 and Oct 12 (2 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 15
Does your money run out on you before the month does? To get the most from your money, it's important to understand the basics of budgeting. At the first class you will work on a monthly budget. At the second class you will see how well it works. (Patricia is a small-business owner and a credit and money management specialist.)

SUCCESSFUL HOME BUYING

Bill Frakes
776-1100
One Time: Wednesday, 7-9pm, Sept 29
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 15
Thinking about buying a home? What should you look for inside and outside? What is the potential home? This course will provide you with a complete home buying checklist and will discuss such important elements as mortgage, home inspection, and planning for the future. This is a microcomputer; what can they do for you? (Bill Frakes is a local real estate agency, the current president of the Manhattan Board of Realtors, and 1981 Realtor of the Year.)

SUCCESSFUL MONEY MANAGEMENT

C5
537-4505
Section II: Monday, 7-9:30pm, Sept 13
Section III: Monday, 7-9:30pm, Sept 20
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 15
People do not get rich making money, but by managing the money they make. This seminar takes you up the 10 steps on the ladder to financial security. Plain everyday language plus extensive use of visual aids help you assure a better understanding of what could be high technical information. Anyone can participate. (Fred is a district manager for Mallel to and Reade.)

INVESTMENT IN OLDER REAL ESTATE

Tom Keenan, Bill Frakes
537-9693
One Time: Thursday, 7:30-9:30pm, Oct 7
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 15
When it comes to wise real estate investments these days buildings don’t get older, but better. This course will cover the economic advantages of investing in older real and historic buildings including the “Economic commercial and residential 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, an expert on older commercial and residential real estate, is the coordinator of Manhattan’s Downtown Design Project; Bill Frakes is a local real estate agency.)

Estate Planning, Is it for me?

Leo Furguson, Jim Morrison
530-5833
One Time: Tuesday, 7:30-9:30pm, Oct 5
Location: Register and you will be notified
Class Fee: $3.00, pay with registration
Limit: 15
Estate planning is for all ages, and many estate planning tools are available today. This course will give you an idea of what to do if you die. These questions and others will be answered in this informative seminar. Different computer systems including the Atari and the Apple will be demonstrated and computer software will be discussed. (Leo has had extensive experience in estate planning.)

COMPUTERS FOR YOUR BUSINESS AND HOME

Joel Herbert, Mark Gorman
537-1075
One Time: Saturday, 2-4pm, Oct 2
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 15
Do you need to know how to do something? These questions and others will be answered in this informative seminar. Different computer systems including the Apple and the IBM will be demonstrated and computer software will be discussed. (Joel Herbert is a local computer consultant and software specialist; Mark Gorman is the owner of a local computer firm.)

ESTABLISHING A CREDIT FILE

B. Dale Thierolf
776-9434
One Time: Wednesday, 7:30-9:30pm, Sept 15
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10
When the economic times get tough, the people with the least, suffer the most. A credit file and a good credit rating can give you an edge in spending power. The essentials of building your credit file will be explained. You will be provided with suggestions on how to build and maintain yours, no matter what your age or income. (B. Dale Thierolf operates a local credit bureau.)

RICH IN CREDIT LAND

Patricia Streeter
537-2244
One Time: Thursday, 7-8:30pm, Sept 30
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 15
You have a revolving door into the wonderful world of credit. There are so many ways to purchase items, but Alice chooses her options wisely. Come and discover how to be a credit-wise shopper. Just like Alice.

STARTING A BUSINESS

C13
Rick Mann
537-4400
One Time: Thursday, 7-9pm, Oct 14
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 15
So you’re starting a business or thinking about starting one! Terrific! Make this class one of your first investments and find out how to finance your business, effectively market your product or service, and make wise advertising choices. Controlling and monitoring your business organization will also be covered. (Rick is Vice President of Kansas State Bank in Manhattan.)

WHAT’S YOUR MONEY? A FINANCIAL SERIES

C6
Steve Harrison, Sheri Paul
537-2594
Whether you want to know how stocks and bonds, mutual funds and other investment market funds work on Wall Street or how IRA’s and Keogh’s can supplement retirement income, chances are you will find your answer in this series of programs.
Location: Register and you will be contacted
Class Fee: $3.00/session (please indicate sessions you plan to attend)
$10.00/series (pay with registration)
Investment Basics

GET AHEAD

Tuesday, 7:30-9:30pm, Sept 14
Back by popular demand, this is an opportunity to begin forming the investment foundation of investment funds necessary for effective financial planning. Topics discussed will include money market funds, stocks, bonds, mutual funds and other investment programs.

Why Investors Fail

C6B
Thursday, 7:30-9:30pm, Sept 16
Once you have the basics, where do you go next? Questions addressed during this session will include: "What can I hope to gain from investing?" "What risks can I afford to take?" and "How do I invest in a stock market?"
Investment for Income Today

Tuesday, 7:30-9:30pm, Sept 21
"What will give me income now?" For those who ask this question we will discuss investing money market funds, bonds, corporate, government and municipal, income stocks, income-producing real estate and other alternatives.

Investing for Growth and/or Retirement

C6D
Thursday, 7:30-9:30pm, Sept 23
Inflation and taxes - both are major considerations. Discussions will cover investing for income tax reduction through real estate, oil and gas, as well as investment limitations; retirement plans such as Keoghs; and a growth through various investment vehicles.

(Steve and Sheri Paul are registered representatives of a New York Stock Exchange member firm with offices in Manhattan.)
THE LAW AND YOU

DIVORCE: THE LEGAL ASPECTS

Randy Poltroff

One Time: Monday, 7:30-9:00, Sept 27
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

What do you want to know about divorce procedures in Kansas? This course will cover current Kansas law concerning divorce proceedings, updating statutes changes and answer your questions about general divorce law. (Robert is a Manhattan attorney.)

FAMILY RELATIONSHIPS AND THE LAW

Rod Olsen

One Time: Tuesday, 7:30-9:00, Oct 12
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

Recent changes in Kansas statutes may mean changes for you or for someone you know in family relationship matters. Child custody, divorce and other family relationships concerns will be discussed. (Rod is a Manhattan attorney.)

WOMEN AND THE LAW

Sue Jacobson

One Time: Thursday, 7:00-9:00, Oct 4
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

What should women know about the law? This course will emphasize women's rights as applied to property rights, before, during and after marriage: child custody; the separation process and in cases of crimes against the family. (Sue is an attorney in Junction City.)

Food Issues

A HUNGER FILM SERIES

Dave Stewart

Friday, 11:15-11:45
Location: K-State Union
This series of films which focus on a variety of food issues is sponsored by American Baptist Campus Ministries and is coordinated by Dave Stewart, a local campus minister and State Coordinator for "Feeding the World in Kansas."

For more information about this special series contact Dave at 539-3051. A discussion will follow all films.

Saturday, 11:15-11:45
"Grain of Conscience"
This film, a Cuesta County Society documentary, examines the issues and thinking of the world food problem.

Sunday, 11:15-11:45
"Let My Village Live"
A story of how one young farmer breaks the ancient pattern of poverty and hunger in his village.

Saturday, 11:15-11:45
"Rich and Poor, What Can We Do?"
A film which explores the need for rich and poor nations alike to assume responsibility for altering the systems that create poverty and hunger.

Saturday, 11:15-11:45
"Bread That was Sown" and "A Step in Right Direction"
Two films which anticipate the Crop Hunger Walk (Sept 26) and describe the value of the local community's participation in responding to world hunger.

YOUR HUNGER PROJECT: THE FIRST FIVE YEARS

Edith Stunkel

Tuesday, 7:30-9:00, Sept 14
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

Five years ago The Hunger Project was founded to empower individuals to participate in ending hunger and starvation on our planet by the end of the century. In this class we will review the progress and pitfalls encountered toward that goal. (Edith is one of thousands enrolled in The Hunger Project in Manhattan.)

FLINT HILLS BREADCASET

Tom Mulhern, Carol Pyler

One Time: Tuesday, 7:30-9:00, Sept 21
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 its 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.)

THE LOCAL CROP WALK: WHAT DO YOU WANT TO KNOW?

Elvin Franz

One Time: Thursday, 7:30-9:00, Sept 16
Location: Register and you will be contacted

Half a billion people in our world never have enough of the right kinds of food to eat. What can you do to change this situation? Join people in the Manhattan community as we embark on a 10-mile walk on September 26 to raise funds for Church World Service and other international relief organizations and express our hope for a world without hunger. Details about Manhattan's CROP Walk and an explanation national and international CROP Network will be the focus of this session. (Elvin is the State Coordinator of CROP of Kansas.)

World Food Day: October 16

Plans are being made now for a celebration of World Food Day on Saturday, October 16. Special events and activities will be part of this celebration. If you or your organization would like to become involved contact David Stewart, chair of the World Food Day Coordinating Committee at 539-3051.)

My Money Matters

Social Security: Where it's been, where it's going and how

John Ridemour

One Time: Wednesday, 7-9pm, Sept 22
Location: Manhattan Public Library
Limit: 30

"Will I ever see any of the tax money I've paid to Social Security after I retire? This question and others will be addressed in this class. Find out why the Social Security system began and how it has changed. We'll also cover the four Social Security programs: Retirement, Survivor's Benefits, Disability and Medicare as well as the current status on Social Security funding and legislative proposals. If you've ever wondered about our Social Security system, this class is for you. (John is a field representative for the Manhattan Social Security office.)

Understanding Community Futures Markets

Jim Burman, Terry Henry

One Time: Thursday, 7:30-10pm, Oct 14
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

The commodity futures market is the fastest growing area on the stock exchanges. Register for this course and find out why. We'll discuss how commodities like wheat, cotton and silver are bought and sold and what factors determine investment success. Investment opportunities will be considered. (Jim and Terry are registered commodity brokers who have researched, taught and written about the Commodity Futures Market.)

Financial Futures on the Stock Index

Albert Winkler

One Time: Thursday, 7:30-9:30, Oct 21
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

This course will discuss the variety of new tools available to financial investors which can reduce risks of the individual who has a diversified portfolio of loans, bonds, stocks or other financial securities. We will discuss the advantages and disadvantages of new laws which can permit investors to eliminate risk on their investment portfolio. This course is especially designed for those who have advanced understandings or appreciation of financial securities. (Albert is a stockbroker and an economist with experience in a broad range of financial markets.)

Consequences of Bankruptcy

Paul Nickel

One Time: Tuesday, 7:30-9:30, Oct. 3
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Bankruptcy - you've heard about it. Maybe you've thought about declaring bankruptcy during these tough economic times. What are the problems those declaring bankruptcy encounter. This question and others will be addressed in this session. (Paul is a Consumer/Commercial loan officer with Kansas State Bank.)

BIT-O-GOLD CHEESE CO.

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YOUR HERITAGE

FIND YOUR FAMILY TREE

Kerr Porter

Wednesdays, 7-9pm, Sept 15, 22 (2 times)
Location: Register and you will be contacted
Class Fee: $15.00, pay with registration
Take this class and discover your family tree. This beginner's course in family history will include basic procedures for collecting and recording family records. It will also cover the importance and availability of public records - census, vital statistics, probate, land and military records. (Kerr is a 3rd-grade student who has six years experience in genealogical research and is working on a book of her family's history.)

DISCOVERING THE HISTORY OF YOUR HOUSE

Owen Jones

Wednesdays, 7-9:30pm, Oct 6, 13 (2 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Would you like to know more about the house you live in? In this class, we will discuss ways to find out about older buildings in Manhattan - we will talk about older building methods and materials, and we will talk about building through local records. Join us! (Owen, retired after many years in the building trade, is a lover of history. He hopes we can find and preserve the historic pieces of the future today.)

PUBLIC ISSUES

NUCLEAR WEAPONS: WORKING IN OUR WORLD

Monday, 7:30pm
Location: Register and you will be contacted
Class Fee: $1.00/session, $3.00/series
The following 4-part series of programs is sponsored by The Other Manhattan Project, a citizens group concerned about the alarming proliferation of nuclear weapons. The Other Manhattan Project meets the first Monday of each month at ECU, 1021 Nebraska. Contact David McFarland, 535-1505 for more information.

One Time: September 20
The Final Epiphanies
This film depicts the consequences of a nuclear blast and the after-effects of such a horrible disaster

One Time: October 4
Survival...or Suicide
This documentary deals with the strategic military forces of the U.S. and the USSR.

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MANHATTAN and BEYOND

TOUR OF MCCALL PATTERN CO.

Norman E. Winter 776-4041

Section I: Friday, 9-10am, Sept 17
Section II: Tuesday, 1-2pm, Oct 24
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

The McCall Pattern Company is one of Manhattan's largest businesses. You'll see the different departments and how each pattern is cut and folded. All participants will receive a free gift packet.

UFM VOlUNTEER CORPS

Karen Porter 532-5868

One Time: Monday, 7:30-9:30pm, Sept 13, UFM Fireplace Room
Want to meet people, go places, have fun and do something to help UFM too? Then you might be just who we're looking for. UFM is organizing a Volunteer Corps which will plan future UFM events, help provide course ideas, improve our organization and tell others about UFM. Come and learn more at this informative meeting.

WHAT UFM CAN OFFER THE DISABLED

Mary Priest 532-5865

One Time: Thursday, 7:30-9:30pm, Sept 16
Location: UFM Solar Addition
What's new at UFM for the handicapped? This will be a presentation of UFM programs and services designed to aid the handicapped. We'll discuss problems and possible solutions. (Mary, a graduate student in Horticultural Therapy, coordinates UFM's "Let's Recreate" program and is herself confined to a wheelchair.)

INTERNATIONAL, CAREER AND EDUCATIONAL OPPORTUNITIES

Jon Feininger 532-6799

One Time: Wednesday, 7:30-9pm, Nov 3
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

This introduction to Costa Rica will provide you with an overview of the history, politics, culture and geography of an important central American nation. Costa Rica travel and study opportunities will be discussed. (Jon, who has a Masters degree in Latin American Studies spent his junior year abroad in Costa Rica.)

ADVISOR: COSTA RICA

Jon Feininger 532-6799

One Time: Wednesday, 7:30-10pm, Oct 6
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 16

This introduction to Costa Rica will provide you with an overview of the history, politics, culture and geography of an important central American nation. Costa Rica travel and study opportunities will be discussed. (Jon, who has a Masters degree in Latin American Studies spent his junior year abroad in Costa Rica.)

WORLD FRIENDSHIP

Sharon Reagan 539-6377

Tuesdays, 9:30-11:00am First Meeting: Sept 7 Length: Ongoing
Location: First Presbyterian Church, 8th & Leavenworth

World Friendship is an organization devoted to building friendships that span many cultures and languages. Our goals are to provide a broad learning experience for foreign visitors and their children and to acquaint our foreign guests with Manhattan. Classes held each Tuesday are English, sewing, cooking, crafts and exercise. A nursery and transportation are provided. American volunteers are needed to assist in all aspects of World Friendship. Join us and share your talents. (Sharon has been involved with World Friendship for 4 years and has lived in a foreign country and understands the feelings and needs of a person strange to the culture.)

THE FONE

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1221 Thurston 776-6566

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Financial Counseling
Nutritional Counseling and Consultation
Clothing Construction Consultation

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Other Times by appointment
Sponsored by the College of Family and Consumer Sciences, Kansas State University

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The UFM Program is supported in part by the K-State Student Governing Association

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Ice Cream—Sandwiches

The Family Center

Community Lunch

9:00 AM - 4:00 PM
Monday - Friday
Other Times by Appointment
Sponsored by the College of Family and Consumer Sciences, Kansas State University

WOMEN IN BUSINESS: BARRIERS TO THEIR SUCCESS

Laura Minner

One Time: Tuesday, 7:30-9:00 p.m., Sept 14
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

This lecture and discussion will focus on the issues between men and women in business. (Laura, a doctorate candidate in the K-State's Department of Psychology, is interested in women in business with the intention of doing her dissertation on sexual harassment.)

WOMEN'S CAREER DEVELOPMENT GROUP

Susan Scott Angle

Register and you will be contacted for time and location
Class Fee: $5.00, pay with registration

The Women's Career Development Group is designed for women who wish to reenter the job market or change careers. In a group with all experiences and changes may be expected. (Susan is a counselor at the K-State counseling center and has an interest in the special career development needs for women.)

SHOULD LESBIANS COME OUT AT WORK?

Lesbian-Feminist Alliance

One Time: Wednesday, 7:30-9:00 p.m., Oct 27
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

This session will include a presentation of recent research about lesbian self-disclosure and work satisfaction, and a general discussion of this topic. We'll discuss other topics related to lesbians and psychology according to class participant's interests.

WIVES OF WOMEN

Roose Field

One Time: Wednesday, 7:30-9:00 p.m., Sept 21
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Have you observed how day-to-day use of English words can perpetuate the "lesser woman" system? We will discuss many of the words and pictures. By taking part in this course, you will be helping to change our language patterns. This will require an understanding of the "lesser woman" system, a willingness to work with it, and an interest in changing it.

WOMEN AND ALCOHOL

Laura King

One Time: Tuesday, 7:30-9:00 p.m., Oct 18
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

This class will provide information and discussion on a variety of issues related to women's use of alcohol. Topics will include the physical effects of drinking on women, alcohol consumption during pregnancy, society's view of the drinking woman versus the drinking man, how social pressure affects drinking, and how drinking affects personal responsibility. (Laura is a graduate student in Psychology.)

RAPE AND ABUSE: THE ELDERLY CONNECTION

Elaine M. Johannes

One Time: Friday, 10:00-12 noon, Oct 8
Location: Manhattan Public Library, Juliette & Points

The problem of rape and abuse is not limited to the young. The elderly are also victims and their numbers are increasing. This open forum is offered as an opportunity to become enlightened and to discuss the topics of elder abuse and elderly rape. Steps to safeguard against rape will be discussed and how to contact the Regional Crisis Center will be covered. (Elaine is Assistant Director for Consumer Assistance and Information with the Kansas Department on Aging, and is a member of the Regional Crisis Center.)

REGIONAL CRISIS CENTER VOLUNTEER TRAINING

One Time: Saturday, 9:00-5:00, Sept 10
Location: St. Mary's Hospital - Large meeting room

One out of 2 families will experience domestic violence in their relationship at some time. One out of 3 women will be raped. (FBI statistics.) The Regional Crisis Center training is for potential volunteers and for people who are interested in learning more about the problem of domestic violence and rape.
WOMEN USA HOTLINE C66 1-800-221-4945

Every week, an issue of importance to women and current National policies can be heard on this hotline. Information on legislators to contact to express your opinion is also given. Make your voice count; call HOTLINE and write your Congressperson.

LESBIAN-LESBIAN SUPPORT GROUP C60

Sundays, 6:30-8:30pm First Meeting: Sept 12
Length: Ongoing
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

This group is for lesbians to get together for support and discussions - we'll talk about "coming out" in a small town, homophobia and how it effects our self-image, and working and living together while accepting our differences. We'll have small group discussions, maybe some field trips and speakers. (The Alliance is a group of lesbians in Manhattan who feel our support for one another is essential for our personal and political growth.)

WOMEN OF THE HEARTLANDS C63

Christie Simpson 776-7573

Sundays - register and you will be contacted for times and Location
Class Fee: $1.00, pay with registration

Women of the Heartlands is a feminist chorus. Our primary goal is the establishment of a sense of community through music. Exclusively a women's chorus, we sing music by, for, and about women. (Christy has been directing Manhattan's feminist chorus for over a year.)

MODERN WOMEN C64

Lorrie Cross and Barbara Anderegg 769-9141

Tuesdays, 7:30-9pm First Meeting: Sept 21
Length: Ongoing
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

Women writers say special things. Women readers often hear them. This class provided the women to talk with each other about novels, non-fictional works, humor and satire. Dimensions of self-image shaped by literary models are examined by participants as we discuss books selected by Lorrie and Barbara. Recent meetings have focused on the books: "Bloodhounds" by Marilyn French, "Love For Lydia" by N.C. Bates, "Willie" by Cathy Lucy, "So Big" by Sara Teasdale, and "The Art of Pigging" by Betty James. (Lorrie has been in this group since 1976 and Barbara's been involved since Spring 1981.)

PRO-LIFE FEMINISM C61

Elise Rose 532-5731

One Time: Sunday, 7:30-9:30pm, Oct 3
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

Pro-life feminists reject the post-conceptual notion of feminism - including non-economic rewards for a certain class of women, abortion on demand and rising materialism and carnalism. Pro-life feminists feel that feminism is inherently non-violent and must oppose the exploitation of women and children by the masochistic culture which dominates our society. They believe this exploitation underlies the increasing reliance on abortion for birth control. They are working for re-structuring communities to embrace and support the entire human family beyond the biological family and to elevate the status of women and children. (Elise is a member of feminists for Life of America and wants to see our society become both less sexist and less violent.)

HARBOURS: A WOMAN'S PLACE C62

Liz Goudy and Laurie Donsch 776-3815

One Time: Friday, 8pm, Sept 17
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

HARBOURS began last Spring as a women's coffeehouse, with the purpose of providing a women-oriented atmosphere in which to relax, visit, study, and eat popcorn. Our primary purpose is to encourage women to meet, brainstorm on women's community concerns, to get to know each other, trust each other and work together. Women's music will be provided. (Liz and Laurie are active in the women's community and enjoy getting women together to share common experiences.)

WOMEN AND THE EARTH C36

Ann Stinson, Sue Rieger 530-3391

One Time: Monday, 7pm, Sept 13
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
Limit: 10

We'd like to gather women together to explore our connectedness to nature and our developing spirituality. We may address topics such as what is inherent in women that makes them closer to the earth (if anything), women's cycles, women healing themselves, native American rituals and viewpoints and spiritual awakenings. The discussion and excursions will be geared toward individual interests. (Ann and Sue are placing together what spirituality means to them.)

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GROWING YOUR OWN

HERBAL OVER £20
Carol Ebert 466-2861

Thursday, 7:30-9:30am First Meeting: Sept 30 Length: 4 times
Location: Register and you will be contacted
Class Fee: $30.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 20
Herbs and spices – dazzle your palate, cure your ills, tantalize your nose. Come learn some of the history and lore of the special plants called herbs. Get tips on growing, harvesting and preserving your own. Learn many food uses, how to make potpourri and caffeine free herbal teas. (Carol is an avid herbalist with the knowledge that the use of herbs and spices is limited only by one’s imagination.)

AUTUMN BULBS £30
Houchang Khataimen 532-6170

One Time: Thursday, 7:30-9:30pm, Oct 28
Location: Register and you will be contacted
Class Fee: $30.00, pay with registration
Materials Fee: $15.00, pay at class
Limit: 25
Out: 1) which bulbs must be taken up for the winter 2) how do you plant a bulb? In this class we will talk about how to take care of bulbs. We will discuss bulb propagation, which bulbs to plant outside and which to store inside for the winter. (Houchang teaches Horticulture at KSU.)

RESIDENTIAL FLOWER GARDENING £21
Tim Lindemuth 776-5003

One Time: Tuesday, 7pm, Sept 14
Location: Register and you will be contacted
Class Fee: $35.00, pay with registration
Limit: 20
You, too, could have "the yard of the week!" This class will explore soil conditioning, fertilizing, and selection of flowers for a striking home display. Lawn care will be touched upon. We will also discuss how to construct a patio pool and fountain. (Tim has been gardening for 25 years and his home has twice been awarded Manhattan’s yard of the week.)

BASIC TREE MAINTENANCE £23
Joel Brinker 539-6143

One Time: Saturday, 8am, Oct 2
Location: Register and you will be contacted
Class Fee: $35.00, 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 will 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 2-acre acreage, 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.)

TERRARIUMS (£25-£50) £26
Rebecca Brownson 537-9906

One Time: Saturday, 9am, Sept 11
Location: Register and you will be contacted
Class Fee: $35.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 5
Bring a jar and some imagination. 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 making terrariums since she was a child when her grandmother introduced her to gardening.)

ARRANGING DRIED FLOWERS £27
Karen Medlin 537-2846

One Time: Wednesday, 7:30am, Oct 20
Location: Register and you will be contacted
Class Fee: $35.00, pay with registration
Limit: 10
Have you ever admired your neighbor's bouquets or centerpieces of dried flowers? Learn how the professionals do it - in this class we will learn the basic skills of dried flower arranging so that you can create those bouquets and centerpieces ourselves. Bring a container and dried flowers - or be prepared to purchase flowers at class. (Karen loves flowers and is manager of Westloop Floral.)
ALL CREATURES GREAT and SMALL

ARABIAN HORSES
Duane Dally 537-7823
One Time: Saturday, Oct 16, 2pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

The Arabian horse, foundation breed of all light horses, is thought by many to be difficult to handle. Not so according to Duane, who says that gentleness and quick learning ability are two important traits in Arabians. Come and meet some Arabian horses on their own turf. (Duane is interested in Armenians evolved from a 4th-century experience in Egypt, and he's been breeding, raising and training horses for years.)

SHELTLAND PONIES - CARE AND USE
Roger McCandless, Harlen Kleinman 494-2374 494-2630
Saturday, 9-11am First Meeting; Sept 11
Length: 8 times
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Ever wonder about those little ponies often seen in parades? This class will give you a greater appreciation for Shetlands. Roger will cover care of feet, which will include corrective trimming and shoeing, how to groom and harness to drive single and double. Harlen will discuss training, feeding, how to adjust harness equipment, and care of brood mares and stallions will be taught. (Roger and Harlen enjoy Shetland ponies.)

PUPPY OWNERSHIP AND HOUSEBREAKING
Mary Delley 539-9278
One Time: Wednesday, 7-8:30pm, Nov 10
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Puppies are special. How you approach their early training can make them happy or not-so-happy as adult dogs. We'll talk about the behavior you might expect when first bringing your pup home and how to handle it. We'll also cover diet, health care, and much more. Bring your questions. (Mary worked as a veterinarian in private practice for 3 years and is now on the faculty at KISU.)

PRINCIPLES OF ANIMAL CARE
Napoleon Monaghan, DVM 539-9278
One Time: Monday, Sept 28, 7-10pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

The theoretical side of general animal care, including vaccination and immunity, parasite control, and breeding will be discussed. Health care problems will also be examined. This discussion is best suited to the seriously interested animal manager.

ANIMAL CARE - FOR CHILDREN AGES 7-14
Napoleon Monaghan, DVM 539-9278
One Time: Sunday, Oct 10, 2-4pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Learn how to feed, groom, and love your animal. Basic techniques of animal care will be demonstrated and practiced. Children are encouraged to bring along pets that are restrained and vaccinated appropriately. (Napoleon is a DVM graduate from Purdue who is now working in the Manhattan area.)

HUMAN ANATOMY
Lynn Schanker 539-9150
Saturday, 1-5pm, Nov 6
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

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

HALLOWEEN OR CALLING
Monty Hinton 537-8071
One Time: Saturday, Oct 30, 9pm-12midnight
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Halloween brings a mind to things that inhabit the night. On this trip we will endeavor to seek out and "talk" to a group of nocturnal birds - the owls. (Monty is vice president of the Northern Nest Hills Audubon Society and enjoys activities related to wildlife.)

BUGS LIKE KIDS
John Holcomb 406-2410
One Time: Saturday, Nov 10, 1-3pm, Sept 11
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

And, like bugs, we will find and identify as many insects as possible on a walk around the Manhattan Community Gardens. 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.)

EXPLORE UNDER ROCKS (FOR KIDS AND ADULTS)
Stephen Hoffman 776-6072
One Time: Saturday, Oct 24, 9am-12pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Under every rock is a world most people have never seen. Join with Steve as we search for ringneck snakes, lizards, toads, scorpions, centipedes and millipedes along with other rocky residents. Wear appropriate clothing and bring your favorite cold drink. (Steve has been exploring these worlds for years.)

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SUSTAINABLE AGRICULTURE AND APPROPRIATE TECHNOLOGY SLIDE TOUR $39
Ira Harritt 322-5866
One Time: Tuesday, 7:30-9pm, Sept 20
Location: Register and you will be contacted
Class Fee: $35.00, pay with registration
A slide tour will be offered of models for sustainable agriculture and appropriate technology from across the country. The Farrallones Institute, New Almaden, Rodale Experimental Farm Village Homes (Davis, CA), Community Gardens and Canneries, etc. will be presented and some of the research and explorations explained. (Ira has studied at the Farrallones Institute, directed the Kansas City Community Garden Project and currently is the UMF Edible Landscape Horticulturist.)

SURVEY OF UMF EDIBLE LANDSCAPE, GREENHOUSE AND OLD FRAMES $40
Ira Harritt 322-5866
One Time: Saturday, 10-12:30pm, Sept 26
Location: Register and you will be contacted
Class Fee: $35.00, pay with registration
Limit: 20
We will explore the Edible Landscape design process - review planting of crops. There will be a discussion of book selections for the homeowner's Sustainable Agriculture Library. We will also explore the co-op purchase of dwarf fruit trees, and quantity purchasing of plant materials.

CORNOPLIA OR EMPTY BREADSAKET? $41
Gary Oates/Ira Harritt 322-5866
One Time: Thursday, 7:30-9pm, Sept 23
Location: Register and you will be contacted
Class Fee: $35.00, pay with registration
Class Description: What is the status of the large and small farmer and our agricultural resources? We will survey local and national trends of farming and marketing efforts and alternatives responding to serious issues of soil erosion, energy costs, etc., threatening our future food supplies. The class can provide a background for consumer, producer and community actions to promote a sustainable agriculture. Gary is director of the UMF Edible Landscape Project. Both are participants in the Midwest/Plains Congress on a Sustainable Food System.

BEFREEDING $12
Ira Harritt 322-5869
Mondays, 7:30pm to 8:30pm First Meeting: Sept 13 Length: 3 times
Location: Register and you will be contacted
Class Fee: $5.00, pay at class
Limit: 15
Honey is that wonderful natural sweetener that bees make - but few people know how they do it. The sessions will cover many aspects of honey beekeeping: from obtaining the bees and selecting equipment, to managing the hive for your first and future honey crops. (Jim is an Extension Entomologist at KSU, and a local beekkeeper.)

MUSHROOM IDENTIFICATION $18
Elizabeth Mose 537-4300
One Time: Tuesday, 7:30-9, Sept 6
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Learn what's good and bad, edible and not, about these fascinating fungi. Enter the world of the Shaggy Mane, the Stinkhorn, and the Destroying Angel. This seminar will be placed on Mushroom varieties in Kansas and neighboring fakeministerial through home study, field experience and recently, attending National Foragys.

COMPOSTING $30
Ray A. Kean 316/682-0747
One Time: Saturday, 9:30am to 12pm, Sept 18
Location: Register and you will be contacted
Class Fee: $35.00, pay with registration
Learn how to convert plant and animal residues to the best soil amend-
ments. Covers the art of sheet-heap composting. Composting is odorless, errorless, carefree, inexpensive, acidic or basic. (Ray is a retired professor of Ornamental Horticulture.)

THE LAND AND ITS PEOPLE: A HISTORICAL SKETCH $5
Pop Smerry 322-5866
Wednesdays, 7-9:30pm, Oct 6, 13 (2 times)
Location: Register and you will be contacted
Class Fee: $3.50, pay with registration
Because the Great Plains landscape differs so dramatically from the Eastern United States, it always demanded adjustments from the people who settled here. We will consider in this class how the physical charac-
teristics of the land have challenged settlers, and how the settlers have responded to those challenges. We will begin by taking a short trip to a typical Great Plains landscape near Manhattan. If time permits, we will end by discussing problems facing the Great Plains in the future. (Pop, a native Iowan, has lived in Kansas for ten years.)

THE LONE OF THE LAND $2
811 South
One Time: Tuesday, 7-9:30pm, Sept 5
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
The land of the Great Plains has given birth to a rich family of literature, song and story. In this class we will read aloud some of that literature, tell some of those stories and sing some of those songs. We will explore the character of our land. (Bring along a passage or a poem to read, if you can!) (Bill is a professor of folklore and folk-literature, a storyteller, and a singer of folk songs.)

LAND INSTITUTE VISITOR'S DAY $24
Wes and Dana Jackson
Sunday, Oct 10 - carpool at 12noon (mass will be provided)
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
The Land Institute is a place where students receive college credits for participating in alternative projects with windmills, solar collectors, workshops, and composting toilets in the search for sustainable alternatives in agriculture, energy, shelter and waste management. After a 2pm tour, the group will discuss, at 3pm, "Surviving the 80's" : working for safer Energy, Environmental and Agricultural Policies. (Wes and Dana are founders of the Land Institute in Salina.)

FRIENDS OF THE EARTH $35
Heid Schanker 322-5066
One Time: Saturday, 7pm, Nov 6
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
POE, a national environmental organization promotes clean energy, clean drinking water, and national safety. The Kansas Chapter of POE will hold a meet-
ing in Manhattan to coordinate efforts to influence the state legislature. A 2pm tour, the group will discuss, at 3pm, "Surviving the 80's": working for safer Energy, Environmental and Agricultural Policies. (Heid is vice-
president of Kansas POE.)

WOMEN AND THE EARTH $35
Ann Smeye, Sue Rieger
One Time: Monday, Sept 7, 10am
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10
We'd like to gather women together to explore our connectedness to nature and our developing spirituality. We address topics such as what is inherent in women that makes them closer to the earth (if anything?), women's cycles, how women influence themselves, Native American rituals, viewpoints and spiritual awakening. The discussions and excursions will be geared toward individual interests. (Ann and Sue are exploring what spirituality means to them.)

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FLINT HILLS WILDFLOWERS OF KANZIA PRAIRIE

Craig Freeman
776-1678
Section I: Saturday, 9am-11:30am, Sept 11 (rain date Sept 10)
Section II: Saturday, 1:30pm, Sept 11 (rain date Sept 10)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 20 each section

Ever wonder about the identity of some of those beautiful wildflowers that adorn the Kansas Flint Hills. If so, take a walk on the Konza Prairie and learn something of the identity, classification, and natural history of some of these gems. (Craig is a research assistant in Range Management and knows much about the prairie.)

RECREATIONAL GOLD PROSPECTING

David Patterson
776-5013
Thursdays, 7:30-9:30am First Meeting: Sept 23 Length: 2 times
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Just back from Colorado, Dave will cover beginning prospecting, basic and advanced equipment, laws, and equipment modifications. Old class members are encouraged to sign up. This time we'll be giving away location information, but David spent a lot of time doing this and he's catching gold fever again. (It’s contagious.)

ASTRONOMY - BASICS PLUS

Jeff Wainright
776-1399
Mondays, 7-9pm First Meeting: Sept 29 Length: 2 times (plus extra Laboratory with registration)
Location: You will be contacted
Class Fee: $3.00, pay with registration

Learn about the crab nebula, meteors, planets and black holes. The class will cover how to use a telescope for those with little experience, plus lessons in the use of star charts and maps, lunar maps, etc. Field time will be variable, depending on weather. (Jeff has long held astronomy as a hobby.)

WEIRD WEATHER

Dean Bank
532-6814
Register and you will be contacted for time and location
Class Fee: $3.00, pay with registration
Limit: 10

Have you wondered just how weird the weather has been this year? In this class we will try to answer that question by looking through official climate records. We will see weather. (Dean is a meteorologist at KSU.)

PLAYING WITH PHYSICS

Brock Dale
539-3037
One Time: Wednesday, 7:30-9:30pm, Sept 22
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Let’s play with physics in this class, we will view unusual and fun demonstrations of optics, mechanics, electricity, heat, sound and magnetism - we will learn something of the ways the world works. (Brock teaches physics at KSU.)
FOODS

The migration of freed black slaves in 1865 brought to Kansas a culture and a people rich with southern tradition. Many of the foods and recipes associated with slavery persisted, including corn bread, black-eyed peas, okra, and homemade sweet potato pie.

FOOD, FOOD, ...

CAKE DECORATING

Pam Fitzgerald

Tuesdays, 7:30-9:30pm

First Meeting: Sept 14

Location: Register and you will be contacted

Class Fee: $10.00, pay with registration

Materials Fee: $20.00, pay at class

Limit: 15

Learn one of the most creative and practical arts of homemaking - cake decorating. With a little practice, you can make an ordinary cake into a work of art. In this class you'll learn how to make your cake look attractive and appealing. You'll be taught how to frost a cake and how to decorate it with beautiful buttercream borders, fondant flowers, and letter writing on a cake. You will make 3 cakes for 3 weeks and be a professional cake decorator in Germany.

BREAD SCULPTURE

Elsie Rose

Section I: Saturday, 1-5pm, Sept 11

Section II: Saturday, 1-5pm, Nov 8

Location: Register and you will be contacted

Class Fee: $30.00, pay with registration

Materials Fee: $30.00, pay at class

Limit: 8 each section

You will make whole-grain breads using recipes and methods outlined in "Bread Sculpture." The purpose is to create beautiful, edible works of art with both symbolic and practical value. Bring any of the following that you have: cookie sheets, fluter, plum, butter, berries, greenery, pans, seeds, ideas for figures. (Elsie enjoys making and setting natural foods, and enhancing celebrations with symbols.)

BABY FOOD

Helen Johnson

One Time: Tuesday, 7-8:30pm, Oct 5

Location: Register and you will be contacted

Class Fee: $30.00, pay with registration

Materials Fee: $10.00, pay at class

Limit: 15

You spend your hard-earned money on all those little jars of over-processed, over-priced food for your baby? Learn simple ways to make healthy, nutritious foods for your child at a fraction of the cost. (Helen has made baby food for her own daughter and has taught this class)

EASY AND DELICIOUS MEALS FOR THOSE WHO DON'T LIKE TO COOK

Kayann Nehrly

Tuesday, 7:30-9pm, Sept 28

Location: Pottorff Hall, CI-Go Park

Everyone has his or her own special interest. Everyone has to eat. If your special interest is OSU, in the food line - come and learn some short cuts to nutritious, delicious, easy-to-fix foods. (Kayann has been a County Extension Home Economist for 25 years.)

QUICK AND EASY HORS D'OEUVRES

Pat Ashley, Pam Fitzgerald

Thursday, 7:30-9pm

First Meeting: Sept 10

Location: Register and you will be contacted

Class Fee: $15.00, pay with registration

Materials Fee: $10.00, pay at class

Limit: 20

Quick and easy hors d'oeuvres will be made. A variety of hors d'oeuvres and canapés to make your party an event to remember. We will learn how to make at least 8 hot and cold appetizers, and a variety of recipes will be provided. (Pat & Pam prepare Hors d'Oeuvres for parties and friends as a hobby.)

CHRISTMAS PANORAMA

Bleiter County Extension

One Time: Thursday, 1:30-3pm, Nov 4

Location: Pottorff Hall, CI-Go Park

Are you looking forward to the Christmas Holiday? Come and enjoy an afternoon of ideas. Three County Extension Home Economists will present ideas on: A Live Christmas Tree - Pies - Gifts From Your Drying Room.

WHOLE WHEAT COOKING

Carol Elbert

Mondays, 7:30-9pm

First Meeting: Sept 9

Location: Register and you will be contacted

Class Fee: $30.00, pay with registration

Materials Fee: $30.00, pay at class

Limit: 15

This whole wheat cookery class will include tips for use of whole wheat, nutritional values, and preparation of whole wheat foods. We will make bread, rolls, cake, cookies and whole wheat fruitts. (Carol has years of experience as a whole wheat cook, and is author of Whole Country/Wheat Country, Health Delights, a whole wheat cookbook.)

FOODS 18
... and MORE FOOD

SOUPS
Rebecca Browson
537-9056
One Time: Saturday, 5:30-7:30pm, Nov 6
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 5
These thick, beautiful soups are easy to make ahead, freeze or reheat. We will make Potato Soup and sample Cheese Soup, Crock Pot Minestrone and Cheese Sausage Chowder. Come prepared to make some and a lot of good eating. (Rebecca started making main dish soups as a defense against mealtime madness when she was a research assistant with two vet school roommates.)

CHICKEN ENCHILADAS
Pat McIntyre & Pat Tetreau
532-6850
Tuesdays, 7-9pm First Meeting: Sept 7 Length: 2 times
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: To be determined by number of participants
Would you like to eat some authentic Mexican food?? Pat & Pat (not incorporated) are two great cooks from the Southwest (the Tex-Mex border). Come to the class, cook, and then eat (!) some great enchiladas. (Pat and Pat are experts on preparing and enjoying food.)

PIZZA, HONGOS AND BARBEC
Cathy Stackpole & Sandy Sandersware
776-6498
Thursdays, 7-9pm First Meeting: Oct 7 Length:3 times
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 10
Streched in Kansas with only meat and potatoes? Nearly half 1500 miles east! Learn to make great gresy New York pizza, Philadelphia hoagies and Jewish bagels. The first meeting will be an organizational meeting - then on to the deli delights! Cathy is from "da east" and loves to cook meals from her homeland. Sandy just likes to chop and eat.

PRETZELS AND ROOT BEER
Sandra Cordin
776-5448
One Time: Thursday, 7:30-9:30pm, Sept 30
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 4
Out of your own kitchen - hot, soft pretzels to rival any big city vendor! and homemade (non yeast) root beer... who could ask for anything more? (With 7 children, Sandra looks for inexpensive, easy-to-make treats.)

JACK-O-LANTERNS - PUMPKIN SEEDS - PUMPKIN PIE
Julie Strauss
283-5795
One Time: Saturday, 9-11am, Oct 23
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 15
This class is for children and adults alike and just in time for Halloween. Bring your own pumpkin and come prepared to carve a Jack-o-lantern. We'll roast pumpkin seeds and mix pumpkin pie filling. (Julie is a close friend of the Great Pumpkin.)

NATURAL FOODS RESTAURANT
Sue Hagner
One Time: Thursday, 7:30pm, Sept 23
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
Limit: 10
Do you ever dream about relaxing in an inexpensive, comfortable restaurant where you could buy a cup of herbal tea and homemade desserts here in Manhattan? Let's talk about our ideas and pool our energies. A town the size of Manhattan could surely use such a place. (She has been having this recurring dream for years.)

YOGURT MAKING
Dennis Henneminger
539-4609
One Time: Monday, 7-9pm, Sept 27
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 10
Yogurt making can be easy. All you need is milk, a little plain yogurt, a jar, a crock-pot and a paper bag. Come see a method I've been using for years. (Dennis enjoys yogurt in everything from ice cream to casseroles.)

INTRODUCTION TO PEOPLE'S GROCERY FOOD CO-OP
Mary K. Brinker, Kerry Ingersoll
539-6443 537-1767
Register and you will be contacted for time and location
Class Fee: $1.00, pay with registration
Several members of our cooperative will combine their talents to present an introduction to natural foods, herbs and spices, and sprouting. We will share some food preparation and storage hints particularly for people interested in incorporating more natural foods into their diets without "shocking" their family's palates.

COOKING WITH DRIED FOODS WORKSHOP
Ray and Max Johnston
316/692-0747
One Time: Saturday, 9-11am, Sept 18
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10
This class will focus on the best methods for using dehydrated foods. We will talk about storage techniques, reconstitution and how to retain the greatest nutritional content. Selected recipes will be demonstrated and we'll all get a taste.

MEAT: CONCEPTION TO CONSUMPTION
Dave Nichols
532-6131
Thursdays, 7-9pm First Meeting: Oct 7 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: 20
This class is intended to inform consumers on current red meat production systems. It is intended as a brief introduction to meat animal production. (Dave is an extension livestock specialist and has been involved with animal agriculture for many years.)

WINE APPRECIATION
L. W. Davenport
539-1023
Register and you will be contacted for time and location
Class Fee: $10.00, pay with registration
Materials Fee: $20.00, pay at class
If your personal wine consultant is Allob Calla--this class is for you! This is an unpretentious approach to wines from vine to glass (and beyond). The emphasis will be on the four classes of wine: foreign and domestic; when to serve them; and how to pick them. (Mr. Davenport tends a small vineyard, is a winemaker and member of the Society of Wine Educators.)

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Corkville Cooling Tubes were used in the early 1900's to cool homes using ground temperatures. Solar power was used by many houses and many early homes were dug into hills, utilizing the earth-sheltered concept.

Gum maintenance, linting basics, and basic haircutting were important pioneer skills. Furniture refinishing and antique collecting can help us appreciate our historic past.

MOTORCYCLE MAINTENANCE

Mark Chatalain

Monday & Thursday 8:30-9:30am, Sept 27 & 28 (2 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10

This class will teach the rider how to maintain the motorcycle safely and effectively at minimal cost. Subjects include batteries, wheels and tires, frame and suspension, valves and heads, points, timing, and carburetors, and how to perform a tune-up on their own motorcycle. (Mark has 15 years of riding experience and five years as a motorcycle mechanic as the owner of Cycleworks.)

GUN MAINTENANCE

Mike

Saturday, Sept 29, 8:30am-12:30pm
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

Guns are not toys. They require proper care for safety and efficiency. This class will cover cleaning techniques and workshops for general maintenance. We will also cover basic safety do's and don'ts. (Mike owns Old West's Shooters Supply & Tawkas.)

WELDING

Glen A. Nelson

Monday & Thursday, 8:30-9:30am, First Meeting: Thurs, Sept 9
Location: Register and you will be contacted
Length: 18 times
Class Fee: $10.00, pay with registration
Materials Fee: $15.00, pay at class
Limit: 15
Attention Everybody! If you want to learn how to weld for hobby or employment, this is your chance to learn from the best. This technique will be shown step by step. Opportunity! (Glen has been in the welding business for 20 years.)

WATERBED CONSTRUCTION

Bob Knap

One Time: Tuesday, 7-8pm, Sept 14
Location: Register and you will be contacted
Class Fee: $25.00, pay with registration
Limit: 20

We will learn what materials are necessary to build your own waterbed and how to put these materials together. We will look at detailed plans for constructing the three basic types of waterbed frames. An ideas catalogue will be available for your use, along with an explanation of mattress types, heater types and the advantages of each. (Bob has 7 years of experience in delivery and setup of waterbeds for retail outlets. He has worked with dozens of manufactured construction techniques.)

BARTEERING BASICS

Will Cox

Saturday, 9am, Sept 18 & 25 (2 times)
Location: Register and you will be contacted
Class Fee: $15.00, pay with registration
Materials Fee: $25.00, pay at class

The cocktail is an American invention based upon a combination of the ridiculons. We will look at how to make sure your measurements are exact! How to set up a cocktail party, and how to serve guests. (Will has been in the restaurant business and a professional bartender in Nova Scotia and is well-versed in the art of bartending.)

BICYCLE TRAILERS

Alan Edgar

One Time: Monday, 7:30-9:30pm, Sept 13
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

Bike trailers are a safe, ecologically sound and fun alternative to automobiles for nearly all your errands around town. We'll look at models on the market and ones you can make. (Alan thinks it silly to use 3000 lbs of gas getting auto 10 blocks for a couple of sacks of groceries.)

BICYCLE REPAIR AND MAINTENANCE

Bill Jacoby

Tuesdays, 7pm, First Meeting: Sept 14
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10

Bring your own bicycle and we'll learn about brakes, derailleurs, patching, tires, truing wheels, parking forks and hubs, and general repair and maintenance. (Bill has been working on bikes for 11 years.)

ANTIQUES AND COLLECTABLES

Sue Series

Monday, 7:30-9pm, First Meeting: Sept 13
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 36

We will discuss the ins and outs and thrills of antique collecting, buying and selling. Major topics will include: kitchen collectables - acceptable damage in pottery and glassware, auction, yard sale, show and buy buying techniques to enhance your coloring, slab shape and ways to correct little flaws that detract. (Sue has an antique dealer for 8 years, shop owner for 5-1/2 years and rubid antique collector for well over 10 years.)

MAKE-UP

Janet Lincoln

Register and you will be contacted for time and location
Class Fee: $5.00, pay with registration
Limit: 10

The artful use of make-up can change your appearance in wonderful ways. Learn the latest techniques. (Janet is a licensed cosmetologist with emphasis on make-up techniques.)

BASIC HAIR CUTTING

Janet Lincoln

One Time: Saturday, Sept 18, 10am-12noon
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 6

Learn the basic hair do's and hair don'ts in this class. We will learn the techniques for giving a simple, basic cut that you can use to keep your children trim for only the cost of scissors! (Janet is a licensed cosmetologist.)

$1 OFF 

$5 OFF 

Use this coupon when you come in and get $1 off on a shapoo, cut, and blow-dry regularly $5.00, $10.00 or EXTRA long hair, $5 off on any perm regularly $40-642. Offer expires Sept. 25, 1982.

1201 Laramie in Aggieville
Phone 776-3600
Open Mondays!
PUBLIC SPEAKING SK12
Cathy Stackpole

One Time: Monday, 7-9pm, Nov 8
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

Limit 10

This course is designed to help you overcome fear and self-doubt when speaking in public. You will learn strategies for effective public speaking, and how to make the most of your presentation skills.

CHAIN SAWS AND SAFETY MAINTENANCE SK10
R. W. Atland

One Time: Thursday, 7-9pm, Sept 2
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

Limit 10

This course will cover the safe and effective operation of chain saws. You will learn about chainsaw safety, maintenance, and troubleshooting.

ENERGY MAINTENANCE OF A FORCED AIR FURNACE AT1
Gene Myers

One Time: Wednesday, 7-9:30pm, Oct 5
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

Proper maintenance of your heating unit can save you money this winter. In this class, you will learn how to properly maintain your forced air furnace, including cleaning and lubricating.

UNDERGROUND HOUSES AT3
Keith Christiansen

One Time: Wednesday, 7-9:30pm, Oct 13
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

This course will cover the benefits and challenges of living underground in a curtain wall house. You will learn about the construction and maintenance of underground houses.

ENERGY AND ARCHITECTURE - FILM SERIES AT4
Appropriate Technology Staff (UWM)

Thursday, 7-9pm, First Meeting: Aug 26
Length: 4 times
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

These films will cover energy efficient and sustainable architecture, and will be shown during the monthly meetings.

Solar Cells AT5
Bill Dorsett

One Time: Tuesday, 7-9pm, Sept 14
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
Materials Fee: $2.00, pay at class

This course will cover the basics of how solar cells work and their applications in various industries.

EARTH/AIR COOLING TUBES AT8
Bruce Snead

One Time: Tuesday, 7-9:30pm, Sept 21
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

Interested in a natural way to cool your new house or addition? We will review up-to-date information on earth-air cooling systems.

PASSENGER AIRCRAFT AT7
Dean Denner and Bill Dorsett

One Time: Saturday, 7pm, Sept 18
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

This course will cover the basics of flying passenger aircraft, including pre-flight checks, navigation, and emergency procedures.
WITH THREAD and NEEDLE

SMOKING
Louise Barrett
Thursdays, 7:30-9pm, Sept 16, 23 (2 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10
Smoking - to put it simply - is a decorative way of controlling fullness. It is a central art that is fun to do and fairly simple. Each person supplies their own thread and scissors to class. (Louise has enjoyed

CROWEL STITCHERY
Joyce Erickson
One Time: Saturday, 10am-12noon, Oct 23
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 8
Crowel stitchery uses special thread to embroider decoration onto satin to order any number of threads in a basic cross-stitch within the weave of the fabric. The aim of this class is to learn how to work in NBC (nurse on a bed) to create your own patterns. There will be enough space to create your own patterns. You will have taught the class numerous times with great success.

COUNTED CROSS STITCH FOR ADULTS
Kim Schum
Section I: (for adults), Monday, 7:30pm, Oct 4, 11 & 18
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 8
Counted cross-stitch is the type of needlework using even weave fabric, known as a beautiful and very useful design. Patterns and designs are created by making a basic cross-stitch within the weave of the fabric. The aim of this class is to learn how to work in NBC and to create your own patterns. You will have taught this class numerous times with great success.

COUNTED CROSS STITCH FOR 8-11 YEAR-OLDS
Kim Schum
Tuesdays, 6:30-7:45pm, Sept 14, 21, 28
Length: 3 times
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 8
Counted cross-stitch is a type of needlework using even weave fabric, known as a beautiful and very useful design. Patterns and designs are created by making a basic cross-stitch within the weave of the fabric. All the basic stitches will be covered including an introduction on how to create your own patterns. There will be others sessions available if there is enough interest.

COUNTED CROSS STITCH FOR 4-7 YEAR-OLDS
Kim Schum
Tuesdays, 1-2:30pm, Sept 21, 28, 25 (3 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 8
This is an introduction to the art of counted cross-stitch for children. It is a type of needlework where patterns and designs are created by making a basic cross-stitch on the fabric. This skill will help develop the child's hand coordination in the middle. It is an important task that is needed to attend with each child. A parent or high school youth adult will also be able to do the session and will have their own patterns to create their own designs.

TATTING - THE ART OF MAKING LACE
Jessee Pownell
Thursdays, 7-9pm each section
Section I: Sept 23, 30, Oct 7
Section II: Oct 21, 28, Nov 4
Location: Register and you will be contacted
Class Fee: $6.00, pay with registration
Limit: 6 each section
Tatting, as the French call it, is a very old art. This process of making lace by tatting and using a single strand of thread will be taught in this class. You will also be able to create your own designs. Modern tatting is shorter and fewer pieces, uses heavier threads, and is a very useful art form. Please bring a plastic tatting shuttle, crochet hook or needle and a basic tatting kit. (Jessee was 11 years old when she learned this art from her grandmother and has continued tattting to the present day.)

CATHEDRAL WINDOW QUILTING
Nancy Oliver
One Time: Thursday, 7-9:30pm, Sept 23
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 12
This class will be a hands-on lesson in the art of the cathedral window quilting method making a small project. We will also discuss the adapting of the cathedral window in various projects. (Nancy has been quilting for 7 years and has taught quilting for 7 years. She has completed over 20 various quilts.)

SPINNING
Mimi Benedikt
Tuesday, 7-9pm, Sept 14, 21, 28 (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. (Mimi has been spinning for 5 years and has used the yarn in her weavings.)

BUS BRIDGING
Dean Denner
One Time: Tuesday, 7:30-9:30pm, Sept 21
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration
Limit: 15
Turn old rugs (and other materials) into soft, warm, colorful rugs. Two methods of braiding and using old materials will be shown. Bring scrap to braids with and needle, thread and scissors. (Dean uses these colorful rugs to insulate cold wood floors in winter.)

NEEDLEPOINT
Joyce Erickson
One Time: Saturday, 10am-12noon, Oct 16
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
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 your project with the materials and instruction. These may include pillows and pictures. (Joyce enjoys needlework as a hobby.)

ADVANCED NEEDLEWORK
Jean Bean
One Time: Wednesday, 7-9pm, Sept 22
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
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 your project with the materials and instruction. These may include pillows and pictures. (Joyce enjoys needlework as a hobby.)

QUILTER BASICS
Nancy Griffin and Mary Oliver
Thursdays, 7-9pm First Meeting: Sept 30
Length: 3 times
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 12
Quilting has evolved through the years from a "necessity task" to a new decorative art form. This class will be a survey of quilting covering how to plan, prepare and construct a quilt - all the essential steps. Patchwork, applique and alternate quilting methods will be discussed. (Mary has been quilting for 7 years and Nancy is a member of the Kansas Prairie Quilters Guild.)

ARE YOU A STITCHER?
You'll be delighted with the variety of Projects you can find at our Shop.
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Needlepoint - Crewel - Knitting - Crochet
Quilts - etc...
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Notes:
1 If you have any questions, please feel free to contact us.

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ARE YOU A STITCHER?
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1 If you have any questions, please feel free to contact us.
FROM MUD PIES to GLAZES

UPF POTTERY STUDIO FACILITY

UPF's pottery studio is equipped with 2 kick wheels and a new electric wheel. There is a large electric kiln and a variety of glazes available for use. If you are a leader of a scout group or a special art class working with clay, you may rent kiln space to fire your pots and use all our glazes at an extremely reasonable price. For more information contact Janet Holcomb, the pottery studio coordinator; at 532-5866.

UPF POTTERY'S GUILD

Norm Lally

468-3696

Norm Lally is the President of the Pottery Guild. He is a member of the Guild and is a leader in the field of ceramics. He has a great deal of experience in pottery and is very knowledgeable about the subject.

UPF POTTERY STUDIO CO-OPERATIVE

James Holcomb

532-5866

This is a cooperative studio-access class open to anyone with experience in pottery who feels confident working alone. There is no instruction provided. As a co-op member you will have access to the studio for four hours a week. 150 pounds of clay plus all the recycled clay you produce, kiln space, and glazes. (Janet is the pottery studio coordinator for UPF.)

BEGINNING PHOTOGRAPHY

FA46

John Holcomb

1-485-2410

One Time: Thursday, 6:30-9:30, Sept 30
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Bring your camera - simple or complex - and we will discuss basics of good pictures taking. We will also talk about basic equipment and give information about cameras, lens, and other gadgets. (John is a photographer and is consultant for the UPF darkroom cooperative.)

BEGINNING DARKROOM

FA47

John Holcomb

1-485-2410

One Time: Thursday, 6:30-9:30, Sept 30
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10
Discover the fun and excitement of developing and printing your own black and white film. This class includes an introduction to darkroom processes, an actual demonstration in the UPF darkroom and all necessary supplies. You will have the option to sign up for the Darkroom Cooperative at the end of this class.

INTERMEDIATE DARKROOM

FA48

John Holcomb

One Time: Thursday, 6:30-9:30, Sept 30
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 10
For those who know their way around a darkroom and would like to learn new techniques in black and white setup. Burning in, dodging and other methods will be demonstrated.

BEGINNING PHOTOGRAPHY

FA49

Emile Pack

776-4104

Section I: Tuesday, Thursday, Saturday
October 26, 28, Nov 2, 7-10pm; Oct 30, 9am (all day)

Section II: Tuesday, Thursday, Saturday
Nov 11, 13, 16, 7-10pm; Nov 19, 9am (all day)
Location: Register and you will be contacted
Class Fee: $32.00, pay with registration
Limit: 10 each section

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

UPF DARKROOM COOPERATIVE

FA49

Neil Schanek

532-5866

Monday, 5-8:30pm, Sept 13 (Organizational meeting)
Location: Register and you will be contacted
Located just one block east of campus in the UPF House, the UPF darkroom is available to anyone who needs access to a well-equipped facility. Equipment is capable of handling up to 100 prints and 35mm negatives as well as 35mm. The fee includes everything but paper. For those who need instruction in darkroom techniques, UPF is offering a course "Beginning Darkroom" where you can have your questions answered.

Fees: 1 semester, $18, new members; $15, renewals
2 semesters, $30, new members; $25, renewals (pay with registration)
3 semesters, $40, new members; $35, renewals (pay with registration)

This fee covers use of space, equipment and all necessary chemicals for black and white film processing. There is no additional hourly use charge. For those who wish to use the darkroom but who do not wish to purchase a membership, space is available at the rate of $2.00 per hour.

TREMENDOUS SELECTION OF BOOKS

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All popular categories including:
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FLAT-BACKED BUCKLE PLAYERS

Linda Tenner
537-9098

Wednesdays, 7-10:30pm First Meeting: Sept 22
Location: Register and you will be contacted
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 play primarily traditional Appalachian and Irish music. There are no skill requirements. Come join us! (Linda plays both mountain and hammered dulcimer and loves to play with other people.)

BEGINNING BAND

David Wernahold

Tuesdays, 7:30-8:30pm First Meeting: Sept 14
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 8
Materials Fee: $1.00, pay at class

You say you love the sound of banjo but can't figure out how they make it? You want to 3 finger (Scruggs) style banjo playing dissected and learn the fundamentals as you learn a song. We will cover some ways of accompanying guitar music also. Anyone who plays Claw-hammer style is welcome to share their skill with us. (Dave plays a little banjo, he or a regular sized one.)

MAINTENANCE OF MUSICAL INSTRUMENTS

Christopher Banner
776-6562

One time: Saturday, 10am, Oct 5
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

Chris will demonstrate general preventive maintenance for your musical instruments. He will cover techniques for replacing strings, cleaning and polishing, as well as special needs and peculiarities of each instrument. Please indicate on your registration card what musical instrument you need to maintain. (Chris has been an instrument repairman for seven years and repairs all ASU instruments.)

WOMEN OF THE HEARTLANDS - SINGING OUR LIVES

Christie Simpson
776-7573

Sundays - Register and you will be contacted for time and location.

This will be an ongoing class.

Women of the heartlands is a feminism chorus. Our primary goal is the establishment of a sense of community through music. Exclusively a women's chorus, we sing music by, for and about women. (Christie has been directing Manhattan's feminism chorus for over a year.)

SPEAK UP OR WRITE IT DOWN

Freelance Writing

Eve Wilson

Tuesdays, 7-9pm, Sept 14, 21
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class

Do you feel you may be a budding writer but don't know where to go to publish or how to present your work? This class will answer your questions about what freelance writing is, how to get started in it and also discuss various courses which may help you improve your skill. (There will be no actual writing done at these two meetings.) (Eve is a graduate student in Journalism at K-State and has freelanced as a hobby for 3 years.)

One Hundred and One Uses for a Dead Poet

Steve Maxham
776-0133

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

The prerequisites for this class are that those who sign up either write or want to, that they be willing to share and exchange ideas and accept and give moderate criticism (very little of that). The objective will be to submit a group entry into the Kansas Quarterly for possible inclusion in the next edition. (Steve is a dead poet.)

Tutoring Conversational English

Kurt Mason, Donna Davis
532-6448

Section 1: Wednesday, 7-9pm, Sept 14, Oct 5 (2 class each section)
Section 2: Thursday, 6:30-8:30, Sept 15, Oct 6
Location: International Student Center

This class is for people who would like to help international students or who are already studying English as a foreign language. After a one-time orientation meeting tutoring assignments will be arranged at each participant's convenience. Previous tutoring is necessary, only that you speak English and are sensitive to people from other cultures. (Kurt and Donna both work at the International Student Center, and they both agree that being an English tutor is one of the nicest things they've ever done for themselves.)

10 First Acts

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A DANCE FOR EVERY TUNE

FLINT HILLS FOLK DANCE FELLOWSHIP
Kathy Miller, Fund Coorb
Register and you will be contacted for time and location
Class Fee: $10.00, pay with registration
Several local dancers will present a wide variety of dances from all over the world. Every session will include instruction and review. No prior experience is necessary, and all ages are welcome. (The presenters have danced with dance groups and have taught for classes, recreational dance camps, and universities worldwide.)

DANCE SIMPLER
Jodie Denzer
Wednesdays, 7:30pm First Meeting: Sept 15 Length: 8 times
Location: Registration and you will be contacted
Class Fee: $10.00, pay with registration
Limit: 30
Come and take different forms of dance all in 1 class. You will get a sample of 2 weeks ballet, 2 weeks dance class, 2 weeks jazz and modern and 2 weeks of rhythmic aerobic. We will be flexible to change and concentrate on the interests of the students. Leotards and tights are the preferred wear but if unavailable, please wear shorts and T-shirts. (Jodie has taught ballet, jazz, tap, aerobic and other dance forms in Boston Mass., Empirea and Manhattan.)

TRADITIONAL MOUNTAIN CLOGGING WORKSHOP
Pam Lifschitz
One Time: Saturday, 10am-4pm, Oct 30
Location: Registration and you will be contacted
Class Fee: $7.00, pay with registration
This will be an all-day workshop given by the Sunflower State Cloggers of Topeka where they will perform and teach the participants up to 8 different traditional steps and the stories connected to each of them. Clogging is related to and descended from the Folkdance of the Irish Settlers of the southern Appalachian mountains. Please bring hard soled shoes and a sack lunch. (There will be an hour lunch break.) ( Fee is a Member of the Sunflower State Cloggers.

BALLROOM DANCE
Alex Ramm
Sundays, 7:30-8:30pm First Meeting: Sept 12 Length: 3 times
Location: Registration and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 20
Learn the exciting, beautiful dances of the Big Band era...wallace, for those who want to bring some of your favorite dances to try in a class. (Professor Ramm is anxious to dance and share his expertise with an interested group.

COUNTRY WESTERN SWING DANCE
Pats Dreese
Wednesdays, 7:30-9:30pm First Meeting: Oct 6 Length: 3 times
Location: Registration and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 20
Don't hold yourself back when you hear that hot fiddle playing! Round up your friends to learn the sharp moves, dips, spins, turns and slides done in country and western swing. A fun evening out dancing will give us a chance to romp and stomp to some lively music. The first two meetings will cover some basic moves to use that it's out to the dance floors to practice what you've learned for the last 2 classes. Please register with a partner. (Beth and Floyd have taught this popular class before and enjoy seeing swing dancing around the dance floor.)

COUNTRY WESTERN SWING DANCE
Beth Soclofsky, Floyd Howe
Thursdays, 7-9pm First Meeting: Sept 9 Length: 4 times
Location: Registration and you will be contacted
Class Fee: $7.00, pay with registration
Limit: 16
Hey ya'll out there, rustle up a partner and learn the sharp moves, dips, turns and slides done in Country Western Swing. A fun evening out dancing will give us a chance to romp and stomp to some lively music. The first two meetings will cover some basic moves to use that it's out to the dance floors to practice what you've learned for the last 2 classes. Please register with a partner. (Beth and Floyd have taught this popular class before and enjoy seeing swing dancing around the dance floor.)

DANCE FOOLS
Linda Gross
Organizational Meetings: Thursday, 7pm, Sept 16 Location: Registration and you will be contacted
Class Fee: $1.00, pay with registration
Limit: 8
Have you been swing dancing for a year or more? Would you like to take your dancing seriously but can't find a dance partner or partner is not interested in being better dancers. (Tina watches swing dance in Manhattan and dances for the fun of it.)

JUST ELGIN' AROUND
Pao
Sue Rieger
One Time: Wednesday, 7:30pm, Oct 6 Location: Registration and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 8
Discover the clown hiding inside you. Clowns can be mischievous, children, or explorers. They will explore the use of movement, facial expressions, contortions, make up, juggling, and group. (Tours leaves to clown and is looking for others to learn with.)

DANCE CLASSES
SUSAN WARREN DANCERS
Come dance with the Susan Warren Dancers. We are a Keuka Professional Dance Company and the only dance company to be chosen by the Kansas Fasing Arts Program. For the past three years, our dance company has traveled across Kansas, offering a variety of community services such as, concerts, workshops, and lecture/demonstrations for schools, nursing homes, health facilities, as well as the general public.

At our local Manhattan studio, our dance company mentors teach a variety of classes to help you.

MODERN
- Modern for Adults: Saturday 10:00-11:00 am.
- Modern for Seniors: Tuesday 10:00-11:00 am.

BALLROOM DANCE
- Ballroom Dance: Tuesday 7:30-8:30 pm.
- Salsa: Thursday 7:30-8:30 pm.

JAZZ
- Jazz: Sunday 9:00-10:00 am.
- Salsa: Thursday 1:00-2:00 pm.


- Ballet for Adults: Monday 7:30-9:00 pm.
- Ballet for Seniors: Monday 9:00-10:00 pm.
- Tap: Thursday 7:30-9:30 pm.
- Jazz/Ballet: Sunday 7:30-9:30 pm.
- Saxophone: Tuesday 7:30-9:30 pm.

- Ballroom Dance: Monday 7:30-9:00 pm.
- Salsa: Thursday 7:30-9:30 pm.

- JAZZ: Monday 7:30-9:00 pm.
- Salsa: Thursday 7:30-9:30 pm.
- Tap: Monday 7:30-9:00 pm.
- Tap: Thursday 7:30-9:00 pm.
- Jazz/Ballet: Sunday 7:30-9:00 pm.

For more information, call (785) 736-0236 or (785) 736-7277.
All classes start the week of August 30 and will take place at our studio at 2125 Camera Blvd. Bring a friend and register today.

CLASS SCHEDULE
Fall 8 week session: August 30-October 11 2nd 8 week session: October 12-December 22 3rd 8 week session: January 3-February 26 4th 8 week session: March 2-21 May 14

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Name
Street
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Phone
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Email
Age Group
Occupation
Driver's license
Tax Deductible
Contribution
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Volunteer Interest

For more information, call (785) 736-0236 or (785) 736-7277.
All classes start the week of August 30 and will take place at our studio at 2125 Camera Blvd. Bring a friend and register today.

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FAMILY AND RELATIONSHIPS

PROBLEM DRINKING AND THE FAMILY 156
John Prigmore

One Time: Thursday, 7-9pm, Oct 14 Location: K-State Union, RM 202 Limit: 15
The impact of a problem drinker on family and friends will be explored in this class. The roles that friends and family members may play in the development of alcohol abuse will be discussed. Finally, we will consider various strategies for dealing with a problem drinker in a close relationship. (John is a graduate student in the Counseling Department at K-State and works with the Campus Student Alcohol Abuse Prevention Program.)

PARENT EFFECTIVENESS TRAINING 157
Don and Imrie Fallon

Wednesdays, 7pm First Meeting: Sept 29 Length: 8 times
Location: Register and you will be contacted Class Fee: $30.00, pay at class (National registration fee & books)

Thomas Gordon's Parent Effectiveness Training communication skills help parents take control so their children will talk, talk so their children will listen and enable parents and children to solve family problems so both have their needs met. (Don and Imrie are certified Parent Effectiveness Training teachers.)

PARENTS ANONYMOUS 158
Don and Imrie Fallon

Thursdays, 7:30pm First Meeting: Sept 30 Location: Register and you will be contacted Class Fee: $1.00, pay at registration

ALZHEIMER'S GROUP 159
Susan Davis

Mondays, 2-3:00pm, register and you will be contacted for starting date. This is an on-going Location: Register and you will be contacted Class Fee: $1.00, pay at registration

This is a support group for people who have a family member with Alzheimer's or a related dementing disease with symptoms of increasing forgetfulness and confusion. A trained, non-professional, volunteer will be on hand daily to care for the dementia patient, and to give the adult day care person a break. (Susan is a registered nurse and enjoys working with groups.)

PATTERNS: INTENSIVE PHYSICAL THERAPY FOR 1219
A DEVELOPMENTALLY DISABLED CHILD

Roberta Johnson

Tuesdays, 1pm First Meeting: Sept 14 Length: Ongoing Location: Peace Lutheran Church, 2500 Kiwanis Ave

What can the public do for the handicapped? You can learn about what causes brain injuries and an alternative therapy which uses a repetitive, interactive approach to stimulate brain cells in developmentally disabled children. You will experience hands-on training with a 3 year old handicapped child. (Roberta has been using this technique with her niece Jennifer since she was 3 months old and has 6 years of experience in her development.)

DIVORCE - WAYS TO GROW THROUGH THE PAIN 1511
Michael Weinberg, MS

Mondays, 7-8:30am First Meeting: Sept 15 Location: Peace Lutheran Church, 2500 Kiwanis Ave

Divorce affects an entire family, and the pain of divorce can be difficult to endure. You will find a support group here to help you with this difficult issue. (Michael has a master's degree in social work and is a candidate for his doctorate in adult education. He is certified in psychotherapy in private practice locally.)

INTRODUCE YOUR RELATIONSHIP TO TRANSACTIONAL ANALYSIS 155
Don Fallon

Tuesdays, 7:30pm First Meeting: Sept 21 Length: Ongoing Location: Register and you will be contacted Class Fee: $50.00, pay with registration

This is an enrichment group supporting couples in building communication skills, self-understanding of parent-child-adult ego state interactions and self-disclosure of relationship. Class will include the use of role scripts or role expectations. Emphasis will be on developing skills in handling conflict, developing a healthy fight style and coping with feelings of anger, guilt or love. Trust, caring, confidence and options will be stressed. (Don is a Lutheran Pastoral Counselor and also works with the Kansas State University for Student Development.)

PHILOSY AND RELIGION

INTRODUCTION TO ZEN 151
At Potter and Mary Williams

Tuesdays, 6-7pm, Sept 30 & Oct 7 Location: Register and you will be contacted Class Fee: $15.00, pay with registration

Zen is not theology. It is a way of being in the world which embodies certain qualities of consciousness and awareness. Zen meditation is called Zazen. It means sitting. Zen means that concentration in which you are one with everything. Zen Mind Beginner's Mind by Shunryu Suzuki Roshi will serve as the basis for this discussion. Class will also include taped lectures and taped instruction. (At and Mary are both Zen students under instruction from Katsuragi Roshi of Minneapolis Zen Center.)

BORDERLINE: A LIFE OF CHALLENGE 152
Dave Stewart

Wednesday, 5-630pm-7pm, Sept 10 (2 showings) Location: 1230, Forum Hall, 735, Little Theater

The film examines the life of Dichton Bohmhofer, considered by many to be one of the most influential leaders of modern Christianity. Bohmhofer is viewed from the perspective of his colleagues and associates as well as through excerpts from his own works. "Do not ask, 'Who is the Christ of history, for all ages and all nations?' But ask, 'Who is the Christ for us, today?" A panel discussion by KSU campus ministers will follow. (Dave is coordinator for campus ministries.)

THE PROPHETIC IMAGINATION 153
Dave Stewart

Thursdays, 11:30am-1pm. First Meeting: Oct 14 Location: Baptist Campus Center, 1801 Anderson

This is a 6-week study of the prophets and how they predicted what was to happen in their lifetimes and how they pictured what was to happen in the future. The class will include the study of the Bible, the study of the life of the prophets and events and the interpretation of the prophetic imagination. Class will be open to the general public. (Dave has recently written a curriculum for his denomination on the book.)

A NEW HEAVEN AND A NEW EARTH: A CAMPUS MINISTRY BIBLE 154
Rod Saunders

Sponsored by: The American Baptist Campus Ministry St. Isidore's Catholic Student Ministry Ecumenical Christian Ministries Lutheran Campus Ministry

Can heal all sorts of Diseases; causes Blindness, Fie, Deafness, and all such diseases, also Great pains.

Residence: 14 miles East of Independence, on the road from Independence to St. Joseph. One and one half miles South East of Noralead Station.

KATIE BENDER.

June 18, 1872.
GROWTH AND CHANGE

I'M OK - YOU'RE OK WEEKEND
Don Fallon
Friday, 9:30am-4pm, Nov 5; Saturday, 9:30am-4pm, Nov 6
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 15
This weekend is an introduction to Transactional Analysis and the use of "I" tools for improving self-awareness, self-understanding, ability to relate to other persons in creative ways. It will also provide help in understanding the programmed responses and patterns of the past, and liberating the self from uncreative and open living in the present.

HYPNOSIS FOR THE SERIOUSLY CURIOUS
Greger Pottery
Monday and Thursday, 7-9pm, Sept 16 and Oct 14 (2 times)
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
This class offers information about and explanation of how hypnosis is used in goal achievement. Books and tapes will be available for purchase. Space is limited and you must call to be invited. (Greg, a MS in Psychology and PhD in counseling, has trained in hypnosis at the Institute to Advance Ethical Hypnosis in New York, now owns and directs Personal Achievement Systems in Manhattan.)

DEALING WITH DIFFICULT PEOPLE AND PROBLEM EMPLOYEES
Bernie Hork
776-2498
One Time: Tuesday, 7:30-9pm, Sept 14
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
This session offers strategies to deal with disagreeable attitudes, lack of motivation, and different personality types and conflicts found in social and work environments. (Bernie is a Captain, Medical Service Corps FC, with specialities in organizational behavior and management consulting.)

TIME AND MEETING MANAGEMENT
Bernie Hork
776-2498
One Time: Monday, 7-9pm, Sept 13
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
This session will identify common time wasters in home and work. We will discuss how to handle conflicting demands, and present proven time-saving techniques. Additional skills in planning and conducting effective meetings will be covered.

LIFE PLANNING WORKSHOP
Susan Scott Angle
532-6927
One Time: Saturday, 8:30am-4pm, Oct 30
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Material Fee: $5.00, pay at class (nonstudents)
Limit: 15 nonstudents
The workshop is designed to involve participants in the deliberate process of planning the direction of their lives. Each participant is encouraged to consider the idea that s/he is the one responsible for her/his life, and, consequently, is capable of creating the future s/he wants. The process of self-clarification, goal setting and realistic planning are developed through practice. Students costs are covered through KSU fees. (Susan is a counselor with the KSU Counseling Center.)

CAREER EXPLORATION
Susan Scott Angle
532-6927
One Time: Saturday, 8:30am-4pm, Nov 6
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Material Fee: $4.00, pay at class (for nonstudents)
Limit: 15 nonstudents
The workshop is designed to assist participants in acquiring skills and information necessary for appropriate career decision-making. The Strong-Campbell Interest Inventory helps individuals look at their personal interests in relation to a variety of career opportunities. The Inventory must be scheduled with the receptionist at the KSU Counseling at least two weeks prior to the workshop. Students costs are covered through KSU fees.

SELF-CONCEPT AND YOU
Kim Menard
539-8280
Mondays, Sept 13, 7-9pm; Sept 20, 7-9pm
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 8
This class will look at seven factors that affect how we view ourselves, and how we develop that self-concept. Several measures and exercises will be discussed as to how we might improve our self-concept and maintain that high image level. (Kim has a Masters degree in social work.)

8/10 PERSONAL GROWTH SEMINAR
Bob Saunders
539-4281
Time & Location: Contact Rob directly before Oct 11 for instructions Class Fee: $5.00, pay at class
Students can pay at the door.

Horticultural Therapy
Mary Priest and Mary Stevenson
532-5866
One Time: Tuesday, 7-9pm, Nov 16
Location: Register and you will be contacted
Class Fee: $2.00, pay with registration
Limit: 10
Horticultural therapy is a creative therapy of involvement between green plants and human beings. The interaction of these two entities can come together to bring about feeling good about oneself and the environment surrounding us. We will try to examine our feelings and thoughts and relate plant activity around these. Horticultural techniques will be discussed. We invite disabled youngsters to participate also. Mary may answer the questions, does it help to talk to your plants? Mary is a grad student in Hort Therapy at KSU and Mary is a 5th undergard in Hort Therapy at KSU, who is doing her Internship at Big Lakes Development Center.

STEETICS: METAPHORS FOR PERSONAL CHANGE
Fred Newton, Jeff Stafford
539-9897 532-6927
Mon, Tues, Wed, Thurs and Fri from 8:30am-4pm, Oct 7-27
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 12
Dreams, metaphors, and images are ways the creative aspects of the mind may overcome the impasse and limitation of a more routinized mind set. Synectics is a creative problem solving process used in industry to elicit invention and innovation. Fred and Jeff use an adaptation of synectics by using the familiar (strange to some) images (use of analogs) to facilitate new possibilities and change within one's personal life. The first session will prepare the class in the conditions and attitudes important to creative thinking processes. The second session will demonstrate the synectics model. Students costs covered by KSU fees. (Fred is Director of the Counseling Center, KSU, Jeff is an assistant Director of Housing at KSU.)

JOB SEARCH
Susan Scott Angle
532-6927
One Time: Saturday, 8:30am-4pm, Dec 4
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 15 nonstudents
Material Fee: $5.00, pay at class (nonstudents)
Plan your job search now. The workshop is designed to help participants develop skills important in locating and acquiring a job. Where and how do you look? What is the importance of writing and interviewing skills? How does a support group environment, prepare students costs are covered through KSU fees.

RETURNING TO SCHOOL
Margaret Nordin
532-6434
One Time: Thursday, 7:30-8:30pm, Nov 4
Location: Manhattan Public Library
Are you thinking about going back to school after being out for four to forty years? Are you wondering how just to get started or whether it is worth the time, money and energy? Come to share your hopes and fears and to find answers to your questions. This class will be very helpful to anyone thinking about school for the summer or fall. (Margaret is an KSU faculty member, who has involved students in K-State.)

USING THE JOURNAL: A WAY OF GETTING IT TOGETHER
Lieve Pellerin
539-3104
Section I: Thursday, 7:30-9:30pm, Sept 9
Section II: Monday, 7:30-9:30pm, Sept 13
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Limit: 15 nonstudents
Do you often find yourself wondering "What's the next step for me?" or "Where is my life leading me?" In 1966 psychologist Ira Proppert developed a method especially designed for adults seeking personal growth based on a simple journal-keeping technique. This course will include basic exercises which explain Proppert's techniques. You don't have to be an expert in language arts, bring a pen and notebook paper. [Lieve is an authorized leader of Proppert's Intensive Journal program.]}
HEALTH and HEALING

DANCE AND ABUSE: THE ELDERLY CONNECTION

Dance and Healing through Dance. The elderly are not a homogenous group, but are as diverse as the young. Dance is an art form that can be used as a therapeutic tool for older adults. The dance community has a strong tradition of providing support and encouragement to people of all ages. Dance is a powerful way to connect people and to foster a sense of community. This program will explore how dance can be used to promote health and healing in the elderly population.

WOMEN AND ALCOHOL

This program is designed to provide information and encourage discussion about the effects of alcohol on women. The program will cover the physiological and psychological effects of alcohol on women, as well as the impact of drinking on relationships, health, and society. The program will also discuss the unique challenges faced by women who drink, including the stigma associated with women's alcohol use and the different ways in which women may cope with stress.

MULTI-MEDIA FIRST AID

First Aid and CPR. This program will cover basic first aid and CPR techniques, including how to recognize and respond to emergencies, how to perform CPR and use an AED, and how to administer basic first aid. The program will also cover the importance of good hygiene practices and the importance of recognizing and responding to choking.

YOGA

Yoga is a practice that combines physical poses, breathing, and meditation to promote physical and mental well-being. This program will cover basic yoga poses and breathing exercises, as well as the benefits of yoga for stress relief and overall health.

BIODEGITS

Evelyn Frazier

This program will cover the biology of the digits and how to care for them. The program will cover the structure and function of the digits, as well as the common problems that can affect them, such as nail problems and infections.

STRESS, ILLNESS, AND STRESS SKILLS

Don Fallon

This program will cover stress management techniques, including mindfulness, relaxation techniques, and stress-reduction exercises. The program will also cover the relationship between stress and illness, and how to prevent illness through stress management.

RENTAL CENTER

Dr. Albert R. Franklin

University for Man

A Announce

The Publication of

Dr. Franklin's Translation

from the French of

Yoga: The First Steps

by

BERNARD BOUANCHAUD

RENE RECAPA

Available at UFM

$4.95

4129

776-9294

Fort Hayes Normal School Hallway girls c. 1925

Laura King

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HEALTH AND HEALING

VÖKA
Bert Franklin
539-0495
Section I: Tuesdays, 5:30-6:30pm  First Meeting: Sept 21
Section II: Thursdays, 6:30-7:30pm  First Meeting: Sept 25  Length: 8 time
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Materials Fee: $4.95, pay at class
Regular yoga practice can bring greater self-knowledge and enjoyment of the body and mind. It can help foster a feeling of vitality, and physical and mental well-being. In this class we will learn the basic asanas and pranayama. You must bring your own mat and dress comfortably. (Having studied for 6 years in India with Krishnamacharya and Desikachar, Dr. Franklin has just attended a seminar with Desikachar and a group of his former students.)

SUFI DANCING
Nabudidi Nelson
468-3631
Thursdays, 7:30-9:00pm, Sept 16 & 30 (2 times)
Location: Register and you will be contacted
Class Fee: $3.00, 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. (Nabudidi is the local Sufi center coordinator and has led this class for a couple of years.)

HEALING SERIES

THERAPEUTIC TOUCH
Keva Ryan
776-1154
Wednesday, 7:30pm, Sept 21
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Therapeutic Touch is a technique which uses the hands to help or heal someone who is sick by mobilizing the person's own inner resources. The ability to use this technique is believed to be a natural potential in all human beings. It is presently being practiced by health professionals throughout the country and in some graduate level nursing programs. The class will be discussion and demonstration. I hope to have others present who practice Therapeutic Touch locally. (Keva is a N.N., who has used alternative healing techniques for several years.)

COLOR AWARENESS IN HEALING
Tess Keenan and Pat Embers
539-8697
One Time: Wednesday, 7:30pm, Sept 15
Location: Register and you will be contacted
Class Fee: $2.00, pay with registration
This is an introductory class on how color in our environment affects us mentally and physically. We will discuss the subtle, esoteric aspects and uses of color for healing. Classes may continue based on interest. (Pat & Tess continue to explore and experiment with alternative healing techniques.)

ACUPRESSURE
Tess Keenan
539-8697
One Time: Wednesday, 7:30-9:00pm, Sept 29
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Accupressure is a form of therapy using fingers to relieve pressure in the body and help energy flow freely. There are about 365 points all over the body that are pressure points and 40 main points which relieve pressure. Tess will demonstrate some techniques which can help specific ailments (e.g., headaches, leg aches.)

COMMUNITY ACTIVITIES PROGRAM

Division of Continuing Education
One hour KBU Undergraduate credit optional
Aquatics  Aerobic Dance
Gymnastics  Tai Chi
Ballet & Jazz  Touring
Tennis  Bicycle Touring
Racquetball  Karate
Sailing  Windsurfing
English & Western Horsemanship  Rhythmic Aerobics Certification
Call 532-5576 for more information

MASSAGE
Bob Parr
539-1546
Saturdays, 1-4pm, Oct 16 & 20 (2 times)
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration
Limit: 10
This class will introduce you to traditional Swedish massage. This emphasizes the whole body methods with particular attention to facial and foot techniques. The aim is to improve circulation, and to promote relaxation. To get the most out of the class it is recommended that students sign up with partners and bring the following supplies: a mineral or vegetable oil, body lotion (preferably non-scented), baby powder and rubbing alcohol. (Bob worked as a master for two years in a health club while putting himself through school.)

NEW AGE SEMINARS
Jean Burnham
539-1546
Section I: Self-Healing, Sunday, 10-11am, Oct 3
Section II: Healing Each Other, Sunday, 10-11am, Oct 10
Section III: Healing The Earth, Sunday, 10-11am, Oct 17
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration (this is for all sections)
These 3 talks will examine New Age ideas for achieving spiritual well-being and peace through a relationship with God, with each other and with the earth. (Jean is a poet, songwriter and counselor who is deeply interested in the spiritual healing of the mind.)

POLARITY BALANCING
Tess Keenan
776-7274
One Time: Wednesday, 7-9:30pm, Oct 6
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
Polarity balancing is a type of healing that is centuries old and very simple to learn. The technique balances the positive and negative forces in the body to promote both mental and physical well-being.

HEALING THROUGH THE SPIRIT
Dorothy and Reid Barnett
776-7274
One Time: Wednesday, 7:30pm, Oct 13
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
All minds are joined even the minds of people who have passed over and those still living, God’s mind is also one. Dorothy and Reid practice mental and emotional healing by putting people in touch with themselves by using spiritual symbols. Come to class and join in a demonstration of their techniques. (Dorothy and Reid have been working with healing through the spirit for the last 4 years.)

RAMEY LUMBER

Announces a new location
West Highway 18 across from Holidome
776-9264
- Lumber
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Inner Sell 35
OUTER SELF

The Outer Self section provides several classes that will enable you to relive historic Kansas.

Introduction to Wrestling. The teachers will demonstrate the historic back-neck powers, other mussel-headers, and knife and (male) throat throwing.

Classes on backpacking, camping, canoeing and orienteering will utilize some of the same techniques used by Native Americans and pioneers.

And collecting stamps, coins, and military insignia will improve your appreciation for historical events that helped to shape Kansas.

MOVING WITH STYLE

RHYTHMIC AEROBICS P1

Kathy Arbuthnot 532-5843

Mondays, Tuesdays, 7-8pm; Wednesdays, 7:30-8:30pm
First Meeting: Sept 13 Length: 10 times
Location: Register and you will be contacted
Class Fee: $35.00, pay with registration
Materials Fee: $5.00, pay at class
Limits: 40

The program, Rhythmic Aerobics, with fitness at heart, was invented as a means of rest-fencing how exercise does not have to be drudgery. Routines are choreographed to sensitive music for an effective workout for all body muscles, especially the heart. Participants monitor their heart rate to prevent overworking. The class is improving coordination, improving cardiovascular time, muscular endurance, flexibility and cardiovascular fitness. Discover how getting fit can be fun (Kathy enjoys keeping fit with Rhythmic Aerobics.)

GENERAL FITNESS EXERCISES TO MUSIC P2

Susan Brescu 532-5731

Tuesdays and Thursdays, 5:00-5:45pm
First Meeting: Sept 14 Length: Ongoing
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration

Exercises include jogging and steps to music to increase the heart rate, and light weight and firming exercises done singly and with partners. Continuous activity is stressed, and will increase progressively through the semester. (Susan learned this course in West Germany and taught it professionally at the Damascus, Syria Sheraton Hotel.)

SELF-DEFENSE (WITH JUJUTSU EMPHASIS) P16

Stan Wilson 530-7773

Tuesdays, Thursdays, 7-9pm, First Meeting: Sept 14 Length: 6 times
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration
Limits: 20

For centuries, the Japanese used Jujutsu, the easy and effective self-defense, with weapons not available for use. In this class, Stan will use basic Jujutsu to teach you the methods of 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.)

PHILOSOPHY OF NINJUTSU P17

Stan Wilson 530-7723

One Time: Sunday, 2-4pm, Sept 19
Location: Register and you will be contacted
Class Fee: $10.00, pay with registration

"If someone is going to hit you, end up behind them. If someone is going to throw a chair at you, be on the chair." Ninjutsu, the ancient martial art of Japanese espionage, encompasses a philosophy of smoothness and of getting things done in the best way. The Topokuri Ryu style, which will be covered, is appropriate for those fearing attack.

BEGINNING FENCING P29

Richard Rehns 539-9261

Wednesdays, 7-9pm First Meeting: Sept 15 Length: Ongoing
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

Learn to fence with a full footwork, conditioning, and blade play will be emphasized. In the first few weeks followed by practice bouts. The Kansas beginners tournament. Fencing is an exciting sport. Five colleges in Kansas participate in intercollegiate events in Wichita, Lawrence, and Kansas City. (Richard has been fencing for two years.)

BATON TWIRLING P38

Tarl Bollere 776-3880

One Time: Monday, 7-9pm, Sept 13 (rain date, Sept 20)
Location: Register and you will be contacted
Class Fee: $15.00, pay with registration

Tarl will teach you basic skills, practice drills and marching. She’ll demonstrate advanced skills like aerials and spontaneous routines. To top of the evening, we’ll be treated to a demonstration of swords and fire batons. (Tarl has twirled since age 3 and has taught since seventh grade. She’s performed in Junior High, High School and Colleges.) 20 Outer Self

TAI CHI CHASING P18

Tom Graham 532-6311 776-0780

Saturdays, 8:30-10:30am, Wednesdays, 7-8pm First Meeting: Sept 11 Location: Register and you will be contacted Length: Ongoing Class Fee: $7.00, 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 began Tai Chi last fall. He has been involved in martial arts for five years.)

INDOOR GAMES

POCKET BILLIARDS FOR BEGINNERS P32

Jerry Riggs 776-6338

Saturdays, 10-12am First Meeting: Sept 11 Length: 6 times
Location: Register and you will be contacted Length: Ongoing Class Fee: $5.00, pay with registration Limits: 12

The class will start with a brief history of the game. Included will be an introduction to playing equipment, basic stance, aiming, English, and control. The different games - 9-ball, 8-ball and snooker will be covered as well as the theory and mental game. Also, we will watch a video tape trick shot demonstration and championship match. (Jerry has played in the World Pocket Billiard Championships in New York City, finishing 3rd in 1979, 16th in 1980 and 20th in 1981.)

BEGINNING BRIDGE P33

Pat Cashin 539-7074

Tuesdays, 7:30-9:30pm, Oct 15, 19, 26 Length: 3 times
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration

Don’t let your partner’s score learn basic bidding and play from an expert. A brief introduction to the basics will be included. This is one place to make mistakes, so that in three weeks, you’ll be ready to play with friends and strangers. No previous bridge experience is required. (Pat has been teaching bridge through the Welcome Wagon for six years.)

DUNGEONS & DRAGONS P34

Ron Knight 537-1688

Thrusdays, 6-8pm First Meeting: Sept 9 Length: 13 times
Location: Register and you will be contacted
Class Fee: $5.00, pay with registration Materials Fee: $5.00, pay at class

Come and pit your dungeon skills against the world of Modor the Unknown. Face unforeseen dangers and even possible death as you explore the unknown in search of treasure, power, and magic. Participants should be age 14 or older. (Ron has almost twelve years of dungeoning experience.)

DESIGNING ADULT GAMES P35

Lenny Kanterman 539-2786

One Time: Wednesday, Oct 20, 6-8pm
Location: Register and you will be contacted
Class Fee: $15.00, pay with registration

Lenny will teach methods and techniques for designing and publishing board games for adults, including war games and Dungeons and Dragons type role-playing games, to be illustrated with examples from personal experience. If interest warrants, we will conduct a workshop to evaluate participants’ amateur designs. (Lenny has designed 3 adult games that have been published.)

GAMING COUNCIL P36

Jim Parrish 539-4683

One Time: Saturday, 7:30pm, Sept 11
Location: Register and you will be contacted
Class Fee: $15.00, pay with registration

The Gaming Council enjoys Dungeons and Dragons, computer games and Warhammer. Come join in preparation for a tournament and Halloween costume contest. Fantasy’s the word! (Jim is president of the Gaming Council.)
JUST FOR FUN

COIN COLLECTING  P46
Ray Kurtz  537-7193

WET STUFF

Wet Stuff:  All Classes: Register and you will be contacted
Class Fee: $8.00, pay with registration
Teachers are Red Cross certified Water Safety Instructors
Pre- Beginning: Swimming for 3-5 year olds  P6
Tami Bird  539-4931

Beginning Swimming for 6-8 year olds  P7
Deb Dudley  537-9281

Saturday, 9-10am First Meeting: Sept 11 Length: 8 Times: Limit: 7

Beginning Swimming for 6-10 year olds  P8
Michaela Richmond  539-3979

Saturday, 11am-12pm First Meeting: Sept 11 Length: 9 Times: Limit: 7

Beginning Swimming for 6-10 year olds  P9
Michaela Richmond  539-3979

Saturday, 12pm-1pm First Meeting: Sept 11 Length: 9 Times: Limit: 7

Intermediate Swimming for All Ages  P10
Neil Schanker  532-5886

Sundays, 12-1pm First Meeting: Sept 12 Length: 8 Times: Limit: 20

Adult Beginning Swimming  P11
Tom Beaven  537-4962

Sundays, 12-1pm First Meeting: Sept 12 Length: 8 Times: Limit: 15

Adult Beginning Swimming  P12
Dana Fager + Schneider  776-0935

Sundays, 12-1pm First Meeting: Sept 12 Length: 8 Times: Limit: 10

Senior Citizen Beginning Swimming  P13
Neil Schanker  532-5886

Sundays, 11am-12pm First Meeting: Sept 12 Length: 8 Times: Limit: 10

CANCELLING KANSAS WATERS  P14
Bob Poresky  539-2967

Organizational meeting, Thursday, Sept 7, 7:30-9pm
Sundays, 1-9pm - dates to be announced at organizational meeting
Location: Register and you will be contacted Length: 4-6 Times
Class Fee: $5.00, pay with registration
Limit: 20

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

KAYAKING  P15
Jen Kardinal, Rex Replage  539-3937

Section I: Sundays, 9-12noon, First Meeting: Sept 12 Length: 3 Times
Section II: Sundays, 9-12noon, First Meeting: Oct 10 Length: 3 Times
Location: Register and you will be contacted who are interested in canoeing trips. Class Fee: $5.00, pay with registration
Limit: 15 each section
Materials Fee: $25.00, pay at class

Kaya (k-ak-a): the Eskimo seal-skin canoe, long, narrow and covered over. Learn how to handle and enjoy the new lightweight plastic kayaks that are fast becoming so popular. Three sessions in an indoor swimming pool will prepare you for a trip to Missouri’s thrilling white water. Kayak and equipment are provided. Catch some wave action! (Jen has been kayaking 4 years and has raced and taught for 2 years.)

INTRODUCTION TO MUZZLE LOADING  P43
Jim Bean, Jim Akin & Ed Hoover  776-5351

Register and you will be contacted for times and location Limit: 12
Class Fee: $3.00, pay with registration
Materials Fee: $8.00, pay at class

We will demonstrate usage, cleaning and repair of most typical types of muzzle loading arms followed by actual "hands-on" shooting included. We will be responsible for clean and safe shooting. Participants are welcome to bring their own muzzle loaders, subject to safety inspection. We will cover muzzle loading hunting arms and competition on request. (Jim, Jim and Ed are variously members of the National Muzzleloading Rifle Association, National Rifle Association, National Association of Primitive Riflemens, The Kaw Valley Muzzleloaders and the Blue River Trading Company with several years experience in sport and competition shooting.)

COIN COLLECTING: Register and you and will be contacted.
Class Fee: $1.00, pay with registration.
The Manhattan Coin Club offers instruction for the beginner and fellow
ship and discussion opportunities for the intermediate and advanced coin
collectors. Dave Sales and other long-time members of the American Numismatic
Association will supply information on foreign coins as well as
United States coins. There will be slide shows, guest speakers, demonstra-
tions on grading coins, general discussion and question and answer periods.
The library of The Manhattan Coin Club will be available to club members.
(Ray is a member of the Manhattan Coin Club.)

NEW "NEW GAMES"  P39
Helen B. Safford  776-7615

One Time: Monday, 7:30pm, Sept 13
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

"Among the various components that make a game a new game are challenge,
trust, safety, fantasy and ritual, excitement, and innovation." New games
stress cooperation rather than competition. We will try 5 games
created by the New Games Foundation, and depending upon interest, we will
invent group games you'd like to play, please feel free to share. (Helen likes to play.)

JUST CLOZZIN' AROUND  P40
Sue Rager  776-5603

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

Discover the clown hiding inside you. Clowns can be mischievous, children, or explorers. We'll explore the use of movement, facial expressions,
costumes, make-up, juggling and props. (See also to clown and is looking
for others to learn with her.)

STAMP COLLECTING  P41
Tie Lindsmeur  776-5603

Thursdays, 7:30pm First Meeting: Sept 9 Length: Indefinite.
Location: Register and you will be contacted
Class Fee: $1.00, pay with registration

This class is for beginners, Intermediate and advanced stamp collectors.
You will learn the basic and finer points of collecting. Programs for
include slides and guest speakers. Two field trips are planned.
(Tie is a long-time member of the American Philatelic Society and a collector for 27 years.)

MILITARY INSIGNIA COLLECTION  P42
Doug Teener  537-0598

One Time: Saturday, 11am, Sept 11
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration

A small group of collectors want to meet with others who may want
to start or who have been at it for years. We exchange information, contacts
and sources as well as items. With Ft. Riley so close and Farrell Lib-
ary an available place to meet, the Manhattan area provides an ideal spot
for collecting military insignia, particularly American. Doug will intro-
duce you to the national organization AMIC (American Society of
Military Insignia Collectors), basic references and ethics of the collector.
The only real usage of heraldry in the U.S. is in military insignia. (Doug
has been collecting for more than 20 years and has over 2,000 individual
pieces.)
OUT and ABOUT

BLUEMONT BIKE CLUB REGULAR RIDES

Ted Gesiert 539-6022

Section I: Saturdays, 8am First Meeting: Sept 11 Length: Ongoing Location: Register and you will be contacted Class Fee: $3.00, pay registration

Section I: BREAKFAST RIDES - Meet Saturdays, 8am, five to 30 miles, easy to moderate pace, ideally terminating at a cafe for breakfast. Distances will vary according to weather and stamina of the riders. Families, youngsters and oldsters invited.

Section I: MEDIUM RIDES - Meet Sundays, 8am, Twenty to 40 miles, moderate pace. Varies with participants' ability and desire. Ted is president of the Bluemont Bike Club which meets the first Monday of each month.

BIKE TOURING FOR BEGINNERS

Ted Gesiert 539-6022

One Time: Saturday, 8-11am, Sept 25 Location: Register and you will be contacted Class Fee: $1.00, pay with registration

Bicycle touring continues to grow in popularity. This ride will cover approximately 10-30 scenic miles over a 3-hour period with a hearty breakfast stop at a restaurant about halfway. Various aspects of touring will be introduced along the way. This ride is especially appropriate for the beginning biker who wants to find out what bicycle touring is all about.

INTRODUCTORY BACKPACKING

Bob Klapthor 539-5857

One Time: Tuesday, 7-10pm, Oct 5 Limit: 15 Location: Register and you will be contacted Class Fee: $3.00, pay with registration

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

COMPOST FOR ENVIRONMENTAL AWARENESS

Pat Dreese 539-9150

Saturday/Sunday, 9am Sat to Sun Oct 2/3 Location: Register and you will be contacted Class Fee: $2.00, pay with registration

We will carpool out to scenic Carmanah Cove at Tuttle Reservoir for composting and hiking. We'll build a fire, cook supper and discuss activities of Kansas Friends of the Earth, a local environmental organization. Sunday morning, we'll eat breakfast, take a nature hike and visit three places before returning home. (Pats has hiked quite a bit in Kansas and is president of Kansas Friends of the Earth.)

ORIENTEERING

Mike work 539-6144

Saturdays, 8-10, First Meeting: Sept 11 Length: 6 times Location: Register and you will be contacted Limit: 15 Class Fee: $3.00, pay with registration Materials Fee: $5.00, pay at class

With map and compass as steady companions, the art of Orienteering - the skill of finding your way along highways and country roads, through woods and fields, through towns and villages, and over lakes - becomes an intriguing hobby and an interesting sport, whether you travel alone, with your family or with a group of like-minded friends. In this class, you'll learn how to read a 3-D map, how to use a magnetic compass, and you will have a chance to run an orienteering course. (Mike has been orienteering since 1976 and won the State of Kansas championships in his division in 1977.)

INTRODUCTION TO DOMINICAN SINGING

Holly K. Crime 539-5663

One Time: Wednesday, 7-9pm, Nov 10 Limit: 15 Location: Register and you will be contacted Class Fee: $2.00, pay with registration

Do you feel like doing something different and exciting this winter? Try singing! But, before you get up on the stage, come to this two-hour session to learn a few tips! We'll cover everything from equipment to the propering of frisatoes, bringing face and participation, to any questions. Thank you! (Holly has been in instructor, vice-president of the St. Louis International Ski Club, and spent the past five years singing Europe.)

TETHERED SLIGHTS: KITE MAKING AND FLYING

David Kammerer, Lori Bergen 539-6103

One Time: Sunday, 12noon to 3pm, Sept 26 Location: Register and you will be contacted Class Fee: $5.00, pay with registration Materials Fee: $6.00, pay at class Limit: 12

Would you like to have the world on a string? If so, then join us for an afternoon of kite making and kite flying. We'll look at several designs and each participant will build one. Then we'll take to the sky and compare characteristics of each kite. Provided materials include cloth, nylon, fabric, plastic, string, dowels, glue and tape. (Avd cyclists, Lori and David would rather fly a kite than ride a bike into the winds wind anyway! If you can't beat 'em, join 'em.)

INSTITUTE NEW YORK

2611 ANDERSON AVE. MANHATTAN 637-4260

DRAPERY WORLD

- custom shades
- mini blinds
- draperies 
- rods

"We Brighten Insides"

Riley County Humane Society is sponsoring a Riley County shelter building fund day which is entitled "Pet Benefit Day" at City Park, Manhattan, Kansas, September 11 from 9am to 11am. We will have an animal fair, pet parade, next-to-new sale, entertainment, arts and crafts and much more. This day is dedicated to raising funds for a county-wide shelter that will take all animals.

Donations for next-to-new sale, interesting non-profit and civic organizations as well as arts and crafts contributors, please call Beverly Hasagen at PET HOTLINE 537-7430 by September 5.
OUTDOOR ACTION

BEGINNING TENNIS
Sharon Tuttle 776-3456
Sundays, 8-10am First Meeting: Sept 12 Length: 6 times
Location: Register and you will be contacted
Class Fee $10.00, pay with registration
Tennis lessons for the beginner will teach forehand, backhand, serve, court tactics, equipment selection and game rules. Bring a can of marked balls and a racquet. (Sharon played on the Manhattan High varsity team and has continued playing tennis for the past four years.)

PACQUETBALL FOR BEGINNERS
Richard Grissom 539-0684
Sundays, 8-10am First Meeting: Sept 12 Length: 5 times
Location: Register and you will be contacted
Class Fee $10.00, pay with registration
Limit: 16
Join one of the most popular up and coming sports. Racquetball is good for developing cardiovascular fitness, muscular endurance, controlling weight and is a lifetime activity. This class will emphasize basic rules and fundamentals of the game including serving, backhand, forehand and serving. Bring a racquet and two balls. (Richard plays semi-professional racquetball.)

DIAL-A-PARTNER/ TENNIS/PACQUETBALL/INDOOR GAMES
Neill Schama 532-5666
Wednesdays, Sept 22, 2pm
Location: Register and you will be contacted
Class Fee $3.00, pay with registration
Want some new partners for 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 KU will compile a list for you. (Neill has coordinated this class for several years.)

FRISBEE GOLF "FOGLE"  P30
David Collburn 776-5589
Section I: Monday, 7-9:30pm, Sept 12
Section II: Monday, 7-9:30pm, Sept 26
Section III: Monday, 7-9:30am, Sept 27
Location: Register and you will be contacted
Limit: 10 each section
Class Fee $3.00, each section, pay with registration
Frisbee Golf is the same as regular golf only we use a frisbee and we don't play on a golf course. We will be playing on the course set up by the original Aerial Wizards several years ago on the 6-State Campus.
(Dave has been playing TGOLF and Ultimate since the Aerial Wizards started six years ago.)

RUNNING: JOGGING TO RACING  P19
Tony Micox 532-4765
One Time: Tuesday, 7-9pm, Sept 21
Location: Register and you will be contacted
Class Fee: $3.00, pay with registration
The Fall is one of the nicest times of the year for running. This course will cover the basics of a running program, training tips, racing information and guidelines on winter training. Discussion will also revolve around individual problems or concerns of those attending. Intended for those already running or those considering taking it up, this class can help you get off on the right foot. (Tony teaches exercise physiology in the HPR Department and has been running competitively for many years.)
survival skills

introduction to self-defense for women

Christine and Sandy

776-6498

sundays, 7-9pm, oct 10 & 17 (2 times)

location: Douglass center annex, 901 yuma

regardless of age, race, social class or lifestyle - all women are potential targets of violence. however, women rarely receive any training for their own defense. this class will introduce simple but effective self-defense techniques taught by women for women. be sure to wear loose, comfortable clothes. christine and sandy have taught self-defense for women for the past 2 years.

flat tired

k8

joel holcomb

1-488-2410

location: ump parking lot

the most common car repair, and the most important in emergency situations is a flat tire. if you don't know how to use a jack, lug nut, work and spare tire then you are already on a dark night with a flat tire. john enjoys explaining flat tires quite much so he sometimes lets the air out of his tires just for practice.

basic hair care

k9

robin blair & cynthia tucker

saturdays, 2-4:30pm first meeting: sep 11 length: ongoing

location: douglass center, 901 yuma

"i can't do a thing with my hair!" - it's a common complaint! learn about your special hair care needs, different types of shampoos, p.h. balances, and hairdyes. robin and cynthia will demonstrate new styles, make-up applications, manicures and pedicures on class participants. bring a pencil and paper to write down all you'll learn. (robin and cynthia are both students at cruze's beauty school.)

culture

contemporary black women writers

k12

ann burt

532-6436

register and you will be contacted for first meeting and location. the class will meet on fridays and be on-going.

many contemporary black women writers have not been given much credit. this group's goal is to read and discuss these authors and their works - including writers such as alice walker and tom morrison. (ann works in the office of minority affairs at au and enjoys reading and discussing books by and about black women.)

erny ball

k15

sign up now and you will be contacted.

last year's erny ball celebrating the graduating black seniors was such a great success we want to plan another one... bigger and better!

we need people to help with decorations, fund raising, refreshments, entertainment, and organizing. please sign up to help with this project that gives special recognition to the young blacks in our community.

health

first aid mimi media

k10

mei schneider

532-6886

one time: saturday, 8am-5pm, sept 25

location: 206 powitz ave.

materials fee: $6.00, 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 standards-first- aider upon successful completion of the course. there is a fee of $6.00, which covers materials, workbooks, and texts. if you have the red cross standard first aid and personal safety handbook [the blue book], the fee will be $6.00. (meli has taught this class many times before and is a certified red cross first aid instructor.)

regional crisis center training

k14

roc staff

539-2705

saturday, 9am-5pm, sept 18

location: st. mary's hospital - large meeting room

one out of 2 families will experience domestic violence in their relationships. many people are interested in learning more about the problem of domestic violence and rape.

22 know how network

job skills

how to get your real estate license

k3

karen cook

539-3281

one time: wednesday, 7-9pm, oct 13

location: douglass center, 901 yuma

thinking about a career in real estate? this class will help you prepare to get your kansas real estate license - what books to study, where to go to get information, what a job in real estate entails, and what opportunities are available in the manhattan area. (karen has a real estate license and is interested in helping others receive theirs.)

job skills resume writing

k4

jean fitzgeral

532-6799

one time: monday, 7-9:30pm, nov 1

location: douglass center, tobern rm, 901 yuma

materials fee: $2.00, pay at class

this course is designed to give you help in designing your resume. course material will include handouts on how to successfully write your resume and market your skills. the class is designed for people seeking professional/non-professional occupations. (jean has a masters degree in international management with an emphasis in marketing.)

parenting

introduction to foster parenting

k1

nancy williams and srs staff

776-4011

one time: wednesday, 7-9pm, oct 20

location: douglass center, 901 yuma

have you a family with the desire, love, time and space to open your home to a child who needs one? the department of social and rehabilitation services is seeking homes like yours. this class will give general information about foster parenting. (nancy is a licensing worker for three years and feels that Riley County is in need of more foster homes.)

parenting & adolescents "how can we both survive?"

k2

Michael Welshberg, M.S.

537-2244

mondays, 7-9:30pm, oct 25 & nov 1 (2 times)

location: 404 humboldt, suite c

this will be an open discussion concerning the options and alternative parents have in increasing the communication between themselves and their teens. we will discuss the specifics concerning what parents can do to facilitate good teen health in their family. (mike has an MS in Family Child Development and ABD in Education. Certificated in Reality Therapy and is in private practice as a Reality Therapist.)
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Form is to be mailed in along with $2.00 registration fee.

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Total class fee (in $2.00 increments)

**Total Due:**

# Registration

**REGISTRATION DATES:**

Mail in registration due Aug. 16 - Sept. 3

**Walls-In:**
- Tuesday, Aug 17: UFM House 7-8am; Public Library, KSU Union 9am-2pm
- Thursday, Aug 19: KSU Union 9am-2pm
- Monday, Aug 23: KSU Union 9am-2pm
- Tuesday, Aug 24: Walmart, 10am-12noon; Alice 1-3pm
- Saturday, Aug 28: KSU Union 9am-2pm
- Wednesday, Sept 1: Public Library 9am-2pm
- Thursday, Sept 2

**Late Registration:**

Accepted 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. (Materials fee, if listed, is paid at class.) Add the registration fee as it applies. (See costs)

Mail your form(s) with your check to:
- University of Man
- 1221 Thurston
- Manhattan, KS 66506

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

**COSTS:**

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

If any of the teaching or volunteer work is given, receive a refund.

If you are under 13 and your parent(s) are taking a UFM class, do not pay registration fee.

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**SPECIAL CHILDREN'S DISCOUNT FOR FAMILY PARTICIPATION:**

- If you are under 13 and are enrolled in a class that your parent or parents are enrolled in, pay only the registration fee and half the class fee.
- If you are under 13 and your parent(s) are not in, pay only the registration fee.

**SPECIAL STUDENT DISCOUNT FOR FAMILY PARTICIPATION:**

- If you are under 13 and are enrolled in a class that your parent or parents are enrolled in, pay only the registration fee and half the class fee.
- If you are under 13 and your parent(s) are not in, pay only the registration fee.

**UPM TEACHER CREDIT:**

All current UFM teachers are entitled to fee reductions when enrolling in UFM classes. The UFM teacher credit can be saved to future UFM teacher credit. UFM teacher credit can be saved to future UFM teacher credit. UFM teacher credit can be saved to future UFM teacher credit.

**RECEIPTS:**

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

**CLASSES:**

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

**UPM TEACHERS POTLUCK GATHERING:**

Tuesday, Sept 7, 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 list, meet other teachers and hear tips on teaching. Parents and friends are welcome.
University For Man

Volunteer Corps Lou Douglas Series

Our changing economy will be the focus of the 1985 Lou Douglas Lecture Series which will be happening this spring. Volunteers to help with publicity, special events, and program planning are needed now. If you would like to get involved or would like to find out more, call UNM at 532-5866.

Holiday Thoughts

UMW WINTER CAFÉ FAIR
Janet Holcomb

MF90
532-5866

Friday and Saturday, 11am-5pm, Dec 3 and 4
Location: UNM Fireplacem

Sell your handmade goods at the UMW Winter Crafts Fair! Participate in the festive atmosphere of pre-Christmas excitement. Please sign up - include your address, and you will be sent a registration form with information as to time and area assignment for the sale. It will be held the first weekend of December.

GIFTS IDEAS
MF2

Time: 7:30pm all sessions
Location: will be noted on your receipt
Class Fee: $3.00, single session $10.00, all sessions

Dread the annual search for gifts for those special people on your gift list? Don't! UNM's Winter Series, sponsored by local merchants, is guaranteed to provide you with the best gift ideas around. Sign up for one or all of these sessions for a sure obligation to purchase anything you discover (but you may want to).

Tuesday, Nov 28: Let a bestseller help you solve your holiday gift giving problems. In this session you'll tour the book section of Varnes's where you're bound to find many novel ideas for almost anyone on your list. Participants will receive a 10% discount on any Varnes's merchandise (excluding textbooks). (Sponsored by Varnes Books).

Monday, Nov 27: Discover the latest in gift ideas for the trailblazer, bicyclist or traveler on your gift list. This session will provide you with dozens of gift-giving tips from back packers to bactalvas and a 10% discount on all Pathfinder merchandise (including bicycles). WHAT'S A BACTALVA??? - sign up for this one and find out. (Sponsored by Pathfinder).

Tuesday, Nov 28: Avoid the hustle and bustle of last minute holiday shopping and spend a relaxing evening with us. We'll view and learn about the newest kitchen accessories that will please every gourmet buff on your list. Holiday treats and demonstrations will fill the evening. Last, but not least, we'll discuss beautiful gift items for the bath - enjoy the luxurious colors and fragrances and learn about our monograms. Join us for the fun. (Sponsored by The Cook's Book and Bath Shop).

Wednesday, Nov. 29: Being wondered about how to buy a camera as a gift for someone? This session will focus on what is available in photography including the four types of cameras and deciding which fits your needs. Photography equipment and accessories will be discussed as well as oddball and exotic accessories for the photographer who "has it all." (Sponsored by Manhattan Camera).

Tuesday, Nov 28: Is someone on your list a music lover, student or someone who needs a Manhattan reminder? You'll be provided with classy gift ideas for the many different tastes of all your friends and receive advice on your gift-giving needs. (Sponsored by Westron Bynoe).

Tuesday, Nov 28: If the allure of the world of fashion excites someone on your gift-giving list, sign up for this informative class. Fashion experts will provide you with dozens of fashionable and sure-to-please gift ideas which will fit into every Christmas budget. (Sponsored by Brown's Ladies and Childrens Store).

SOME WOMEN'S CULTURE FOR HOLIDAY GIVING
Carol Fitzgerald, Sandy Sandersware

MF12
776-9520

Tuesday, 7-8:30pm, Nov 30
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration

Ever hear of Jane Rule? Jan Clausen? Margo Piercy? Rita MacBrowen? off our backs? Holy Hey! Maggie Maze? Alice Walker? This class will help introduce you to the music, books and periodicals by and about women. We will listen to music, talk about books, discuss different (and favorite) authors, and show examples of periodicals. We will also provide you with places where you can acquire women-identified materials. (Carol has just moved from Chicago and is a Jane Rule fan! Sandy has been here forever and is currently partial to Alice Walker.)

SURVIVING THE HOLIDAYS ALONE
Mary Hermann

MF11
776-3322

One Time: Tuesday, 7-8:30pm, Dec 14
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration

The eating of relationships is often a painful experience, especially during the holiday season. This class is for recently divorced, separated or widowed men and women to share and explore new ways to cope with loneliness and grief. (Mary is a chaplain at St. Mary's hospital.)

SELECTING TOYS FOR CHILDREN
Marjorie Stith

MF1

532-5510

Monday, 7:30-9pm, Nov 22
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration

Toys are part of childhood and a part of Christmas giving. This course will consider why toys are important to the growth and development of the child and the educational and safety considerations which should be part of toy decisions. Gift ideas including "surprise boxes" for toys for sick children will also be offered. (Marjorie is a professor in KSU's Department of Family and Child Development.)

WRAP IT OR WRIT IT
Cara Pinkfield

MF77
776-0465

Saturdays, 10am-12noon, Dec 4, 11
Location: will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $2.50, pay at class
Limit: 10

Create your own Christmas cards and wrapping paper this Christmas. We will use basic printing techniques that are inexpensive and easy to learn. It will be a fun way to make nice looking cards and wrapping paper. Techniques which we will be using includes: spattered stencil, vegetable and meat tray printing. Please bring to class: 2 or 3 styrofoam meat trays (these can be obtained at any grocery store.); vegetables (potatoes, carrots, cucumbers, etc.); 2 pencils, scissors, matt knife with sharp blade, old toothbrush, 2 sheets index paper.
Money Matters

**THEMATIC CENTER**

The Money Resource Center (MRC) is currently forming several support groups - small groups of women who will discuss and share experiences. Although problems will be discussed, these will not be

**THEME:** Money Matters

**DO-IT-YOURSELF TAX PREPARATION: THE BASICS**

LaJuan Sherbinski

**FIND YOUR FAMILY TREE**

Karen Horowitz

**LEBANON: AN UNHOLY CRISIS**

Michael Suleiman

**SET A SAIL WITH A CRUISE**

Gary Gavron

**KANSAS CITY: HERE I COME!**

Julie Coates

**HIDDEN PLACES WHICH HISTORY LIVES**

Sandy Sannerwine
Feasting For Everyone

A CHEESE EVENT

Jan Kaller

One Time: Tuesday, 9:30-10:30am, Nov 9
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Do thoughts of cheese dance through your head as the holiday season approaches? Join the folks at Bit-o-Gold Cheese and other cheese lovers and merchants for a look behind the scenes. The origins of a wide variety of cheeses will be discussed. Also covered will be how cheese is made, quality control and serving ideas. Samples will be provided! (Jan is Bit-o-Gold’s retail manager and loves to talk cheese.

CANDYMAKING EXTRAVAGANZA

Julie and Perlaex

530-5866

One Time: Wednesday, 7-9:30pm, Dec 1
Location: Will be noted on your receipt
Class Fee: $15.00, pay with registration
Materials Fee: $3.00, at class
Limit: 12

Make your own gifts of candy for those special friends and family this holiday season. From divinity, peanut brittle, fudge and peanut butter cup toffee, class will bring great chance to get some ideas on holiday candy making and have fun too. (Merrin and Julie are candy eating and candy making connoisseurs.)

TRADITIONAL HOMEMADE HOLIDAY TREATS

Myrna Bartel and Karen Franz

539-7950

Thursday, 7:30pm,Dec 9
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $0.00, at class

Enjoy the traditional holiday treats of the Mennonites this Christmas/New Year season. This class will prepare the raisin fritter New Year’s cookie, the apple-pie cookies and the jello cookies – and then enjoy the fruits of their labor - both were big hits at the recent Kansas Folk Life Festival. Learn to make these in the traditional way. (Karen & Myrna have prepared these treats for their families.)

HOLIDAY COOKIES FOR KIDS (AGES 4 & UP)

Kim Schum

539-3641

One Time: Monday, 1-3:30pm, Dec 11
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 8

This class will show young cookie makers how to make holiday cookies and brownies. Children will be given simple recipes and cookie samples to take home and share. (Kim is a close friend of the "Cookie Monster.")

SINNERBREAD HOUSES

Rebecca Brownson

537-9090

One Time: Monday, 7-8:30pm, Nov 29
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 15

Building a gingerbread house is not a difficult project once you’ve seen one constructed. This will be your chance to do just that and still have time before the holidays to build one for your families and friends.

LET’S HEAR IT FOR GRANKLA

Julia Strauss

1-293-5795.

One Time: Wednesday, 7-8:30pm, Nov 17
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 10

If you’ve never tasted a sweet healthy treat – now’s your golden opportunity! (Class participants will enjoy in both the baking and partaking of granola. Creative hints will be offered on how to package it for gift giving. (Julia bakes and munches granola every season of the year – but especially during the holidays.)

WINTER SOLSTICE

Sue Rieger & Sandy Sandersware

532-5866

One Time: Tuesday, 7-10pm, Dec 21
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Midwinter solstice is the celebration of rebirth as the year’s cycle comes full circle. Come join us in song, food and celebration. Bring poetry, musical instruments and enough food to share.

HONEY & SPICE AND EVERYTHING NICE

People’s Grocery

539-6143

One Time: Saturday, 9:30am, Dec 11
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

"We always cook with honey – so how’s your appetite." Several members of the People’s Grocery will share recipes and sweet, tasty bakery treats you can cook without sugar. Come prepared to help with the baking and your tastebuds ready to explore.

PUNCH WITHOUT THE PUNCH

Mrs. Quillen

537-7310

One Time: Saturday, 10am-12noon, Dec 4
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class

This tasty punch will fill you up while you can still enjoy a taste and look good too. The origins of a wide variety of punch will be discussed. Also covered will be how punch is made, quality control and serving ideas. Samples will be provided!

MELT-IN-YOUR-MOUTH MINTS

Mrs. Quillen

537-7310

One Time: Saturday, 10am-12noon, Dec 4
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class

Instructor: Limit: 6

What would the holiday season be without beautiful and delicious mints? Mrs. Quillen will demonstrate how to make mints that will be a perfect idea for gift giving, so decorate your table and use as a tasty addition to your holiday festivities. Please pay the materials fee to the class instructor in advance. (Mrs. Quillen has bought mint making for UFM before and enjoys this holiday tradition.)

SWEET SWEET POTATOES

Colleen Burnett

532-5866

One Time: Monday, 7-8:30pm, Nov 8
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 10

Sweet potatoes are both versatile and delicious. From sweet potato pie, to candied sweet potatoes. Learn the many ways sweet potatoes can complement your holiday dinner. Come prepared to cook and taste. (Colleen works for UFM and is always sharing her special recipes with the staff.)

DESIGN FOR DINING

Mrs. Von Kiesen

776-9067

One Time: Tuesday, 7-9pm, Nov 16
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 10

Is company coming for dinner? Learn how to accent and coordinate your dining table with table top fashions including placemats, linens, china, crystal and flatware. (Mrs. Von Kiesen is the head bridal consultant for Campbell’s.)

BREAD SCULPTURES

Elise Rose

532-5731

Saturday, 7-9pm, Dec 11
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 8

We will make whole-grain breads using recipes and methods outlined in Martha Stewart’s excellent book, Bread Sculptures. The purpose is to create not lasting ornaments but edible works of art with both symbolic and nutritive value. Bring any of the following that you have: cookie sheets, foil, pastry brush, gelatin or lemon press, kitchen shears, pie edge flouter, pizza cutter, spoons, seeds, ideas for figures. (Elise enjoy making and eating natural and enhancing celebrations with symbols.)

WHICH BIRD SHALL WE TRY THIS YEAR?

Albert Adams

776-1555 532-5664

One Time: Tuesday, 7-8:30pm, Nov 17
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Limit: 25

Which bird shall we try this year? Duck, goose, capon, Rock Cornish hen, or a whole new experience of turkey. Dr. Adams will discuss the hest's construction: taste, texture, leftovers, size of party, etc. Get a headstart on your Thanksgiving and Christmas dinner party planning with this fair look at holiday fowl. (Dr. Adams is professor of Animal Science, specializing in poultry, Secretary of K.S. Poultry Association and loves promoting Kansas consumption of Kansas poultry)

THE 40-SECOND OMELET

Albert Adams

776-1555 532-5664

One Time: Tuesday, 7-8:30pm, Dec 17
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 30

Omelets are as simple and fast as ABC to make, and many people don’t realize what a wonderful wrapper an omelet is for all those holiday leftovers. Join Dr. Adams to learn how versatile a cook you can be. You’ll get to make an omelet and sample many.

MAKING BEER

Ira Harrett & John Holcomb

532-5866

Tuesdays, 6:30-8:30pm First Meeting Nov. 16 Length: 3 times
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00 pay at class

The art of home brewing and its beneficial effect on greenhouse production (and the brewer.) CO2 levels help plants grow and is produced in the brewing process. Bottling and sampling meetings to be scheduled. Each participant will receive a sample from this class. (Participation subject to state law.)
TATTED SHOWFLAKE ORNAMENTS: THE BASICS OF LACE MAKING
Conf Jo Bates
Section I: Tuesdays, 1:30-3:30pm, Nov 30, Dec 7
Section II: Thursdays, 9:30-11:30am, Dec 2, 9
Location: Class will be held at the Conf Jo Bates home.
Class Fee: $3.00, pay with registration
Limit: 6
This ancient art of lace making was called Frivolité in France but when English women set up their workshops in their engaging in Frivolité all day so it was renamed tatting. Today tatting often starts on small projects such as medalsions and showflakes which make beautiful gifts and tree decorations. Come learn the magic you can do with a piece of string. Please bring to class: red plastic shuttle and a ball of bedspread thread of cotton. You will learn from this art right now from 80-year-old Effie Edwards who taught the first UPM tatting class.

COLOR YOUR TREE WITH ORIGAMI
Sharyle Chang
Satdays, 1-2pm, Nov 11, 20
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 8
Origami is the Japanese art of folding brightly colored paper into animals and other objects. These whimsical animals make wonderful tree ornaments. Traditionally, this craft was passed down to younger children to develop creativity and imagination, but today all ages can enjoy this fascinating art. Join us and discover this beautiful Oriental skill for yourself. (Sharyle learned this art as a child growing up in Japan.)

HAIRBRIDGING FOR THE HOLIDAYS
Lin Breccolo
Section I: Wednesday, Nov 6, Dec 1
Section II: Monday, Dec 6, Dec 6
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10
Christmas break will arrive soon along with all the special festivities so you will want to learn how to do hair styles that suit your hair. Professional hair stylists will demonstrate different styles of batching and knotting on each of the participants. Come enjoy yourself while learning the newest techniques so you can do them on yourself. (Lin owns her own salon, The Hair Experts, in Aggieville.)

HOLIDAY CANDYMAKING
Neil Schanker
Thursday, 7:30-9:30pm, Dec 2
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.50, pay at class
Limit: 15
Make candies for gifts this holiday season! They’re inexpensive, fun and they allow lots of creativity. After we discuss candy types, waxes, colors, textures, scents, safety and tips, everyone can make a personalized candy to take home. (We’ll enjoy making candies on long winter nights.)

LAVING - WOOD IN THE ROUND
Lowell Regeher
Thursdays, 7pm, Nov 4, 11, 18, Dec 2 (4 times)
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 6
Turning chunks of wood into beautiful carved bowls, bowls, bedpills, chair legs and other wood projects is a very satisfying and rather magical art. Lowell especially enjoys this type of woodworking and will introduce you to the procedures so that a beginner can make beautiful colored prints and slides with little practice. UPM has recently purchased a color press and prints and Lowell will show you the easy steps to impressive color results. Save money and experience the pleasure and pride of making your own color photograph. (John’s good in a dark room.)

WOODCARVING
Harold Classroom
One evening workshop, 7pm, Nov 10
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 8
Woodcarving is one of the more popular traditional crafts found in Kansas today. Using very basic tools and his knowledge of farm animals, Harold carves beautiful animals out of scrap wood. He is happy to share his knowledge of this very satisfying art form with you. It is a very satisfying art form by not only discussing his own work but also sharing his experiences with others so they can begin their own woodcarving project. Please bring all tools and sharp knives and any soft scrap wood you may have to class. (Harold is a folk artist who has been woodcarving for years.)
TANNING
Petra Stephen
Organization Meeting: Thursday, 8-10pm, Nov 4
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 6
An introduction to tanning fur skins such as sheep, deer, goat and rabbit. We hope to be able to schedule a hands-on demonstration. If you have hides to be tanned, you are welcome to bring those. Please freeze them until the first scheduled meeting. (No tanning hides to the organization)

MATTING AND PICTURE FRAMING BASIC
Stuart Tillet
Location: Will be noted on your receipt
Class Fee: $7.00, pay with registration
Materials Fee: $0.00, pay at class
Limit: 15
Don't go out and spend a fortune on a good-quality picture frame! Learn techniques necessary for assembling your own frame including: matting, basic glass, cutting and choosing what type moulding to use and how to finish it properly. This will include demonstrations and hands-on experience. Materials and supplies for additional framing will be available for purchase by participants. (Steve has taught this popular framing class before.)

Sculptures in Ice
Larry Lindstrom
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 15
Larry will teach you the frozen art of ice sculpture, withchain saw and chisels in hand he has made almost life-sized sculptures of reindeers, swans, eagles, parrots, and even Minnie and Mickey Mouse. The first class will introduce you to the second class you will have the chance to chisel a sculpture of your own. Materials fee must be paid by Larry to cover the ice. (Larry has been sculpting in ice for 2 years and basically taught himself the art.)

KNITTING
Jan Vrack
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 8
Learn to knit this holiday season while making your very own hand-made sweater! All the basics of increasing and decreasing stitches, reading a pattern and stitching both knit and purl will be covered as you are guided through your project to completion. This class is designed to be simple and enjoyable! Please bring to class: 20-24 oz of 4-ply acrylic yarn (worth weight), 2-4 balls of 9 or 10 inch circular needles, 34 inches long. (Jan has been designing and knitting sweaters for ten years.)

COUNTED CROSS STITCH FOR ADULTS
Kim Schum
Section I: (for adults) Mondays, 7pm, Nov 8, 15, 22
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 8
Enjoy giving handmade gifts this holiday season that you have sewn yourself. 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, You will learn how to create your own patterns in any type material. It's fun and easy and makes wonderful gifts. (She enjoys making special gifts for her friends and family.)

COUNTED CROSS STITCH FOR 8-11 YEARS
Kim Schum
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 8
Take advantage of this opportunity for children to make their own handmade Christmas gifts, i.e., crew ornaments, pictures and more are possible. This 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. All the basic stitches will be covered including an introduction in how to create your own patterns.

COUNTED CROSS STITCH FOR 4-7 YEARS
Kim Schum
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 8
Back by popular demand, this improved course is an introduction to the art of counted cross-stitch for children. It is a type of needlework where patterns and designs are created by doing a basic cross-stitch on the fabric and which will help develop good eye-hand coordination in the child. This is a great opportunity for them to make those special gifts for parents or grandparents. A parent or high school youth is requested to attend with each child. Parents of younger-olds please call Kim before enrolling.

ARTS and CRAFTS...

BARGAIN HUNTER'S GUIDE TO ART COLLECTING
Julie Streeker, Kate Cashman
One Time: Wednesday, 7:30-9pm, Nov 17
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 20
Learning how to collect art and NOT lose your shirt is the objective of this class. We'll discuss different art forms and the processes involved, and most importantly, developing personal guidelines for investment. (Kate is the director of Streeker Gallery. Julie is an art collector and owns the gallery.)

CREATIVE CLOCK MAKING
Steve Hall
One Time: Wednesday, 7:30-9pm, Nov 16, 30
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 20
Clocks can have personality! Materials will be on hand for each participant to create a unique clock face of his/her own design to be incorporated into a simple box frame. Several examples and some suggestions will be discussed. You may buy at class whatever materials you wish to re-make an old clock or begin a new one. (Steve is a participant in local craft shows and enjoys creating unique craft items.)

POTPOURRI MAKING
Dale Anderson
One Time: Wednesday, 7-9:30pm, Nov 17
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10
Potpourri has many more uses other than just as a room freshener. We will smell samples, look at recipes and actually make our own potpourri. When properly prepared, it will last for years. Dimensions and make excellent Christmas gifts. The cost will vary between $10-20, although $10 will make a large amount of potpourri, large enough to fill a large plastic bag to mix in and enjoy an evening in a turn-of-the-century store. (Dale owns The Herb Patch and is known for the wonderful selection of potpourri he makes.)

Judy Goodwin
One Time: Tuesday, 7-9pm, Nov 8
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10
Auctions are getting more popular. Pick up the perfect antique gift for a low price. There are many of them held in Manhattan and surrounding areas this holiday season. Pat, a local auctioneer, will help get over fears like "If I snap my nose at an auction could I end up owning 200 acres of land?" Join the fun and bring a small item to be auctioned off for practice. (Pat is a graduate of the Missouri Auction School and a member of the National and Kansas Auctioneers Associations.)

DISCOVER YOUR SEASON: A PRERTTIER YOU
Jill Elliott
One Time: Saturday, 9:30-11am, Nov 6
Section II: Tuesday, 7-9pm, Nov 9
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10
Do you want to look beautiful for those special holiday festivities? Do you want to learn how to apply makeup to make you look naturally glamorous? Learn about proper makeup application and color coordination to make the most of you and discover what season you are. (Karen received her doctorate in Home Economics at KU and currently works with Lady Filene's cosmetics.)

PROFESSIONAL MANICURES
Terry Gordon
One Time: Monday, 7-8:30pm, Nov 15
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 8
Pamper yourself for the holidays! Here's your chance to achieve the long, beautiful and healthy nails that you've always admired on everyone else but didn't think possible for yourself. Well - It Is! A professional manicurist will demonstrate and help you with actual hands-on experience. This class discusses techniques used in creating a professional manicure, hand care problems, safety precautions and use of equipment. Treat yourself and feel great when you leave! (Terry owns Van's Nail Fashion and is both a trained manicurist and nail stylist.)

MEET THE COMPUTER
Jay Elowitz
One Time: Tuesday, 7-8:30pm, First Class, Nov 2
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 12
Computer Use Fee: $8.00, pay at class
This course in beginning basic programming is designed for the first time user to gain familiarity with computer terms, theory of operation and programming with the BASIC programming language. No prior computer knowledge is required. Apple computer will be allowed to finish all class exercises. The basic language taught in this course is compatible with most of today's micro-computers.

...and Other Skills

BEDDING and BOTANES AT AUCTION
Pat Hamilton
One Time: Tuesday, 7-9:30pm, Nov 20
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10
Auctions are great places to pick up the perfect antique gift for a low price. There are many of them held in Manhattan and surrounding areas this holiday season. Pat, a local auctioneer, will help get over fears like "If I snap my nose at an auction could I end up owning 200 acres of land?" Join the fun and bring a small item to be auctioned off for practice. (Pat is a graduate of the Missouri Auction School and a member of the National and Kansas Auctioneers Associations.)

776-6488

MEET THE COMPUTER
Jay Elowitz
One Time: Tuesday, 7-8:30pm, First Class, Nov 2
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 12
Computer Use Fee: $8.00, pay at class
This course in beginning basic programming is designed for the first time user to gain familiarity with computer terms, theory of operation and programming with the BASIC programming language. No prior computer knowledge is required. Apple computer will be allowed to finish all class exercises. The basic language taught in this course is compatible with most of today's micro-computers.

776-6488
Growing Together

K-STATE ORCHID COLLECTION TOUR

MF41  532-6170

One Time: Monday, 7-8:30pm, Nov 8
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration

Cold Frame, Cloud and Greenhouse Production

MF54  532-5866

One Time: Saturday, 11am-12:30pm, Nov 13
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

GROUP PURCHASE OF FRUIT AND NUT TREES, BERRIES, ETC.

MF55  532-5866

One Time: Saturday, 1-3pm, Nov 13
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration

TERRARIUMS FOR GIFTS

MF43  537-9099

One Time: Thursday, 7-8pm, Nov 11
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration

Looking for a handmade gift that requires little time and is easy to make? Try a terrarium. We will discuss plant groups that enjoy terrarium living, suitable containers and materials needed to develop a miniature environment. ( Rejecta has been making terrariums since she was a child when her grandmother introduced her to gardening.)

GARDEN SEED CO-OP

MF44  1-457-2185

Kate Bradley

One Time: Tuesday, 1-3pm, Nov 20
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration

Indoors and Out

FRIENDS OF THE EARTH

MF53  532-5866

One Time: Saturday, 1pm, Nov 6
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Coordinating seed orders can be fun, economical and allow you to try new cultivars and new varieties. Come to this first organizational meeting to discuss how to start a co-op for those interested. (Kate has been growing and experimenting for years and always looks for ways to save money.)

CHAISSON DEMONSTRATION: USE, SAFETY AND MAINTENANCE

MF58  537-2644

Brett Ballenhol

One Time: Saturday, 8:30am-12noon, Nov 20
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Last year, more than 50,000 Americans required emergency hospital treat- ment for chainaw injuries, many of which could have been avoided. Brett will take you to a nearby wooded area to demonstrate safe techniques in using your wood supply. If you're a movie chainaw user, don't pass up this valuable class. If you're an old hand with chainaws, you may pick up some worthwhile tips. (Brett has five years experience in the logging industry and does tree trimming on weekends.)

TAIKYUZI FROM FIELD TO TRAP (WITH PLEASANT MOUNTING DEMONSTRATION)

MF36  1-494-2487

Myron Schalk

One Time: Thursday, 7:30-9:30pm, Nov 11
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Myron will introduce you to the history of taikyuzi and the advancement in techniques over the last 50 years. He will cover care of field birds, fish, small animals, big game, and he'll explain to you the best group of animals for the taxidermist. Most of the class will be a step-by-step demonstration of mounting a pleasant, starting with a skin. Don't pass up this rare opportunity! (Myron is president of the Kansas Association of Taxidermists and has been a professional taxidermist for over 20 years.)

THE OUTDOORS: LEARN IT AND EAT IT (FISHING, HUNTING AND TRAPPING)

MF37  776-3270

Dan T. Price

One Time: Monday, 7-8:30pm, First Meeting: Nov 8
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Dan will teach you techniques of fishing and outdoors gathering. According to class interests, outdoor events will be scheduled including a canoe barbecue, fishing trips and fish fries. (Dan is vice-president of family business, that specializes in fishing, hunting and trapping. His specialty is fishing.)

HALLOWEEN OR CALLING

MF39  537-8871

Monty Hinton

One Time: Saturday, 9pm to midnight, Oct 30
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Halloween brings to mind things that haunt the night. On this trip we will endeavor to seek out and "talk" to a group of nocturnal birds - the owls. (Monty is vice-president of the Northern Flint Hills Audubon Society and enjoys activities related to wildlife.)

HUMAN ANATOMY

MF51  539-9150

Lynn Schanker

One Time: Saturday, 9-11:30am, Nov 6
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Ever want to study a human skeleton but were always afraid to? To bones about it? This class will provide you with the opportunity to view and handle human bones, preserved human organs, animal bones, models, dissect rats and sheep ears. Find out about yourself! (Lynn, a human body herself, is a biology instructor.)

SHELLSHARDS AND SHELL COLLECTING: GIFT IDEAS FOR KANSANS

MF52  1-293-5724

Doris Fosha

One Time: Tuesday, 7-9pm, Nov 9
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

The class will involve viewing, discussing, collecting and cleaning shells, their natural habitats and ways of obtaining shells from other countries and their prices. (The instructor is the owner of the soon-to-open "Hana Place" Natural and Wildlife Decorator Shop at rural Leonardville.)
Heart and Soul

PARENTS ANONYMOUS

Don and Imrie Fallon

539-4451

Thursday, 7:30am, First Meeting, Nov 11
Location: 7:30am, First Meeting, Nov 11
Class Fee: $1.00, pay with registration

Parents who lose their temper with their children or sometimes say unusually harsh things. At times parents avoid disciplining their children out of fear of losing control. Lack of control can lead to physical or emotional hurt and abuse. It is a support group for parents who wish to cope with such feelings and prevent damaging relationships between themselves and their children. Skills will be shared that help express anger and love feelings, to reduce stress and to affirm a new sense of self-worth, trust, confidentiality, anonymity, and caring will be emphasized. Register by first name only and phone number and you will be called by a volunteer of Manhattan Family Council. Don and Imrie are parents. Don is a graduate of the Menninger Counseling Program and Imrie is a kindergarten teacher with experience and graduate work in parent-child relationships.

THE PSYCHIC MIND OF EVERYONE

BILL WILKINS

539-8211

Sunday, 6-8pm, First Meeting: Nov 6
Location: 6-8pm, First Meeting: Nov 6
Class Fee: $5.00, pay with registration

Psychic Mediumship, psychometry (object reading), clairvoyance, meditation.

One person has the ability to manipulate the mind. Although few people experience these events, all are endowed with the psychic gifts. This class will open you up to your own abilities so that you may make the best of your potential. (Bill has counseled others in the use of psychic abilities for the last 2 years.)

INTRODUCTION TO MEDITATION

DADA SUDHAKAR

612-874-9041

One Time: Wednesday, 7-9pm, Dec 15
Location: 7-9pm, Dec 15
Class Fee: $5.00, pay with registration

One in ten people there is a constant restless search for complete happiness. Meditation is a tool by which this human need can be satisfied.

(To be in spiritual community of Ananda Marga for the Mid-west, and has trained in India in yoga.)

NEED HUMANITY

DADA SUDHAKAR

One Time: Thursday, 7-9pm, Dec 16
Location: 7-9pm, Dec 16
Class Fee: $5.00, pay with registration

A new synthesis of spiritual practice and social action on universalism. Meditation is used as a tool to overcome narrow sentiments within ourselves and give rise to nationalism and groupism in society.

USING THE JOURNAL: A WAY OF "GETTING IT TOGETHER"

LIEBE PELLARI

539-3104

Saturday, 7:30-9:30pm, Nov 11
Location: 7:30-9:30pm, Nov 11
Class Fee: $5.00, pay with registration

Do you often find yourself wondering "What's the next step for me?" or "Why is this happening to me?" Do you often feel overwhelmed and fearful of the future? A Journal-keeping technique. This course will include basic exercises which explain Progoff's technique. You don't have to be an expert in language arts, bring a pen and notebook paper. (Liebe is an authorized leader of Progoff's Intensive Journal Program.)

DANCES OF UNIVERSAL PEACE/SUFI DANCING

NABLUDDIN NELSON, SHANKAR HARRITT

468-3631 539-2717

Thursdays, 7:30-9:30pm, Nov 18, Dec 2 (2 times)
Location: 7:30-9:30pm, Nov 18, Dec 2
Class Fee: $5.00, pay with registration

Dances of Universal Peace/Sufi Dancing draw from the spiritual traditions of the world combining sacred phrases with music and simple movements, creating a union of the group energy in the Divine. At one of our events a man has died by playing in the dance. (Nabluddin and Shankar have studied, taught, and researched in Sufi wisdom for over 5 years.)

REFLEXOLOGY

Russell Gillese

776-6768

Monday, 7-9:30pm, Nov 8
Location: 7-9:30pm, Nov 8
Class Fee: $2.00, pay with registration

We will cover basic information of zone therapy (Reflexology). Information to help yourself and others to prevent and overcome tension, improve circulation and normalize body functions will be given. Personal hygiene is necessary. (Russell is a Certified Registered Reflexologist and is concerned about people's health.)

In Motion

INTRODUCTION TO DOWNHILL SKATING

JULIE CLEAVE

539-5663

One Time: Wednesday, 7-9pm, Nov 17
Location: 7-9pm, Nov 17
Class Fee: $5.00, pay with registration

Do you feel like doing something different and exciting this winter? Try skiing! But, before you get up on the slopes, come to this two-hour session to learn a few tips. We'll cover everything from equipment to treatment of frostbite, burns, and broken bone. Skis and poles will be provided. (If you take notes, and answer questions, then you'll be a winner). (Julie is a member of the Heidelberg International Ski Club, and has spent the past five years skiing Europe.)

INTERMEDIATE KAYAKING WORKSHOPS

Rea REIDOLE

539-9567

Saturday, 2-4pm, Nov 19
Location: 2-4pm, Nov 19
Class Fee: $3.00, pay with registration

These workshops are for those kayakers with some experience who desire to improve their skills. Informal critiques will be provided on rolls and steering in intermediate, boating efficiency for those at the pool, or open water kayaker's how to bring your own. Come as many times as you want and pay $2.00 per Sunday at the class. Instruction will be provided by members of the Kayak chapter of the Kansas Canoe Association.

GENERAL FITNESS EXERCISES TO MUSIC

Susan Greco

539-5731

Tuesday, Wednesday, 5-7:30pm First Meeting: Nov 3
Location: 5-7:30pm First Meeting: Nov 3
Class Fee: $5.00, pay with registration

Length: Ongoing

Class Fee: $10.00, pay with registration

Exercises include yoga postures and dance to music to increase the heart rate, learning and maintaining realistic goals and with partners. Continuous activity is stressed, and will increase progressively through the semester. (Susan learned this course in West Germany and taught it professionally at the Damascus, Syria Sheraton Hotel.)

TAT CHI EXERCISE

Tom Graham

539-8311 776-0780

Wednesday, 7:30-9:30am, Nov 16
Location: 7:30-9:30am, Nov 16
Class Fee: $5.00, pay with registration

Length: Ongoing

Class Fee: $10.00, pay with registration

Tat Chi is a Chinese exercise system involving both exercise and self-defense. Basics at the beginner level is placed on coordination, balance, breathing, and smooth flow of movement. (Tom began Tat Chi last fall. He has been involved in martial arts for five years.)

BEGINNING FENCING

Richard Rehns

539-9251

Wednesday, 7:30-9:30pm, Nov 1
Location: 7:30-9:30pm, Nov 1
Class Fee: $5.00, pay with registration

Length: Ongoing

Class Fee: $5.00, pay with registration

Learn to fence with a full footwork, conditioning, and blade play will be emphasized in the first few weeks followed by practice bouts. The class will end with a class practice 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.)

VOLLEYBALL FOR FUN

Lola Morales

539-8067

Tuesday, Wednesdays, 6:30-8:30am First Meeting: Nov 2
Location: 6:30-8:30am First Meeting: Nov 2
Class Fee: $3.00, pay with registration

Length: Ongoing

Class Fee: $5.00, pay with registration

Volleyball can provide low-key competition, exercise and a good time. Beginners and advanced players are welcome. Net and balls will be furnished. (Lola has played UMKC volleyball for years.)

POCKET BILLIARDS FOR BEGINNERS

Jerry Riggs

776-8338

Saturday, 10:30am First Meeting: Nov 6
Location: 10:30am First Meeting: Nov 6
Class Fee: $1.00, pay with registration

Length: 6 times

The class will start with a brief history of the game, included will be an introduction to playing equipment, basic stance, aiming, English, and control. The different games - 8-ball, 9-ball, and smoker - will be covered as well as the theory and mental game. Also we will watch a video tape trick shot demonstration and championship matches. (Jerry has played in World Pool Shootouts and World Championships in New York City, finishing 33rd in 1979, 18th in 1980 and 20th in 1981.)
## Mail In Registration Form

**Mail-In registration due Oct 18-29**

### Registration Dates:
- **Walk-ins:**
  - Tuesday, Oct 18: UFM House, 7-9am
  - Wednesday, Oct 19: KSU Union, 9am-2pm
  - Thursday, Oct 20: Public Library, 4-7pm
  - Saturday, Oct 22: Wall-Mart, 10am-12m
  - Monday, Oct 24: KSU Union, 9am-2pm
  - Wednesday, Oct 26: Public Library, 9am-12m

- **Late Registration:** Accepted 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 listed, is paid at class.) Add the registration fee as it applies. (See costs)
- Mail your form(s) with your check to: University for Man, 1221 Thurstom, Manhattan, KS 66506
- Receipts and locations will be mailed to you immediately. If the class is full, a second refund policy (A stamped, self-addressed envelope would be appreciated).

**Costs:**
- Registration fee is $2.00 per person. If you are under 13 and your parent(s) are taking a UFM class, do not pay registration fee. Those teaching or doing volunteer work receive discount fees.
- 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 50% allocation supports student participation.)
- If you are registering only for Adult-Name Network classes, you are exempt from the registration fee.
- In the brochure when a fee is listed, this is the class Fee and is paid at registration. When a materials fee is also listed, pay it to the instructor at the first class session.

**SPECIAL CHILDREN’S DISCOUNT FOR FAMILY PARTICIPATION:**
- If you are under 13 and are enrolling in a class that your parents are enrolling in, pay no registration fee and half the class fee. If you are enrolling in classes that your parents are not in, pay no enrollment fee.

### UFM Return Policy:
- Please check your calender before you register for a class. UFM will only give a refund in these instances:
  1. the limited class you paid for has been filled
  2. 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 check vouchers. These can be used to other classes, either in this catalog or in the future, or can be refunded 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 are entitled to fee reductions when enrolling in UFM classes in either this catalog or in the future. UFM teacher credit can be saved up, but cannot be redeemed for cash or transferred to others. UFM teacher credits will be recorded to our current instructors. This is one way for us to say thank you for being part of 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 will be included.

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Total class fees (see costs)

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### Registration:

#### Survey:
- **Please check all that apply**
  - Listed in the catalogue.
  - If you are interested in teaching for UFM.
  - I would like to see offered next term.

#### UFM - 322-5866

### (Please Print)

Name:

Street: Apt.

City: Zip.

Home Phone: Work Phone

### Registration:

#### Survey:
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