THE FAMILY: CORNERSTONE OF AMERICAN SOCIETY

Family (Def. 1) - Those persons living together in one house or closely related individuals; a group of kindred; one's children, collectively; those united by a common trait.

Much has been said about the American family. There are some who say it is dying, some who insist that it no longer exists. We, however, believe that the American family is as strong as ever. Perhaps the swirling currents of contemporary life have placed new demands upon the family unit, but the resilience of family has proved equal to the challenge. Emerging in new forms, alongside the traditional family structure, the family thrives and continues as the cornerstone of American life.

UFM dedicates this issue of our catalog to the American Family - the traditional family and the non-traditional family, the family of those kindred by virtue of like ideas and shared belief . . . the family of people.

HOW DO I REGISTER FOR CLASSES?
Complete registration instructions can be found on the back cover of this catalog.

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

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

UFM On Television and Radio
"This is UFM" is a weekly television show featuring interviews with UFM leaders on their areas of expertise. It is aired every Tuesday at 6:30 pm and Friday at 6:30 pm on Channel 6. Hear the highlights of UFM activities on "The UFM Report," a public service of radio KMFS (FM 101.7) every Monday at 6:30 pm.

STAFF
Rebecca Brownson .................................. Class Coordinator
Julie Coates ............................................ Director, Local Programs
Janet Holcomb ......................................... Class Coordinator
Sandy Sandersware .................................... Class Coordinator
Neil Schankart ......................................... Asst. Director, Local Programs
Julie Guerst Walter .................................... Class Coordinator

FUNDING SOURCES FOR LOCAL PROGRAMS
UFM local programs are supported by: KSU Division of Continuing Education, KSU Student Governing Association, Kansas Farm Bureau, the Community Chest of Manhattan, and The Manhattan Mercury.

THANKS TO THE MANHATTAN MERCURY AND MANHATTAN CAMERA SHOP FOR ASSISTANCE IN PREPARING THIS BROCHURE.

PHOTO CREDITS: THE MANHATTAN MERCURY AND FRIENDS OF UFM

ABOUT THE CATALOG ARTIST
Natalya Hall is a freelance artist who owns Eartheign Graphics in Manhattan. You can reach her at 537-6335.

August 26, 1979
Dear UFM:

Last night over dinner my family had a remarkable conversation. It reflects and almost underlines the diversity of educational sharing which UFM facilitates, and I wanted to share it with you. It began when we asked my father (John Cappooll, 82 yrs.) about the creative writing class he will be co-leading this fall through UFM. After he had told about his plans I told my parents about the 3 sessions I plan to lead. After that Ben (my son, 8 yrs.) told about the birdwatching class he will lead. It's quite an organization that can serve as an umbrella for 3 generations' very different educational interests (writing, childrearing, birding! The span of ages just in one family is 74 years. All of us had participated in UFM offerings before; none of us had led any until now. It's quite a coincidence.

Esther
COMMUNITY

"We two form a multitude."
- Virgil

MONDAY TALK

SUCCESSFUL HOME BUYING

Bill Frakes
One Time: Tuesday, 7-9pm, March 1
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Thinking about buying a home? What should you look for inside, outside, and all around a potential house? This course will provide you with a complete home buying checklist and will discuss such important elements as home-inspection, insurance, and planning for the future. (Bill is a broker-owner of a local real estate agency, the current president of the Manhattan Board of Realtors, and 1981 Realtor of the Year.)

DO-IT-YOURSELF TAX PREPARATION: THE BASICS

LeJuan Shrimplin
One Time: Wednesday, March 9, 7-9:30pm
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Don’t wait any longer for the April 15th frenzy to strike! This course will cover the basics you need to know to organize your financial information and file your tax return. (LeJuan instructs accounting courses at KSU and is a professional tax consultant.)

WAR TAX RESISTANCE

Dean Donner
One Time: Tuesday, Feb 16, 7-9pm
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

This year over 500 of your federal income tax will fund the U.S. military’s preparations for genocide and planetary suicide. There are peaceful uses for your tax dollars. Dean will discuss peaceful ways to redirect tax dollars. (Dean sends the military portion of his tax to the World Peace Tax Fund and has interacted with the IRS on this issue.)

TAX EXEMPT INVESTMENT INCOME

Aberth Winkler
One Time: Thursday, Feb 3, 7:30-9:30pm
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

This course will focus on tax-free investments for those who are retired or approaching retirement. Municipal bond funds, Kansas municipal bonds, utility stocks and U.S. government securities can provide investors with high yields as well as maximum security. Questions regarding portfolio management will also be discussed. (Aberth is a stockbroker and an economist with experience in a broad range of financial markets.)

IT’S YOUR MONEY: A FINANCIAL SERIES

Steve Harrison, Sherly Praw
C-5
537-0994

Whether you want to know how stocks and bonds, mutual funds and money 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: Will be noted on your receipt
Class Fee: $3.00/session (please indicate sessions you plan to attend)
10.00/session, pay with registration

INVESTING FOR GROWTH AND/OR RETIREMENT

CBA
Thursday, 7:30-9:30pm, Feb 10
Back by popular demand, this is an opportunity to begin forming the foundation of investment fundamentals necessary for effective financial planning. Topics will include money market funds, stocks, bonds, mutual funds and other investment opportunities.

Why Investors Fail
CBB
Tuesday, 7:30-9:30pm, Feb 16
Once you have the basics, where do you go next? Questions addressed during this session will include: “What can I hope to get from investing?” “Why can I afford to take?” and “How do I calculate investment risk?”

INVESTING FOR INCOME TODAY

CSC
Thursday, 7:30-9:30pm, Feb 17
“What will give me income now?” For those who ask this question we will discuss money market funds, bonds (corporates, government and municipal), income stocks, income producing real estate and other alternatives.

INVESTING FOR GROWTH AND/OR RETIREMENT

CBB
Thursday, 7:30-9:30pm, Feb 24
Inflation and taxes - both are major considerations. Discussions will cover investing for income tax reduction through real estate, oil and gas, as well as equipment leasing, retirement plans such as Keogh’s and IRA’s and growth through various investment vehicles.

Steve and Sherly are registered representatives of a New York Stock Exchange member firm with offices in Manhattan.

CREATE YOUR FUTURE EVERYDAY: YOUR HEALTH AND WEALTH

The following two-session seminars are offered in combination so that you can maximize your physical and financial well-being.

The courses are taught by Catherine L. Fung, an instructor of the KU course "Adventures in Attitudes" and a financial planner with a local financial consulting firm. Please indicate which combination works for you to attend when you register. You may register for the sessions individually or as a two-part seminar.

One Session Only Fee: $3.00 (please indicate which section and day you wish to attend)
Two-Session Seminar Fee: $6.00 (please indicate day you wish to attend)

The ART OF FINANCIAL PLANNING

C-9

Catherine L. Fung

Section I: One Time: Saturday, 1-2:30pm, Apr 16
Section II: One Time: Saturday, 1-2:30pm, Apr 23

This session will focus on how you can maximize the financial resources available to you. Insure, including whole-life vs term life insurance. Mutual funds and financial gains, retirement planning and investments in coin and stamp collections will be discussed. Find out how your income can go to work for you in this informative seminar.

The ART OF WELL-BEING

CBA

Catherine L. Fung

Section I: One Time: Saturday, 10am-12noon, Apr 16
Section II: One Time: Saturday, 10am-12noon, Apr 23

Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Your most important personal asset is your health. In this session we will cover invigorating and relaxing techniques which will help you enjoy your life and your financial rewards. Included will be breathing exercises and strategies for commanding your thoughts so that you can become the person you want to be.
SUCCESSFUL MONEY MANAGEMENT

Fred Freedy

Section I: Monday, Feb 14, 7:30pm
Section II: Saturday, Feb 20, 10am-12pm
Section III: Monday, Feb 28, 7:30pm

Location: Will be noted on your receipt

People do not get rich making money, but by managing the money they make. This seminar takes you up the 15 steps of the stairway to financial security. Plain everyday language plus extensive use of visual aids helps assure a better understanding of what could be highly technical information. NOTE: Each section meets one time only. Couples are encouraged to participate together. Fred Freedy is a district manager for Kiddell & Reed, a national financial services organization specializing in financial planning.

DISCOUNT BROKERAGE

William A. Edson

One Time: Thursday, 7-9pm, Mar 24

Location: Will be noted on your receipt

Class Fee: $3.00, pay with registration

Discount brokerage is one of the newest services available to Manhattan investors who want to make their own decisions about their options on the stock market. Find out how this new investment service works and bring your questions. (Bill is president of a local bank which was the first financial institution to offer this service.)

HOW TO APPLY FOR A LOAN

Paul Nickel

One Time: Thursday, 7-9pm, Mar 3

Location: Will be noted on your receipt

Class Fee: $3.00, pay with registration

It's a fact: 95% of those applying for consumer or business loans don't know how to properly do so. As a result, loan applications which probably should be approved, are denied to potential borrowers. This course will cover the basics of income, debts, credit ratings and other factors which will improve your chances for obtaining a loan. (Paul is vice president and loan officer of a bank and has 12 years of banking experience.)

CAN YOU AFFORD YOUR OWN HOME NOW?

Marilyn Socofsky

One Time: Monday, 7-9pm, Feb 21

Location: Will be noted on your receipt

Class Fee: $3.00, pay with registration

It is probably easier to buy your own home than you think. Perhaps you find yourself confused by the jargon of the real estate world — "closing costs," "fra," "escrow," "bond," "down payment" and other frightening sounding words. This course will explain these and other real estate terms in a way you'll understand and will cover how to know if it is the right time to buy a home and how to determine if your budget can take on house payments. Exact costs and procedures will be outlined. Sign up for this course and find out what it takes to own your own home. (Marilyn is a Manhattan first time home buyer)"

LANDLORD-TENANT RIGHTS: WHAT YOU SHOULD KNOW

Paul Dorned

One Time: Monday, 7:30-9pm, Feb 7

Location: Will be noted on your receipt

Class Fee: $3.00, pay with registration

Materials Fee: $1.00, pay at class (for a handbook)

Learn what you should know to avoid hassles with your landlord. This class will cover what you should know before you rent, how to negotiate with your landlord and what is involved in breaking a lease or getting back your deposit. Also covered will be how to get along with your landlord and remedies — legal and otherwise — for problems that arise in landlord-tenant relationships. (Paul is an attorney at St. Riley.)

CONSUMER PROTECTION: WHAT'S IT ALL ABOUT

Wayne C. Mudney

One Time: Monday, 7-9pm, March 10

Location: Will be noted on your receipt

Class Fee: $3.00, pay with registration

You've heard a lot about consumer's rights. Maybe you have even been a victim of consumer fraud or deceptive advertising. This session will provide you with a look at the Division of Consumer Protection, an important part of the Office of Kansas' Attorney General. You'll learn what your rights are as a consumer and find out the latest information straight from the Attorney General's office. Bring your questions and concerns. (Wayne is Deputy Attorney General and Chief of Consumer Protection and Anti-Trust with the Division of Consumer Protection from Topeka.)

EVERYTHING YOU NEED TO KNOW ABOUT INDIVIDUAL RETIREMENT ACCOUNTS

Pat McDermott

Section I: Wednesday, 7-9pm First Meeting: Feb 2

Location: Will be noted on your receipt

Class Fee: $3.00, pay with registration

Materials Fee: $1.00, pay at class

The Individual Retirement Account (IRA) is every wage earner's tax shelter. This in-depth course will provide you with everything you need to know about this new financial tool including discussion of the various IRA plans available, how to open one at your bank and the ins and outs of IRA management. Find out how to switch it, withdraw it, and use it for the tax benefit and safety benefits. (Pat is a family counselor on family and personal finance who holds an M.S. in Family Economics and a PhD in Education.)

INSURANCE AND YOU: WHAT YOU NEED TO KNOW

The University for Man is proud to sponsor this one-day seminar focusing on insurance. The two-part seminar will cover the basics and the not-so-basics of the wide world of insurance. Leaders for this program will be Bob Stanho and Shaul Jacobs, representatives of Consumer Assistance with the Office of Insurance Commissioner, Fitcher, Sells. Free information and resources courtesy of the Kansas Insurance Department will be provided to participants.

Register for one session for $3.00 or both sessions for $5.00. (Lunch is not included in the fee.)

Auto and Homeowner Insurance

One Time: Saturday, 10-11:30am, Mar 26

Location: Will be noted on your receipt

Class Fee: $2.00 (single session) $5.00 for both, pay with registration

This portion of the seminar we'll talk about homeowner insurance. What is homeowner insurance? What is usually covered and how does it differ? Which perils are commonly excluded and what steps should you take to file a claim? And, we'll talk about auto insurance. What should you know before you buy, what insurance do you need by law? What about those premium rates and when can companies cancel or fail to renew your coverage? What should you do if you are involved in an accident? These topics and your own questions will be discussed.

Life and Health Insurance

One Time: Saturday, 1:30-3:30pm, Mar 26

Location: Will be noted on your receipt

Class Fee: $3.00, pay with registration $5.00 both sessions

This seminar will focus on Life Insurance including how factors to consider when buying life insurance, what to look for in an insurance company and in an insurance agent and the controversy surrounding whole life vs term policies. Also considered will be the value of insurance for women and children. Health Insurance will also be covered. We'll discuss the types of health policies available, the benefits of group vs individual policies and the pros and cons of canceling or not renewing a health policy. Also discussed will be important policy factors when buying and renewing your health insurance policies. (Lunch is not included.)

HEALTH INSURANCE VS HEALTH CARE COSTS (I CAN'T AFFORD EITHER)

Vicki Stone

One Time: Wednesday, 7:30-9:30pm, Mar 2

Location: Will be noted on your receipt

Class Fee: $3.00, pay with registration

Does health insurance terminology and the many types of health policies available put your head in a spin? This class will help you understand the world of health insurance so you can recognize the best coverage available at the most reasonable cost. We'll discuss the pros and cons of group vs individual health insurance, what to look for in an insurance company and in an insurance agent and the controversy surrounding whole life vs term policies. Information on how to proceed in appealing or questioning an insurance company decrion regarding payment of non-payment of your medical costs (2) will be covered. (Vicki is credit counselor with Methodist Hospital where she has dealt with patient and community questions and frustrations with health insurance since 1979.)

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MANHATTAN, KS.

TELEPHONE 776-4825
STILL MORE MONEY

JUDICIAL SECURITY: WHICH MAY MOW!

One Time: Wednesday, 7-9pm, March 23
Location: will be noted on your receipt
Class Fee: $1.00, pay with registration
There’s a lot of talk about the future of our government’s Social Security System these days. Find out what changes are in store for those receiving the benefits of Social Security now and for those who hope to receive it in the future. General background and information about Social Security will be provided. Bring John, a field representative for the Manhattan Social Security Office.

REANNUAL: THE GOOD, THE BAD AND THE UGLY

One Time: Tuesday, 7-9pm, April 5
Location: will be noted on your receipt
Class Fee: $0.00, pay with registration

What does the Reagan Administration mean by “Staying the Course” this session will provide participants with a simple presentation of the supply-side theory and “Reaganomics.” The critiques of current economic policy by non-supply-siders will also be presented and explained. You don’t need any prior knowledge of economics to enjoy this class. (Roger is the Executive Director of the Kansas Council on Economic Education and is an Instructor with KSU’s Department of Economics.)

INDIVIDUAL INCOME TAX RETURN

Section I: Monday, 7:30-9pm, Feb 28
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
This class will provide instruction to enable you to accurately prepare your Individual Federal (Form 1040A, 1040, 1040-A, 1040) and State income tax returns for 1982. It will point out what is new in the law this year and answer your questions. (Elias is certified by IRS to assist taxpayers.)

CREDIT - YOU'RE IN CHARGE SERIES

The following series of classes is offered to obserers of National Consumer Credit Week. Each special week is sponsored by your questionably by the International Consumer Credit Association, an educational professional service association serving the needs of the credit and finance industry in cooperation with Manhattan Credit Women International, a local organization designed to further education in credit and collection. For more information about Manhattan Credit Women International contact Patricia Simms.

Class Fee: Single Session $3.00, pay with registration
All Sessions, 10.00, pay with registration
Student Loan Financing

C-10A
Diane Burt

One Time: Monday, 7-9pm, April 25
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
Do you have the ability and desire to further your education but need a financial boost to do the? Through Guaranteed Student Loans and PLUS student plans, you can attend colleges and universities and meet your educational goals. This class will tell you everything you need to know about these loans and how they are applied for and your responsibilities when it comes to repayment. (Diane has worked in the banking industry in all areas of finance and recently started a student loan company in local bank. She is First Vice President of Credit Women International.)

Everything You Need To Know About Financing A Home

C-163
Diane Burt

One Time: Tuesday, 7-8:30pm, April 26
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
This class will cover almost everything you need to know about home finance - what to look for, different types of mortgages available, how to deal with a lender and what to consider when deciding whether to rent or to buy. (Diane is a past president of Credit Women International, a local savings and loan and has taught this popular class many times before.)

Establishing a Credit Rating

C-16C
B. Dale Thierolf

One Time: Wednesday, 7-9pm, April 27
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
Establishing a good credit rating means more than carrying around fancy plastic cards in your wallet. This session will cover all the essentials you need to know in order to build your credit file. You will be provided with a list of creditors and suggested strategies to help you maintain your credit rating no matter what your age or income. (Dale owns and operates a credit counseling service.)

Your Budget

C-16D
Patricia Streeter

One Time: Thursday, 7-9pm, April 28
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
Does your money run out before the month? To get the most from your money, it’s important to understand the basics of budgeting. Find out how to make your budget your friend in this informative class. (Patricia, who was named Kansas’ Credit Woman of the Year for 1982, is a small business owner and a credit and money management specialist.)

THE HISTORY OF PUERTO RICO

Luz Sanchez

One Time: Saturday, 1-3pm, Feb 12
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
This 2-hour course will focus on the history of beautiful and fascinating Puerto Rico from the discovery of the island to today’s struggles. Topics of discussion will include Spanish colonization, slavery on the island, treaties involving Puerto Rico as a U.S. commonwealth and other historic developments. (Luz is a senior in Animal Science from Puerto Rico whose hobby is reading and studying about Puerto Rico’s history.)

SCENIC TOUR OF A CARIBBEAN ISLAND

Maritz Segers

One Time: Saturday, 7-9pm, Feb 19
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
Don’t let the winter blues get you! Join us as we tour colorful Puerto Rico through slides, transport yourself to El Yunque, Puerto Rico’s national Caribbean rain forest. Visit historic Fort San Felipe del Morro and enjoy the sights of old San Juan. It’s the best thing to being there - Join us! (Maritz is a KSU senior in pre-law from Puerto Rico who has worked in El Yunque Rain Forest.)

EUROPEAN ITINERARIES: (WAYS TO SAVE MONEY AND ENJOY EUROPE)

David Garvin

One Time: Thursday, 7:30-9:30pm, March 3
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
Travel to Europe - it doesn’t have to be expensive. Come and learn about cheap ways to get to Europe, low-cost ways of traveling around Europe, and fun places to stay. Europe need not break you - come and learn! (David, the owner of a local travel agency, has been in the travel business for 6 years.)

FOR ADULTS ONLY: WHAT YOU’VE ALWAYS WANTED TO KNOW ABOUT THE TELEPHONE COMPANY

Sherry Leitner

One Time: Monday, 7-9pm, Feb 7
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 15
This class will provide you with a first-hand look at the operations of United Telephone’s operations including a tour of United’s Central Office facility and Tollcenter. Also included will be discussion on new legislation which will de-regulate the telephone communications and how your telephone bill will be affected. (Sherry is a consumer specialist with United Telephone.)

JUST FOR KIDS: TOUR A TELEPHONE COMPANY

Sherry Leitner

One Time: Monday, 4-5:30pm, Feb 7
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10
What would you like to know about the telephone? Where does the dial tone come from? How do cells get from one house to another? How are telephone lines checked to make sure they are working? These and your other questions will be answered on this special tour where you will see the central office of a telephone company and see telephone operators at work.

TOUR OF MCCALL PATTERSON COMPANY

Norman E. Winter

Section I: Monday, 9-10am, Feb 21
Location: will be noted on your receipt
Class Fee: $1.00, pay with registration

The McCull 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.

COMMUNITY PAGE 5
SUCCESSFUL MONEY MANAGEMENT

C-7
537-4505

Section I: Monday, Feb 14, 7-9:30pm
Section II: Saturday, Feb 19, 9:30-12:30pm
Section III: Monday, Feb 21, 7-9:30pm
LOCATION: Will be noted on your receipt
People do not get rich making money, but by managing the money they make. This seminar takes you up the 15 steps to the stairway to financial security. Plain everyday language plus extensive use of visual aids helps assure a better understanding of what could be highly technical information. NOTE: Each section meets one time only. Couples are encouraged to participate together. (Fred is a district manager for Waddell and Reed, a national financial services organization specializing in financial planning.)

DISCOUNT BROKERAGE

C-8
537-1234

William A. Edison

One Time: Thursday, 7-9pm, Mar 24
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Discount brokerage is one of the newest services available to Manhattan investors who want to make their own decisions about their options on the stock market. Find out how this new investment service works and bring your questions. (Bill is president of a local bank which was the first financial institution to offer this service.)

HOW TO APPLY FOR A LOAN

C-8A
537-4400

Paul Nickel

One Time: Thursday, 7-9pm, Mar 3
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
It's a fact: 95% of those who apply for a consumer or business loan don't know how to properly do so. As a result, loan applications which properly should not be granted are granted and the result is an unnecessary cost to you. This course will provide you with some basic strategies, techniques and suggestions that will improve your chances of obtaining a loan. (Paul is vice-president and loan officer of a bank and has 12 years of banking experience.)

CAN YOU AFFORD YOUR OWN HOME NOW?

C-8B
537-8807 537-1738

Marilyn Scolofsky

One Time: Monday, 7-9pm, Feb 21
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
It is probably easier to buy a home than you think. Perhaps you find yourself confused by the jargon of the real estate world - "Closing costs," "Good faith estimate," "Second mortgage" and other frightening sounding words? This course will explain these and other real estate terms in a way you'll understand. We'll cover how to find it if the time to buy a home and how to determine if your budget can take on house payments. Exact costs and expenses will be outlined. Sign up for this course now and you'll find out if it's time to own your own home. (Marilyn is a licensed realtor.)

LANDLORD-TENANT RIGHTS: WHAT YOU SHOULD KNOW

C-13
239-3675

Paul Conrad

One Time: Monday, 7-9pm, Feb 7
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Learn what you should know to have the tenancy you desire. The class will cover what you should know before you rent, how to negotiate your lease, who is responsible for maintenance, how to terminate the tenancy and other topics. (Paul is an attorney at F. C. Riley.)

CONSUMER PROTECTION: WHAT’S IT ALL ABOUT

C-12
296-3751

Wayne E. Hendley

One Time: Thursday, 7-9pm, March 10
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
You’ve heard a lot about consumer’s rights. Maybe you have even been a victim of consumer fraud or deceptive advertising. This seminar will provide you with a look at the Division of Consumer Protection, an important part of the Office of Kansas’ Attorney General. You’ll learn what your rights are as a consumer and find out the latest information from the Attorney General’s office. Bring your questions and concerns. (Wayne is a Deputy Attorney General and Chief of Consumer Protection and Anti-Trust with the Division of Consumer Protection from Topeka.)

EVERYTHING YOU NEED TO KNOW ABOUT INDIVIDUAL RETIREMENT ACCOUNTS

C-6
537-8123

Pat McBurnett

Wednesday, 7-9pm First Meeting: Feb 2
Location: Will be noted on your receipt
Class Fee: $8.00, pay with registration
Materials Fee: $1.00, pay at Class
The Individual Retirement Account (IRA) is every wage earner’s tax shelter. This 14-week course will provide you with everything you need to know about this new financial tool including discussion of the various IRA plans available, how to open your IRA and the in’s and out’s of IRA management. You’ll also be shown how to switch it, withdraw it, and use your IRA to get the best and safest yields. (Pat is a Family economist and counselor on family and personal finance who holds an M.S. in Family Economics and a PhD in Adult Education.)

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108 NORTH 4TH ST. MANHATTAN, KS.
Health Issues for Women

One Time: Wednesday, 7-8:30pm, Feb 23
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

"Agining," "Fitness," "Nutrition" and "Media Influence" on Women's health and reproduction medicine will be the topics discussed in this informal session. Bring your ideas and concerns. (Ann is a practicing board-certified obstetrician-gynecologist with a variety of traditional and non-traditional experiences. She has lived 42 years in a women's body.)

Self-Defense for Women

Christie Simpson

One Time: Sunday, 7-9pm, Feb 6
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Regardless of age, race, social class or lifestyle, all women are potential targets of violence. Women rarely receive any training for their own defense. This class will introduce simple but effective self-defense skills taught by women, for women. Be sure to wear loose, comfortable clothing. (Christie has taught "Self-Defense for Women" for the past two years.)

Confrontation Training

Christie Simpson

One Time: Tuesday, 7-9pm, March 8
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

This class, especially for women, will help you learn how to deal with both verbal and physical sexual harassment. A feminist perspective on how confrontation can be a preventive measure for violence against women will be explained and discussed. (Christie is a member of the Women Against Rape collective.)

Books By and About Women

Lorrie Cross

Tuesdays, 7:30-9pm First Meeting: Feb 8 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Women writers say special things. Women readers often hear them. This class provides time for women to talk with each other about novels, non-fictional works and poetry. Dimensions of self-image shaped by literary models are examined as we discuss books selected by group members. Recent meetings have focused on the books: My Antonia by Willa Cather, The Heart is a Lonely Hunter by Carson McCullers. I now own the Caged Bird Sing by Maya Angelou.

Women of the Heartlands

Christie Simpson

Wednesday, you will be contacted for dates and times Length: Ongoing
Location: Will be noted on your receipt
Class Fee: $3.00, 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 and for adult women.

Mother's Support Group

Amy Faquet, Terry Loyd

Tuesdays, 2nd & 4th each month 1:30-3:30pm First Meeting: Feb 8 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration

Combat Isolation! This group is designed for mothers at home with preschool children. Join us for our twice-monthly meetings and enlare the world for you and your children. Kids are welcome. (Amy and Terry are new mothers who would like to share experiences with one another.)

Look For the League This Spring

If you have been wondering how to become more informed about local, state and national legislative issues, look for these activities sponsored by the League of Women Voters. You are invited to join members of the League as they examine and discuss these important issues affecting our lives.

Thursday, Jan 13
"Introduction to the League" -- the basics about the League of Women Voters

Monday, Jan 24
"Increased Voter Turnout" -- a discussion with local leaders on the progress and future of Manhattan's downtown.

Thursday, Feb 10
"League in the Manhattan Area" -- a discussion of health services in our community.

Saturday, Feb 26
"Lunch With Your Legislators" -- an annual event sponsored by the league. Join us and our state legislators as we meet to discuss the issues of the current legislative session.

For details about any of these programs, contact Emily Bode at 537-9407.

Children

Is Alternative Education Right for Your Child?

Mary Williams

One Time: Register and you will be contacted for time and date
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration

Living-Learning School offers potential students a trial day at the school with no attendance charge. Your child will be fully incorporated into the day's learning program. Living-Learning School is a non-profit school which provides children ages 5-12 Individualized/Specialized learning in a cooperative environment. (Mary is a Kansas certified elementary teacher who is working on her Masters Degree in Education at KSU. She has been teaching at the Living-Learning School for two years.)

Living-Learning School Open House

Mary Williams

Section I: One Time, Sunday, 2-4pm, Feb 6
Section II: One Time, Sunday, 2-4pm, May 1
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration

What educational alternatives are available in Manhattan for your child? Living-Learning School offers a unique learning environment for children ages 5 through 14. Our approach emphasizes a child-centered, individualized, accelerated program. Join us and see for yourself! Students, parents and teachers will be on hand to answer your questions and show you around.

Living-Learning School -- An Alternative

Mary Williams, Rosaline Stark

One Time: Wednesday, 7:30-9pm, March 9
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration

What is Living-Learning School? What makes this learning environment unique in Manhattan? Why send your child to such a school? These questions and others will be addressed in this informative session about Manhattan's non-profits, alternative, teacher-parent-child cooperative elementary school dedicated to child-centered, individualized, accelerated learning. Join us and discover more about this fascinating educational alternative. (Mary is a Kansas certified elementary teacher and the mother of three elementary school age children. Rosaline, a native of Edinburgh, Scotland, taught in an experimental public school in Scotland for four years and is at work on her Master's degree at KSU.)

Neighbors

World Friendship

Sharon Doban

Tuesdays, 9-10am First Meeting: Jan 18 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Materials Fee: $3.00, pay at class (dues)

World Friendship is an organization devoted to establishing friendships between American and International women living in Manhattan. Activities include English classes, exercise, international cooking, sewing and crafts. Periodically there are special programs to learn about different cultures or to take a tour. A nursery and transportation are provided. If you are looking for a rich, rewarding learning experience, join World Friendship and make friends with an International woman. (Sharon has been a member of World Friendship for 9 years.)

Tutoring Conversational English

Donna Davis

532-6448

Register and you will be contacted for day, time, date and location

This class is for people who would like to help international students or their spouses improve their English skills. After a one-time orientation meeting, tutoring assignments will be arranged at each participant's convenience. No previous training is necessary, only that you speak English and are sensitive to people from other cultures. (Donna works at the International Student Center at KSU and has been tutoring English for the past 3 years.)
**Old friends**

**COMMUNITY SERVICE ADVOCATES**

Community Service Advocates (CSA) are trained volunteers who know what services and programs are available in every county. Volunteers are urgently needed now in Butler and Putnam Counties. All volunteers will help in the development and implementation of a community service program. Volunteers will be trained on the job. Volunteers must be available for two hours per week. If you are interested, please contact your local community service agency.

For more information, contact Pat Root, Director of the Consumer Protection Program, at 766-9294.

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**SENIOR DAY ON CAMPUS**

Coleen Osborne

One Day: Tuesday, June 12
Location: Kansas State University

**ELDERHOSTEL**

One Day: Monday, June 12
Location: Kansas State University

Elderhostel is a one-week on-campus educational experience for anyone over age 55. This summer, courses will be taught by various faculty, staff, and local artists.

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**SENIOR CITIZEN SCENIC COLORADO TRIP: MESA VERDE, WYOMING**

Neel Schanker

Monday, Tuesday, June 12
Leave White House, 7:30 a.m.

Fee: $220.00, includes lodging, transportation, meals, and sightseeing.

Contact Neel Schanker at 766-5066 for details.

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Meet the UPM Staff

The UPM Staff

MEET THE UPM STAFF

The UPM Staff

MEET THE OTHER MANHATTAN PROJECT

Kira Ryan

One Time: Thursday, 7:30-9:30pm, Feb 24
Location: UPM Fireplace Room

Here’s your chance to meet all the UPM staff who put together this catalog and others throughout the year. Find out what is new at UPM and tell us your ideas, your plans and what you have planned and share some of your good experiences with us. Join us for a cup of coffee or tea and a relaxing evening.

EARLY TRAILS AROUND MANHATTAN

Owen R. Jones

One Time: Saturday, 1:30-4:30pm, March 6
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Trails which led early settlers to the west between 1832 through the 1970’s are part of Manhattan’s heritage. The 1858 Government Survey records identifies many of these trails. You’ve probably heard about these trails before. Join this class and learn more about them. You will meet the Fort Leavenworth-Fort Riley Military Route which passed north and west through what is now west Manhattan and discover other fascinating bits of history along the way. (Owen is a member of the Riley County and Marshall County Historical Societies and has been exploring trails in Riley, Pottawatomie and Marshall counties lately. He is especially interested in identifying historic points of interest in Manhattan’s city parks.)

THE THINGS THAT MAKE FOR PEACE: PART I

C-23

Peace. We all want it in our lives, in our community, in our world, yet it remains elusive. This series of programs sponsored by the American Baptist Campus Center, the other Manhattan Project and Kansas for Peace and Justice focuses on ways we can think about peace and bring more peace and harmony into our lives and into the world. For more information about any of the programs in this series contact Dave Stewart at 539-8561.

Monday, 11:30am-1pm, Feb 7, Union Rm 209

A Basis for Peace -- A discussion of the foundations which human society can establish a means of peace. What are the principles on which we build peace? How can those principles be realized in our lives? These and other questions will be wrestled with in this discussion.

Monday, 11:30am-1pm, Feb 14, Union Rm 209

Communication: How do you say “Peace” -- How do we go about expressing our concerns in a peaceful way -- in ways which will not tear our relationships apart? How do we say what we need to say without creating hostility and alienation.

Monday, 11:30am-1pm, Feb 21, Union Rm 209

The Pocketbook of Peace -- What would be the cost of peace? Is peace more expensive than preparing for war? These fundamental economic questions will be examined and discussed.

Monday, 11:30am-1pm, Feb 28, Union Rm 209

Peace and Society: -- Can We Build More Than One to Build the World? -- This session will ask how our lives and our society can be constructed to maximize the presence of Peace. What are the things which permit the absence of peace and how can we build social relationships that allow personal and social fulfillment without exploiting others?

MEET THE OTHER MANHATTAN PROJECT

Kira Ryan

One Time: Thursday, 7:30-9:30pm, Feb 24
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration

“What?” have you asked, “Is the Other Manhattan Project?” Here’s your chance to find out about Manhattan’s citizen group which was organized last year to “slow, stop and reverse” the nuclear arms race. Find out what is happening here in Manhattan with the Nuclear Freeze proposal and what plans are being made for Ground Zero Week. Satisfy your curiosity -- join us for the evening. (Kira is on the steering committee of the ONP.)

THE FLINT HILLS BREADKAST

Tom Mulherin, Carol Pyler

One Time: Monday, 7-9pm, Feb 20
Location: Will be noted on your receipt
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 BREADKAST. You’re invited for a tour of the Manhattan area’s food bank and to find out how you can be involved in solving the problem of hunger right in your own back yard. (Tom and Carol have been involved with the FLINT HILLS BREADKAST since it began near a year ago.)

MANHATTAN ENDING HUNGER BRIEFING

Karen Norman, Michael Cody

One Time: Sunday, 1-4pm, Feb 20
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration

Unset by upside down? This briefing will center on the realities of an upside-down world -- the realities of starvation, overpopulation, over-production and global economic inequalities. We’ll focus on the facts of hunger in our world. We’ll discuss some of the myths. And most importantly, we’ll discuss what you can do to effect needed change. Plan to attend this provocative and personally empowering briefing. (Karen is a Human Project volunteer from Kansas City who took a 6-weeks training course for empowering others to deal with hunger issues; Michael is a member of the Manhattan Hunger Task Force.)

AMNESTY INTERNATIONAL

Jan Floran, Bob Mohn

One Time: Thursdays, 7-9pm, Feb 1 and Mar 1 (2 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Amnesty International (AI) seeks to improve human rights all over the world. The Manhattan AI group has adopted a Solidarity member in Poland as its First Prisoner of Conscience. With your help we can assist a second prisoner from a capitalist country. (Jan and Bob are active members in Manhattan’s Amnesty International.)

ROSES IN DECEMBER: THE CRISIS IN EL SALVADOR

Betty Sutter, C.S.J.

One Time: Thursday, 5pm, Jan 20
Location: St. Isidore’s University Center, 711 Denton

Roses in December is a documentary about the life and death of Jean Donovan, one of four U.S. women killed in El Salvador on December 4, 1980. This award-winning presentation, first aired on PBS’ Crisis in Central America, provides insight into the conflict which continues in El Salvador and other Central American nations today. Come and find out why the deaths of the four U.S. women stirred the concern of many for the critical situation in Central America.

DRAFT REGISTRATION

Dean Danner

One Time: Wednesday, 6-9pm, Feb 16
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration

Registration for compulsory military conscription of U.S. males ages 18 through 26 continues. This course will provide you with information on the draft law and prosecution of non-registrants. Bring your questions and concerns. (Dean is informed and involved with draft issues.)
Earth

"The land is a mother that never dies."
-Maori

Animal friends

INTERMEDIATE DOG OBEDIENCE
Karen Munson
Sundays, 12:30pm First Meeting: Mar 6
Length: 8 Times
Location: Will be noted on your receipt
Class Fee: $30.00, pay with registration
Limit: 15
Is your dog an embarrassment in public or a poor family member? Karen will teach your dog obedience in forging ahead, healing, sit-stay, down-stay and recall. She hopes to get all dogs trained for off-leash control. The class will cover any behavioral problems requested by participants (e.g., running away, chewing, excessive barking). Materials needed: choke collar, leash (at least 5-12" long), long line (it is a piece of airline back). Purchase at Co-op at first class. (Karen is a lifetime dog lover and has trained dogs since age 14.)

BASIC DOG OBEDIENCE
Rosalie Held
Saturdays, 9-10am First Meeting: March 26
Length: 8 times
Class Fee: $10.00, pay with registration
Limit: 10
The class will present several ways to teach your dog basic obedience commands of heel, sit, stay, down and come. The class goal is to teach your dog to be a well-behaved pet at the level of precision you desire. Dogs should be at least 6 months old, current on shots and have a slip collar and leash. (Rosalie has trained several of her dogs in the past and is presently training stock dogs.)

KANSAS WILDLIFE REHABILITATION
Mike Lubanks
Tuesday, 5:30pm-9:00pm, Feb 22; Sunday, 12-5pm, Feb 27
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Miscellaneous pursuits of hunters and attempted pet-taking of wildlife often result in injured and abused animals as a wildlife rehabilitator. Mike will discuss how he provides proper diet and adequate exercise to Sunday, join us as we visit the rehabilitation farm and observe a bobcat, coyote and screech owl. (Mike has been rehabilitating wildlife for eight years and has worked with most animals native to Kansas.)

Birds

PRARIE CHICKEN ROOST AT KURRAE
Monty Hinton
One Time: Sunday, 4:30-6:00pm, May 8
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10
The world of nature has literally hundreds of different courtship displays. We will observe the fascinating rituals of these native birds and see how the females determine which of the males are best suited for mating. Bring cameras, binoculars and jug of hot coffee, and be prepared for a surprising morning.

AUDUBON SOCIETY SPECIAL BIRDWATCHING TRIPS
Brian Taylor
Section I: Saturday and Sunday, March 12 & 13 (all weekend)
Section II: Saturday and Sunday, May 14 & 15 (all weekend)
Location: Will be noted on your receipt
Class Fee: $1.00 per section, pay with registration
Join with the Northern Flint Hills Audubon Society’s two big spring trips: 1. Kearney State Recreation Area near Kearney, Nebraska. This is a major resting area for sandhill Cranes on their northward flight. 2. Chatperagne Bottoms near Great Bend, Kansas. This spot attracts shore birds, water fowl, songbirds and a variety of hawks, falcons and owls. (Brian organizes these and other field trips for the local Audubon Society.)

MEET A RALD EAGLE - REMNANT AT EAGLE ISLAND
Monty Hinton
One Time: Saturday, 8-12:00am, Feb 5
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 15
The bald eagle is more than just the symbol of the United States. It is a fascinating bird that unfortunately, many people never have a chance to see in its natural habitat. The eagle island, a roosting site on the Kansas River south of Manhattan and Tuttle Creek reservoir, affords residents of Manhattan and surrounding areas an opportunity to observe the second largest raptor in North America. (Bald eagle watching is one of Monty’s activities and he’s been at it for about 5 years.)

BACKYARD POULTRY KEEPING
A. W. Adams
One Time: Thursday, 7-9pm, March 24
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 20
The class will cover the selection of proper types of poultry, sources of stock, feeding, diseases, basic equipment, and management practices. Content will be directed toward the small, urban flock. (A is an Extension Specialist in Poultry Science with 30 years experience in the poultry industry.)

LOVERBIRDS, COCKTAILS, PARAKEETS, AND OTHER SMALL PARROTS
Dan Land
One Time: Thursday, 7-9pm, Feb 26
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 30
This class is for anyone who has or wants a small parrot. It will cover general care, housing, breeding, color mutations and their inheritance, and a question/answer session. Afterwards there will be a tour of the aviary. ( Dan is a breeder of lovebirds, cockatiels, and parakeets, and has over 100 birds in his aviary.)

"Never get too close until you know if they've had obedience training..."
MILFORD LAKE TOUR

Greg Worst
Saturday, 3-30pm, May 14
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Limit: 9
Tuttle Creek is not the only reservoir around. The largest body of water in the state, Milford Lake, is only 25 miles from Manhattan. It has countless outdoor recreation opportunities. Carpool to the lake and Greg will chauffeur you to all the sights. (Greg lives in Manhattan, but has been a ranger at Milford Lake for five years.)

THE GREAT PHYSICS SHOW: NEWTON, FARADAY, MAXWELL TO EINSTEIN

Larry Weaver
One Time: Thursday, 7-9pm, Feb 10
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Come to a variety of interesting and/or amusing physics demonstrations. Larry will add commentary on the history of physical thought and on seeing the laws of nature at work in our lives. This is a great class for the whole family, Larry will explain the concepts of physics in everyday terms so that everyone can understand. (Larry is a physics professor at KSU.)

EXPLORE KINGS CREEK ON KONZA PRAIRIE

Marly Gurtz
One Time: Sunday, 3-6pm, May 1
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 15
Water in prairie streams can be as crystal clear as that of any mountain stream - come to Kings Creek on Konza Prairie and see for yourself. The class will include a brief introduction to stream ecology and a stroll along Kings Creek through the seasons. We'll do "exploring" to see what kinds of animal and plant life we can find, and we'll discuss how streams in tallgrass prairie watershed compare with other streams. (Marly has been conducting research on Kings Creek for 2 years with KSU's Division of Biology.)

EXPLORE UNDER ROCKS (FOR CHILDREN AND ADULTS)

Stephen Hoffman
Saturday, 2-4pm, April 30 (rain date May 7)
Location: Will be noted on your receipt
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 eels, fish, slugs, lizards, cave crayfish, millipedes and other organisms. Wear appropriate clothing, and bring your favorite cold drink. (Steve has been exploring these worlds for years.)

NATURE PHOTOGRAPHY

David Shinko
One Time: Saturday, 10am-12m, April 23; 1-3pm, April 30
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration
Limit: 15
Learn how to capture and file the wondrous detail of a butterfly or the elegance of a dewy flower. This course will consist of description and practice of close-up nature photography. Emphasis will be on optics and close-up flash techniques. In the second class we will travel to nearby wild places for some practice in photographing nature. Rudimentary knowledge of operation of a 35mm SLR would be helpful. (David is an amateur photographer, specializing in close-up photography of flowers, insects, and other critters.)

WINTER CONSTELLATIONS AND ASTROMONY BASICS

Jeff Welmanwright
Thursdays, 7-9pm, Feb 3 & 10 (2 times) plus extra field time
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 20
Virgo, Leo, Cancer, Gemini, Taurus, Aries, Orion and other constellations can be seen in the winter sky. 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 trips to be weather depending on weather. (Jeff has long held astronomy as a hobby.)

KANSAS FRIENDS OF EARTH

Neil Schmeker
One Time: Saturday, 10am-12m, April 23
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Limit: 15
The greatest beauty is organic wholeness, the wholeness of life and things. The divine beauty of the universe. Love that, not men apart from that...Robinson Jeffers. Friends of The Earth, a national environmental organization promotes clean energy, clean air, wildlife and wilderness. The Kansas Chapter of FDE will hold three meetings in Manhattan to work toward a better midwest environment. Plans to celebrate Earth Day 1983 in April will be discussed. (Neil has been active in Kansas since it began two years ago.)

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HERBS AND FLOWERS

KONZA PRAIRIE WILDFLOWERS: EMPHASIS ON WOODLAND FLOWERS

Craig Freeman
176-1678

SECTIONS:

- Section I: Saturday, 8am-10am, April 16 (rain date April 17)
- Section II: Saturday, 10am-11:30am, April 16 (rain date April 17)

- Location: Will be noted on your receipt
- Class Fee: $3.00, pay with registration
- Limit: 20 each section

- Daytooh Violet, Cutleaf Toothwort, and Dicentra's Breeches are woodland wildflowers that most people don't see in Kansas. These beauties flower early in the spring before the forest canopy leaves in. Take a walk on the Konza Prairie and learn something of the identity, classification, and natural history of some of these local gems. (Craig is a graduate student in plant taxonomy at K-State.)

RASING SPRING FLOWERING BULBS

Tim Lindemuth
532-6415

ONE TIME: Saturday, 1-3pm, April 16

- Location: Will be noted on your receipt
- Class Fee: $3.00, pay with registration
- Limit: 30

- Look over more than 1,000 flowering bulbs, daffodils and hyacinths at the peak of the blooming season. Learn how to plant and care for spring bulbs in your yard. Numerous bulb varieties will be discussed. (Tim has done home gardening for a number of years and has received Manhattan's first-of-the-week award twice.)

GROWING PERENNIALS IN KANSAS

Steve Moore
E-20

ONE TIME: Tuesday, 7:30-9:30pm, March 8

- Location: Will be noted on your receipt
- Class Fee: $3.00, pay with registration

- Come and learn about oriental poppies, mums, potentillas, columbines, and other beautiful flowers. Perennials can provide months of beauty and food without having to plant every year. Steve will cover varieties, care, propagation and soils. (Steve sells perennials from a small nursery in Clay Center and has grown them for a number of years.)

HERE LOSE

Carol Ebert
456-2841

ONE TIME: Weds, 7:30-9:30pm, Jan 31, Feb 7 (2 times)

- Location: Will be noted on your receipt
- Class Fee: $3.00, pay with registration
- Materials Fee: $3.00, pay at class
- Limit: 12

- 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 for drying or freezing and preserving your own. Learn why food uses, how to make potpourri and caffeine free herbal teas. Class members will decide what areas are of the most interest, i.e., potpourri, cooking, remedies, teas, etc. We will have a good list of additional books you can buy. (Carol has been an avid herbalist for years and is known for her herb mixes and fragrant items.)

PLANNING AHEAD

Ira Harritt
532-5866

EDIBLE PLANT MATERIALS CO-OP

- One Time: Thursday, 7-9:30pm, Feb 3
- Location: Will be noted on your receipt
- Class Fee: $3.00, pay with registration

- Would you like to buy Apple, Pear, Peach or nut trees, berry plants or other perennial plant materials? Save 50% off retail costs. Join us in a wholesale group purchase for Spring planting and save. Come to the class on what plant varieties are available and which might be best for you. Or, have we sent you information and an order form? Orders will be due by February 7. Call for more information. (Ira held this class in the Fall.)

PLANNING YOUR SPRING GARDEN

Ira Harritt
532-5866

- One Time: Tuesday, 7-9pm, Feb 15
- Location: Will be noted on your receipt
- Class Fee: $3.00, pay with registration

- Where should you plant the potatoes? How much kale will you need? How can you get two crops from the same space? What's succession planting? Companion planting? How about flowers? By planning and mapping your garden you can have a more productive, healthy and beautiful garden. We will discuss the decision-making process and questions about basic gardening. (Ira attempts to combine function and beauty to create gardens that feed the body and soul.)

PLANNING YOUR WARM WEATHER GARDEN

Ira Harritt
532-5866

- One Time: Monday, 7-9pm, April 4
- Location: Will be noted on your receipt
- Class Fee: $3.00, pay with registration

- Are you one of those fast-weather gardeners whose season starts with planting tomatoes and peppers? Where, what, how much, and when should you plant? What are warm-weather crops? Interplanting? Getting the most out of your space. Making your garden beautiful. These and other topics will be discussed as well as methods for planning and mapping your garden.

HOW TO MAKE SOME MONEY FROM YOUR GARDEN

Kelly Kindscher
1-042-0219

- One Time: Tuesday, 7:30-9:30pm, Feb 8
- Location: Will be noted on your receipt
- Class Fee: $3.00, pay with registration

- Get rich from a 49¢ package of cabbage seeds? Come and discuss the basics of gardening, planting, harvesting and marketing of produce from your garden to sell locally. Kelly will speak of his experiences of having a produce stand, selling to the Community Mercantile Food Co-op, and at the Farmer's Market in Lawrence, Kansas. (Kelly has completed a study of the Kansas Food System for the Kansas Rural Center that was published by Nokole Press.)

CHILDREN'S GARDENING CLASS

Aaron Spille
532-5866

- Classes will be held in the evenings from early spring through fall. Register and you will be contacted for dates, time and place.
- Materials Fee: $2.00, pay at class
- Limit: 25

- Children of ages 5-12 will be assigned individual end group gardens. They will learn planting, soil preparation, weeding, harvesting and other cultural practices throughout the gardening season. (Aaron is the Manhattan Community Garden Coordinator and a Senior Horticultural Therapy Internship student.)

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Jim Buchanan
Terry Henry
Albert Winkler

Earth - Page 11
Yummy yards

EDIBLE LANDSCAPE: INTERNSHIPS AND VOLUNTEER PROGRAM

One Time: Thursday, 7pm, Feb 17
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Would you really like to know the tenets truths of Edible Landscaping? Solar Greenhouses, Fish culture and annual and perennial plant care? Here is your chance. We are looking for a few people to participate with us in learning and caring for our demonstration site. We require a commitment of time and interest. Come to our Intern and Volunteer meeting and find out what you can learn or how you can help.

PRUNING OF FRUIT TREES, BUSH FRUITS AND GRAPE

One Time: Saturday, 1am, Feb 19
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

We will discuss the basics of pruning techniques, tools, theory and practice for fruit trees, bush fruits and grapes. Bob will demonstrate by pruning plants in the Edible Landscape including "Spaulder," a functional and ornamental technique for growing fruit trees in limited space. (Bob is former head of the KSU Landscape Architecture and Horticulture Department and an expert on native edible plants.)

EDIABLE LANDSCAPING: WHY AND NOW

One Time: Thursday, 7:30-9:30pm, March 24
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Dwarf fruit trees, Banking cherry hedges, strawberry ground covers, grape vines, herbs and vegetables are only some of the plant materials you can use to create an Edible Landscape. Find out how to use these in and around your landscape and your community for food production, energy conservation and beauty. (Barbara is a trained landscape architect. Ira is the UW Edible Landscape Horticulturist.)

EDIBLE LANDSCAPE VISITORS DAY

Gary Cotes, Ira Harritt and other garden experts
One Time: Sunday, 1-4pm, April 10
Location: UW Greenhouse

Come visit the UW Edible Landscape. Meet the staff and some of the instructors of Edible Landscape classes. Tour the perennial and annual vegetable and fruit plantings, our solar greenhouse, cold frames, compost projects and resource library. Refreshments will be served. Come for a half hour or spend the afternoon. (Gary is director of the UW Edible Landscape Project.)

GARDEN TOUR

One Time: Saturday, 2-4pm, July 9 (why date July 16)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

We will tour outstanding productive and beautiful gardens and landscapes, talk with the gardeners and see how the new and old-timers pros do it. We will organize carpool and maps to get to the gardens.

BEST EDIBLE LANDSCAPE CONTEST

Edible Landscape Staff
One Time: Register and you will be contacted for information on this contest
Class Fee: $1.00, pay with registration

Do you use edible and ornamental plants to make where you live a Paradise? We will be offering prizes for the most productive and beautiful landscape, using annuals and perennials. Judging will take place in early summer. More details to come in the March UW catalog. Register your landscape now.

Alternatives everywhere

ALTERNATIVE IN AGRICULTURE: A LUNCH AND DISCUSSION SERIES

Helen Buzenberg 776-7615

Tuesdays, 1pm-1:30pm, Feb 8, March 8, April 12 (3 times)

Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Buy your lunch in the Union or bring your own and spend the second Tuesday each month discussing alternatives in agriculture. Topics to be will include biological pest control, energy use on the farm, organic vs non-organic farming, bio-regionalism, the Kansas food system and its problems. Four speakers will each be a meat a lead the discussion series, which is sponsored by Kansas Friends of the Earth. (Helen has been interested in agriculture for many years and is a member of Kansas Friends of the Earth.)

GREENHOUSE IN FULL PRODUCTION

Ira Harritt 532-5866

One Time: Monday, 7:30-8:30pm, Feb 21
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

The UW Solar Greenhouse should be bursting at the seams with produce in mid-February. See our cucumbers, tomatoes, beets, lettuce, Chinese vegetables, greens and garden seedlings. Tour the greenhouse and investigate organic greenhouse techniques in action.

COLD FRAMES: GETTING A HEAD START

Helen Buzenberg, Ira Harritt 776-7515 532-5866

One Time: Saturday, 10:30am-12:30pm, Feb 19
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Cold frames, clouches, grow frames and other season extenders can be used to get an extra one, two or more months of fresh produce. Fresh lettuce, radishes and greens in March Tomatoes, cucumbers and peppers weeks earlier than normal! And continued yields well beyond the first killing frost! We will discuss construction and operation of various cold frame designs.

NO TILL GARDENING

Neil Schenker and Ira Harritt 532-5866

One Time: Saturday, 1-2pm, March 26
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Tired of having to do heavy rototilling and seeding every spring? Do spring rains delay your planting for weeks until the soil dries? Learn about no till gardening. Letting nature keep your garden soil loose with lots of compost and mulch allows you to plant early, saves work and keeps your soil fertile. (Neil believes in doing as little work as possible and is an admirer of Ruth Stout's mulch method. Ira is an accomplished gardener.)

ORGANIC AND FRENCH INTENSIVE GARDENING

Nabuluddin Nelson 468-3631

One Time: Tuesday, 7:30-9:30pm, Feb 22
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Organic gardening and the French Intensive method both emphasize healthy soil as the basis for healthy and healthful plants. We will discuss planning, planting, cultivating, controlling undesirable insects and weeds, and maximizing production in a small area. (Nabuluddin rates most of the vegetables for his honey family without chemicals.)

Page 12 Earth
Cooking...

REAL PEOPLE DO EAT QUICHE
Rebecca Brower
One Time: Saturday, 5:30-7:30pm, Feb 26
Location: WILL be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 5
Toothsome, savory cheese custard pies are flexible enough to be served
for hosting company supper or classy cocktail parties. Included in the
class will be a judiciously acquired salt, a vegetable quiche and Quiche
Lorraine. (Rebecca thoroughly enjoys quiches.)

WOK AROUND THE CLOCK TONIGHT
Daniel Fung
One Time: Wednesday, 6:30pm, Mar 23
Location: WILL be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $4.00, pay at class
Limit: 16
In this class we will present various uses of the Wok. We will use
examples from the Southern Chinese tradition with a dash of
Chinese culture and philosophy thrown in. We will prepare, cook and
eat. Please bring your own wok if possible. (Dan ate his way through
Southern China and 25 counties and has been the Manhattan Mercury
cook of the week – a wiz with the wok.)

TOFU MAKING
Craig Morris
One Time: Saturday, 1-5pm, Feb 19
Location: WILL be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay with registration
Learn the art of making tofu. Tofu is a high protein oriental staple
made from soybeans. A demonstration of the technique of making tofu,
from processing the fresh soybean and boiling, to solidifying and
pressing for refrigeration. Craig will also give you serving suggestions.
(Craig has been dabbling in algae all his life.)

WHEAT COUNTRY HEALTH DELIGHTS
Carol Ebert
One Time: Tuesday, 7-10pm, Feb 15; Thursday, 7-10pm, Feb 17 (2 times)
Location: WILL be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 12
Whole wheat cooking – from bread basics to wheat frosting. Demonstra-
tion of dough preparation the easy way and the manual way. Tips on
nutrition, preservation, and recipes. We will also add flour and have
time to sample finished products. (Carol is an advocate of whole wheat
cooking for years and author of Wheat Country Health Delights wheat
cookbook. Regularly demonstrates whole wheat cooking.)

PRIZE WINNING PIE CRUST
Susie Shaw
One Time: Saturday, 9:30-10:30am, March 5
Location: WILL be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay with registration
Do your pie crusts always come out of the oven either flaccidly or
falling apart? Susie will teach you the skill of making a pie crust any
quiche or dessert would be proud to fill. Bring with you to class wax
paper, rolling a judiciously acquired salt, a vegetable quiche and Quiche
Lorraine. (Rebecca thoroughly enjoys quiches.)

SOFT PRETZELS AND ROOT BEER
Saundra Andrews
One Time: Thursday, 7:30-9:30am, Feb 10
Location: WILL be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 4
Out of your own kitchen – hot, soft pretzels to rival any big city vendor!
and with homemade (non-alcoholic) root beer – who could ask for anything
more? (With 7 children, Saundra knows for inexpensive, easy-to-make
breads.)
... and drinking

TEA FOR HEALTH AND PLEASURE

F-10
494-2540
Dale Anderson
One Time: Wednesday, 7-9pm, Feb 2
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 12

You're invited to a tea party! Learn about the history of tea . . .
America's role in the tea trade and medicinal uses of tea. You'll have
the opportunity to taste a variety of teas including black, herbal and
scented teas. (Date is totally into teas, not to be mistaken with a tea
totaler and is the owner of the Herb Patch.)

BEER MAKING

F-11
537-2588
Greg Love and John Holcomb
Tuesdays, 7-9pm, Feb 22, March 1 & 8 (3 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 8

Is there taste beyond Coors? In this class you will be making beer. You
will learn what is necessary to brew at home. Bring 12 or 22 bottles.
You will make, bottle, and sample different varieties of home brew.
(Participation subject to space limit.) (While patiently waiting for wine
to finish, Greg and John have been making and drinking home brew.)

INTRODUCTION TO WINE

F-12
539-1823
L. W. Davenport
Organizational Meeting: Friday, 7pm, Feb 4
Length: Ongoing thru March 25
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Alternate Fridays
Class Fee: $20.00, pay at class
Limit: 12

A study of wine from vine to glass. This class will include history,
geography, chemistry, and viticulture accompanied by tasting of wines
from Europe and the United States. The class will meet on alternate
Fridays starting Feb 11 and continuing through March 25. Feb 4 will be
a short organizational meeting to discuss the structure of the class
and collect materials fees. (Mr. Davenport tends a small vineyard, is
a winemaker and member of the Society of Wine Educators.)

---Mud, pus!---

EATING...

VEGETARIAN

Tom Schultz
Mondays, 7-9:30pm, March 7 & 14
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Tired of feeling like an American Werewolf in London? There are alterna-
tives to meat protein. Do your cholesterol ridden metabolism a favor --
not something green, yellow, orange, red or even purple! We'll take a
look at the health (not to mention economic) advantages of a vegetarian
diet. (Tom enjoys vegetarian dishes and has eight years' experience in
grocery business. He also thinks this is a diet that should be seriously
considered and would like to inform the students on nutritional needs
and alternatives.)

INTRODUCTION TO PEOPLE'S GROCERY

F-14
539-6143
Mary K. Brinker
One Time: Saturday, 9am, Feb 12
Location: Will be noted on your receipt
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 palate.

BASIC MEAL PLANNING

F-15
776-4781
Kay Ann Healy
One Time: Thursday, 7-8:30pm, Feb 10
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Do you find yourself running back and forth to the grocery store every
day to pick up ingredients for meals? This practice consumes time,
energy and money. Kay Ann will talk to you about how to plan and pur-
case for your family meals and give you some brief nutritional tips to
boot. (Kay Ann has been a County Extension Home Economist for 25 years.)

RESTAURANT SKILLS

F-13
530-5550
Maki Palasis
Tuesdays, 7-9pm, Feb 15 & 22 (2 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Attention restaurant managers, waitresses, waiters, homemakers . . .
here's your chance to learn professional formal table service. Maki
will demonstrate the proper way to set a table and serve wine to your
customers and guests. There will be demonstrations of many techniques
of good service. (Maki is a 22-year veteran in the restaurant business
and brings his skills to Manhattan via Hawaii.)
**Skills**

"To be conscious that you are ignorant is a great step to knowledge."

--- Benjamin Disraeli

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**Job Skills**

**BEGINNING TYPING**  
SK-1

Claire Waffle  
539-6106

Tuesdays and Thursdays, 7-8:30pm  
First Meeting: Feb 8  
Length: 11 weeks  
Class Fee: $10.00, pay with registration  
Limit: 25

A basic class on touch-typing and associated skills, concentrating on accuracy and speed. A discussion concerning the book to be purchased (Claire has taught a previous typing class for UFM, and has 10 years experience as a secretary.)

**SPEECHWRITING (FORMERLY SHORTHAND)**  
SK-2

Marilyn Lewis  
537-9110

Thursdays, 7-8:30pm  
First Meeting: Feb 3  
Length: 10-12 classes  
Class Fee: $10.00, pay with registration

This class is the kind of formal writing you use in your work. A writer hates to use the shorthand books if you use the shorthand. The shorthand method and enjoyed it so much that he wants to share the technique with others.

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**Choosing a Career**

**CAREER EXPLORATION**  
SK-4

Susan Scott Angle  
532-6927

One Time: Saturday 9am-5pm, April 9  
Location: will be noted on your receipt  
Class Fee: $3.00, pay with registration  
Limit: 15 non-students

The workshop is designed to assist participants in acquiring skills and information necessary for appropriate career decision-making. The Strong Interests 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 Center in advance.

**JOB SEARCH**  
SK-5

Susan Scott Angle  
532-6927

One Time: Saturday 9am-5pm, April 23  
Location: will be noted on your receipt  
Class Fee: $3.00, pay with registration  
Limit: 15 non-students

Plan your job search now. The workshop is designed to help participants develop skills important in locating and acquiring a job. Where and how a supportive group environment. Students' costs are covered through KSU fees.

**LIFE PLANNING WORKSHOP**  
SK-6

Susan Scott Angle  
532-6927

One Time: Saturday, 9am-5pm, March 26  
Location: will be noted on your receipt  
Class Fee: $3.00, pay with registration  
Limit: 15 non-students

The workshop is designed to help participants develop skills important in locating and acquiring a job. Where and how a supportive group environment. Students' costs are covered through KSU fees.

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**Women's Career Development Group**  
SK-7

Sue Scott Angle, Joyce Hoffner Woodford  
532-6927

Wednesdays, 11:30-1pm  
First Meeting: Feb 9  
Length: 12 times  
Class Fee: $3.00, pay with registration  
Limit: 8

The Women's Career Development Group is designed for women who wish to re-enter the job market or change from one career to another. In a group setting, you will examine vocational choices as a lifelong process. (Susan and Joyce are counselors at the KSU Counseling Center who have an interest in the special career development needs of women.)

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**How to Get Your Real Estate License**  
SK-3

Marilyn Sulfotoffsky  
539-6907

One Time: Tuesday, 7-9pm, Feb 15  
Location: will be noted on your receipt  
Class Fee: $15.00, pay with registration

This class will take you where you want to go! It takes to get your Kansas Real Estate License. We will cover the how to's of using the license once you are provided at the class. (Marilyn is a licensed realtor at Kansas Realty in Manhattan.)
SKILLS FOR EVERYONE

MULTIMEDIA FIRST AID
SK-14
Small Foorster
537-0977

MULTI-MEDIA FIRST AID
SK-14
Small Foorster
537-0977

Monday: Saturday, 10:30am, March 12
Location: Will be noted on your receipt
Materials Fee: $5.00, pay at class

This is the American Red Cross instructional System, featuring filmed demonstrations, guided practice sessions, and programmed workbooks. The student is certified as a standard first aider upon successful completion of the course. There is a fee of $5.00 which covers materials, workbooks and books. If you have the Red Cross Standard First Aid and Personal Safety Textbook (the blue book), the fee will be $0.00. (Sue has taught this class many times.)

ANTIQUES AND COLLECTIBLES
SK-8
Sue Skiles
539-2154

Mondays: 7:30-9:30pm First Meeting: April 11
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Discover the excitement of antique collecting. We will re-examine depression, cut, cameo and other glass wares. New topics include: pottery, antique jewelry, oriental collectibles, more kitchen gadgets. Price ranges will be given for all. We will have a refresher course in auction and garage sale attending plus one or two field trips. (Sue is a rabid collector, antique shop owner and dealer.)

BIDDING AND BUYING AT AN AUCTION
SK-9
Pat Hamilton
539-1939

One Time: Thursday, 7-9:30pm, March 24
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Come join the fun as we learn about the world's oldest method of merchandising - Auction! There are still a lot of fabulous buys out there and you can learn the tips to get the odds in your favor. (Pat is a graduate of the Missouri Auction School and is a member of the National and Kansas Auctioneers Associations.)

DECORATING: DOING A LOT WITH A LITTLE
SK-10
Edee Dale
539-1005

One Time: Sunday, 8-10pm, Feb 13
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Materials Fee: $3.00, pay at class

Living in a dorm or apartment? Want to make the most of your space but have limited materials and money? This class is for you. We will discuss organization as well as maximizing space and unique ways of using ordinary items. Edee has a special interest in organizing and decorating. She has done research and writing on this topic.

PROFESSIONAL MANICURES
SK-12
Judy Goodman
776-0488

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

Learn to do your own manicure at home. You will learn how to do your nails professionally. There will be a demonstration, further work sessions will be arranged. Edee has many years of experience in doing nails. (Judy owns Van's Hair Fashion and is both a trained manicurist and hair-stylist.)

WOODSHOP CO-OP
W-1
Alan Edgar
532-0866

Organizational Meeting: Wednesday, 7-9pm, Feb 9
Location: Will be noted on your receipt
Membership Fee: $20.00, 4 mos
$35.00, 8 mos
Pay with registration

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

FURNITURE REFINISHING WORKSHOP
W-2
Marge and Warner Sossen
776-6634

Organizational Meeting: Thursday, 7-9:30pm, April 7
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Get professional results the easy way! Dissolve old varnish, lacquer or shellac but leave the (original) stain and patina. Scratches will disappear without sanding and leave you ready to apply tung oil or other finishes. The first class will be a demonstration, further work sessions will be arranged. (Marge and Warner have been using and demonstrating Victorian House for more than a year.)

TURNING WOOD ON...
FA-41
Lowell Regrett
776-3757

Thursday: 7-9pm First Meeting: Feb 3
Length: 6 times
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Materials Fee: $1.00, pay at class

Learn the art of machining wood on a lathe. This class will cover the basic techniques for shaping and detailing wood, while emphasizing the basic safety rules of this specialized tool, as well as the woodshop safety procedures. Free candlesticks to chair legs, and bad spindles to bowls, learn this fascinating and rewarding skill. (Lowell enjoys turning a lathe and teaching others the skill.)

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CUSTOM FURNITURE TRADITIONAL DESIGN WOOD TURNINGS

Page 16 - SKILLS
Winter warmth

SOLAR HOMES TOUR
8111 Dorsett, Dean Denner
One Time: Saturday, 1-3pm, Feb 10
Location: 539-1956 776-5589
Class Fee: $3.00, pay with registration

Increasing numbers of solar buildings in the Manhattan area are available for us to visit. This tour will feature solar homes, greenhouses, sunspaces and collectors with the owners and designer/builders available for discussion. (Bill and Dean have been designing and building solar collector systems in Manhattan for the past 3 years.)

SOLAR COLLECTORS
8111 Dorsett, Dean Denner
One Time: Saturday, 7-9pm, Feb 12
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

This may be the last winter to use Kansas tax credits for solar collectors. This class will explain the design and operation of hot air, space-heating solar collectors. Examples of both custom-designed, site-built and manufactured collectors will be shown.

UNDERGROUND HOMES
Keith Christensen
One Time: Wednesday, 7:30-9:30pm, March 9
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limt: 60

The first part of this class will cover basic design concepts for earth-sheltered homes including site planning, building design, natural ventilation and utilization of passive solar energy. The second part will include discussion of design and construction details of wall and roof sections, and a question and answer session. (Keith has taught the KSU Dept. of Architecture for 15 years, and has lectured on earth sheltered home design throughout the state through the KSU Extension Energy Office.)

SAFE WOOD HEATING
Jeff Logan
One Time: Thursday, 7-9pm, Feb 17
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 25

There is more to heating with wood than just cutting and burning it. Learn to use wood safely to heat your home. Discussion includes selection of wood, techniques of cutting and chimney sweeping. Course will be based on Wood Heat Safety, Garden Way Publishing. (Jeff runs a local chimney sweeping business and has been heating with wood for 3 years.)

SOLAR GREENHOUSES AND SUNSPACES
Bill Dorsett, Dean Denner
One Time: Saturday, 7-9pm, Feb 13
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

If your family can use additional living space, the capability to grow food in the winter, and/or supplemental solar heat, a solar greenhouse or sunspace may fill your needs. Numerous local examples will be used to explain how to design and build such a room to best meet individual as well as energy needs.

KEROSENE HEATER SAFETY
Steve Bachorich
One Time: Wednesday, 7:30-9:30pm, Feb 2
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 10

Rising home fuel prices make kerosene heaters an attractive alternative for "spit" heating. This course is designed to promote the safe use of the redone, portable kerosene space heater. Areas to be covered will be safety precautions, regular maintenance, proper fuel to use, how to maintain a heater's efficiency. (Steve is an authorized serviceman for kerosene heaters at a local business and has been repairing and selling them for 4 years.)

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Fine Arts

"'Tis never too late to be what you might have been.”
—George Eliot

Variety — the spice of life

FIFTH ANNUAL KANSAS FOLKLORE FESTIVAL

Jan Harley

Saturday & Sunday, 10am-10pm, April 23 and 24
Location: Will be noted on your receipt

The 1983 Kansas Folklife Festival which celebrates the traditional arts of Kansas, will take place on April 23 and 24 at Civic Park, in Manhattan, Kansas. Many volunteers are needed to help put together this state-wide event. If you would like to work around traditional craftspeople and musicians and can help with publicity, sales, food, sound, grounds, hospitality, or other needed areas, please sign up and you will be contacted. Working on the Festival is a unique and rewarding experience. (Jan is the Volunteer Chairperson for the Kansas Folklife Festival.)

RANAHAN WINTER’S GUIDE TO COLLECTING ART

Julie Strocker and Kate Cashman

One Time: Wednesday, 7:30pm, Feb 16
Location: Will be noted on your receipt

Go with registration

Learning how to collect art and NOT lose your shirt are the objectives of this class. We’ll discuss different art forms and the processes involved, and most importantly, developing a solid guideline for investment. (Kate is the Director of Strocker Gallery. Julie is an art collector and owns the gallery.)

CREATIVE CLOTHINGMAKING

Steve Hall

Section: I: Tuesdays, 7-9pm, Mar 1, 15
Section II: Tuesdays, 7-9pm, Apr 5, 19
Section III: Tuesdays, 7-9pm, May 3, 17
Location: Will be noted on your receipt

Class Fee: $3.00, pay with registration

Limit: 10

Clothes can have personality! Materials will be on hand for each participant to create a unique closet face or his/her own design to be incorporated into a simple box frame. Several examples and ideas suggestions will be discussed. You may buy at this class and need to re-make an old closet or begin a new one. (Steve is a participant in local craft shows and enjoys creating unique art.)

PICTURE FRAMING AND MATTING BASICS

Steve Hall

Section I: Mondays, Feb 14, 21, 28, Mar 7, 14, 21 (6 times), 7-9pm
Section II: Mondays, Apr 11, 18, 25, May 2, 9, 16 (6 times), 7-9pm
Location: Will be noted on your receipt

Class Fee: $10.00, pay with registration

Materials Fee: $6.00, pay at class

Limit: 10

In need of frames for your picture collection? Learn how easy it is to assemble frames in your own workshop. Techniques presented will include selection of moldings, cutting basics, glass cutting, and assembly. Techniques will be demonstrated during the first meeting. Hands-on experience is available during subsequent meetings. Materials and supplies for additional framing will be available for purchase by participants. Materials fee includes all necessary supplies (9 nits, holder, paper). Fee includes all necessary supplies (9 nits, holder, paper). (Steve is a participant in local craft shows and enjoys creating unique art.)

UKRAINIAN EGG DECORATING

Elaine Cole

One Time: Saturday, 1-4:30pm, March 5
Location: Will be noted on your receipt

Class Fee: $5.00, pay with registration

Materials Fee: $0.30, pay at class

Limit: 25

Easter is approaching! Ukrainian eggs are a traditional, centuries-old folk art. Intricate, colorful designs are created on chicken eggs using a wax-resistant process. We’ll start with a slide show about the tradition and symbol and then you’ll make your own Ukrainian egg. Beginners and advanced students welcome. Bring a candle, candleholder, pencil, two eggs at room temperature, and 50¢ per person for materials fee. (Elaine learned how to make Ukrainian eggs in Philadelphia in 1975 and continues to find them fascinating, satisfying art form.)

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ORIGAMI — JAPANESE PAPER FOLDING

Sheryl Chang

One Time: Saturday, 1-3pm, Feb 26
Location: Will be noted on your receipt

Class Fee: $3.00, pay with registration

Limit: 8

Origami is the Japanese art of folding paper into animals and other objects. It is a very old craft passed down traditionally from younger to older to increase their creativity and imagination. Come and learn this beautiful oriental skill for yourself. Please bring your own origami paper to the class. You can cut any piece of paper — wrapping paper, newspaper, memo pads, etc., to approximately 6”x6”. We’ll use 10-15 sheets in the class. (Sheryl learned this art as a child growing up in Japan.)

JEWELRY TECHNIQUES FOR BEGINNERS

Michael Ardis

Mandatory organizational meeting Wednesday 6:30-9:30pm, Feb 2 for all sections

Section I: Feb 22, 23 Each section 6:30-9:30pm
Section II: Mar 1, 2
Section III: Mar 8, 9
Section IV: Mar 15, 16
Location: Will be noted on your receipt

Class Fee: $5.00, pay with registration

Materials Fee: $15.00, pay at class

Students will do an applique pendant, cut from a sterling silver sheet, with a simple loop for hanging. This project will teach design, layout, sawing, filing, soldering with hard solder, polishing, and finishing. This class will be a prerequisite for advanced jewelry making. (Michael has 20 yr of teaching experience, own shop, and taught 4 years in pub. and private schools. He is currently being considered for a local jewelry store, and has taught adult education classes before.)

CALLIGRAPHY: THE BASICS

Janice Hooks

Wednesdays, 7-9pm First Meeting: Feb 16 Length: 4 times
Location: Will be noted on your receipt

Class Fee: $5.00, pay with registration

Materials Fee: $5.00, pay at class

Limit: 15

In this class students will be introduced to the basics of calligraphy. We will learn the Chancery Italic alphabet using a broad-edged, dip graph paper, ink, and guide sheets. (Janice is a free-lance calligrapher.)
FABRICATIONS

CATHEDRAL WINDOW QUILTING
Mary Oliver
One Time: Thursday, 7-9pm, Feb 17
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 12
This will be a hands-on lesson in the art of the cathedral window quilting method of making a small project. We will also discuss the adapting of the cathedral window in various projects. Mary has been quilting for 7 years and has taught quilting for 5 years. She has completed over 20 quilts.

PATCHWORK QUILTING
Mary Oliver
Thursday, 7-9pm, Feb 24, March 3 (2 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 12
Patchwork is distinctly American, one of the more simple of quilting techniques and very popular. We will cover the construction of patchwork projects and the use of patchwork other than in quilting.

INTERMEDIATE SPINNING
Mini Benedick
457-3645
This class will be starting in early February, meeting 7-9pm and will continue 3 times. The instructor will contact you for the day and starting date.
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 8
Mini will demonstrate how to spin a room full of straw into gold and other useful skills such as plying yarns, bowing, and skill and how to blend wool. This class will learn how to do rainbow dyeing with hands-on experience. The materials fee will cover cost of dyes and fleece for each person. (Mini has been spinning and weaving her own yarns for six years.

BEGINNING WEAVINGS FOR KIDS (AGES 5-9)
Julie Stunkel
776-3524
Wednesdays, 7-8:30pm, Mar 20, Apr 16, 23, 20, 27 (5 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 4
Kids want to make something special this year for Mother’s or Father’s Day? Julie can teach you how to weave a wall-hanging or other simple item nice enough for a gift. (Julie is 9 years old and has made many weavings and wants to share her skill with other children.

TATTING - THE ART OF MAKING LACE
Jessie Foreaux
 Thursdays, 7-9pm, Feb 10, 17, 24 (3 times)
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 6
Tatttng, or “pointille” as the French call it, is a very old art. This process of making lace by looping and knotting a single thread of thread on a small shuttle seems to have originated in Europe. Years ago tattters used very fine thread called “long tippets” to create a lacy effect. Modern tatting has shorter and fewer pickets, uses heavier thread, and your closet, and instead have something cherishd that can lead you to more of the same or bigger adventures. Babysitting is welcome if you call ahead for reservations. (Jessie was 11 years old when she learned this art from her grandmother and has continued tattting to the present day.)

SON OF A F-F (FABRIC FRAME YOUR FAVORITE FOTO)
Kate Mahan
776-1033
One Time: Saturday, 1-3pm, Feb 12
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration
Materials Fee: $2.50, pay at class
Limit: 8
The infamous Frame-Your-Favorite-Photo-in-Fabric class returns with a seasonal twist. Place your valentine in a muslin and lace frame with a heart-shaped opening. This class will fabricate a frame and all you need do is bring along a photo of your favorite Valentine. (Kate has made fabric frames and boxes for a couple of years.

HINNA PRAIRIE QUILTERS’ GUILD
Conti Jo Bates
537-0750
Second Monday of the month, 9:30-11:30am First Meeting: Feb 14
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Each meeting features a workshop, teaching the basics of hand piecing and quilting of the latest and newest trends, and techniques, featured speakers. Quilt Toppers, Quilters, Beginners... everyone loves these classes. The guild is open to all! Each workshop will provide a small kit for minimal cost that can be almost finished during the meeting. Take yourself to the beginning, middle and or end so that you don’t have another unfinished project to add to the pile in your closet. The guild has expanded well beyond its original members. (Conti Jo is a charter member of the Four-year-old guild, which has grown to as many as 100 members.)

Appearances

HARIRATING
Lin Broccoli
Section I: Wednesday, 6-9pm, Feb 2
Section II: Monday, 6-9pm, Feb 7
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10
Spring will arrive soon along with all the special festivites so treat yourself to a new stylish way to wear your hair. Professional hair stylists will demonstrate different types of braiding 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.)

NERVING YOUR SEASON - A PRETTIYER YOU
Karen Elliott
Section I: Tuesday, 7pm, March 22
Section II: Saturday, 9:30am, March 26
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10
Do you want to learn to use quick and easy ways to make the most of your with your spring wardrobe. (Karen received her Doctorate in Home Economics at KSU and currently works with Lady Finelle cosmetics.)

BOOK SHOP

Village Plaza Shopping Center
537-8025
Books Magazines
Pipes & tobacco
We welcome special orders. If you need it, we'll try to get it for you.

Calligraphy

Village Plaza Shopping Center
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Books Magazines
Pipes & tobacco
We welcome special orders. If you need it, we'll try to get it for you.

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Light...

UF PHOTOGRAPHY DARKROOM COOPERATIVE (BLACK & WHITE & COLOR) FA-18
Nell Schaner 532-5866

Organizational Meeting: Monday, 5-5:30pm, Jan 31
Location: Will be noted on your receipt
Located just one block west of campus in the UF M house, the UF darkroom is available to anyone who needs access to a well-equipped facility. Equipment is capable of handling up to 11x14 prints and 8x10x12 negatives as well as 35mm. The fee includes everything but paper. For those who need instruction in darkroom techniques, UF is offering a course "Developing Darkroom" where you can have your questions answered.

Black & White Only:
Fees: 1 semester, $18, new members $15, renewals 2 semesters, $30, new members 25, renewals 3 semesters, $40, new members 35, renewals
You must provide your own chemicals if you wish to use our new color equipment.

Black & White and Color:
Fees: 1 semester, $25, new members $22, renewals 2 semesters, $47, new members 32, renewals 3 semesters, $47, new members 42, renewals
The color equipment enables you to develop film and slides and to make prints from negatives or from slides (tinted cine). There is no additional hours use charge, for those who wish to use the darkroom but who do not wish to purchase a membership, space is available at the rate of $2.00/hr. (Nell is coordinator of the UF darkroom.)

BEGINNING BLACK AND WHITE DARKROOM
Blll Russell FA-19 539-2678

Instructor will contact you as to time and date
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Discover the fun and excitement of developing and printing your own black and white film. This class introduces the basic procedures for making beautiful color prints and slides with little practice. UF members have purchased color equipment and John will show you the easy steps to impressive color results. Save money and experience the pleasure and pride of making your own color photography (John's good in a dark room.)

BEGINNING COLOR DARKROOM
John Holcomb FA-20 532-5866

Section I: Thursday, 6:30-9:30pm, Feb 24 (beginners only)
Section II: Tuesday, 6:30-9:30pm, March 1 (all)(already know darkroom)
Section III: Thursday, 6:30-9:30pm, March 10 (advanced techniques Class Fee: $4.00, pay with registration Limit: 8 each section

Why waste money to have someone else process your color film, slides and prints? New developments in home darkroom processing have simplified the procedures to such a beginner can make beautiful color prints and slides with little practice. UF members have purchased new color equipment and John will show you the easy steps to impressive color results. Save money and experience the pleasure and pride of making your own color photography (John's good in a dark room.)

THE FIRST ANNUAL UF BLACK & WHITE PHOTO CONTEST: FA-45
THE KANSAS CHARACTER

The twelve winning black and white entries will be published in the summer 1983 UF catalog. They will also be put on exhibit in the Manhattan Public Library April 25-May 6. Prizes will be awarded.

Judges are Sally Wampler, KSI Journalism Department; Dan Ray, Manhattan Camera Shop; Holly Miller, Manhattan Mercury; and John Holcomb, UFM.

RULES
1. There is no entry fee.
2. Minimum size is 5 x 7 inches, maximum size 11 x 14 inches.
3. Entries should be mounted on hard board.
4. The contest theme is The Kansas Character. Categories are scenery, people, architecture and animals.
5. Judges will select first, second and third place winners in each of the four categories. Selection of honorable mention entries will be at the discretion of the judges.
6. On back of all postcard write name, phone number, category and optional photo title.
7. Submit entries to UFM, 1212 Thurston. Deadline is 4:30pm, Friday, April 10.
8. Entries may be picked up at UFM after May 10.

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Music...

BEGINNING RECORDER FOR ADULTS I & II

Vicki Shult

FA-26 776-9911

Recorder 1: Tuesday, 7:30-9:30pm, First Meeting: Feb 2 Location: Will be noted on your receipt Class Fee: $10.00, pay with registration Materials Fee: $9.00, pay at class Limit: 6 each section

This class is for those who are seriously interested in learning to play the recorder. Recorder 1 will cover 2-part music - soprano/alto - using the first three notes. Recorder II will begin with lesson 65 in the Katz text, and will proceed rapidly; fewer than 4 at any session cancels the class. The materials fee covers the cost of the method book to be used. (Vicki has studied Recorder at the University of Florida and has had years of playing and teaching experience plus teaching individuals and special recorder workshops.)

RECORDER CONSORT PLAYING

Vicki Shult

FA-27 776-9911

One Time: Wednesday, 8pm, Feb 2 Location: Will be noted on your receipt Class Fee: $2.00, pay with registration

Join the recorder network. Vicki will be the resource person. Bring your recorder to the first meeting and we'll all play in consort and get acquainted, and swap names and times to get together in groups small and/or large. If you enjoy playing, but don't know anyone else who does, then this class is for you. Beginners and those with years of playing are welcome.

BEGINNING BLUEGRASS BANJO

David Verschelden

FA-28 539-4150

Wednesdays, 7:30-8:30pm First Meeting: Feb 9 (4 times) Location: Will be noted on your receipt Class Fee: $5.00, pay with registration Limit: 5

How about a banjo? Doesn't it sometimes make your hair stand on end when you hear the guitar pick and strum? It will take to play 3 finger style bluegrass banjo. You will learn the basic skills as you learn a song. You will need the banjo for class and practice. (Dave believes that you should play the banjo whether your family approves or not.)

GUITAR BASICS

Peter della Femina

FA-29 539-5862

Mondays, 6-7pm, Feb 7, 14, 21 (3 times) Location: Will be noted on your receipt Class Fee: $5.00, pay with registration Materials Fee: $1.00, pay at class Limit: 6

Do you have music bottled up inside you and need to express it? Bring your guitar to class and Peter will cover basic left hand skills of chord fingering and changing. Some experience with guitar playing is preferred. (Peter is a composer, leader and arranger for a jazz quartet.)

GUITAR TECHNIQUE

Peter della Femina

FA-30 539-5862

Mondays, 6-7:30pm, Feb 28, Mar 7 (2 times) Location: Will be noted on your receipt Class Fee: $3.00, pay with registration Materials Fee: $1.00, pay at class Limit: 6

Knowledge of facility with basic chords is the only prerequisite. The majority of class time will be spent on right hand technique (strum and fingerpick methods). Instruction is designed to improve upon songs you already play. Bring guitar for each class.

... and other languages

INTERMEDIATE CONVERSATIONAL SPANISH

Gladyz Daniels

FA-37 537-7495

Wednesdays, 7-9pm First Meeting: Feb 2 Location: Will be noted on your receipt Class Fee: $10.00, pay with registration Materials Fee: $25, pay at class

A forum is provided for persons acquainted with the Spanish language. This course is designed to assist persons interested in refining and expanding conversational proficiency in Spanish. Topics of discussion will be selected by the class and the instructor will encourage the use of certain tenses and general vocabulary. (Gladyz is a native speaker, born in Havana, Cuba.)

FREELANCE WRITING

Eva Wilson

FA-39 539-5097

One Time: Saturday, 10am-2pm, Feb 5 Location: Will be noted on your receipt Class Fee: $3.00, pay with registration

This class will help answer questions about getting started in writing, its goal is to provide encouragement and guidance for beginning writers. There will be no writing done in this session. (The class will have a "lunch break." (Eve is a graduate student in journalism at K-State and has free-lanced for nearly four years.)

AUTOHARP WORKSHOP

Linda Teener

FA-31 537-0508

Tuesday: Saturday, 1-3pm, Feb 5 Location: Will be noted on your receipt Class Fee: $3.00, pay with registration

Tuning, use of fingerpicks, rhythm backup and picking melody lines are some of the topics to be covered in this class. A basic orientation to the autoharp will be given and information on distant tuning will be available. (Linda has been playing the autoharp for 25 years and likes to share this easy to play instrument with others.)

FLINT HILLS DULCIMER PLAYERS

Linda Teener

FA-32 537-0508

Wednesdays, 7-8:30pm First Meeting: Feb 2 Location: Will be noted on your receipt Class Fee: $3.00, pay with registration Materials Fee: $50, pay at class Limit: 8

We are a group of mountain dulcimer players who meet to play together, share tunes, and learn new techniques. We play primarily traditional American and British music. There are no skill requirements. Come join the fun.

HAMMERED DULCIMER SEMINAR

Linda Teener

FA-33 537-0508

One Time: Saturday, 1-3pm, March 5 Location: Will be noted on your receipt Class Fee: $3.00, pay with registration Materials Fee: $50, pay at class

Have you wanted a hammered dulcimer, but didn't know how to select one? Do you have one, but don't know the top from the bottom? This class will cover the basics of selecting a good instrument and also teach the basics for playing. (The hammered dulcimer is Linda's favorite instrument and she likes to share it with others.)

WOODWIN ENSEMBLE

Jim Shanteau

FA-34 532-6850

Mondays, 8-10pm, First Meeting: Feb 7 Location: Will be noted on your receipt Class Fee: $1.00, pay with registration

Enthusiasm and desire to play are more important than polished musical skills as we play and discuss chamber music for winds. Styles will range from baroque to modern. We will meet mainly for our own enjoyment, we may occasionally perform in public. (Jim has over 20 years experience on wind instruments.)

MAINTENANCE OF MUSICAL INSTRUMENTS

Christopher Banster

FA-35 776-6462

One Time: Saturday, 10am, Feb 19 Location: Will be noted on your receipt Class Fee: $3.00, pay with registration

Chris will demonstrate general preventive maintenance for your musical instrument. 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 KU instruments.)

HOW TO LISTEN EFFECTIVELY

Ben Stillman

FA-38 532-5642

Monday, 7-9pm, Feb 7, 14, 21 (3 times) Location: Will be noted on your receipt Class Fee: $3.00, pay with registration Limit: 15

Estimates indicate that some people retain as little as 12 percent of the information they hear. Are you one of them? This class will present and allow the opportunity to practice techniques that will give you greater comprehension and clarity to what is said to you. Anyone that has taken this class before is welcome to participate again. (Ben teaches a study skills class on listening and memory at KSU.)

SING IT

Sallie Smith

FA-36 532-5291

Wednesdays, 7-9pm First Meeting: Feb 2 Location: Will be noted on your receipt Class Fee: $10.00, pay with registration Materials Fee: $50, pay at class Limit: 15

Say it in sign language. Experience the world of non-verbal communication in which the hearing-impaired live. This class will cover the basic sign alphabet and some conversational phrasing (with multiple signs). Come prepared to re-learn your own language. (Natalie learned sign language from her parents who are both deaf.)

Elmire Arts · Page 21
Dancing, dancing

FLINT HILLS FOLK DANCERS
Paul Weidba and Endi Cocke

First and Third Fridays every month, 7:30-9:30
First Meeting: Feb 4
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Limit: 20

In its third year, the Flint Hills Folk Dancers is a small but active group of students and teachers who hoop it to music from all over. If you can't do dance, all are welcome to dance. After registration, new members are invited to participate in advanced activities. (Both Endi and Paul have been folk dancing for nine years and agree that "no one needs any real understanding, dancing is the only pure art form." )

BALLROOM DANCE
Alex Ram
Sundays, 7-9:00 p.m., Feb 6, 13, 20 (3 times)
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 20

If you are already familiar with the techniques of footwork, waltzes and tangos and want to dance together, then join us for three enjoyable evenings of ballroom dancing. Women and men without partners are welcome also. Please bring your favorite tape or cassette of music. (Professor Rame is anxious to dance and share this expertise with an interested group.

BELLY-DRUM FOR BEGINNERS AND BEYOND
Rasha
Mondays, 7-9:00 p.m., Feb 7
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Limit: 10

Be prepared to sweat and use muscles still a bit sore from the time before, but become a better dancer. Train those newly discovered muscles to do that impossible step combination and make it look effortless. (Rasha is an experienced belly dancer.)

DANCING FOOLS
Kevin and Ginny Patterson
Organizational Meeting: Thursday, 7-9:00 p.m., Feb 17
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration

Have you been dancing for a year or more? Would you like to take your dancing seriously but can't find a serious partner or partners? Help form a new group, Dancing Fools, interested in getting together often and practicing. This is a low-cost class, just for people interested in being better dancers. (Kevin and Ginny are a hot country & western couple.)

Country Western Swing Dance
FA-21
Pat Greer
Tuesdays, 7:30-9:30, Feb 15, 22, March 1
Location: Will be noted on your receipt
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 swing moves, slips, spins, turns and slides done in country western swing and get down to some hot tunes. (Pat loves to swing dance and has taught this class before.)

Country Western Swing Dance II
FA-24
Kevin Stevie
Thursdays, 7:30-9:30, Feb 3, 10, 17, 24 (4 times)
Location: Will be noted on your receipt
Class Fee: $7.00, pay with registration
Limit: 24 persons

Hey y'all out there; rustle up a partner and learn the swing moves, slips, turns, and slides done in Country Western Swing Dance. A fun evening of dancing will give us a chance to romp and stomp to some lively music. The first 3 meetings will cover some basic moves to use. Then, it's out to the dance floors to practice what you've learned for the last class. Please register with a partner. (Kevin likes to teach others to dance.)

Dance Classes

SUSAN WARDEN DANCERS

Come dance with the Susan Warden Dancers— Manhattan's Only Professional Dance Company and the only dance company in Kansas to be members of the Kansas Dance Arts Program.

For the past three years, our dance company has traveled across Kansas, offering a community of cultural services: such as concerts, workshops, and lecture demonstrations for schools, nursing homes, mental health facilities, as well as the general public.

At our local Manhattan studio, our dance company members teach a variety of classes to help you:
- stay fit
- develop grace and coordination
- increase body awareness
- meet new friends
- have fun!

Our goal is to offer quality training classes for the causal or serious dancer of all ages.

- BEGINNER
  * Community Jazz and Modern (Any age)
  * Community Tap (Any age)
  * Teen & Adults (Any age)
  * Pre-Ballet (3 years old)
- INTERMEDIATE
  * Ballet for Adults (Any age)
  * Intermediate Piano (Any age)
  * Intermediate Ballet (Any age)
  * Intermediate Tap (Any age)
- ADVANCED
  * Pre-Ballet (4-7 years)
  * Ballet for Adults
- TAP
  * For ages 5-10
  * For ages 11-16
- JAZZ
  * For ages 3-10
  * For ages 11-16
  * For ages 17+ (Adults)

Ballet for Two:
Monday 4:00-5:00 p.m., 8 weeks, $10
Your body can move with grace and style when you learn these basic exercises. A technical class with beginning skills and steps.

Intermediate Ballet:
Monday and Wednesday 5:00-6:30 p.m., 8 weeks, $20
A technique class for all adults who have already met at least one year of ballet training. How to do what your instructor tells you to do.

Children's Ballet I:
For ages 4-10 Saturdays 10:00-11:00 a.m., 8 weeks, $20
Children who are just beginning to learn to dance and class plans vary.

Children's Ballet II:
For ages 10-13 Saturdays 10:00-11:00 a.m., 8 weeks, $20
For children who have already completed the "basic ballet" classes.

*CLASS SCHEDULE
- Week of January 17-March 12
- Registration Form

*REGISTRATION INFORMATION
- All persons are invited to register for classes on a space-available basis.
- February 1, March 1, and April 5 will be held on a space-available basis.
- Registration forms will be available from the studio.

*FINANCIAL INFORMATION
- Tuition rates are reasonable and based on the number of students enrolled.
- Discounts are available for family members and multiple class memberships.
- Financial aid is available on a need basis.

*STUDENT INFORMATION
- Tuition rates are reasonable and based on the number of students enrolled.
- Discounts are available for family members and multiple class memberships.
- Financial aid is available on a need basis.

*TEACHERS' INFORMATION
- Teachers are highly qualified and have a combined experience of over 50 years in dance education.
- Teachers are dedicated to providing a quality dance education for all age groups.

*STUDIO INFORMATION
- The studio is located in a quiet, safe neighborhood with ample parking.
- The studio is equipped with state-of-the-art dance equipment and a well-maintained dance floor.
- The studio is open Monday through Saturday, 9:00-9:00 a.m.
- Registration and class times vary by class and instructor.

*CONTACT INFORMATION
- For more information, call (913) 583-7878.
- All classes start the week of January 13, 2003, and will be held at the studio located at 210-A Humboldt, Manhattan, KS 66502.
- For any questions or concerns, please contact the studio at (913) 583-7878.

*SUSAN WARDEN DANCERS
719 Osage Street
Manhattan, KS 66502

*Studio registration will take place Thursday, January 13, and Friday, January 14, from 9:00 to 7:00 p.m., and Saturday, January 15, from 10:00 a.m. to 5:00 p.m. The studio is located above Humboldt Square Shopping Mall. Please use the outside entrance on the east side of the building.

For more information, call (913) 583-7878.
Looking east

INTRODUCTION TO ZEN MEDITATION PRACTICE

Al Potter

W ednesdays, Mar 2 & 9 (2 times) 6-10pm
Location: 500 N. 6th St. Entrance on 6th St.
Class Fee: $3.00, pay with registration

The aim of this course is to have two meetings within which some preliminary discussion of Buddhist tradition will be held as well as instruction in the Soto way of Zen practice. It is recommended that the participants wear loose fitting clothing and please bring a cushion or medium-sized pillow to sit on. Those who have a general interest or questions are welcome to participate. (Al has been studying with Zen master Kayagi of the Minneapolis Zen Center for a number of years.)

A TALK ON THE ANCIENT THEORY OF YOGA

Bert Franklin

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

Bert will summarize the views and teachings of the Samkhya Sutras and the Yoga Sutras, called by Heinrich Zimmer "among the most astounding works of philosophical prose in the literature of the world." Discussion as time permits. (Originally a philologist, French and Spanish professor, and diplomat, Bert is giving much of his retired life to the study of yoga.)

YOGA

Bert Franklin

Section 1: Tuesdays, 5:30-6:30pm First Meeting: Mar 13 Length: 8 times
Section II: Thursdays, 6:30-7:30pm First Meeting: Mar 17 Length: 8 times
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Materials Fee: $4.95, pay at class (cost of book)

Regular yogic practice can bring greater self-knowledge and enjoyment of the body and mind. It can help foster a feeling of vitality, and physical and mental well-being. In this class we will learn the basic asanas and pranayamas. Please bring your own mat and dress comfortably. (Having studied for 6 years in India with Krishnamacharya and Bishalaksh, Dr. Bert Franklin has just attended a seminar with Bishalaksh and a group of his former students.)

YOGA

Rob Sheridan

Mondays, 5-6pm First Meeting: Feb 7 Length: 6 times
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration

We will study the basic yogic postures and breathing techniques rather than yoga philosophy. The actual practice of yoga, however, will deepen one's understanding of yogic philosophy. Please bring your own mat, comfortable clothing (shorts, t-shirts, etc.), and an empty stomach. (Rob is a student of Dr. Bert Franklin.)

INTEGRAL YOGA

Bradley Armitt

Mondays, 7-8pm First Meeting: Feb 7 Length: 4 times
Location: Will be noted on your receipt
Class Fee: $7.00, pay with registration

A systematic approach to stretching, breath control, movement, centering, and meditation drawing on diverse fields: dance, yoga, exercise science, martial arts, and east-west psychologies. Emphasis will be on developing a long-term practice. (Bradley has studied a variety of martial art forms, yoga, health and fitness approaches for over 10 years.)

INTRODUCTION TO MEDITATION

Sada Subhakarma

One Time: Wednesday, 7-9pm, March 23
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

There is a desire in every living being for limitlessness. Meditation is a deep inner quest for this ultimate goal of life. We will meet and explore the ways in which we might begin this quest.

Bodies, too

HYPERTENSION

Jacqueline Marsh

One Time: Monday, 7-8:30pm Feb 7
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration
Limit: 15

With current emphasis on health wellness, be a participant in your own health care by contributing to your understanding of hypertension. Learn about risk factors and predisposing hereditary factors that affect those who have hypertension. There will be a file and blood pressure check for all participants. (Jacqueline is a registered nurse employed at a local hospital.)

MASSAGE

Bob Parr

Saturday, 1-4pm, Feb 5 & 19
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
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. Due to the popularity and nature of this class it is important that those who sign up for this class attend both classes. If you cannot, please contact UFM. (Bob worked as a masseur for two years in a health club while putting himself through school.)

HELP YOURSELF TO BETTER HEALTH

Carolyn Gregov

Wednesday, 7-8pm First Meeting: Feb 2 Length: 4 times
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10

Not happy with your state of health (or the state of your pocketbook after health repair?) Join the rapidly growing number of people who are taking advantage of the wealth of resources currently available for medical self-education. An overview. (Carolyn is a student of the naturopathic medical approach to health and healing, with emphasis on nutrition, mega-vitamin therapy, relaxation, acupuncture, herbal and home remedies.)

REFLEXOLOGY

Russell Gillispie

One Time: Monday, 7:30pm, Feb 7
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 21

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 a necessity. (Russell is a Certified Registered Reflexologist and is concerned about people's health.)

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American Baptist Campus Ministry

Fellowship Meal & Worship Tuesdays, 5-7 p.m.
See UFM catalogue for other programs

Dave Stewart, Campus Minister
539-3051
1801 Anderson
Between people

"PARENTS AND ADOLESCENTS - HOW CAN WE BOTH SURVIVE"  S-19
Michael Weinberg, M.S.  537-2244
Monday, 7:15-8:45pm, Mar 14; Wednesday, 7:15-8:45pm, Mar 16 (2 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10
This is an in-depth discussion concerning the options parents have in increasing the communication between themselves and their teens. We will discuss the specifics concerning what parents can do to facilitate good mental health in their family. (Michael is a certified Reality Therapist in private practice. After receiving his Master's degree in family and children, he spent 6 years working with severely disturbed adolescents.)

SINGLE PARENTING  S-20
Michael Weinberg, M.S.  537-2244
Monday, 7:15-8:45pm, Feb 20 & Mar 7 (2 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10
This class will deal with the obstacles single parents have to overcome. We will discuss how to answer our children's questions. Our discussion will conclude with specific suggestions that will promote a healthy family environment for you and your children.

DIVORCE - HOW CAN WE GROW THROUGH THE PAIN?  S-21
Michael Weinberg, M.S.  537-2244
Mondays, 7:15-8:45pm, Feb 7 and 14 (2 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10
We will discuss the numerous painful areas that surface during and after divorce. Specific ideas, based upon the concepts of Reality Therapy, will be presented that will enable the participants to gain strength during this crisis.

PRE-NASCAL T.A. WORKSHOP  S-22
Don Fallon  539-4651
One Time: Saturday, 9:30am-4pm, Feb 19
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Introduction to your relationship to transactional analysis: an enrichment group supporting couples in building communication skills, self-understanding of parent-child ego state interactions and family life script or role expectations. Emphasis will be given to developing skills in handling conflict, developing a healthy flight style and coping with feelings of anger, sex or love. Trust, caring, confidentiality and options will be stressed. (Don is Lutheran Campus Pastor and also works with the KU Center for Student Development.)

PARENTS ANONYMOUS  S-23
Don and Imrie Fallon  539-4651
Wednesdays, 7pm First Meeting: Feb 2
Location: Will be noted on your receipt
Even good parents lose their temper with their children or sometimes set unusually high expectations. At times parents avoid disciplining their children for fear of losing control. Irritability can lead to physical or emotional hurt and abuse. This 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 contacted. (Sponsored by 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.

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KANSAS CROSS COUNTRY SKIING
P-1
704-2363

Thursday, 7-9pm, Feb 3; Saturday, 1-4pm, Feb 5 (2 times)
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 20

In the first meeting you will learn about equipment including skins, boots, bindings and poles for beginning, touring and racing. Also covered will be waxing, clothing, training and technique. Then in the second meeting it’s off to a snow-covered location to practice single-skiing and double-pole. Pete will critique your style and then lead a short tour that will challenge you to use all that you have learned. (Pete is a former member of The Eastern ski team, U.S. Biathlon Team — e-s with shooting — and U.S. Olympic team. He has competed in international competition in many European countries including Norway, Sweden, France, Italy, and USSR. Winner 1976 national 20k Biathlon championship.)

BASIC FiguRE SKATING & SPEED SKATING
P-2
539-9150

Organizational Meeting: Tuesday, 7-9pm, Feb 8
Length: Depends on weather
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 30

Weak ankles are no reason to miss out on the joys of ice skating. You won’t even notice them after you learn how to “strngo” properly. Forward and backwards, glide like a cat, do a single turn, and skate faster than a speeding bullet — well, skate fast. Attend the organizational meeting. (Day and location for skating will depend on the weather and will be announced.) Bring your skates if you’re wondering about sharpening, and think “beautiful toe.” (The technicals are a figure skater and a roller skater; Joan still remembers her skating lessons, and Connie has been a competitive speed skater. All three can skate backwards.)

WINTER RUNNING
P-3
532-6765

One Time: Monday, 7:30-9pm, Feb 7
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 30

Do you want to get an early start in spring physical fitness or were you sorry you hibernated and didn’t jog this winter? Tony will discuss proper preparation for cold-weather running including clothing, warming-up, diet and safety. Despite popular misconceptions, winter running can be comfortable and in fact, most runners are stronger in cold air than hot. If you’re afraid of frostbite, hypothermia or freezing limbs, let Tony dispel your fears and get you off the right foot toward safe winter running. (Tony teaches exercise physiology at KSU, trains in all seasons and has been running competitively for many years.)

Fitness for all

NUTRITION FOR RUNNERS, ATHLETES AND PHYSICAL FITNESS BLUFFS
P-4
532-5508

One Time: Thursday, 7-9:30pm, March 3
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 30

Is your diet optimal? For your particular sport? Have you wondered about carbohydrate-loading, salt tablets, honey, or crash diets? If you are concerned about building muscles, replacing perspired liquids or maintaining endurance, nutrition plays an important part. More and more athletes and coaches are looking seriously at current research about how and what athletes should eat. This class will be a seminar, but bring any questions or experiences you’d like to share. (Katharine teaches “Nutrition and Physical Activity” at KSU. She is also a body builder and has been involved in competitive running events.)

RHYTHMIC AEROBICS
P-5
776-2450

Mondays & Tuesdays, 7:30-8:30pm First Meeting: Feb 22 Length: 18 times Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 60

The program, Rhythmic Aerobics, with fitness at heart, was invented as a means of experiencing how exercise does not have to be drudgery. Routines are choreographed to include a sufficient workout for all body muscles, especially the heart. Participants monitor their heart rate to prevent overworking; in the meantime they are improving coordination, reaction time, muscular endurance, flexibility and cardiovascular fitness. Discover how getting fit can be fun! (Barbara enjoys keeping fit with Rhythmic Aerobics.)

GENERAL FITNESS EXERCISES TO MUSIC
P-6
532-6711

Mondays, Tuesdays, Thursdays, Fridays, 5-6pm First Meeting: Feb 3
Location: Will be noted on your receipt
Length: All semester
Class Fee: $10.00, pay with registration
Exercises include jogging and steps to music to increase the heart rate, and limbering and limbering 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 Dussaus, Sylva Sherron Hotel.)

WEIGHT TRAINING FOR WOMEN: BODYBUILDING IS BODY SCULPTURE
P-7
537-9237

One Time: Tuesday, 7-9:30pm, Feb 15
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 20

"Most women are bodybuilding illiterates", according to Karri who will discuss weight lifting programs, aerobic activity, nutrition, free weights and universal machines. Goals that women want and can achieve include losing fatty tissues, acquiring good muscle tone and shedding body weight. The proper ways to use weight training equipment will be covered. Instead of losing freedom, as the popular myth has it, Karri will explain how bodybuilding can actually enhance your feminine. If you've been curious about women's weight training, here's your chance to hear it from an expert. (Karri is a competitive body- builder who wants to let other women in on a good thing.)
Fast action

INTRODUCTION TO RUGBY

Bill Sexton
P-8
532-5666

One Time: Sunday, 2-2:30pm, Feb 6
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Rugby is an exciting, fast-paced game incorporating the best parts of football and soccer. It's popularity is growing quickly, especially in mid-America. This class will be geared towards understanding the basic laws and philosophy of rugby. Anyone interested in learning about rugby, whether as a spectator or prospective player, is encouraged to attend.

(Bill has played rugby for over 5 years and is President of the K-State Rugby Club.)

BEGINNING TENNIS

Russell Bollins
P-9
776-5703

Sundays, 8-10am First Meeting: March 27
Length: 6 times
Location: Will be noted on your receipt
Class Fee: $20.00, pay with registration

Tennis lessons for the beginner will teach forehand, backhand, serves, court tactics, equipment selection and game rules. Bring a can of marked balls and a racquet. (Russell enjoys tennis for the game and for the exercise.)

RACQUETBALL FOR BEGINNERS

Mike Campbell, Debbie Bush
P-10
539-3045 776-5000

Sundays, 8-10am First Meeting: March 27
Length: 8 times
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration

Limit: 16

Join one of the most popular and fun sporting events. Racquetball is good for developing cardiovascular fitness, muscular endurance, control of weight and is a lifetime activity. This class will emphasize basic rules and fundamentals of the game including scoring, backhand, forehand and serve. Each class will feature a racquet and two balls. (Mike has been playing for over 10 years and Debbie for over 2 years.)

VOLLEYBALL FOR FUN

Lois Morales
P-32
539-8867

Tuesdays, Thursdays, 6:30-8:30pm First Meeting: Feb 1
Location: Will be noted on your receipt
Length: All semester
Class Fee: $3.00, pay with registration

Materials Fee: $1.00, pay at class

Volleyball can provide low-key competition, exercise and a great time for beginners to those advanced. Nets and balls will be furnished. Hand carry your volleyball shoes if they fit. (Lois has played on volleyball for years.)

DEAL-4-PARTNER/TENNIS/RACQUETBALL/INDOOR GAMES

Neil Schanker
P-11
532-5886

Location: A list will be mailed to you
Class Fee: $1.00, 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 you will be placed in a list which will be mailed to you by mid-February. (Neil has coordinated this class for several years.)

Making a splash

SWIMMING

All classes: Will be noted on your receipt
Class Fee: $6.00, pay with registration

Teachers are Red Cross certified water safety instructors.
No classes held Easter weekend April 2-3

Beginning Swimming for 4-20 year olds

Frances Brennan
P-12
537-4798

Saturdays, 10am-1pm First Meeting: Feb 5
Length: 8 times
Limit: 10

Adult Beginning Swimming

Tom Deaver
P-13
537-2962

Saturdays, 10am-12pm First Meeting: Feb 5
Length: 9 times
Limit: 15

Adult Advanced Swimming

Donna Fager-Schneider
P-14
776-9635

Sundays, 10am-1pm First Meeting: Feb 6
Length: 8 times
Limit: 10

Swimming for Adults Past Beginner Stage

Tom Deaver
P-15
537-2962

Saturdays, 8-10am First Meeting: Feb 5
Length: 9 times
Limit: 15

Missy Going about in boats

KAYAKING

Rex Replogle, T.J. Hittle
P-16
539-9537 539-7772

Section I: Sundays, 10am-1pm, Feb 20, 27, Mar 6
Length: 3 times

Section II: Sundays, 10am-1pm, Apr 10, 16(Sat), 17
An optional trip

Location: Will be noted on your receipt
Class Fee: $5.00, pay at class

Kayak (k-ak): the Eskimo seal-skin canoe, long, narrow and covered over. Learn how to handle and enjoy the lightweight plastic kayaks that are fast becoming so popular. Three sessions in an indoor swimming pool will prepare you for an optional kayak trip to some wild water. Kayaks and equipment are provided. Catch some wave action! (Rex and T.J. have many years experience boating white water and have taught this class for the past year.)

CONJO/KAYAK POOL SLalom RACE

Rex Replogle, T.J. Hittle
P-18A
539-9537 539-7772

One Time: Sundays, 9am-12pm, Feb 13

Location: Will be noted on your receipt
Materials Fee: $4.00, pay at class

Kayak slalom race offers both novice and advanced paddlers an opportunity to test their skills. All interested canoists and kayakers are invited to compete. Events include races for ages 12 years and over. Awards will be given by the Kansas Canoe Association. Come and join the fun!

INTERMEDIATE KAYAKING WORKSHOPS

Rex Replogle, T.J. Hittle
P-17
539-9537 539-7772

Sundays, 9am-12pm, Feb 6, 13
(2 times)

Location: Will be noted on your receipt
Materials Fee: $3.00, pay at class

These workshops are for those kayakers with some experience who desire to improve their skills. Informal critiques will be provided on rolls and strokes in the pool. Boats are available for rent at the pool or you can bring your own. Come as many times as you want and pay $2.00 per Sunday at the pool. (Instruction will be provided by members of the Kayak chapter of the Kansas Canoe Association.)

CHOOSING KANSAS WATERS

Bob Poresky
P-18
539-2967

Organizational meeting: Thursday, 7:30-9pm, March 3

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

Location: Will be noted on your receipt
Length: 6-8 times
Class Fee: $3.00, pay with registration

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 spring. Participants will be responsible for providing canoes, paddles, life jackets, etc. The spring schedule will be set at the March meeting at which time partners and rental locations will be found. This class welcomes both individuals and families. (Bob is a certified Red Cross canoeing instructor.)

SAILING BASICS

Maurice Stark
P-19
532-6184

Saturday, 10am-12pm, Apr 16 and one other session to be announced
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

The opposite of "running with the wind" is (a) coming about; (b) hard-a-lee; (c) luffing; (d) walking with the wind. Even if you answered (c) luffing, you'll learn much from this introduction to sailing including terminology, how to sail, selecting a boat and how to get started. Several types of boats will be shown at the second session. (Maurice is a past commodore of the Blue Valley Yacht Club but is new enough to the sport to relate to the problems of beginners.)

Coming to Aggieville in March

ST. PATRICKS

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Movement

SELF-DEFENSE (WITH JIUJITSU EMPHASIS)
FOR BEGINNERS (II) AND ADVANCED (II)

Doug Geyer

Section I: Tuesdays, 7-9pm, Feb 1
Length: 6 times
Class Fee: $7.00 per session, pay with registration
Location: Will be noted on your receipt

For centuries, the Japanese used JiuJitsu, "the easy and effective self-defense," when weapons were not available. In this class, Doug will use basic JiuJitsu, simple movements, such as leverage, balance, and everyday items carried in pockets. Mental aspects of self-defense will also be covered. The advanced section will be a continuation of the first, but will be enhanced with practical techniques and against weapons. A wide range of martial arts styles will be used. (Doug has participated in a wide range of martial arts for over three years.)

TAE CHI EXERCISE

Tom Graham 532-6311 776-0780

 Saturdays, 8:30-10:30am, Wednesdays, 7-9pm
 First Meeting: Feb 2
 Location: Will be noted on your receipt
 Class Fee: $7.00, pay with registration

T'ai Chi is a Chinese exercise system involving both exercise and self-defense. Emphasis is on the beginner level is placed on coordination, balance, breathing, and smooth flow of movement. (Tom has been leading this UMF class for over a year.)

MARTIAL ART: MOVEMENT AND CONSCIOUSNESS

Bradley Arnall 776-3749

One Time: Thursday, 7-9pm, April 7
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 20

A historical/philosophical overview of the diverse schools of martial education will be noted. Differences and similarities differ greatly - from sport fighting to life-long meditative art forms. A possible offshoot of this course could be an ongoing seminar. (Bradley has studied a variety of martial arts forms, yoga, health and fitness approaches for over 10 years.)

Adventures

FRIENDS OF THE EARTH WINTER AND SPRING CAMPS

Phil Pay, Pat Dresser 539-6666 539-9150

Section I: Saturday and Sunday, 2am, Feb 5 & 6
Section II: Saturday and Sunday, 4pm, Apr 9 & 10
Location: Will be noted on your receipt
Class Fee: $1.00 per session, pay with registration
Materials Fee: $1.00, pay at class (for meals)

Come out to meet new friends as we hike the Frio River of Utele Reservoir. We'll spend the evening around the campfire discussing environmental concerns, sharing stories and keeping warm. Supper and breakfast will be cooked over the campfire. You'll be glad you took this opportunity to meet some friendly Friends Of The Earth. (Phil and Pat are members of Kansas Friends of The Earth and love to go camping in all sorts of weather.)

HIKING TRAILS IN KANSAS

Jim Hightower 532-7552

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

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

FAMILY CAMPING

Emily Kling 532-5800

One Time: Tuesday, 7-8:15am, Feb 22
Location: Will be noted on your receipt
Limit: 30

An introduction to family "car camping" for people who have had little or no experience. We will discuss trip and meal planning, equipment, clothing, camp site etiquette, and possible camping destinations. (Emily is an Outdoor Education Specialist who has had much backpacking and car camping experience.)

BASIC ROCK CLIMBING

Steve Bistol 539-4643

Sundays and Thursdays, Apr 10, 17, 24
(3 times)
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $12.00, pay at class
Limit: 10

Ever dream of climbing walls and cliffs? Participants will learn rappelling, belaying, tying knots and climbing techniques. Classes will be held in the local area, just north of the Fall River, Kansas (weather permitting). (Steve) (Steve has been climbing for about five years in Oregon, Washington and Colorado.)

TANG SOO DO KARATE

Joel Cederberg 537-7099

Mondays and Wednesdays, 7-9:30pm
First Meeting: Feb 2
Location: Will be noted on your receipt
Length: All semester
Class Fee: $10.00, pay with registration
Limit: 20

This course will cover the basics and is for those who don't know anything about Karate but really want to learn. Karate is not easy and requires much hard work, practice, patience, and perseverance. If you stay with it you will see results in a few months. Karate is a sport for those who don't want to get hurt. (Joel is a first degree black belt with seven years experience, and has been teaching for three years locally.)

FINMA MARTIAL ART WEEKEND WORKSHOP

Bradley Arnall 776-3749

Saturday, 9-11am: 1-4pm, April 16; Sunday, 8-11am, April 17
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 20

Intensive seminar on basic martial training, self-defense principles, and diverse paths of martial study. FINMA (Flinthills Integral Martial Health Art) is a holistic system primarily aimed at lifetime psycho-physiological well being. Potential exists for ongoing study.

BEGINNING FENCING

Richard Reins 539-9251

Wednesdays, 7-9pm
First Meeting: Feb 2
Location: All semester
Class Fee: $5.00, pay with registration
Limit: 20

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 three years.)

SNUTT CLUB

Mary Roth 776-1644

First and Third Wednesdays, 7-30pm
First Meeting: Feb 2
Location: Will be noted on your receipt
Length: All semester
Class Fee: $2.00, pay with registration
Limit: 20
If you are interested in going camping, canoeing, bike touring, rock climbing, backpacking, sky diving, sailing, rappelling, kite-flying, rock climbing or any of the above, this is the club for you. Each meeting, a variety of trips are planned for the next two weeks. (Mary enjoys many outdoor activities.)

SANTA CIGON SCENIC COLORADO TRIP: MESA VERDE, NARROW GAUGE RAILROAD AND MORE!

Neil Schentker 532-5666

Monday, Tuesday, Wednesday, Thursday, Friday, June 6-10
Leaves UMF House, 1221 Thurston Dr., June 6, return 10pm, June 10
Fees: $255.00, includes lodging, transportation, attraction tickets, a delicious lunch at Mesa Verde (other meals not included)

Spend a scenic day riding the famous Narrow Gauge Silverton Railroad. Visit ancient Mesa Verde and enjoy an authentic chuckwagon lunch at Mesa Verde (other meals not included). Then see the Tour guide on a senior citizen trip to Grand Lake, Colorado several years ago.)
**Family fun and games**

**JUGGLING**
P-33 539-3063

Don Ingalls

Sundays, 2-3pm, Apr 10, 17 (2 times)
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration

Come experience the lively art of juggling. It's unbelievably easy to learn. During the two class times, we will share our knowledge and experience in a format which guarantees a good time for all. If interest warrants, the class will be continued. Bring three tennis balls. (Dana, a self-taught juggler, improved his skills with Steve Parrott, a previous UPM teacher.)

**HORSEBACK RIDING FOR MENTALLY RETARDED YOUNG PEOPLE**
P-34

KSU Horsemen's Association

Saturday, 9-11am; Sunday, 1-4pm, March 5 & 6 (2 times)
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration

Basic horseback riding will be taught and will include listening and coordination exercises. Growing and horse data will also be covered. At registration, please designate your age. Participants of past sessions have really enjoyed and benefited from this class and some have gone on to advanced horseback riding and rodeo. (KSU Horsemen's Association has held this class for the past two years.)

**BEGINNING BRIDGE**
P-35 776-2020

Pat Cashin

Tuesdays, 7:30-9:30pm, Feb 8, 15, 22, Mar 1, 8 (5 times)
Location: will be noted on your receipt
Class Fee: $5.00, pay with registration

Don't trump your partner's accl! Learn basic bidding and play from an expert. A brief introduction to defense will be included. This is the place to make mistakes, so that in five 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.)

**POCKET BILLIARDS FOR BEGINNERS**
P-36 776-6338

Jerry Riggs

Saturday, 10:30am, First Meeting: Feb 19
Length: 6 times
Location: will be noted on your receipt
Class Fee: $5.00, pay with registration

This 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 snooker will be covered as well as the theory and mental game. Also, we will watch a video tape and trick shot demonstration and championship match. (Jerry has played in three World Pocket Billiards Championships in New York City, finishing 33rd in 1979, 16th in 1980 and 20th in 1981.)

**DUNGEONS AND DRAGONS**
P-37 539-3291

Ann and Paul Smey

Thursdays, 7-9:30pm, Feb 3, 10 (2 times)
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration

Dungeons and Dragons is a game in which each player develops a character and attempts to find adventure and stay alive in the world of the ref. The game is usually 5 or 6 players/characters vs. the ref (who controls all the monsters). The only thing you really need is an active imagination and willingness to suspend disbelief. Come prepared to play. (Paul and Ann are both experienced gamers who have been dungeon mastering for several years.)

**HANG GLIDING INTRODUCTION**
P-30 776-4886

Don Ingalls

Saturdays, 6:30-8:30pm, Feb 26
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration

Here's your chance to come face-to-face with a fully assembled hang glider! Don will cover equipment, learning how to fly, a short slide show and a film strip on powered hang gliders. The second class will meet out in the Flint Hills to observe hang gliding in action at a future date. (Don, a hang glider for six years, is helpfully hooked on flying.)

**CHESS: FROM OPENINGS TO CHESSMATE**
P-38 539-8670

James Blood

Fridays, 8-10pm, First Meeting: Feb 4
Length: ongoing
Location: will be noted on your receipt
Class Fee: $5.00, pay with registration

"Chess is no more game,' once explained a past world champion. This class will explain the reasons why. Learn the rules and fundamentals and enter the fascinating world of the sixty-four squares. After the basics, the class will proceed to plan and theory. Openings to endings will be discussed, as well as perceiving and analyzing moves correctly. Any level of expertise, including beginners are welcome. (James is a former Manhattan city chess champion with 32 years experience in playing, teaching and participating in regional and national tournaments.)

**STAMP COLLECTING EXTRANAVIANTAI**
P-39 532-6415

Tim Lindheurst

Mondays, 7-9:30pm, First Meeting: Feb 14
Length: 4 times
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration

Stamp collecting can be a valuable, educational and fun hobby. Tim will cover the basics of how to collect stamps including buying, trading and cataloging. Come to a philatelic slide show and learn the finer points of collecting. A field trip to the LIMEX '83 stamp show is planned. (It is a long-time member of the American Philatelic Society and a collector for 27 years.)

**FIREBREAKS: THE ULTIMATE WAR/PEACE GAME**
P-40

Karl Schenk

Time and location will be noted on your receipt
Length: 4 times
Class Fee: $1.00, pay with registration

In April of 1983, Ground Zero will sponsor an educational event in the form of a War/Peace Game. Participants will follow the development of a group of experts in giving advice to the decision-takers in the real world. BREAKS: A War/Peace game will allow students the rare opportunity, through role-playing, of experiencing firsthand the divergent perspectives of the nations involved in an international crisis. It will give them a window on the decisions that real world leaders would face in an escalating crisis that might lead to nuclear war. More importantly, the game will illuminate possible mechanisms for peaceful resolution of the crisis. (Karl is in contact with "game control," the Ground Zero national office.)

**LEARN TO ROW BETTER**
P-41 532-6591

Jack Connaughton

Saturdays, 8:30-10am, Feb 5, 12, 19 (3 times)
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $6.00, pay with registration

This class is designed for any bowler that desires to increase their overall knowledge of the game of bowling. A bowler should have the basic 4 and 6 step approach, but does not have to possess a high average. (Jack is a former member of the Professional Bowlers Association; 11 sanctioned 300 games and a high series of 850.)

**Regular Store**

KANSAS LUMBER COMPANY

Phone: 776-4811 Seth Childs Road

OUTER ISLEY - PAGE 9
“We must beware of trying to build a society in which nobody counts for anything except a politician or an official.”

-Sir Winston Churchill

IN CELEBRATION OF BLACK HISTORY & CULTURE

February is National Black History Month. In celebration and recognition of black heritage and culture the following events have been planned.

February 5, 7:30pm
Location: Main Ballroom, Kansas State University Union
Miss B.S.U. and Miss Talented Teen Talent Pageant. Theme for this event is "Soul I Rise". (Sponsored by Black Student Union, KSU Office of Minority Affairs, KU Beta Omega Chapter of Alpha Kappa Alpha Sorority, Inc.)

February 6, 7:30 pm
Location: K-State Little Theater, Kansas State University Union
Owendale Brooks, a native Kansas poet and Pulitzer Prize winner will read selections of her poetry in this special presentation. (Sponsored by Black Student Union, KSU Office of Minority Affairs)

February 13, 5:30pm
Location: Douglass Community Center, 901 Yuma
Frederick Douglass Commemoration and Soul Food Dinner. Cost per person - $5.00. Tickets for the dinner available at UPM’s 1221 Thurston or at Douglass Center, 901 Yuma and will be sold January 10-February 4. (Sponsored by Douglass Community Center & Know-How Network, Coordinated by: Pearl Starnes)

February 14, 10:00 am-5:30pm
Location: Douglass Community Center, 901 Yuma
Everyone is welcome to walk-in and browse around the mini-museum which will include pictures and news articles about black history in Manhattan. (Sponsored by Know-How Network, UPM)

February 16, 7-8:30pm
Location: Douglass Community Center, 901 Yuma
Sickle Cell Information and Testing
This is a class which will offer information about the sickle cell trait and anemia. From sickle cell testing will be available. (Sponsored by Geary County Health Department and Know-How Network, UPM)

February 17, 18, 19, 7:30pm
Location: Purple Mask Theatre, Kansas State University
The Ebony Theater will present "Noonan & The Sign", a play about a black family's reaction to the death of a child. Matinees will be presented Saturday, February 19 at 3:00. Tickets will be available at the door: $2.00 general public $1.50 students.

February 19, 7:30pm
Location: Douglass Community Center, 901 Yuma
Black Awareness Dance which will culminate the week’s activities. (Sponsored by the Cultural Activity Committee and Douglass Community Center)
Mail-in Registration Form

Registration

One form per person • Mail-in registration due January 10-28

All UFM classes are offered by volunteers.

All fee income will be used to help meet UFM operating costs.

Registration Dates: Mail-in registration due January 10-28

Walk-in

Tuesday, January 11

UFM House

7:30 a.m.

Public Library

5:30 p.m.

Wednesday, January 12

KSU Union

9:30 a.m.

Thursday, January 13

KSU Union

7:30 a.m.

Monday, January 17

KSU Union

9:30 a.m.

Tuesday, January 18

Wal-Mart

12 noon-3 p.m.

Saturday, January 22

KSU Union

10 a.m.-1 p.m.

Wednesday, January 26

KSU Union

9:30 a.m.

Thursday, January 27

Public Library

12 noon-3 p.m.

Late Registration: Accepted on a space-available basis.

To Register by Mail:

Fill out the form at left. 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 Thurstson

Manhattan, KS 66506

Receipts and locations will be mailed to you immediately. If the class is full see refund policy. A stamped, self-addressed envelope would be appreciated.

Costs:

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

Those teaching or doing volunteer work receive fee discounts.

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

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

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

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 Refund Policy:

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

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

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

If you are not satisfied with a UFM teacher or class, please contact 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 catalogue or the future. UFM teacher credit can be saved up, but cannot be redeemed for cash or transferred to others. UFM teacher credit will be mailed to our current instructors. This is one way for us to say "thank you" for being a 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(es) will be included.

UFM Teacher Potluck Gathering:

Sunday, January 30, 5:30 p.m. at the UFM Banquet Room.

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Credit for fees (see costs)

Total class fee (see costs)

Plus registration fee (see costs)

Individual—$2.00

Check here if senior citizen or disabled

If KSU student, list ID# here

Total due

IMPORTANT! Please read the refund policy.

* e.g., Sec. I or II, etc., if indicated in description.

PLEASE PRINT

Name ___________________________

Street ___________________________

City ___________________________

ZIP ___________________________

Home Phone _______________________

Work Phone _______________________

SURVEY—Please check all that apply.

I am a:

☐ KSU Student (credit hours)

☐ Student Spouse

☐ Faculty/Staff Spouse

☐ School Age

☐ Senior Citizen

Where did you pick up your catalogue?

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

I am interested in teaching for UFM.

I would like to see offered next term:

UFM—532-5866
**GOOD GROWING**

**BEST EDIBLE LANDSCAPE CONTEST**

Edible Landscape Staff 532-5866

Register and you will be contacted with information on this contest.
Class Fee: $10.00, pay with registration

Do you combine flowers and vegetables around your home to create both a beautiful and productive landscape? Your use of scarlet runner beans, eggplants, asparagus, apple hedges and many other annual and/or perennial vegetable and fruit plants in combination with ornamental plantings could win first place in UMN's Edible Landscape Contest.

Prizes: include certificates from Westside Market, Moore's Spring Creek Nursery and Raintree Gardens.

Judging Criteria include:  
1. Aesthetic and creative use of materials  
2. Productivity  
3. Efficient use of plants, land laper and resources  
4. Varied and appropriate use of plant materials

Judges Include:  
Jim Lindquist, Itasca County Cooperative Extension  
Dr. Titus-Olarunfemi Horticulture

Judging will occur in early July. Winners will be announced July 9 at the UMN Garden Tour. Look for more information in our Summer brochure and in our Teens and Consume newsletter.

**EDIBLE LANDSCAPE VISITORS DAY**  37

Gary Costes, Ira Harritt and other garden experts 532-5866

One Time: Saturday, 1-4pm, April 10
Location: UMN Greenhouse

Come visit the UMN Edible Landscape. Meet the staff and some of the instructors of Edible Landscape classes. Tour the perennial and annual vegetable and fruit plantings, our solar greenhouse, cold frames, compost projects and resource library. Refreshments will be served.

Come for a half hour or spend the afternoon. (Gary is director of the UMN Edible Landscape Project.)

**PLANTING YOUR FIRST WEATHER GARDEN**  36

Ira Harritt 532-5866

One Time: Monday, 7-9pm, April 4
Location: Will be on your receipt

Are you one of those fair-weather gardeners whose season starts with planting tomatoes and peppers? Where, what, how much, and when should you plant? What about crops that are most important to you from an ecological, economic and personal perspective? Getting the most out of your space. Making your garden beautiful. These and other topics will be discussed as well as methods for planning and mapping your garden. (Ira has two green thumbs.)

**RAISING SPRING FLOWERING BULBS**  30

Tim Lindemuth 524-6415

One Time: Saturday, 1-3pm, April 16
Location: Will be on your receipt

Class Fee: $3.00, pay with registration

Limit: 30

Look over more than 1,000 flowering bulbs, daffodils and hyacinths at the peak of the blooming season. Learn how to plant and care for spring bulbs in your yard. Numerous bulb varieties will be discussed. (Tim has done home gardening for a number of years and has received Manhattan's Yard-of-the-Week award twice.)

**GARDEN TOUR**  39

Edible Landscape Staff 532-5866

One Time: Saturday, 1-4pm, July 6 (rain date July 16)
Location: Will be on your receipt

Class Fee: $1.00, pay with registration

We will tour outstanding productive and beautiful gardens and landscapes, talk with the gardeners and share tips on how the new and old-time pros do it! We will organize car pools and maps to get to the gardens.

**CHILDREN'S GARDENING CLASS**  41

Aaron Spellke 532-5866

Class will be held in the evenings from spring through fall! Register and you will be contacted for dates, time and place.

Materials Fee: $5.00, pay at class

Limit: 25

Children of ages 5-12 will be assigned individual and group gardens. They will learn planting, soil preparation, weeding, harvesting and other cultural practices throughout the gardening season. (Aaron is the Manhattan community garden coordinator and a senior horticultural therapy intern.)

**GOOD GROWING**

**HOW TO MAKE A GASSY SAY CHEESE: WILDFLOWER PHOTOGRAPHY**  31

And slice them

Kate Bradley, Boda Klineke

Saturday, 1pm, April 16 (one time)
Location: Will be on your receipt

Class Fee: $1.00, pay with registration

If you've into wildflowers or nature photography, this class is for you. Take a walk to get through the woodland and ravine areas of the Mississippi River valley area. Discover shooting stars, Outchman's broomrapes, garlic mustard and the violets in the Dinky Mountains in early spring to see mountain laurel, azalea, Indian cucumber and wood sorrel. A discussion of photographic techniques will be included. (Kate is interested in flower identification and uses Boda as the primary photographer.)

**KONZA PRARIE WILDFLOWERS: EMPHASIS ON WOODLAND FLOWERS**  32

Craig Freeman 776-1678

Section I: Saturday, 9am-12pm, April 16 (rain date April 17)
Section II: Saturday, 1-4pm, April 16 (rain date April 17)
Location: Will be on your receipt

Class Fee: $1.00, pay with registration

Limit: 10 each section

Depends Violat, Cutleaf Toothwort, and Outchman's Broomcakes are woodland wildflowers that most people don't see in Kansas. These beauties flower early in the spring before the forest canopy leafs out. Take a walk on the Konza Prairie and learn something of the identity, classification and natural history of some of these vernal gems. (Craig is a graduate student in plant taxonomy at K-State.)

**EDIBLE WILD PLANTS**  90

Max Miller, Sun Nacs 539-3488

One Time: Tuesday, 6pm, May 3
Location: Will be on your receipt

Class Fee: $2.00, pay with registration

Before you pull or spray that weed why not find out whether it can be enjoyed in a culinary sense. Hundreds of unwanted or overlooked plants have excellent food value. Twenty to fifty local plants will be reviewed and displayed for the class. Next thing you know, you'll be serving cactus nectar to your friends or doing your own sunny side up munching on day lily buds. (Max and Sue are a team with years of professional and amateur experience.)

**GARDEN TOOLS: SHARPENING AND CARE**  49

Jim Taylor 539-2120

One Time: Thursday, 7-9pm, April 7
Location: Will be on your receipt

Class Fee: $3.00, pay with registration

Limit: 10

"Gardening will be easier and more fun if your tools are in good working order. In this class you will be shown how to sharpen your garden tools and maintain them to lengthen their working life. (Jim owns a small engine repair and sharpening service.)

**LAWNMAKER MAINTENANCE**  50

Jim Taylor 539-2120

One Time: Thursday, 7-9pm, April 14
Location: Will be on your receipt

Class Fee: $3.00, pay with registration

Limit: 12

Aimed at the do-it-yourselfer, this class will cover blade sharpening and balancing, changing oil and other simple maintenance tasks involved in the care of your home rotary lawnmower.

**SOLAR FOOD DRYER CONSTRUCTION**  51

Dean Denner 776-5589

One Time: Saturday, 1:30-2:30pm, April 16
Location: Will be on your receipt

Class Fee: $1.00, pay with registration

Do you like dried apricots, apples, green peppers? Drying food using the sun's energy is essentially free except for construction cost and electrical resistance back-up heat. This class will look at several solar dryer designs and construct a simple dryer using a 30-gallon drum, wood and fiberglass. This class is part of Earth Day events. (Dean works with Sunrights, a local Manhattan solar firm.)
SAILING BASICS

Maurice Stark 532-6184
Saturday, 1-3pm, April 16 and one other session to be announced
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 20
The opposite of "running with the wind" is: a) coming about; b) hard-aflee, c) tackling; d) walking with the calm. Even if you answered c) tackling, you'll have to see this seminar on sailing including terminology, how to sail, selecting a boat and how to get started. Several types of boats are shown at the second session. (Nautica is a past commodore of the Blue Valley Yacht Club but is new enough to the sport to relate to the problems of beginners.)

KIDS-ACTIVE: EXERCISE FOR CHILDREN 9

Collin Barnett 532-5666
Saturday, 11:30-12:30pm First Meeting: April 23
Length: Ongoing
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Limit: 15
Kids need exercise--just like grown-ups do. Drop off your children (3-10 years old) and we'll have an hour of exercise and fun. Children should wear shorts and tennis shoes if possible. (Collin, a member of two, is often a kid at heart.)

RHYTHMIC AEROBICS

Barbara Geiger 776-7450
Mondays & Tuesdays, 7:30-8:30pm First Meeting: April 4
Location: Will be noted on your receipt (no class 14th, 19th)
Class Fee: $8.00, pay with registration
Length: 9 times
Materials Fee: $2.00, pay at class
The program, in basic techniques with fitness at heart, was invented as a means of experiencing how exercise does not have to be drudgery. Routines are choreographed to the best and current workout for all body muscles, especially the heart. Participants monitor their heart rate to prevent overworking. In the meantime they are improving coordination, reaction time, muscular endurance, flexibility. Discover how getting fit can be fun! (Barbara enjoys keeping fit with Rhythmic Aerobics.)

GENERAL FITNESS EXERCISES TO MUSIC 8

Susan Greco 532-5731
Mondays, Tuesdays, Thursdays, Fridays, 6-7pm First Meeting: April 7
Location: Will be noted on your receipt
Length: All semester
Class Fee: $10.00, pay with registration
Limit: 8
Exercises include jogging and steps to music to increase the heart rate, and leg and arm exercises done singly and with partners. Continuous activity is stressed, and will increase progressively through the semester. (Susan learned most of her exercise in West Germany and taught it professionally at the Samess, Syria Sherton Hotel.)

INTRODUCTORY BACKPACKING 21

Bob Klapthor 559-5857
One Time: Thursday, 7:30pm, April 19
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 12
Going backpacking but don't know what kind of bedding bag to use? Are you wondering whether to buy expensive hiking boots or to wear your tennis shoes? Do you want to find out about some excellent but little-known backpacking areas? This course will introduce the beginning or prospective backpacker to the basic equipment, clothing and supplies needed; and the basic needs of the hiker so they will know what to want to bring. (Bob has backpacked, hiked and climbed from Indiana on west to Colorado.)

TAI CHI EXERCISE 17

Tom Graham 532-6311 776-0700
Saturdays, 8:30-10:30am, Wednesdays, 7-9pm First Meeting: April 6
Location: Will be noted on your receipt
Length: All semester
Class Fee: $7.00, pay with registration
Tai Chi is a Chinese exercise system involving both exercise and self-defense. Aspects, goals, and techniques is placed on coordination, balance, breathing, and smooth flow of movement. (Tom has been leading this UMF class for over a year.)

MARTIAL ART, MOVEMENT AND CONSCIOUSNESS 18

Bradley Arnall 776-3749
One Time: Thursday, 7-9pm, April 7
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 15
A historically/philosophical overview of the diverse schools of martial thought. Approaches, goals, and techniques is placed on coordination, balance, breathing, and smooth flow of movement. (Brad has studied a variety of martial arts forms, yoga, and health fitness approaches for over 10 yrs.)

FINMA MARTIAL ART WEEKEND WORKSHOP 19

Bradley Arnall 776-3749
Saturday, 8-11am, 1-4pm, April 16; Sunday, 8-11am, April 17
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $1.50, pay at class
Limit: 20
Intensive workshop on basic martial training, self-defense principles, and diverse paths of martial study. FINMA (Finlandia Integral Martial Health) is a holistic system primarily aimed at lifetime psycho-physiological well being. Potential exists for ongoing study.

BICYCLE SAFETY DAY

Lori Gilbert, Dave Colburn 539-0445
One Time: Saturday, 9am-1pm, May 7
Location: Will be noted on your receipt
The Blueumont Bicycle Club will sponsor a Safety Day for bicyclers ages 9 to 15. The Club members will be on hand for maintenance questions and will help advise on needed repairs. Their tools will be close at hand for minor tune-ups. After the bikes are checked a safety-course will be set up to check riders' knowledge, that will want to ride bikes safely. (Lori and Dave are officers of the Blueumont Bicycle Club.)

COMMON SPORTS INJURIES: PREVENTION AND MANAGEMENT

Carl Crane 532-6991
One Time: Monday, 7:30-9:30pm, May 2
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Attention joggers, runners, racers and other athletes! Have you been bothered by bruised heels, arch sprains, runner's knees and/or shin splints? If so, learn how to manage your injury. If not, you're lucky! Learn how to avoid these nasty injuries. Carl will have time for questions and answers concerning your particular situations. (Carl is a certified athletic trainer and a certified corrective therapist.)

BEGINNING TENNIS 10

Russell Rollins 776-5703
Sundays, 8-10am First Meeting: March 27
Length: 6 times
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Limit: 8
Lessons for the beginner will teach you backhand, serve, court tactics, equipment selection and game rules. Bring a can of marked balls and a racquet. (Russell enjoys tennis for the game and for the exercise.)

RACQUETBALL FOR BEGINNERS 11

Mike Campbell, Debbie Bush 539-3945 776-5000
Sundays, 8-10am First Meeting: March 27
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Limit: 7
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 scoring, backhand, forearm and serving. Bring a racquet and two balls. Mike has been playing for over 10 years and Debbie for over 2 years.

BEGINNING FENCING 12

Richard Rehs 539-9261
Wednesdays, 7-9pm First Meeting: April 6
Length: All semester
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 4
Learn to fence with a foil! 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 three years.)

VOLLEYBALL FOR FUN

Lois Morales 539-8067
Thursdays, 6:30-8:30pm First Meeting: April 7
Location: Will be noted on your receipt
Length: All semester
Class Fee: $2.00, pay with registration
Materials Fee: $1.00, pay at class
Volleyball can provide low-key competition, exercise and a great time for beginners to those advanced. Nets and balls will be furnished. Hand carry your volleyball shoes if its muddy. (Lois has played USF volleyball for years.)

JUGGLING

Dana Johnson 539-3063
Sundays, 2-3pm, April 10, 17 (2 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Come experience the lively art of Juggling. It's unbelievably easy to learn. During the two classes, we will learn the basics and a format which guarantees a good time for all. If interest warrants, the class will be continued. Bring three balls or two balls, (Dana, a self-taught juggler, improved his skill with Steve Fairall, a previous UMF teacher.)

PARTICIPATING AND CLAWING

Best Clark 537-4367
Tuesdays, 7-9pm First Meeting: April 14
Length: All times
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $4.50, pay at class
We will learn basic basic panning and clawing techniques (including movement, makeup, balloon sculpturing and magic). We would like to end the sessions with a small show incorporating what we've learned. (Beth has taught this class before at the University of Iowa and has given workshops on the subject.)
EXPLORING HERE AND THERE

OUTING CLUB
Mary Roth
First and Third Wednesdays, 7:30PM First Meeting: April 6
Location: Will be on your receipt
Class Fee: $2.00, pay with registration
If you are interested in going camping, canoeing, bike touring, rock climbing, backpacking, sky diving, sailing, volleyball, kite-flying, spelunking or any of the above, this is the club for you. Each meeting, a variety of trips are planned for the next two weeks. (Mary enjoys many outdoor activities, and she is looking forward to sharing them with you.)
WELCOME IN MAY CAMPING WEEKEND
Chris Henna
Organizational Meeting: Monday, April 25, 7PM
Location: Will be on your receipt
Class Fee: $4.00, pay at class
The weekend at Lake Perry will focus on having an enjoyable time in a swimming, fishing, archery, new gym activities, and nature walks. Field trips, singles, and groups all welcomed.
CHEETAH STUMPS: BEST BIRDWATCHING IN KANSAS
Brian Taylor
Saturday, Sunday (all weekend) May 14 and 15
Location: Will be on your receipt
Class Fee: $1.00, pay with registration
Ever seen a pelican in Kansas? Join the Northern Flint Hills Audubon Society in observing the great spring migration of waterfowl and other wildlife, including blackbirds and other uncommon migratory species. Experience nature in its most raw form. Really neat-looking birds, waterfowl, songbirds, and owls. Don't duck this opportunity. (Brian has seen an eared ibis from Kansas last year.)
COUNCIL GROVE HISTORICAL TOUR: VACATION FOR A DAY IN KANSAS
Judie Portusse
Saturday, 9:30AM-5:30PM, June 8
Location: Will be on your receipt
Class Fee: $6.00, pay with registration
Location: Council Grove
This is a guided tour of the Santa Fe Trail. At 9:30AM there will be a guided tour of the old council grove at the Council Grove Historical Museum. The tour will take place at 9:30AM on the 8th of June. The tour will be led by a professional guide. This is a great opportunity to learn about the history of the Santa Fe Trail. (Judie has a deep appreciation for history and enjoys sharing these stories with others.)

THIS AND THAT

FIREBREAKS: THE ULTIMATE WAR/PEACE GAME
Dan Curtis
532-6750 539-9208
Time and location will be on your receipt
Class Fee: $1.00, pay with registration
In April, the Paris Peace Corps will sponsor an educational event in the form of a War/Peace Game. Paris, NC, a town of 1000 people, will feature games and activities that focus on the issues of war and peace. The goal of the event is to promote a better understanding of these issues and encourage dialogue between people from different backgrounds. All are welcome to attend and participate. (Dan has a strong passion for peace and believes in the power of education to change the world.)

MOTOCYCLE MAINTENANCE
Mark Chemali
Monday and Tuesday, 6:30-9:00PM, April 18 and 19 (2 times)
Location: Will be on your receipt
Class Fee: $3.00, pay at class
Limit: 6
This class will teach you how to maintain your motorcycle safely and efficiently. The minimum cost. Subjects to be included: batteries, tires, transmission, fuel system, brakes, and general maintenance. This is a hands-on course that will help you take care of your motorcycle and save you money. (Mark is an experienced mechanic and has been repairing motorcycles for over 20 years.)

Third Wednesday of the Month First Meeting: April 20 Lengths: Ongoing
Location: Will be on your receipt
Class Fee: $1.00, pay with registration
Join other Atari owners each month to discuss problems and exchange ideas and information. The last meeting of each group's tape library will be given to you at your first attendance of this already ongoing group. (Development of a library for Atari owners is a passion for this current president of the group.)

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OUTING CLUB
Mary Roth
First and Third Wednesdays, 7:30PM First Meeting: April 6
Location: Will be on your receipt
Class Fee: $2.00, pay with registration
If you are interested in going camping, canoeing, bike touring, rock climbing, backpacking, sky diving, sailing, volleyball, kite-flying, spelunking or any of the above, this is the club for you. Each meeting, a variety of trips are planned for the next two weeks. (Mary enjoys many outdoor activities, and she is looking forward to sharing them with you.)
WELCOME IN MAY CAMPING WEEKEND
Chris Henna
Organizational Meeting: Monday, April 25, 7PM
Location: Will be on your receipt
Class Fee: $4.00, pay at class
The weekend at Lake Perry will focus on having an enjoyable time in a swimming, fishing, archery, new gym activities, and nature walks. Field trips, singles, and groups all welcomed.
CHEETAH STUMPS: BEST BIRDWATCHING IN KANSAS
Brian Taylor
Saturday, Sunday (all weekend) May 14 and 15
Location: Will be on your receipt
Class Fee: $1.00, pay with registration
Ever seen a pelican in Kansas? Join the Northern Flint Hills Audubon Society in observing the great spring migration of waterfowl and other wildlife, including blackbirds and other uncommon migratory species. Experience nature in its most raw form. Really neat-looking birds, waterfowl, songbirds, and owls. Don't duck this opportunity. (Brian has seen an eared ibis from Kansas last year.)
COUNCIL GROVE HISTORICAL TOUR: VACATION FOR A DAY IN KANSAS
Judie Portusse
Saturday, 9:30AM-5:30PM, June 8
Location: Will be on your receipt
Class Fee: $6.00, pay with registration
Location: Council Grove
This is a guided tour of the Santa Fe Trail. At 9:30AM there will be a guided tour of the old council grove at the Council Grove Historical Museum. The tour will take place at 9:30AM on the 8th of June. The tour will be led by a professional guide. This is a great opportunity to learn about the history of the Santa Fe Trail. (Judie has a deep appreciation for history and enjoys sharing these stories with others.)

THIS AND THAT

FIREBREAKS: THE ULTIMATE WAR/PEACE GAME
Dan Curtis
532-6750 539-9208
Time and location will be on your receipt
Class Fee: $1.00, pay with registration
In April, the Paris Peace Corps will sponsor an educational event in the form of a War/Peace Game. Paris, NC, a town of 1000 people, will feature games and activities that focus on the issues of war and peace. The goal of the event is to promote a better understanding of these issues and encourage dialogue between people from different backgrounds. All are welcome to attend and participate. (Dan has a strong passion for peace and believes in the power of education to change the world.)

MOTOCYCLE MAINTENANCE
Mark Chemali
Monday and Tuesday, 6:30-9:00PM, April 18 and 19 (2 times)
Location: Will be on your receipt
Class Fee: $3.00, pay at class
Limit: 6
This class will teach you how to maintain your motorcycle safely and efficiently. The minimum cost. Subjects to be included: batteries, tires, transmission, fuel system, brakes, and general maintenance. This is a hands-on course that will help you take care of your motorcycle and save you money. (Mark is an experienced mechanic and has been repairing motorcycles for over 20 years.)

Third Wednesday of the Month First Meeting: April 20 Lengths: Ongoing
Location: Will be on your receipt
Class Fee: $1.00, pay with registration
Join other Atari owners each month to discuss problems and exchange ideas and information. The last meeting of each group's tape library will be given to you at your first attendance of this already ongoing group. (Development of a library for Atari owners is a passion for this current president of the group.)
ART, ART, AND...

ART POTTERY STUDIO CO-OP

Janet Holcomb
Mandatory Organizational Meeting: Tuesday, 5:30pm, April 5
Location: Will be noted on your receipt
Membership in studio: $20.00, 8 weeks
Limit: 8
pay with registration

This is a cooperative studio-access class open to anyone with experience in pottery. The fee is $20.00 and includes clay, glazes, and studio access for four hours. The class is offered on a first-come, first-served basis. There is no prior experience required. The class will cover the basics of pottery making and include instructions in safe equipment use and basic first aid. (An instructor is the pottery studio coordinator.)

BEGINNING TO INTERMEDIATE POTTERY

Pablo Ronserata, Zoraida Rivera
Tuesdays, 7-9pm, First meeting: April 12
Location: Will be noted on your receipt
Class Fee: $100.00, pay with registration
Materials Fee: $50.00, pay at class
Limit: 8

Make your own original hand built and wheel thrown pottery. Whether you are interested in sculpting figurines, faces, slab or coil bowls and boxes or creating mugs, vases and plates on the potters wheel, this class will cover it all; from raw clay to finished glazed ware. (Pablo has many years of sculpting experience. Zoraida has 4 years experience with clay and enjoys throwing on the wheel.)

WOODSHOP CO-OP

Alan Edgar
Organizational Meeting, Wednesday, 7-9pm, April 6
Location: Will be noted on your receipt
Membership Fee: $50.00, 4 mos.
Limit: 8
Pay with registration

SILK FLOWERS

Collen Edwards
Organizational meeting: Wednesday, 7-9pm, April 6
Location: Will be noted on your receipt
Membership Fee: $75.00, pay with registration
Limit: 10
Materials Fee: To be purchased by students, 11am available at UPM
Do you enjoy cut flowers but hate to buy then because they fade so quickly? Silks flowers offer an elegant and long lasting alternative. This class will cover the basics of flower making and will include roses, daisies, and other arrangements. (Collen has been making flowers for 3 years including the flowers for her own wedding.)

CREATIVE CLOWNING

Steve Hall
Mondays, 7-9pm, April 3, 17
Location: Will be noted on your receipt
Class Fee: $30.00, pay with registration
Limit: 10
Clocks can have personality! Materials will be on hand for each participant to create a unique clock face of their own design to be installed in a simple box frame. Several examples and ideas suggestions will be discussed. You may buy at class whatever materials you might need 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.)

YOU CAN DESIGN YOUR OWN HOME -- A DESIGN WORKSHOP

Belinda Zink
Thursdays, 7-9:30pm, First meeting: April 7
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Limit: 6
Materials Fee: under $5.00, pay at class (instructor will contact)

COUNTED CROSS-STITCH

Kim Schuman
Mondays, 7-9:30pm, April 10, 24
Location: Will be noted on your receipt
Class Fee: $30.00, pay with registration
Limit: 10
Learning how to collect art and not lose your shirt are the objectives of this class.

Gift art forms have been around for a long time and are the objects of this class. Many art forms have been developed and most importantly, developing personal guidelines for investment. (Julie Strecskier Gallery, Julie is an art collector and owns the gallery.)

DARWIN HARTER'S GUIDE TO COLLECTING ART

Julie Strecskier, Kate Cashman
One Taste Wednesdays, 7:30-9:00pm, April 13
Location: Will be noted on your receipt
Class Fee: $30.00, pay with registration
Limit: 10
Learning how to collect art and not lose your shirt are the objectives of this class. Many art forms have been developed and the processes involved, and most importantly, developing personal guidelines for investment. (Julie Strecskier Gallery, Julie is an art collector and owns the gallery.)
ECONOMY NEAR AND FAR

CREDIT - YOU'RE IN CHARGE SERIES

The following series of classes is offered in observance of National Consumer Credit Week which is sponsored annually by the International Consumer Credit Association, an educational professional trade association serving the needs of consumer credit executives. In cooperation with Manhattan Credit Women International, a local organization designed to further education in credit and collection. For more information about Manhattan Credit Women International contact Patricia Streeter at 537-2244.

Class Fee: $3.00, pay with registration

All Sessions, 10:00, pay with registration

Student Loan Financing

Diane Dursy 537-2224

One Time: Monday, 7:30-9:00, April 25
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Does it often seem as if you are working against it? Do you want to be free from the burden of your educational debt? If so, this is the course for you! In this course you will learn how to manage your money, pay down your debts, and increase your financial capability.

Everything You Need To Know About Financing A Home

Sharon O'Neal 776-4733

One Time: Tuesday, 7:30-8:30, April 26
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

This class will cover everything you need to know about home financing, including: What does help mean? What qualifications are necessary? What are the different types of loans available? Are there any special circumstances or circumstances which could affect your eligibility? Are there any special circumstances or circumstances which could affect your eligibility? Are there any special circumstances or circumstances which could affect your eligibility? Are there any special circumstances or circumstances which could affect your eligibility?

Establishing A Credit Rating

B. Dale Threlkeld 776-0434

One Time: Wednesday, 7:30-8:30, April 27
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Establishing a good credit rating means meeting or exceeding many requirements. This course will cover the key factors that go into building a good credit rating, what you need to do, and how to maintain a good rating. You will be provided with the guidance needed to make sound decisions about credit, saving, and investing. The course will provide you with the knowledge and skills you need to make informed decisions about your financial future.

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ALL KINDS OF CRITTERS

CRAPPIE FISHING: THE HOW-TO’S

Paul Miller

One Time: Wednesday, 7:00pm, April 13
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

One nice thing about crappie is if you catch one, there’s usually more around. This is especially true during the crappie spawn or “run” which occurs typically in May. It may be true that “the harder you fish, the luckier you get,” a few hints from Paul will considerably improve your chances to bring home those good-tasting panfish. In addition, Paul will briefly cover processing and cooking of rough fish so that you can eat those occasiona}
FOR WOMEN OF ALL AGES

SPRING FEVER WOMEN’S COFFEEHOUSE

Natalya Hall and Liz Gowy

One Time: Friday, 8pm, April 1 (April Fool’s Day)
Location: Will be on your receipt
Class Fee: $1.00, pay with registration

Self-defense for women

Mary Holm, Paula Johnson

One Time: Thursday, 7:30pm, May 5
Location: Will be on your receipt
Class Fee: $3.00, pay with registration

This course will help women in how to respond if they are victims of assault. We will discuss situations and techniques to use if they should occur. This class will introduce simple but effective self-defense skills taught by women. For women, be sure to wear loose, comfortable clothing. (Paula and Mary are members of Woman Against Rape.)

FIRST IMPRESSIONS - A PROFESSIONAL MODE S VIEW

Pat Alford

One Time: Thursday, 7:30pm, April 14
Location: To be on your receipt
Class Fee: $3.00, pay with registration

Basic modeling skills can improve other people’s perceptions of you and be important to you in the Job marketplace. Proper posture, fitness, diet and beauty care will be stressed in this all-women’s seminar and practical hints. If class members are interested, the world of fashion modeling will be discussed. (Pat is a graduate of Libby Stone Modeling School in Charlotte, N.C., and has been modeling at age 16. She is currently a KSU student and part-time model.)

MAKEUP MAGIC

Linda Cacciatore, Jacque Roberts, Julie Benzhek

One Time: Monday, 7:30pm, May 3
Location: To be on your receipt
Class Fee: $3.00, pay with registration

Bring your own makeup and Linda, Jacque and Julie of Crimpers in Appleville will show you how to achieve that natural look that is the fashion hallmark for spring 1983. Class members will act as models while the girls demonstrate makeup techniques suitable for various skin- types and facial structures. An easy way to do a new you! (Linda, Jacque and Julie work at Crimpers in Appleville.)

CREATIVE HAIR BRIDING

Kathi Siswell, Erin Shelly, Theresa Moran

One Time: Thursday, 7:30pm, April 13
Location: To be on your receipt
Class Fee: $3.00, pay with registration

Try the braided look for your new spring hairstyle. We will demonstrate different methods of braiding and styling using the class, members as models. All hair will be done with practical techniques at home (Kathy, Erin and Theresa work at Crimpers in Appleville.)

GIRL’S NIGHT OUT: A SPRINGTIME CAMP-OUT

Colleen Burnett, Mary Humphill

Location: Will be on your receipt
Class Fee: $3.00, pay with registration

Meet the Military wives group

Virginia Ketza

One Time: Wednesday, 1:30-3:00pm, April 20
Location:Will be on your receipt

New in town? In the military? This class is designed to acquaint military family members in the area, and hometown communities. Military wives offers the military wife group support, tips, discussions, speakers and fellowship. This class is for meeting and networking purposes for F. Naples and transportation problems. Virginia Ketza. (Virginia is a member of the military wives group and is an active and interested resident of the Manhattan and Ft. Riley community.)

ACTIVE ARTS

DANCE SAMPLER

Linda Johnson

One Time: Thursday, 7:30pm, April 14
Location: To be on your receipt
Class Fee: $10.00, pay with registration

Come and learn different forms of dance all in one class. We will take a sample of ballet, tap, jazz and modern. We will be flexible and accommodate on the interests of the students. Wear loose comfortable clothing. (Linda is with Susan Varden Dancers and is pursuing a degree in Dance.)

OLD TIME FIDDLER’S WORKSHOP

Jim Hurlburt

Tuesday, 7:30pm First Meeting: April 12
Length: 3 times
Location will be on your receipt
Class Fee: $5.00, pay with registration

The Old Fiddler of K-State’s is going to be here in person to pass on his knowledge of Appalachian, Missouri and Irish Fiddling. Welcome and covered via lists, fellow fiddlers and those who have never held a bow, but would like to try. Jim also invites those who want to learn old time fiddle tunes for their guitar, banjo, bass viol or comb. You’ll come out a better classical Indian dancer.

Nivedita P. Ranjanekar

Thursday, 6:30-6:30pm First Meeting: April 7
Length: 4 times
Location: Will be on your receipt
Class Fee: $3.00, pay with registration

This class offers a broad introduction to both the theory and practice of Classical Indian Dance. Nivedita will help you to understand the hand gestures and understand a form of Indian Classical Dancing.

FOLK INSTRUMENT WORKSHOP

Dan Mulhern

One Time: Wednesday, 7-9pm, April 27
Location: Will be on your receipt
Class Fee: $3.00, pay with registration

Meet the military wives group

Shankar Harisett, Nabeluddin Nelson

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

Dances of Universal Peace, Sufi Dancing. are practices of co-ordinated sound, breath and movement that utilize songs and chants from all the world’s major religions. They create an atmosphere of unity and sacred devotion. (Nabeluddin and Shankar have studied, taught or rejoin on sufisufi wisdom for over 5 years.)

**TAKENOTE**

Do you have any old games (Monopoly, tiddly winks, Parcheesi, or others) that you do not use anymore? If so, the handicapped in Action group could use them. These games provide useful, therapeutic activities for many disabled persons. If you have games you would like to donate, please bring them to the Union Program, 1221 Thompson, or call 532-8866 and someone will pick them up. Thank you for helping make our community a little better.
Mail-in Registration Form

ONE FORM PER PERSON • MAIL- IN REGISTRATION DUE Mar. 21 - Apr. 1

REGISTRATION DATES: Mail-in registration due March 21-April 1

Walk-in:
Monday, March 21, 6-7pm
Tuesday, March 22, 7-8pm
Public Library
Wednesday, March 23, 5-7pm
Thursday, March 24, 6-8pm
KU Union
Friday, March 25, 5-7pm
KU Union
Saturday, March 26, 10am-12pm
Jefferson
Monday, March 28, 9am-2pm
KU Union
t Tuesday, March 29, 9am-2pm
KU Union
Wednesday, March 30, 9am-4pm
Thurman
Thursday, March 31, 9am-7pm
Public Library

Late Registration: Accepted on a space-available basis.

TO REGISTER BY MAIL:
Fill out the form at left. One form per person. Total up the class fees as listed in the catalogue. Material fee, if listed, is paid at class. Add the registration fee as it applies (see costs). Mail your form(s) with your check to: University for Man

1221 Thurston
Manhattan, KS 66506

Receipts and locations will be mailed to you immediately. If the class is full see refund policy (A stamped, self-addressed envelope would be appreciated.)

COSTS:
Registration fee is $2.00 per person. If you are under 13 and your parent(s) are taking a UFM class, do not pay registration fee. Those teaching or doing volunteer work receive fee discounts. If you are over 60 or disabled, you are exempt from the registration fee. If you are a full-time KSU student you are exempt from the registration fee (An annual SCA allocation supports student participation.) If you are registering only for "Know How Network" classes, you are exempt from the registration fee. In the brochure where a fee is listed, this is the "class fee" and is paid at registration. When a materials fee is also listed, pay it to the instructor at the first class session.

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

Refunds are given as credit vouchers. These can be used toward other classes, either in this catalog or in the future, or can be redeemed for cash at UFM. Credit vouchers can be accumulated and are transferable to others. If you are not satisfied with a UFM teacher or class, please contact 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 catalogue or in the future. UFM teacher credit can be saved up, but cannot be redeemed for cash or transferred to others. UFM teacher credit will be mailed to our current instructors. This is one way for us to say "thank you" for being a 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(es) will be included.

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### UNIVERSITY FOR MAN Annual Fund

**Yes! I want to support UFM!**

- [ ] $25 (UFM Friend)
- [ ] $50 (UFM Learner)
- [ ] $100 (UFM Educator)
- [ ] $250 (UFM Benefactor)
- [ ] $500 (Life Long Learner)

Name: __________________________
Address: ________________________

**Clip and return to:** University for Man
1221 Thurston
Manhattan, KS 66502