THE KANSAS CHARACTER

COVER PHOTO: Glen Rowal 1st place, Architecture untitled

THE KANSAS CHARACTER

IMAGRY:

PHOTO CREDITS: Winners of the First Annual UFM Black & White Photo Contest:

ANIMALS: 1st, Barbara Rutherford; 2nd, Don Jones; 3rd, Barbara Rutherford

ARCHITECTURE: 1st, Glen Rowal; 2nd, Glenn L. Hoover; 3rd, Rick Aubrey

PEOPLE: 1st, Carol Gulker; 2nd, Glenn L. Hoover; 3rd, Margaret Boile

SCHOOL: 1st, Carol Gulker; 2nd, Glenn L. Hoover; 3rd, Rick Aubrey

Thanks to the judges: Sally Wampler, KSH Journalism Department: Dan Ray, Manhattan Camera Shop; Molly Miller, Manhattan Mercury; and John Holcomb, University for Man

HANDICAPPED ACCESS GARDENING
Edible Landscape Staff 532-5866

Would you like to grow a garden but are unable to because you cannot bend or kneel to work the soil at ground level? We invite you to work with UFM's Edible Landscape Project in our Wheelchair and Handicapped Access Raised Garden Beds.

Grow fresh vegetables and flowers and enjoy a little exercise. Contact us for details and information regarding transportation.

ANYONE CAN TEACH ... ANYONE CAN LEARN

Are you trying to reduce your food bill? Improve your family's diet? When was the last time you had a fresh tomato or greens from your garden? If you lack access to suitable land and still would like to have a garden this year, the Manhattan Community Gardens has many plots available for anyone who needs land for gardening. You can pick up applications at UFM House, Douglass Community Center, Manhattan Public Library, Manhattan Riley County Health Department and Social Rehabilitation Services.

For more information contact Aaron Spilka 532-5866.

MANAGEMENT AND RING

"This is UFM" is a weekly television show featuring interviews with UFM leaders on their areas of expertise. It is aired every Tuesday at 6:30pm and Friday at 5pm on Cable Channel 5. Hear the highlights of UFM activities on "The UFM Report," a public service of radio WWRF (FM103.7) every Monday at 6:30pm.

Thanks to the Riley County Historical Museum and Manhattan Public Library for help with the quotations used in this catalog.
COMMUNITY

MONEY BUSINESS

LANDLORD-TENANT RIGHTS: WHAT YOU SHOULD KNOW

C-10
Paul Conrad
239-3675

One Time: Thursday, 7:30-9pm, July 14
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 security deposit. Also covered will be how to get along with your landlord, negotiate - legal and otherwise -- for problems which arise in landlord-tenant relationships. (Paul is an attorney at Ft. Riley.)

STUDENT LOAN FINANCING

C-11
Diane Durst
537-1234

One Time: Monday, 7:30-9pm, July 11
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 it? Through Guaranteed Student Loans and PLUS student plans, you can attend colleges and universities and meet your education needs. **11 will you ever wonder what you need to know about these loans -- what they are, how to apply for one and your re- sponsibilities when it comes to repayment? (Diane has worked in the banking industry in all areas of finance and recently started a student loan department at a local bank. She is first vice president of Credit Women International.)

SUCCESSFUL MONEY MANAGEMENT

C-12
Fred Freedy
537-4505

Session I: Monday, 7-9pm, June 27
Session II: Monday, 7-9pm, July 11
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

People do not get rich making money, but by managing the money they make. This seminar takes you up the stairs to financial security. Plain, everyday language plus extensive use of visual aids helps ensure a better understanding of what could be highly technical information. **11 each session meets one time only. Couples are encouraged to attend together. (Fred is a district manager for Madell & Seed, a national financial services organization specializing in financial planning.)

YOUR BUDGET

C-13
Patricia Streeter
537-2244

One Time: Thursday, 7-8pm, July 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 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.)

ESTABLISHING A CREDIT RATING

C-9
Dale Interoff
776-9434

One Time: Wednesday, 7-9pm, July 13
Location: Will be noted on your receipt
Class Fee: $5.00, 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 the explanations and suggestions on how to build and maintain your credit rating no matter what your age or income. (Dale owns and operates a local credit bureau.)

EVERYTHING YOU NEED TO KNOW ABOUT FINANCING A HOME

C-10
Sharon O'Neal
776-4733

One Time: Tuesday, 7-9pm, July 12
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration

This class will cover almost everything you need to know about home financing - 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. (Sharon, a past president of Credit Women International, is a loan officer at a local savings and loan and has taught this popular class many times before.)

A visitor to Manhattan was saying that he was looking for a nice area of the country to live. A Kansas woman in her fifties overhead and unprompted piped up, "Well, you found it!"
ATERN TOWN

TOUR OF THE USS NUCLEAR REACTOR C-1
Jack Higbbotham 532-6657
One Time: Wednesday, 3-4pm, June 22
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Tour the KUS reactor facility while Jack discusses the research and training uses of the reactor. (Jack is the new Reactor Supervisor at KUS.)

MANHATTAN MERCURY TOUR C-2
David Becker 776-1616
One Time: Monday, 4-5pm, July 18
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Get a first-hand look at what goes on behind the scenes at The Manhattan Mercury. Included will be a general overview of how the Mercury is staffers, how news is gathered and a tour of the printing facilities. Join us! (David is the Mercury’s editor.)

TOUR OF THE GOPFATHER’S PIZZA C-3
Steve Hafner 539-5853
One Time: Tuesday, 3:30pm, July 19
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
You will be making your own pizza on this tour of a popular Manhattan pizza parlour. You will also tour the kitchen, learn how dough is made, and receive a certificate as a genuine certified pizza expert. Andiamo!

TOUR OF THE MCCALL PATTERN COMPANY C-4
Norma E. Winter 776-4041
Section One: Thursday, 9-10am, July 7
Section II: Thursday, 1-2pm, July 14
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
The McCall Pattern Company is one of Manhattan’s largest businesses. You will see the different departments and how each pattern is cut and folded. All participants will receive a free gift packet.

TOUR OF KWMJ/KMRY C-5
Tom Reese, Roger Hamilton 776-4851
One Time: Saturday, 10-11am, June 26
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
This will be a complete tour of KWMJ/KMRY’s broadcast facilities. Included will be a demonstration on how various radio equipment is used and how a local broadcast station is organized. Special emphasis will be given to the way news is gathered.

"Kansas is just that vacant lot, between Kansas City and Denver."
- Anon. Interstate Traveller from Prairie Cure by Jeff Boys

HIDDEN PLACES: WHERE HISTORY LIVES C-33
Julie Crates 932-5866
Sundays, 2:30pm, June 12, 19 & 26
Location: Goodwin House Museum, 2801 Claffin
Kansas is full of hidden places. Physically, our landscape appears plain to outsiders because the attractiveness of our state lies in an understated, subtle handsomeness, not a gaudy show of mountains, forests, or seashores. Much of our history shares this understated quality. While our past included events of national importance (bleeding Kansas, the cow town, Carry Nation and prohibition), still most of our history has consisted of events that have not made national headlines. These "hidden places" in our history, however, are in at least one important way even more interesting than the major historical events: by telling us about the lives of ordinary people, they portray with great effectiveness the shaping of the Kansas character. We will show three films on three separate days, which take us to the hidden places in our history. Despite the fact that only one of the hidden places in these films is in Kansas (Nielsenberg Station), all three films are relevant to our state.

FRESH MILK AND CREAM RUN C-29
Margaretta Fosse 532-5066
Thursday, 7-8am, June 23 (organizational meeting)
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Come to this organizational meeting and we will discuss times and dates for a monthly fresh milk and cream "run" to Schurle's Dairy in Topeka.

4 COMMUNITY

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

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

Varney’s Bookstore in Aaggiville

TAKE ISSUE

THE TUTTLE CREEK STORY: A MOVIE AND A DISCUSSION C-28
Sorris & Leona Helen 539-5758
One Time: Tuesday, 7:30-9pm, June 28
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
In 1953, residents of Blue Valley sponsored a professionally-produced documentary film in opposition to the construction of Tuttle Creek Dam by the Corps of Engineers. The film tells now the people of Randolph, Stockdale and other affected towns, worked together to oppose the project which would destroy one of the most productive and beautiful valleys in Kansas. The basic theme: a grassroots attempt by the people to affect national water policies, is as relevant today as it was 30 years ago. (Sorris and Leona are former Blue Valley residents and long-time Manhattan teachers.)

S.A.C. (STRATEGIC AIR COMMAND) C-26
Dean Denner 776-5869
One Time: Monday, 7-9pm, July 11
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
S.A.C. Strategic Air Command in Omaha, Nebraska targets the U.S. land and air based nuclear weapons for the protracted and winnable nuclear war in which you and I are "acceptable" losses. To confront this absurdity and redact our activities a campaign throughout the Midwest involving letter writing to S.A.C. and non-violent civil disobedience on the anniversary of Hiroshima is underway. All are welcome to learn and participate. (Dean is a member of S.A.C. (Strategies for Action and Conversion).

YOU AND THE NW LEGISLATION: A PUBLIC FORUM C-27
Don Mcinerney 537-9429
One Time: Wednesday, 7-9pm, July 20
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Don, a local attorney, will John Dennis Beitz, director of the Pawnee Mental Health Center and Bob Nodel, prosecuting attorney from Ft. Riley, in a discussion on the implications of Kansas' new EMS legislation. Comments and input by class members will be welcomed.

Glenn Hoover 2nd, Scenery "Moongazer"
HELPING EACH OTHER

MOTHER’S SUPPORT GROUP
C-19
Amy Paquet, Terry Loy
Tuesdays (2nd & 4th each month) 1:30-3:30pm
First Meeting: June 28
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Contact: Loy (This group is designed for mothers at home with pre-school children. It is for one-time ONLY meetings and enlarge the new mother who would like to share experiences with other moms.)

THE NAMELESS SCHOOL GROUP
C-30
UHF Staff
532-8566

Big Sisters/Big Brothers
C-21
Minifred Endicott
One Time: Thursday, 7:30-8:30pm, June 23, orientation meeting
Location: Manhattan Public Library Conference Room
Volunteers age 18 and up are needed who are willing to make at least 10 hours of t.a. a week. Most of the children in the program are single parent families and have a need for one-to-one, non-threatening interaction. Successfully completed 12 week program.

Growing with Pre-School Children
C-22
Mary Hopkins
2nd Thursday of the month, 9-11:45pm, First Meeting: July 14
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

National Organization of Women
C-32
One of the many chapters of National Organization of Women is right here in Manhattan. We convene on February 18, 1983, Manhattan NOW on the political and social issues that affect women on a local, state, and national level. Plan to attend our meetings or call 776-3502 or write for information. Dates: June 9, July 7, August 11, 7:30pm.

Women and Credit
C-14
Sarah Carlson
One Time: Thursday, 7-9pm, June 30
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Limit: 10

Are you “invisible” in the credit world? Unfortunately, many women have
credit histories and some have been denied credit because of their
husband’s name. Learn why your individual credit rating is a
woman. (Sarah is a loan officer with a local financial institution.)

Women of the Heartlands
C-15
Christie Simpson
Sundays or according to the group’s wishes
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration

The Women of the Heartlands is a feminist chorus. Our primary goal is the establishment of a feminist chorus through music. Exclusively a women’s chorus, we sing music by, for and about women.

COMMUNITY 5

JUST FOR WOMEN

MEET THE LEAGUE OF WOMEN VOTERS
C-25
Julie Govert Welker
One Time: Thursday, 7:30-9:30pm, June 23
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration

If you have been wondering how to become more informed on local, state and national legislative issues the League of Women Voters may be of help. The League is non-partisan in its activities. You will be learning about the issues come and attend the meeting.

Self-Defense for Women
C-17
Christie Simpson
Mondays, 7-9pm, July 11 & 18
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 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.)

Books by and About Women
C-18
Lorrie Cross
Tuesdays, 7:30-9:30pm, June 28
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 sharing your works with each other about novels, non-fiction works, humor and satire. Dimensions of self-image shaped by best sellers. Recent meetings have focused on the books: Testament of Youth by Vera Brittain, Omine by Jane Austen, and The Good Earth by Pearl Buck.

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FISHING AT ROCKY FORD  E-1
Dan Schmittker  539-6814
Saturday, 7:30am (lecture), July 9
Sunday, 7:30am, July 10 (trip)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Rocky Ford, acclaimed as one of the better fishing spots in the state, is only minutes away from Manhattan. Yet how many locals get "skunked" when they cast their lines there. According to Dan, there are not only plenty of fish at Rocky Ford, but plenty different kinds as well. Each area of Rocky Ford offers different species at different times of the year and at different depths. Dan has promised to share all his secrets of year-round fishing at Rocky Ford on one evening and then the following morning, we'll show you how to make the secrets work. Come prepared to catch fish! (Dan spends much of his time at Rocky Ford. He's been known to bring home quantities of five different sport fish on occasions.)

BASIC DOG AND CAT CARE AND GROOMING  E-2
Geraldine Carstens  776-4886
One Time: Saturday, 1-3pm, June 25
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Learn brushing, nail care, bathing and flea control for your pet. General problems will be discussed along with questions and answers. At registration, list the breed of dog or cat you have so Geraldine can prepare demonstrations and illustrations. (Geraldine has worked at Samsens for eight years. She is a lifetime national dog groomers association member and will soon be a master groomer.)

HORSE SENSE  E-4
Helen Kalten  776-5163
Wednesdays, 7:30pm First Meeting: June 22
Length: 4 times
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class

Cindy will discuss horse history, breeds, confirmation, stable management, feeding, diseases and first aid. Films will be shown and a stable visit arranged. Horse lovers, novice or experienced, are encouraged to attend. (Cindy has trained and shown English and Western horses for many years.)

EARTH

ANIMALS EVERYWHERE

DON JONES 2nd, Animals "You Are So Sweet"  E-5
Don Jones  539-6569
One Time: Wednesday, 7:30pm, June 20
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Do you believe that goats really eat tin cans? Have you heard that goat milk tastes bad? Unfortunately goats have suffered an image problem for years. Maybe you would enjoy learning what these small animals are really like. You can even sample some of their dairy products including milk and cottage cheese. (Ron has been raising goats for the past eight years.)

FARMYARD FUN FOR KIDS  E-3
Deve Verschelden  539-4160
One Time: Saturday, 9:30am-4pm, July 16
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Let's see what horses do on Saturdays! What do chickens make eggs out of? What are farm animals? We'll play games, learn about some animals and explore the hidden parts of a farm. Bring a lunch, old clothes and your curiosity. No milking the chickens, please! (Dave works for Social and Sanitation Services and wants to share the wonders of his farmyard.)

EXPLORING UNDER ROCKS (FOR CHILDREN AND ADULTS)  E-6
Stephen Hoffman  776-8072
Saturday, 8-10am, July 9 (rain date July 16)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

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

HUMANS THROUGH TIME  E-13
Larry Paris  776-5909
One Time: Wednesday, 7pm, July 20
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 20

Have you ever wondered how our earliest ancestors looked? How did we change through time? What about the first civilizations -- where and when did they occur? We'll take a look at a very interesting part of ourself and how we've changed, biologically and culturally, over the past 3 million years. A slide show and handouts will be given.
WHERE THE WILD THINGS ARE

PRAIRIE WILDFLOWERS
E-7
Gene Towner
532-7233
One Time: Saturday, 9-11:30am, June 25 (rain date Monday, June 27, 5pm)
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Would you know crocus plant, pay-checker or goldencup if you saw them? Learn identifying characteristics of both flowering and vegetative plants and obtain lots of vital information by joining in a walk through the Flint Hills. (Gene is a research assistant in Range Management and knows much about the prairie.)

PRAIRIE GRASSES
E-8
Gene Towner
539-0363
One Time: Wednesday, 6-8pm, June 29 (rain date: Thurs, June 30, 6pm)
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
All grasses are not alike! After this class, you too will be able to identify big bluestem, Indian grass, switch grass and other coarse grasses you see in the Flint Hills "sea of grass" with this prairie tour.

WILDFLOWERS OF KONZA PRARIETY
E-9
Craig Freeman
776-1678 532-6619
Section I: 10:30am-12:30pm, July 9 (rain date, July 16)
Section II: 1:30pm-4:30pm, July 9 (rain date, July 16)
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Visit the Konza Prairie trails and learn about the identity and natural history of some of the wildflowers that grace the tall grass prairie. Class size limited to 20.

TUTTLE CREEK TRIP
E-15
Paul Neidheas
539-8511
One Time: Sunday, 9:30-11:00am, July 17
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Limit: 25
Here's your chance to get the real story on the most often asked questions regarding Tuttle Creek Lake. What's that big concrete thing in the water for? What's a good camping spot? How are the fish biting? In the spillways? And a Corp of Engineers park ranger will serve as your guide and answer-man. (Paul has assisted visitors to Tuttle Creek for 3 1/2 years.)

TUTTLE CREEK CLEAN-UP CAMPAIGN
E-16
Paul Neidheas
539-8511
One Time: Sunday, 12:30-4:30pm, July 31
Location: Will be noted on your receipt
Do your bit for the environment. Join other concerned citizens for an afternoon at Tuttle Creek in the first concerted effort to clean up the trash bags and assign areas targeted for cleanup. (Paul promises the coveted "Junior Ranger" certificate to every enthusiastic participant.)

"The brooks are numerous ... wild fruits and flowers abound along the road-side." — A correspondent to the New York Times writes of eastern Kansas territory, June 20, 1854.

KONZA PRARIETY Hike
E-34
Dave Sennison, Joe Gelroth
499-8311 539-1474
One Time: Saturday, 8-12am, June 25
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 30
Hike up one of the unburned draws on King's Creek to an overview of Manhattan. Hike down through a newly burned area and compare the changes that occur after fire passes through the prairie. A slide show, hike and Joe is the manager.

BASIC ASTRONOMY
E-11
Larry Paris
776-5898
Section I: Thursday, 8:30-11am, July 7
Section II: Thursday, 8:30-11am, Aug 4
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay with registration
Limit: 10 each section
Larry will first discuss the basic physical structure of the known universe. After dark, we'll look at planets, stars and constellations including Cassiopea, Cassiopea, Draco, the dragon, Cygnus the Swan, Scorpius, and many others. Larry has a B.A. in Anthropology, and one of his interests is in Astronomy.

VIEWs OF THE GRAND
E-12
Bob Elahar, Wilson Trippe, Charlie Griffin
539-8587
One Time: Tuesday, 6-8pm, June 28
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Grand Canyon: one of the seven natural wonders of the world! Local Grand Canyon adventurers will present a slide and slide show about some of the usual and unusual areas to visit and explore in the Canyon. Come see some scenery and get some ideas for possible trips. If you ever envision yourself backpacking in the Grand Canyon, DON'T Miss this class! Bob, Wilson and Charlie have been on many Grand Canyon trips. Their enthusiasm is contagious.

SCENIC FLINT HILLS AUTO TOUR AND WILDFLOWER FUN
E-10
Iralee Bernard
949-2857
One Time: Saturday, 1-4pm, June 25
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
See the Flint Hills as we drive south and west to Herington. Focusing on the beauty and diversity of the prairie, the program begins with particular characteristics and uses by the Indians and first settlers. On the way, we will encounter the prairie where many plants will be in bloom. Praying cleeves, evening primrose, bee tame and butterflyweed are just a few that should be blooming at that time. (Iralee illustrated the field guide Favorite Prairie Wildflowers and has given many wildflower programs.)

NATURE PHOTOGRAPHY
E-14
David Ricou
776-0567
Saturday, 10-12pm, July 30 or Aug 6 (2 times)
Location: Will be noted on your receipt
Class Fee: $8.00, pay with registration
Limit: 10
Learn how to capture on film that wonderful detail of beauty or the practice of close-up flash techniques. Learn to evaluate and compose the picture as well as work on some practice in photographing nature. Rudimentary knowledge of operation of a 35mm SLR would be helpful. (David is a amateur photographer, specializing in close-up photography of flowers, insects, and other critters.)

KANSAS LUMBER COMPANY
776-4811 Seth Childs Road
GET GROWING!

BEAUTIFUL LAWS E-18
776-8502

Brian McKracken
One Time: Tuesday, 7:30am, July 19
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Everyone who has a lawn wants it to be green, lush and well kept. If you
anticipate any problems with your lawn this summer, this class is for you.
Brian will help you have a beautiful green lawn despite Kansas'
drought, wind and insect problems. This class will cover fertilization,
weed control, irrigation, mowing, dethatching, and you will have time
for questions and answers. (Brian is a student in turf management with
several years experience as a lawn specialist.)

PLANT-PLANT ENVIRONMENT INTERACTIONS: ECOLOGY & PHYSIOLOGY E-19
Mark Fabryczky
537-4728

One Time: Saturday, 9am-12, Aug 6
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Topics include intercropping, multiple cropping, weed competition,
range and pasture mixtures, and succession -- the emphasis on vegetables,
field crops, and their weeds. Drawing from empirical experiments we'll
discuss "limiting factors" competition theory. Research data and im-
formation on sustainable agriculture will be discussed. (Mark has had 4 years
of formal training in agronomy and horticulture at KSU.)

MARKET GARDENING E-20
Mark Fabryczky
537-4728

One Time: Saturday, 6-8pm, July 30 (rain date Aug 6)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

In your backyard or on your farm, vegetable crops can yield big income
from little capital. We'll discuss the "how to" of cropping systems,
equipment, marketing, ... also environmental and cultural (societal)
issues. (Now in his 2nd year of selling, Mark has gardened for 10
years on a small range of sustainable crop production.)

FALL GARDENING AND SEASON EXTENDING E-26
Ira Harrell
537-8666

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

Which of the following garden crops can be planted in late summer
and harvested in October: a) cauliflower, b) carrots, c) summer squash,
d) potatoes, e) all of the above. Yes, believe it or not, all of the above
as well as snap beans, beets, cucumbers and others can be fall
crops. Also covered in this class are methods to beat the frost and get
an extra couple weeks or months of harvest from your garden. This class
includes all of the above and lots of tips.

IDENTIFYING GARDEN INSECTS AND DISEASES THAT CAN CAUSE YOU TROUBLE E-24
Aaron Solika
537-8666

One Time: Saturday, 1:30-3:30pm, June 25
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration
Limit: 15

What distinguishes beneficial ladybugs from cucumber beetles that will 
kill your squash? How is bacterial wilt different from damping-off, 
blossom end rot or leaf spot? If you don't know the answers, you and 
your garden will be the better for coming to this class. A tour of 
disease and insect problems at the Manhattan Community Gardens will 
be included. (Aaron is a senior in horticultural therapy and has been 
involved in community gardens for five months.)

SHOPPING FOR THE FRESHEST PRODUCE E-21
Roxana Devoe and others
539-1980

One Time: Thursday, 10-11:30am, July 16 (rain date July 23)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Learn about the selection of farm-fresh fruits and vegetables from the 
experts themselves -- our Farmers' Market growers! Wise selection of 
produce is delicious and nutritious. Visit Manhattan's Downtown 
Farmers' Market for great fruits and vegetables and meet our friendly 
Kansan farmers. (Roxana is president of the Downtown Farmers' Market 
for 1983. She has been active in the market since its founding in 1979 
and is owner-operator of a local apple orchard with her husband Jon.)

MEALING AND COMPOSTING E-22
Harlan J. Trennesson
532-9233

One Time: Thursday, 7pm, June 30
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 20

Excellence is often the best teacher. In this class, you'll meet a 
teacher with loads of experience. Come on an on-site visit to an "almost 
on-organic" garden to see berries, rhubarb, asparagus, horseradish, corn, 
peanuts, potatoes, melons and squash. The techniques of mulching and 
composting will be discussed. (Gardening has been Harlan's avocation 
for 25 years and at this location real compost for 10 years.)

CONTAINER GARDENING: EVEN APARTMENT DWELLERS CAN GROW VEGIES E-23
Pat Camp
776-5450

One Time: Saturday, 1-3pm, June 25
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 15

Not enough space for a garden? You can garden too by using containers.
Learn what kinds of plants do well in containers, care for container
plants, how to choose containers and transplant your plants. (Pat has 
many green thumbs.)

8 EARTH

ORGANIC VS. NON-ORGANIC GARDENING E-25
Aaron Solika
537-8666

One Time: Thursday, 6:30pm, July 7
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 15

Some organic gardening really work while pesticides are safer to use?
How do organic and non-organic gardens compare in terms of production,
labor and cost? Come and find answers to these and other questions as 
we tour both organic and non-organic plots at the Manhattan Community 
Gardens. Many techniques for growing a variety of produce will be 
examined.

HERB CARE E-17
Carol Ebert
456-2841

One Time: Monday, 7-9:30pm, July 18
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, at class
Limit: 12

Herbs and spices -- dazzle your palate, cure your ills, tantalize your 
noise. Come learn some of the history and lore of the special plants 
called herbs. Get tips for buying or drying and preserving your own. 
Learn any food uses, how to make potpourri and caffeine free herbal 
tees. (Lists members will decide what areas are of the most interest, 
(e.g., potpourri, cooking, remedies, bees, etc.) We will have a good 
list of sources for areas of interest also. (Carol has been an avid 
herbalist for years and is known for herb mixes and fragrant items.)

PSYCHIC GARDEN TOUR E-25
Steve Moore

One Time: Thursday, 7-9pm, July 12
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 12

Look at and play with flower arrangers in a greenhouse. We'll be 
transplanting seedlings and observing various stages of growth with 
several varieties. Come and learn about Oriental poppies, mums, poten-
tills, zinnias, columbines, and other beautiful flowers. (Each attendee 
can provide months of beauty and food without having to plant every year. 
Steve sells perennial parents from a small nursery in Clay Center and 
has grown them for a number of years.)

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FOOD TODAY AND TOMORROW

BEST EDIBLE LANDSCAPE CONTEST
E-30
532-5666

Edible Landscape Staff

Register and you will be contacted with information on this contest. Class Fee: $1.00, 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, perennial plant materials, herbs and fruits in combination with ornamental plants could win first place in UW's Edible Landscape Contest.

Judging criteria will be based upon:

1. Productivity
2. Aesthetic and creative use of materials
3. Energy and resource conserving use of plant materials
4. Varied and appropriate use of plant materials

Entrants will be notified of judging dates. Thanks to the following businesses for donation of prizes:

1st place: $25 gift certificate from Moore's Spring Creek Nursery
2nd place: $15 gift certificate from Reitmeier Gardens
3rd place: Five, $5 gift certificates from West Side Market

Winners will be announced July 9.

Jury will be by:

Jim Linteke, Riley County Cooperative Extension
Dr. Ray Aker, Professor Horticultural Ornamental Horticulture and
crap Green, Former President of the Manhattan Men’s Garden Club and
Agricultural Agent

EDIBLE LANDSCAPE VISITORS DAY
E-27
532-5666

Edible Landscape Staff

Date: Saturday, 1-4pm, July 16
Location: UW Greenhouse

Come visit the UW Edible Landscape. See the landscape in full swing. Meet the staff and some of the instructors of Edible Landscape classes. Tour the perennial and annual vegetable and fruit plantings, our solar greenhouse, compost projects and resource library. Refreshments will be served. Come for a half hour or spend the afternoon.

EDIBLE PLANT MATERIALS CPO-OP
E-28
532-5666

Ira Harritt

Date: Tuesday, 7-20-9:30am, July 26
Location: Will be noted on your receipt
Class Fee: $1.00, 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 ’94 planting and save. Come to the class on what plant varieties are available and which might be best for you. Or, have us send you information and an order form. Orders will be compiled by summer’s end so we can obtain all the varieties that we choose. This class was offered last season providing over 100 fruit and nut trees (approximately $5–$15 each) and many other small fruits and vegetable plants.

WES JACKSON: CREATING A SUSTAINABLE FOOD SYSTEM
E-32
532-5666

Wes Jackson

Date: Friday, 8am, Aug 5
Location: Kansas State College, Campus Center, 1419 Lamarie
Class Fee: $3.00, pay with registration

Wes Jackson will speak on the need to take a new look at our agricultural system and points us in directions which can offer us hope that an alternative to monoculture can be created in the future. (Also, director of the Land Institute in Salina, Kansas and author of New Roots for Agriculture.) Please bring your receipt for admittance to class.

CREATING A SUSTAINABLE FOOD SYSTEM: LOCAL AND REGIONAL ACTION
E-33
532-5666

Edible Landscape Staff

All weekend – Friday, Saturday, Sunday, Aug 5, 6, 7
Location: Manhattan Christian College, Campus Center, 1419 Lamarie
Please contact Ira Harritt at 532-5666 for the amount of the fee.

Find out what you can do to change our food system’s consumption of soil and water resources, waste of fossil fuels and its limitation of farmers’ ability to practice good stewardship of our land and food. The University for Man Edible Landscape Project and the Midwest Plains Congress for a Sustainable Food System will hold a 3-day intensive regional conference to provide training, skills, information and inspiration to enable participants to help our food system become more stable, sustainable and diverse.

TRAINING AND WORKSHOPS WILL INCLUDE AREAS SUCH AS:

Public Education Programs, World Food, Community Gardening, Seed Saving/Saving our Gene Pool, Edible Landscaping, Organic Farming.

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776-1529

EARTH 9
GOOD SMELLS...

CHINESE COOKING

Lee-Shih Lu (Liliys)  537-7841
Mondays & Wednesdays, 2-3:30pm  First Meeting: July 11
Length: 6 times
Class Fee: $10.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 12
We will learn to cook 10 typical Chinese dishes using chicken, beef, pork, and tofu, including spring rolls and nuan tong. At each class we will prepare and taste several dishes. At the end of the classes you will have not only the recipes but also the basic keys of Chinese cooking that will allow you to create your own dishes. (Liliys is a graduate of the Chinese Cooking Institute in Taipei, Republic of China.)

SOFT PRETZELS AND ROOT BEER

Saundra Cindrich  776-5448
One Time: Thursday, 7-9pm, July 14
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 4
Lotsa Pepper Kitchen / Liliys Pretzels to rival any big city vendor and with homemade (non-yeast) root beer... who could ask for anything more? (With / children, Saundra looks for inexpensive, easy-to-make treats!)

"Win the War with Wheat!" - a popular slogan in Kansas during both world wars.

WHEAT COUNTRY HEALTH DELIGHTS

Carol Ebert  494-2841
Monday and Thursday, 7-9pm, July 11 & 14 (2 times)
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 12
Whole wheat cooking -- from breads basics to wheat broiling, demonstration of dough problems and the easy way and the natural way, tips on nutrition, preservation, and recipes. We will also make 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.)

BAKING IN THE HOME

C. L. Norton  537-7883
One Time: Wednesday, 7-9pm, Aug 3
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration
Learn the professional art of home baking. Dr. Norton will provide information about equipment needed, methods and the how-to's of new kine in baking. (Dr. Norton is a professor of animal science whose many hobbies include wine making.)

SUMMERTIME GOURMET

Kathleen Seacat  537-9023
Wednesdays, 6:30-8:30pm, June 29, July 6
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 15
Pasta salads, chilled soups, fun finger foods... for a fast summer supper or a party on the deck we'll create several of each and recipes will be provided to let you have lots of fun with cool summer delights. (Kathleen managed a small cafe in a gourmet shop and attended summer session at the Culinary Institute.)

BEER MAKING

Greg Love  537-2508
Tuesdays, 6:30-8:30pm  First Meeting: June 21
Length: 3 times
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 8
Is there taste beyond Coors? In this class you will learn what is necessary to brew beer at home. During this class you will make, bottle and sample different varieties of home brew. (Participation subject to state laws.) (Greg has taught this popular class before and enjoys making and drinking home brew.)

KIDS COOK (6-8 years old)

Kathleen Seacat  537-9023
 Saturdays: 9:30-11:30am, July 23 & 30 (2 times)
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 10
Kids, let's head to the kitchen for some fun - making our own snacks: Apple peanut butter rings, yogurt pops, granola crunches and many more! Summertime! We'll do one lesson with fruits and one with grains. (More free to sit in.)

CREPES

Kathleen Boyle  944-3685
 Saturdays: 5:30-7:30pm  First Meeting: July 9 & 16 (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
Crepes -- those thin, delicate pancakes whose fillings are limited only by imagination. We will try meat, vegetable and fruit. At our first class we will discuss techniques, equipment needed and have a demonstration. Our next class will be student participation. (Kathleen in addition to cooking for her family for years, prepares crepes as part of her duties as chef at the Ramada Inn.)

COTTAGE CHEESE

Ron Paul
 June 30, July 7 & 14 (3 times)
Location: Will be noted on your receipt
Class Fee: $2.00, pay at class
Limit: 3
Homemade cottage cheese tastes different from commercial cottage cheese, and some folks like it better. This delicious product can be made with either raw or pasteurized milk. The class will include a demonstration of how to perform the alchemy of cheese making, and students will have a chance to sample. (Ron has raised dairy goats for several years and started making cottage cheese to use up surplus milk.)

ROSY PEACH JAM-BOMBS

Kate Kashan  776-0133
Register and you will be contacted for time and location
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 5
Did I forget the bananas? Oh well, and did I say Fresh! Would you believe we'll pick-n-aay, nay-hand select the peaches from the back yard! We will go over the recipe -- prepare the jam and put enough to enjoy now and later. Class date will depend upon our peach trees. (Kate has made this peach, banana, and cherry jam for several years and is looking forward to trying it again this year.)

Adrianna M. Jones "See All Evil, Hear All Evil"
OLD-FASHIONED HOMEMADE NOODLES

Merlin Kierstead  
F-11
532-5866

One Time: Wednesday, July 20, 7-9pm
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 7

Dazzle your friends by making tender homemade noodles for your next potluck. A perfect cold-weather treat. Lots of people think noodles are hard to make, but [don't tell anybody] they're quick and simple -- and delicious!

PIES, PIES, PIES

Julie Coates, Merlin Kierstead  
F-12
532-5866

One Time: Wednesday, July 27, 7-8pm
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.50, pay at class
Limit: 7

Learn the intricacies of pie making from crust to filling. Merlin will teach class members how to make pecan pie, and Julie will share her lemon-hearted pie recipe for lemon-cour cream pies. (Merlin has been baking pies and other delectable things for years. Julie loves to help her out and lick the bowls.)

CLAN CHOWDER

Mildred Harston  
F-13
776-9672

One Time: Wednesday, 7-9pm, June 22
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 7

After you've taken this class, everyone will swear you were born and raised in Maine. You'll impress your friends with savory New England style clam chowder, full of clams, chunky potatoes, and other vegetables. Don't miss your chance for a real "down east" taste treat. (Mildred is a chowder-maker extraordinaire!)

YOUGURT MAKING

Dennis Heinemann  
F-14
539-4609

One Time: Monday, 7pm, June 27
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10

Yogurt making can be easy. All you need is milk, a little plain yogurt, a jar, a crock pot, and a paper bag. Come see a method I've been using for years. (Dennis enjoys yogurt in everything from ice cream to casseroles.)

PRESSURE CANNING & FREEZING

F-20

One Time: Thursday, 6-10pm, July 8
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 concentrate on Blanching and preparing foods for canning, we will demonstrate pressure canning showing how to preserve those fabulous summer vegetables. We will also touch on freezing produce as an alternative to canning. (Your instructors are avid Community Gardeners by preserving the fruits of their labor entry their gardens all year long.)

CHEESECAKE

Mike Klassen  
F-21
539-4079

One Time: Tuesday, 6:30-8:30pm, July 19
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 12

Cheesecake - rich, creamy and delicious right down to the last crumb. Mike has several great recipes and will make, bake and offer samples of one during this class. Your stomach won't forgive you if you miss this one. (Mike's primary incentive for cooking and baking is eating the final product.)

VERENIKI OR CHEESE POKETS

Jean Kranz Nickel  
F-15
532-5866

One Time: Thursday, 6-8pm, July 21
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 10

Learn a new old German and Russian ethnic dish prepared from cottage cheese, eggs, flour and milk and served in a delicious sauce. Come prepared and sample this delightful simple meal and you'll add it to your list of family recipes. (Jean is a German Russian from Saskatchewan, Canada. Vareniki are a family traditional dish.)

MAKE YOUR OWN BABY FOOD

Hilje Brooks, Amy Faucett  
F-16
532-5866

One Time: Wednesday, 7-9pm, July 13
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 12

We will discuss basic baby food preparation methods with emphasis on nutritional concerns and times for food introduction. Plan ahead and take advantage of summer by preparing and freezing foods while they are economical and at their peak. New and expectant mothers come exchange ideas and experiences. (Hilje has a background in nutrition. Both she and Amy have young children.)

FRIED CHICKEN PICNIC

Colleen Burnett, Rebecca Browson  
F-18
532-5866

One Time: Saturday, 5-7:30pm, June 25
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 10

Finger ticking fried chicken and old-fashioned potato salad, traditional go-togethers for summertime picnicking. We will show you how to have non-greasy chicken and the secrets of flavorful potato salad. We will discuss some different take-alongs and how to carry them so they stay safe and fresh. (Colleen is famous for her fried chicken. She and Rebecca both enjoy cooking and eating out-of-doors.)

CREAM ROLLS: YEAST DOUGH BASICS

Rebecca Browson  
F-19
532-5866

Saturday (you will be contacted for time and date)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 10

Warm and sticky from the oven, spiced with cinnamon and filled with raisins or nuts, cinnamon rolls are a family favorite. We will make a sweet yeast dough and while letting it rise discuss other yeast breads. After adding the filling of our choice we will wait eagerly for a sample as their spicy aroma fills the air.

Barbara Rutherford 3rd, Animals untilted

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Foods 11
SKILLS

SKILLS FOR JOBS...

SPEEDWRITING (FORKER SHORTHAND) SK-1
Marilyn Lewis 537-9110
Tuesdays & Thursdays, 7-8:30pm First Meeting: June 28 Length: 8 times Location: Will be noted on your receipt Class Fee: $10.00, pay with registration
Forker shorthand is a combination of symbols and letters. It is easy and you can start writing what you learn as you learn. Bring your pencils and spiral pads to be prepared to learn fast. Marilyn has been a secretary for 14 years. She recently learned the forkner shorthand method and enjoyed it so much that she wants to share the technique with others.

INTRODUCTION TO TYPING SK-2
Cindy Henry 776-4882
Mondays & Wednesdays, 7-8:30pm First Meeting: July 6 Length: 8 times Location: Will be noted on your receipt Class Fee: $10.00, pay with registration Limit: 12
A basic class on touch-typing and associated skills, concentrating on accuracy and speed. A discussion concerning the book to be purchased, and materials to be used will be held at the first class meeting. (Cindy types 70 wpm and you can too.)

INTRODUCTION TO AUCTIONEERING SK-3
Bob & Billi Wilson 776-9237
Wednesdays, 7-9pm First Meeting: June 29 Length: 3 times Location: Will be noted on your receipt Class Fee: $5.00, pay with registration
In this class, Billi and Bob will cover the basics of auctioneering; how to book a sale, contracts, record-keeping, and the responsibilities of the auctioneer. Class members will attend and work a sale if one is available, and will learn the basics of chanting. Professional requirements, training opportunities, and the employment outlook will be discussed. (Billi and Bob own Wilson Realty and Auction in Manhattan.)

BIDING AND BUYING AT AUCTIONS SK-4
Pat Hamilton 539-1319
Thursday, 7-8:30pm, July 14 Location: Will be noted on your receipt Class Fee: $3.00, pay with registration
Pat, a local auctioneer, will help get over fears like "If I scratch my nose at an auction, will I end up owning 300 acres of land? Join the fun and bring a small item to be auctioned off for practice. (Pat is a graduate of the Missouri Auction School and is a member of the National and Kansas Auctioneers Associations.)

HOW TO GET YOUR REAL ESTATE LICENSE SK-5
Duane McNicoll 539-2365
One Time: Wednesday, 7-9pm, July 6 Location: Will be noted on your receipt Class Fee: $3.00, pay with registration Limit: 20
Interest rates are down, home buying is up. Maybe now is the time to get your real estate license! Duane will cover requirements, training, available classes, and the employment outlook in this introductory class. (Duane is a licensed real estate broker at Century 21.)

CAREERS IN TRAVEL SK-7
Thea Garvio 539-0931
One Time: Tuesday, 7-8pm, July 19 Location: Will be noted on your receipt Class Fee: $3.00, pay with registration Limit: 15
In this class, we will learn about a career as a travel agent, including skills assessment, means of acquiring training, career goals as owner or employee, and what to expect in a typical day's work. (Thea and her husband own and operate a local travel agency.)

SUCCESSFUL AIR TRAVEL SK-8
Gary Costs 776-4195
Thursdays, 7-8:30pm First Meeting: June 22 Length: 2 times Location: Will be noted on your receipt Class Fee: $2.50, pay with registration Planning an airline trip this summer? This class is a must! Gary will discuss your rights as a passenger, pitfalls that knowledgeable travelers avoid, travel for the handicapped, the art of making reservations, and finally, how to pack that suitcase. Bon voyage! (Gary is the Customer Service Agent for Republic Airlines.)

12 SKILLS

PERSONAL COMPUTERS SK-19
Bill and Jane 539-8536
Thursdays, 7-9pm, June 23 & 30 Location: Will be noted on your receipt Class Fee: $3.00, pay with registration Limit: 30
In the next few years most personal and business computers will become commonplace in many homes and offices. What can they do? Who can use them? Why do I need one? Come to this meeting and find out. (Bill claims he had the first Apple in the Little Apple.)

A STRATEGY FOR SUCCESS SK-20
Etta Salg 539-9980
Thursdays, 7:30-8:30pm, July 7 & 14 Location: Will be noted on your receipt Class Fee: $3.00, pay with registration Limit: 20
This strategy will help you attain your professional or educational goals; all successful people know this strategy and have used it to get where they are. This class will explain the strategy and help you learn how to use it. (Etta has used this approach and has taught this class before.)

REAL ESTATE FOR INVESTORS SK-6
Duane McNicoll 539-2365
Tuesday & Wednesday, 7-9pm, Aug 2 & Aug 3 Location: Will be noted on your receipt Class Fee: $2.00, pay with registration Limit: 20
Real estate can suit your investment needs, whether it is land for development, commercial property, or rental units. Duane will cover different types of investments, rules of thumb for profit/loss assessment, kinds of ownership, methods of financing, and ways to maximize your tax advantages. (Duane is a licensed broker at Century 21.)

HOW TO BE A SUPER SITTER SK-9
Karen Elliott, Kathy Meyer, Teri Oestrich, Tanja Townson 776-4444 537-1382
Mondays, 7-8:30pm First Meeting: July 11 Length: 3 times Location: Will be noted on your receipt Class Fee: $5.00, pay with registration Limit: 20
This class is a must for mothers who care for others' children in their homes, teenagers who need more credentials and know-how before embarking on summer sitting jobs, and aunts, uncles and grandparents who are ready for a refresher course. We will cover the broad stages of early childhood development (what can you expect from a typical two's behavior pattern? How does it differ from 6 months or almost 3?): discipline, how and when, emergencies and accidents, how to cope, and offer tips on a full range of activities and crafts guaranteed to hold any tot's attention. (Karen, Kathy, Teri and Tanja are staff members at the Legacy Learning and Child Care Center and unlike Mother Hubbard, do know what to do with children.)

Barbara Rutherford 1st, Animals untitled
Say goodbye to frazzled nerves and ice cream fights! In this class we will learn the knack of giving easy, successful children’s parties. Topics will include entertainment how-to’s, menus, party size, structure and length, and decorating and theme tips. Bring on the clowns! (Bita is the owner-director of the Posh corner Preschool, with childcare experience in Oberland, Solma and San Francisco. She has given numerous parties for her 5-year-old and 7-year-old.)

BASIC STONE MASONRY

Sundays, 1-4:30pm, June 26, July 3 (2 times)
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Limit: 2
Stone is one of the most versatile and everlasting building materials. Building with stone is an exciting art that requires a good basic knowledge of the methods involved. Earl can give you ideas for projects once you know the basics. (Earl has years of experience and can show you how to build solidly and beautifully with stone.)

"The Kansas spirit is ... one that finds something exhilarating in the challenge of an extreme difficulty." - Carl Becker, 1910.

AUTO MECHANICS MADE EASY

William Hensam

Wednesdays, 6:30-9:30pm, June 22-29 (4 weeks)
Location: Will be noted on your receipt
Class Fee: $30.00, pay with registration
Limit: 10
In this introductory class we will learn the basics of auto mechanics and have hands-on experience with basic tools and how to use them. (Class is not open to students who have already taken this class.)

HOUSEWORK COOPERATIVE

Amy & Tom Fauquet

Wednesdays, 7:30-9pm, June 22 & 29
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Come to the organizational meeting of the Housework Co-op to help start this valuable community service. Do you hate to wash your yard but like to paint? Trade with someone else! Do you hate to clean your stove or freezer but wouldn’t mind doing someone’s laundry? Then this co-op is for you. (Amy and Tam have been trying to avoid jobs they don’t like for years.)

Glenn Hoover 2nd, Architecture untitled

OLD HOUSE RENOVATION

T. Russell Hetz

One Time: Wednesday, 7-9pm, June 22
Location: Will be noted on your receipt
Class Fee: $30.00, pay with registration
If you’re thinking of renovating an older home, you’ll need to know some of the problems and solutions involved. We’ll discuss purchasing a home, urban work required in most renovations, answers to individual cases, and give you some encouragement. (Russell has renovated 25 older homes and apartment buildings - purchased and sold or rented.)

CARPENTRY FOR WOMEN

Brenda Boster

Saturdays, 9am-12pm, First Meeting: July 9
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Limit: 10
In the first class we will learn carpentry basics: types of wood tools and how to use them. Class is not open to students who have already taken this class. (Brenda has been remodeling for five years and is now on her second owner-built home.)

CLASSIC CARS OF THE 50’s

George Lookhart

One Time: Monday, 7-9pm, July 11
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Limit: 10
Join others who own or are interested in rebuilding 1950’s cars for an evening of discussion. Topics for discussion may include where to find parts and swap meets. (George owns a 1958 people convertible.)

BICYCLE MAINTENANCE & REPAIR

Connie Meach

Tuesday & Thursday, 7-9:30pm, June 21 & 23 (2 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10
In the first class we will identify basic bicycle components and how they work internally. The second meeting will be hands-on experience performing the most common repairs. You don’t need to bring bikes or tools, just yourselves. (Connie is a bicycle enthusiast and well-known local racer; she has been doing her own repairs for 10 years.)

ARTS IN THE PARK

1985 SUMMER HIGHLIGHTS

National Tour Shows

June 10 JOHN HARTFORD
June 12 NORRIS & NANCY BLAKE
June 26 SALEH INSPIRATIONAL GOSPEL CHOIR

July 2 TRINIDAD TRIPOLI STEEL BAND
July 7 JIMMY C. NEWMAN
July 15 STEVENSON
July 30 FLASH CADILLAC

ARTS & CRAFTS FESTIVAL

June 17 10 a.m. to 8 p.m.
June 18 10 a.m. to 8 p.m.
June 19 10 a.m. to 8 p.m.

CHILDREN’S THEATRE PRODUCTION "Guys and Dolls"

July 22 & 23 8 p.m.
WOOD YOU BELIEVE?

WOODCARVING

Wilbur Coffee

Tuesdays, 7-9pm
First Meeting: June 21
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Length: 3 times
Materials Fee: Still be discussed at class

Woodcarving in the round produces interesting figures whose character is highlighted by the type of wood used. The first class will include a demonstration and discussion of materials needed. Class length will be determined by participant interest. (Wilbur owns a chimney cleaning service and has been carving for years. He has been a featured craftsman at the Goodnow House Museum.)

FURNITURE REFINISHING WORKSHOP

Marge & Warren Sonksen

Organizational Meeting: Tuesday, 7:930pm, June 28
Location: Will be noted on your receipt
Length: to be announced
Class Fee: $5.00, 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 Warren have been using and demonstrating Victorian House for 2 years.)

14 WOOD

Adrianna M. Jones H.N., Animals "Kissing Cousins"

Mike Tomlinson Untitled

THE WOOD LATHE FOR BEGINNERS

Lowell Regelbr

Section I: Mondays, 7-9pm
First Meeting: July 11
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Materials Fee: $10.00, pay at class

This class will cover all aspects of turning for the beginning woodworker. Materials are provided so each participant can complete a small Lathe project. This has been a popular class in the past so sign up early! (Lowell enjoys sharing his woodworking experience.)

WATERBED BUILDING MADE EASY

Bob Knapp

One Time: Wednesday, 7-9pm, June 29
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $5.00, pay with registration

The mystery of waterbeds revealed. Basic construction techniques presented for building your waterbed from the simple to elaborate. Nontechnical language and easy to follow instructions provided. Build the bed you've always dreamed of having. (Bob has been installing waterbeds in Manhattan for over 10 years.)

INTRODUCTION TO THE WOODSHOP

James Cavazza

Tuesdays, 7-9pm, August 2 & 9 (2 times)
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $10.00, paid upon project chosen

A class for beginners in the use of power woodworking equipment. Learn what can be done with each piece and how to use it safely. There will be materials cost for the project made by each class member. (James is a long-time woodworker who helped UPM pick the equipment for its Woodshop Cooperative.)
SOLAR GREENHOUSES AND SUNSPACES

One Time: Tuesday, 7-9:30pm, July 12
Location: Will be noted on your receipt
Class Fee: $2.00, 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 such a design and construction can be used to meet individual needs as well as energy needs. (Custom-designing and constructing solar greenhouses is a major part of Dean and Bilt's work as Sunwrights of Manhattan.)

SOLAR SPACE-HEATING COLLECTORS

Bill Dorsett, Dean Denner

One Time: Wednesday, 7-9pm, July 13
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Site-built collectors are still included in the new Kansas tax credit bill. This class will explain the design, construction and operation of hot air, space-heating solar collectors. Examples of both custom-designed, site-built and manufactured collectors will be shown.

TOUR OF MEADOWLARK HILLS SOLAR COLLECTORS

O.D. Hunt

One Time: Saturday, 10-11am, July 16
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration

Over 50% of Meadowlark Hills' heating needs is provided by this $300,000 solar energy system installed during the building's construction. You will tour the solar facilities and any other sections of this $2-per-square-foot complex the members wish to visit. (Mr. Hunt is a retired KSU electrical engineer.)

HARVESTING WIND POWER: A PRACTICAL DEMONSTRATION

Dale Feldhausen

One Time: Thursday, 6:30-8:30pm, July 15
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration

Using Dale's wind system as an example, this class will show home owners what is necessary to install and operate a wind generator system. We will discuss site location, towers, wiring, inverters, high wind protection, hooking up to the utility company and the all-important federal and state tax credits. (Since taking a UPM class on wind power 4 years ago, Dale has completely hooked on wind power.)

LOW COSTING/NO COST HOME ENERGY CONSERVATION

Marvin Rodriguez

One Time: Thursday, 7-9:30pm, June 23
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration

Energy and its cost affect us all. In this class we will discuss the effect of lifestyles on use patterns, and cover the basics of weatherization, insulation, ductwork sizing and airflow procedures to determine the most economical energy use for you. (Marvin is Energy Use Consultant at KSU.)

WIND-POWERED GENERATORS

Charles Rott

One Time: Thursday, 7-9:30pm, June 23
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Charles will discuss economical, reliable wind electric systems for home, business, and remote power needs. He will cover systems costing $500 to $3000 discussing siting, economics, and other issues along with answering your questions about wind power. This class will include an on-site demonstration of a wind-powered generator. (Charles presently sells solar heaters, solar grain dryers, wind generators and services them.)

THE A.T. EXPERIENCE - Tour Guides Wanted

The UPM Approaches Technology Program (A.T. Program) is offering guided tours of the UPM Passive Solar Addition. Guides will have a written tour narrative to follow. Tours will last from 1-3 hours and UPM will pay a small wage to Tour Guides; the amount depends on group size and tour length. In addition, if you accept three tour appointments between June 22 and August 1, UPM will refund up to $30 of your summer class fees. If you are interested, sign up and you will be contacted.

ENERGY CONSERVING WINDOW TREATMENTS

Kathy Burke

One Time: Thursday, 6:30-8pm, July 21
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration

Keep your house cool and beautiful this summer with decorative energy-efficient window coverings. Kathy will discuss fiberglass screens, roller shades, insulated roman shades and insulated shutters, and give instructions for those interested in making their own. (Kathy is the Kansas State Extension Interior Design Specialist, and is challenged by a bare window.)

SOLAR WATER HEATING

Bruce Smead

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

We will learn about various types of water heating systems as well as the economics of going solar, and Bruce will have tips for those interested in do-it-yourself solar water heating. (Bruce is an extension specialist in residential energy at KSU and a sun-lover.)

"When anything is going to happen in this country, it happens first in Kansas." - William Allen White

VENTILATING YOUR ATTIC

George Preuss

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

In this class we will cover aspects of attic design and construction. Class members will learn about types and placement of vents, insulation options, and installation tips for do-it-yourselfers. (George owns Preuss Insulation and has critically observed many an attic. His class-room tips are based upon years of practical experience.)

HEATING: PRINCIPLES AND PRACTICE

Marvin Rodriguez

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

Remember that north wind last January? If your furnace is on its last gasp or if you are determined to cut back somehow on next winter's expenses, this class is for you. Learn what new equipment is available, and how to utilize the equipment you have to the maximum.

AIR CONDITIONING/LET'S KEEP THE COST DOWN

Marvin Rodriguez

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

Heat got you beat, but you can't face any more high electricity bills? Marvin will cover the basic functions and equipment available in air-conditioning systems and pass on cost-saving tips that will still let you spend the summer in comfort.
SOMETHING FOR EVERYONE

SILKSCREENING
Ira Harritt
Tuesdays, 7-9pm, July 5, 12, 19
(3 times)
Class Fee: $7.00, pay with registration
Materials Fee: $20.00, pay at class
Silk screening, an ancient printing technique, with a wide variety of applications: from T-shirts to High Art. Learn how to construct a screen; make paper stencils; painted black-out stencils; cut film and photo stencils; single color and multi-color registration and more. Participants will have the opportunity to construct, design, and print a silk screen project. (Ira has printed on everything from cloth to glass and has a silk screen studio in his home.)

CALLIGRAPHY: THE BASICS
Janice Hooks
Wednesdays, 7-9pm, First Meeting: June 22
Location: will be noted on your receipt
Length: 4 times
Class Fee: $10.00, pay with registration
Materials Fee: $30.00, pay at class
In this class students will be introduced to the basics of calligraphy. We will learn the Chancery "italic" alphabet using a broad-edged, dip pen. Materials fee includes all necessary supplies (Nibs, Nolპ, graph paper, ink, and guide sheets). (Janice is a free-lance calligrapher.)

HELLO DOLLY: DOLL MAKING AND COLLECTING
Nina Salt
You will be contacted for day, time and date
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
In this class, you will have a chance to see 50 to 60 dolls that have been donated over the years. Because of the expense of buying dolls for the collection, Nina learned to make and dress them herself. She will tell you how she has done this and use her extensive collection to provide concrete examples. (Nina has been collecting dolls for many years.)

SILK FLOWERS
Colleen Edwards
Wednesday & Thursday, 7-9pm, July 20, 21
(2 times)
Location: will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: To be purchased by students, list available at UPM
Do you enjoy cut flowers but hate to buy them because they fade so quickly? Silk flowers add a touch of elegance to your home decor or special event. This class will cover the basics of flower making and will include roses, daisies, and carnations. (Colleen has been making flowers for 3 years including the flowers for her own wedding.)

KRASTICE: CZECH EGG DECORATING
Georgia Monte
Section I: Sunday, 1-4pm, July 24
Section II: Sunday, 1-4pm, July 31
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $4.00, pay with registration (Supplies to be ordered from Minnesota)
Kraštice - Learn basic Czech egg decorating styles. Everyone will receive a homemade stand for molding wax, bee's wax for decorating eggs, bees wax, candle, and tool for decorating eggs. Student should bring own fresh room temperature eggs. (Georgia has been decorating eggs all her life. She recently learned kraštice and finds it easier for the beginner than Ukranian eggs.)

ORIENTAL RUGS - THE PERSIAN BAZAAR
Thursday, 6:30-7:30pm, June 30 (organizational meeting)
Class Fee: $3.00, pay with registration
Let's travel to the Persian Bazaar show in Wichita for a tour and discussion of oriental rugs, their beauty and value as investments. We will hold an organizational meeting to discuss a date, car pooling and other places we might wish to see on our day trip to Wichita. (Raisdana owns the Persian Bazaar and knows the intricacies of oriental carpets.)

FINE ARTS

Glen Hoover, 2nd People "Reminiscing"
THE THREAD THAT RUNS SO TRUE

KONGA PRAIRIE QUILTER'S GUILD FA-22
Conf Jo Bates, Deanna Howard
You will be contacted by name, time and date
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Quilter's Guild is a group of women piecing group quilts.
Summer programs are: June 13, demonstration of sewing and quilting tech-
niques; July 15, taking a class in making tote bag workshop. There is a membership fee for this group if you visit after you decide to join. Babysitting is provided for your grandchildren.

RAI RUGS
Frances Walter, Laura York
One Day: Monday, 2pm, June 26
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Turn your rag rugs into rugs! There are a number of ways to make rag rugs, including braiding, weaving, crocheting, and hooking. In this class you will learn to make rag rugs into the proper size for rug making. Frances and Laura will also demonstrate the tech-
niques involved for different types of rag rugs. Many types of materials can be used for rag rug making, even one made from old bread wrappers. (Frances learned how to make rag rug from her mother. She and Laura love to share their skills with others.)

SPINNING WORKSHOP: FOR NON-BEGINNERS
Mini Benedick
Saturday afternoon in July (time and date to be decided)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 5
Here is a chance for spinners who have taken Mini's classes or those who have spinning experience to visit her studio in Fontenelle. She will discuss spinning wheels and spindles, blending wool, and special effects. Please bring cards and your spindles or wheels. (Mini has been spinning and weaving her own yarn for six years.)

LIFESIZE THEATER WORKSHOP #1
Jean Burnham, Nancy Stover
One Day: Saturday, 10am-12n, July 16
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 12
Using creative dramatics, songs and discussion, we will explore the wis-
dom of fairy tales and how they can help us achieve happy endings in our personal lives. It's funny -- ages 5-10 welcome! Jean is a songwriter and Nancy has performed for children's groups around the city.

LIFESIZE THEATER WORKSHOP #2
Nancy Stover
One Day: Saturday, 10am-12n, July 23
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 12
Call forth the natural man and bring spirit within you. Improvisational Theatre for all ages, whatever or not you've ever acted. Will evolve characters and situations through drumbeat and rhythm, hats, objects, feelings, words, pictures and/or theater games as the spirit moves. (Nancy likes happenings and helping them happen.)

DRINK WITH THE BEEF
Sandy Peck, Nancy Stover
One Day: Saturday, 2-4pm, July 30
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
We will do short theater games for warm-up and then go into a well-known fable or fairy tale. We look forward to providing a creative framework in which people can be together and communicate through sign language. Sandy, who uses sign now work as graduate student in Speech Pathology, is Nancy's novice. Both do creative dramatically with Life Song Theater and are a looking forward to being in story with those who are deaf and those who are learning the language.

BEGINNING SPANISH (FOR TRAVELERS)
Daisy Havreto
Tuesdays, 7-30-8pm, First Meeting: June 21
Length: 5 times
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
An introduction to the Spanish language that will provide you with a working vocabulary of useful phrases. This course is designed to help you on your next trip or just to be able to say that you speak a little Span-

TATTING - THE ART OF MAKING LACE
Jasen Foveaux
Section I: Tuesdays, 1-3pm, First Meeting: June 21
Section II: Thursdays, 7-9pm, First Meeting: June 23
Length: 3 times
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 4 each
Tatting, or "Fringelatta" as the French call it, is a very old art. This process of making lace by looping and knotting a single strand of thread on a small shuttle seems to have originated in Europe. Early tatters used very fine thread and many long "points," to create a lacy effect. Modern tatting has shorter and fewer points, uses heavier thread, and will use each color in its own way. Please bring a plastic tatting shuttle, a few strands of thread, crochet hook or needle and a basic tatting instruction booklet. (Jasen is 11 years old who learned this art form from her grandmother and has continues to continue her work at the present day.

NEEDLEPOINT DESIGN - PAINTING ON CANVAS
Marilyn Wilson
Section I: Tuesdays & Thursdays, 4-6pm, First Meeting: June 21
Section II: Mondays, Wednesdays, Fridays, 9:30-10:30am, First Mtg: June 22
Length: 5 times each section
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 6 each section
We will use a combination of techniques to create unique needlepoint designs. By oil painting your own design on needlepoint canvas you can match colors in your room, make a designer pillow from the fabric pattern in your couch, the possibilities are endless. Think about your design or pur-
pose and at the first class we will discuss those and materials needed.
(Marilyn was frustrated with needlepoint kits and combined oil paint-
ing skills with needlepoint to satisfy her design ideas.)

SWEDISH WEAVING
Fren Kerby
Tuesday, 8-9pm, First Meeting: July 12
Length: 4 times
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 5
Swedish weaving is the art of using a blunt needle to weave embroidery thread through the floating yarns of buck twining to create various de-
signs. This craft is not difficult to learn and many beautiful items can be made. (Fran has been doing Swedish weaving for almost 15 years and has exhibited her work at the County Fair.)

LANGUAGES: FROM HAND TO MOUTH

POWER PLAY: PROBLEM SOLVING WITH FAIRY TALES
Jean Burnham, Nancy Stover
One Day: Saturday, 10am-12n, July 16
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 12
Using creative dramatics, songs and discussion, we will explore the wis-
dom of fairy tales and how they can help us achieve happy endings in our personal lives. It's funny -- ages 5-10 welcome! Jean is a songwriter and Nancy has performed for children's groups around the city.

SIGN LANGUAGE: TO HEAR A HAND
Dan McNamara
Tuesdays, 6-7pm, First Meeting: June 28
Length: 4-6 times
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Limit: 25
"Your tightest work in hand lifts like a butterfly, or folds in liquid motion..." (Dorothy Miles.) For most deaf people in the United States, American Sign Language is created by the deaf for themselves -- it is the natural, most expressive, and most comfortable form of communication. Linguists' studies over the past two decades have shown that ASL is a true and separate language, not modeled on any spoken language, fully capable of communicating complex ideas and Information. But ASL "speaks" to the eyes, not the ears. Students will learn the basics of American Sign Language. We will concentrate on the manual alphabet, numbers, single sentences and conversation, plus having some fun. There is an optional but highly recommended test available. (Dan has taught sign language several times before and enjoys sharing with others.)

GOETSCHE-IRVINE CHRYSLER-PLYMOUTH

MANHATTAN'S KF PLAYS THE ROCK

NATIVE IOWA W & US LIDO

FINE ARTS 17
OUT OF THE SUN

UWM PHOTOGRAPHY DARKROOM COOPERATIVE (BLACK & WHITE & COLOR) FA-19
Neil Schanker
532-6866
Organizational Meeting: Monday, 5:50-6:30pm, June 27
Location: Will be noted on your receipt
Located just one block east of campus in the UWM House, the UWM darkroom is available to anyone who needs access to a well-equipped facility. Equipment is capable of handling up to 11x14 prints and 8x10 negatives as well as 35mm. The facility includes everything but paper. For those who need instruction in darkroom techniques, UWM is offering a course "Beginning Darkroom" where you can have your questions answered.

BLACK & WHITE ONLY:
Fees: 8 weeks, $10, new members $8, renewals
1 semester, $15, new members
2 semesters, $20, new members
3 semesters, $25, new members
3 years, $30, new members
You must provide your own chemicals if you wish to use our new color equipment.

BLACK & WHITE & COLOR:
Fees: 8 weeks, $15, new members $12, renewals
1 semester, $25, new members
2 semesters, $30, new members
3 semesters, $35, new members
You will have the option to sign up for the Darkroom Cooperative at the end of this class. (All was a professional photographer while stationed in Germany.)

COLOR DARKROOM
John Holcomb (Section 1): Brian McBride (Section 2) 532-6866 776-8502
Section 1: Saturday, 1-6pm, June 25
Section 2: Saturday, 1-6pm, July 25
Location: Will be noted on your receipt
Class Fee: $150, pay with registration
Materials Fee: $5.00, pay at class

PLAY WITH CLAY
UWM POTTERY STUDIO COOPERATIVE FA-1
Janet L. Chronicles
532-5866
Friday, 5:30-6:30pm, June 17, Mandatory organizational meeting
Location: UWM Pottery Studio
Membership in studio: $200.00, 8 weeks
300.00, 16 weeks
400.00, 32 weeks
This is a cooperative studio-access class open to anyone with experience in pottery who feels confident working alone. There is no instruction provided. As a co-op member you will have access to the studio for four hours a week, 232 pounds of clay plus all the recycled clay you produce, kiln space, and glazes. UWM has recently purchased a sophisticated slab roller for use in scale clay handbuilding, and an electric wheel to augment its' studio equipment. (Janet is the pottery studio coordinator for UWM.)

CLAY PLAY (6-9 years old)
Ginger Brawny, Shauna Karstetter
537-6097
Tuesday, 10-11am First Meeting: July 12
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $5.00, pay at class

Begninging Pottery
Kim Kepler
776-0815
Wednesday, 7-9pm First Meeting: June 22
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Materials Fee: $10.00, pay at class

Beginning to Intermediate Ceramics
Zoraida Rivera
537-8586
Thursday, 7-9pm First Meeting: June 23
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Materials Fee: $10.00, pay at class

Intermediate Ceramics
Brenda Tonn
776-3749
Tuesday, 7-9pm First Meeting: June 28
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Materials Fee: $10.00, pay at class

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MOVES AND MELODIES

BEGINNING CLASSICAL GUITAR
Pam Harris
Sunday, 1-4pm, July 17
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 8
If you know how to play the guitar, move on to learning classical guitar and reading music. Classical guitar is a very mellow kind of music to play, which is very rewarding and fun. Goals will be to learn the notes on the guitar that go with the music. (You have been playing guitar for 8 years and taught herself to play classical guitar.)

FLINT HILLS DULCIMER PLAYERS
Linda Tenner
Wednesday, 7-8:30pm First Meeting: June 22
Length: indefinite
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay at class
We are a group of mountain dulcimer players who meet to play together, share tunes, and learn new techniques. We play primarily traditional American music. There are no skill requirements. Come join the fun! (Linda plays both mountain and hammered dulcimer and likes to play with other people.)

BASICALLY BLUEGRASS BANJO
Dave Voschodran
Wednesday, 7:30-8:45pm, June 22, July 6 & 20
Length: 3 times
Location: will be noted on your receipt
Class Fee: $7.00, pay with registration
Materials Fee: $0.00, pay at class
How about that banjo music? Doesn't it sometimes make your hair stand on end? I can help you learn what it will take to play 3 finger style bluegrass banjo. You will learn the basic skills as you learn a song. You will need a banjo for class and practice. (Dave believes that you should play the banjo whether your family approves or not.)

BEGINNING RECORDER
Vicki Shult
Tuesday, 6:30pm First Meeting: June 21
Length: 4 times
Location: will be noted on your receipt
Class Fee: $7.00, pay with registration
Materials Fee: $0.00, pay at class
This class is for those who are seriously interested in learning to play the recorder. We will cover basic music (tune+notes) using the first three notes, 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 technique experience in addition to teaching Individuals and special recorder workshops.)

RECORDER GROUP
Vicki Shult
Monday, 8:30pm First Meeting: June 20
Length: 4 times
Location: will be noted on your receipt
Class Fee: $1.00, pay with registration
Meet other recorder players while enjoying ensemble playing. Everyone will be expected to provide some music for group use. Please bring your own music stand.

"Gold was just a windy Kansas wheatfield, Blue was just a Kansas summer sky."
- John Denver

ACOUSTIC & ELECTRIC INSTRUMENT WORKSHOP
Dave Taylor, Mark Monroe
One Time: Wednesday, 7:30-8:30pm, June 29
Location: will be noted on your receipt
Class Fee: $1.00, pay with registration
This class will be a one-night demonstration/ question-answer session about various popular musical instruments. Recommended for all ages or anyone who is considering beginning a new instrument or who is interested in learning more about the instrument they may now be playing. (Dave and Mark are experts on the local music scene.)

WOODING ENSEMBLE
Jim Steenweiss & Carol Harris
Sundays, 3-5pm First Meeting: June 26
Length: Ongoing
Location: You will be contacted by the instructor
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, while we meet weekly for our own enjoyment, we may occasionally perform in public. (Carol and Jim have over 20 years experience on wind instruments.)

BELLY DANCE FOR BEGINNERS & BEYOND
Rasha
Thursday, 7-9pm First Meeting: June 20
Length: 8 times
Location: will be noted on your receipt
Class Fee: $10.00, 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 the technique of Classical Indian Dancing. (Nivedita is a professional Indian classical dancer with a B.A., specializing in Bharata Natya style, from the University of Bombay, India. She is currently instructing dance at KSU.)

WILLIAMSHIRE DANCERS
Karen McLean
Tuesday, 7-8:30pm First Meeting: June 21
Length: 6 times
Location: will be noted on your receipt
Class Fee: $10.00, pay with registration
Limit: 25
come learn traditional West African dances and join in a celebration of life, we will discuss origins of movements and thereby gain an appreciation of the cultures that developed them. All ages welcome, children should be accompanied by an adult. (Karen owns her own dance troupe and has performed internationally. In addition to working in Africa she has studied at the National Center of Afro-American Artists.)

CLASSICAL INDIAN DANCE
Nivedita P. Rangekar
Thursday, 5:30-6:30pm First Meeting: July 7
Length: 4 times
Location: will be noted on your receipt
Class Fee: $5.00, pay with registration
This class offers a broad introduction to both the theory and practice of Classical Indian Dance. Nivedita will help you understand the hand gestures and the technique of Classical Indian Dancing. (Nivedita is a professional Indian classical dancer with a B.A., specializing in Bharata Natya style, from the University of Bombay, India. She is currently instructing dance at KSU.)

Margaret Rule 3rd, People "Country Musician"

FINE ARTS
INNER SELF

MIND...

YOGA

Section 1: Tuesdays, 6:30-7:30pm First Meeting: June 28 Length: 6
Section 2: Thursdays, 6:30-7:30pm First Meeting: June 23
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $0.00, pay at class
Limit: 10, each section

This course will provide a basis for continued yoga practice for beginners and intermediate students. Postures and breathing practices will be adapted to the needs of individuals in the class. Please bring your own mat and dress comfortably. Age is no restriction. (Having studied for 6 years in India with K. Krishnamacharya and Desikachar, Dr. Franklin has just attended a seminar with Desikachar and a group of his former students.)

ROG

Rob Sherman
776-6809

Mondays, 6-6pm First Meeting: June 20
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 10

The daily practice of yoga will improve the quality of one’s life. In this class we will practice the basic yoga postures and breathing techniques. No previous experience is required. Please wear comfortable clothing and bring a towel and empty stomach. (Rob has studied with Dr. Franklin since 1975.)

ECKANKAR: THE SPIRITUAL NOTEBOOK

Kathy Sisson, James Dorn
776-7224 1-208-6479

Wednesdays, 7:00-9:00pm First Meeting: June 22
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Limit: 16

An in-depth study of Paul Twitchell’s Spiritual Notebook will cover the basic tenets of ECKANKAR, the science of total awareness. For the serious student seeking a direct path to the Supramental (God). Books included in class fee. (James has been with ECKANKAR for over 2 years and Kathy for 7.)

INTRODUCTION TO ZEN MEDITATION PRACTICE

Al Potter

Wednesdays, 9:30-10:30am First Meeting: July 6
Class Fee: $5.00, pay with registration

We will have a preliminary discussion of Buddhist tradition as well as instruction and practice into the Zen practice. It is recommended that participants wear loose-fitting clothing. Please bring a cushion or beanbag pillow to sit on. Those who have a general interest or questions are welcome to participate. (Al has been studying with Zen master Katagiri of the Minneapolis Zen Center for a number of years.)

HYPNOSIS FOR THE SERIOUSLY CURIOUS

Greg Potter

One Time Only: Tuesday, 7-9pm, July 26
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

This class will explore the nature of hypnosis in the helping process. We will discuss the theory of how hypnosis works to help people change in positive ways and how it is being used today in practical application. (Greg has a Master's Degree in Psychology, PhD degree in Counseling. He trained in hypnosis at the Ethical Hypnosis Training Center, South Orange, N.J. and uses hypnosis regularly in private practice.)

DEALING WITH DIFFICULT PEOPLE AND PROBLEM EMPLOYEES

Bernie Horak

One Time: Tuesday, 7:30-9:30am, June 21
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 15

This session offers strategies to deal with disagreeable attitudes, lack of motivation, and different personality types and conflicts found in social and work environments. (Bernie is a Captain, Medical Service Corps, Ft. Riley with specialties in organizational behavior and management consulting.)

DIVORCE – HOW CAN WE GROW THROUGH THE PAIN

Michael Weinberg, Ph.D.

Wednesday & Thursday, 7-9:30pm, June 22 & 23 (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.

THE WOMEN’S NOVEL OF SELF-DISCOVERY

Flossie Snyder
776-7608

Wednesday, 7-9:30pm First Meeting: June 29
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 12

These twentieth century novels are entertaining enough to be summer reading and are first-rate art, too: In Summer, a young woman discovers a way to embrace a fate forced on her by convention. The Little Match Girl, an aging woman discovers a new truth about herself through a reunion of childhood friends. Readers will decide reading list and schedule. A copy complete list is available at UMM. (Flossie has taught college and recreational literature classes and is working on a study of the women’s novel of initiation.)

BRINGING UP SUPER BABY: PROS & CONS OF ACCELERATED LEARNING

Sandy Smith
532-5510

One Time: Tuesday, 7-9pm, June 28
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

There is fairly general agreement among experts about the value of early stimulation for young children. However, the concern among parents that their child's potential has not been fulfilled has led some experts to question the wisdom of too much early learning. This class will discuss the pros and cons of early reading, the value of early stimulation, and how to know when your child is ready to learn certain things. Come with your questions and ideas. If there is sufficient interest, there may be additional class meetings. (Sandy is a Ph.D candidate in family and child development and a mother.)

Glenn Hoover Jr., Scenery "Crystal-Eyes"
...AND BODY

VISUAL AWARENESS
JoAnn Freeman
776-1396
Mondays & Wednesdays, 7-8pm
First Meeting: June 22
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: Cost of eye chart
We will work with the method of visual retraining designed by Dr. Bates for healing vision problems. This approach is holistic — we will be discussing how nutrition, positive mental attitude and new visual habits can improve your vision on many levels. (JoAnn attended a workshop called "Eye Classes." She has been working with these techniques for over a year and knows they work.)

WEIGHT CONTROL
Dr. Katharine Grumwald
532-5508
One Time: Monday, July 20, July 27
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 30
Have you tried every conceivable diet but just can’t seem to keep it off? We’ll take heart, you have lots of company. Studies have shown that at least 90% of people who lose weight eventually gain it back. We will explore some of the current popular reducing diets as well as successful strategies in weight control. (Dr. Grumwald has taught weight control at Kansas State University.)

PROFESSIONAL MANICURES
Judy Goodson
776-5488
One Time: Monday, 7-8pm, July 18
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration
Limit: 8
Pamper yourself! Here’s your chance to achieve the long, beautiful and healthy nails that you’ve always desired but didn’t think possible for yourself. Well, it is. A professional manicurist will demonstrate and help you with actual hands-on experience. You’ll discuss techniques used in giving a professional manicure, hand care problems, safety precautions and use of equipment. Treat yourself and feel great when you leave. (Judy uses Yen’s Hair Fashion and is both a trained manicurist and hair-stylist.)

DRESSING FOR SUCCESS
Marsha Hablutzel
632-2868
Section 1: Tuesday, 7-8:15pm, June 28
Section 2: Thursday, 7-8:30pm, July 3
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Research has proven there are certain styles and colors of clothing you can use to gain favorable public and employer reactions. (Learn what to wear to enhance your selling potential, how to look qualified for a managerial position, what a woman should wear to overcome sexual prejudice in the business world, etc.) Men and women — with jobs so scarce can you afford not to be noticed? (Marsha is a franchise owner and instructor for Stage (imported, Inc., and is trained in the areas of personal and business image.)

"She chased instinctively vibrated at their feet in Kansas" — Allen Ginsberg, How!

MASSAGE
Rebecca Brownson
537-9098
Section I: Fridays, 7-8pm, July 8 & 15
Section II: Sundays, 7-8pm, July 17 & 24
2 times each section
Location: Will be noted on your receipt
Class Fee: $6.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 12 each section
An introduction to traditional massage methods. We will cover whole body massage and neck and facial techniques. Massage promotes circulation and is great for relaxation. Please sign up with a partner. (Rebecca learned massage techniques years ago and finds it a useful as well as pleasant skill to have.)

HEALTH ENRICHMENT GROUP FOR THE CHRONICALLY OVERWEIGHT — MAN OR WOMAN
Tuesdays, 7-9pm
First Meeting: June 28
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 12 (Fifty pounds overweight)
Kay, Dorothy and Kathy have been meeting for several months discussing needs and health problems of the seriously overweight. A four-session program will include information on exercise and nutrition, use of self-help materials, weight control groups, appearance and self-image. Primary emphasis will be on accepting and learning to live more healthfully with a chronic weight problem. There will also be support and encouragement for those who may wish to change through exercise and nutrition. (All three leaders have been living with chronic weight problems for years.)

PHARMACY FACTS
One Time: Wednesday, 7-10pm, July 13
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
A discussion of over-the-counter and common prescription drugs, for you and your family. How should you get them? Are you taking them properly? What side effects are possible, especially if you combine two preparations? There will be time for a question and answer period. (This class is presented by the registered pharmacists at Barry’s Drug Center.)

ORGANIC MOVEMENT
Karen McLean
Thursdays, 7-8:30pm
First Meeting: June 23
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Limit: 25
Basic organic movement is a combination of dance, exercise and relaxation techniques designed to increase your energy levels and relieve stress. There will be individual and group dance forms. A quiet period at the end of each class will help focus these energies to the inner self.

THE FONE CENTER
Marriage and Family Counseling
Family Life Education
Financial Counseling
Nutritional Counseling and Consultation
Clothing Construction, Welding
9:00 A.M. - 6:00 P.M., Monday - Friday
Other times by appointment
We Care Enough to Listen...
532-6565
1221 Thurston
776-6566

A detail of the marriage and family counseling services offered at the FONE Center, including family life education and financial counseling. The center also offers nutritional counseling and consultation, clothing construction, and welding services. The hours of operation are 9:00 A.M. - 6:00 P.M., Monday - Friday, with other times available by appointment. The FONE Center cares enough to listen, with the contact information 532-6565 or 1221 Thurston 776-6566.
OUTER SELF

ADVENTURES FOR ALL

KANSAS CITY ROYALS TRIP

Judy Portuese 537-1218

One Time: Tuesday, 1:30pm, July 12
Location: Will be noted on your receipt
Class Fee: $5.25
Limit: 46

PMP has purchased a limited number of Plaza reserved tickets (1st base under roof) for the July 12 game against the Toronto Blue Jays. Come join us for a great outing. The chartered bus will depart at 1:30pm and go to Indian Springs Shopping Center where you can shop a little and dine before we go to the evening game. Return home immediately following the game. Cost: $15.25, which includes game ticket and bus fare. Make this a special family event. This class is exempt from the $2.00 registration fee. (Judy has taken tours all over the state.)

DAY TRIP IN COLORADO

Richard Krol 537-1303

One Time: Tuesday, 7:30am, June 28
Location: Will be noted on your receipt.
Class Fee: $20.00, pay with registration

Are you interested in learning where to go in Colorado for a pleasant hike or drive away from all the crowds? Come to this class to learn about back roads, scenic spots, and pleasant hikes that are not yet well-known. (Richard is the great grandson of Z. Colorado gold miners and regularly explores the back roads and trails of the state.)

FAMILY CAMPING

Emily King 532-5800

One Time: Wednesday, 7-9:30pm, June 22
Location: Will be noted on your receipt.
Class Fee: $13.00, pay with registration

Wouldn't it be fun, not to mention economical, to take the family camping this summer? Join us for an introduction to family "car camping" for people who have had little or no experience. We'll discuss trip and meal planning, equipment, clothing, camp site etiquette, and possible camping destinations. This class is exempt from the $2.00 registration fee. (Emily is an outdoor Education Specialist who has had much backpacking and car camping experience.)

GRIL'S NIGHT OUT: A CAMP-OUT

Colleen Burnett, Mary Hershall 532-8666

Campout: Saturday and Sunday (dates to be announced)
Location: Will be noted on your receipt.
Class Fee: $13.00, pay with registration
Materials Fee: Food and gas (Less than $5.00)
Limit: 20

This overnight camp-out is for girls aged 9-16. We will stay overnight in the cabin, cook our meals over a fire, hike in the woods, sing around the campfire, etc. Camp Tamangille on Tuttle Creek Lake is the location for all the fun. This is especially for girls who have never had the chance to go camping. All you need to bring is a bedroom or blankets. (Colleen and Mary will bring along Snickers, camp stoves for nine years and as a child, Colleen used to check out the woods every summer near Minneapolis, Minn.)

MAKE FRIENDS WITH THE EARTH -- CAMPOUT

Pat Sneese 539-9150

Saturday and Sunday, July 16 and 17, 5pm
Location: Will be noted on your receipt.
Class Fee: $13.00, pay with registration

Come meet new and old friends as we hike the Flint Hills of Tuttle Re- serve. We'll spend the evening around the campfire discussing environmental concerns, our victories and keeping warm. Supper and breakfast will be cooked over the campfire. You'll be glad you took this opportunity to meet some of your Friends Of The Earth. (Pat is president of Kansas Friends Of The Earth.)

FORT RILEY HISTORICAL TOUR

Judy Portuese 537-1218

Wednesday, 9am-5pm, July 20
Location: Will be noted on your receipt
Class Fee: $6.00, pay with registration
Limit: 46

The State Historical Society of Kansas and PMP will have a bus tour to historic Fort Riley, home of the "Big Red One." We will meet in Manhattan at 8am for a guided tour of Goodnow House by Olene Lojka, Historic Property Curator. You can then visit the new exhibit "The Oldie Museum" at the Riley County Historical Museum. The Hartford House will also be open for viewing if you would like to pay a second visit. The chartered bus will depart at 9:45am and travel to Justin Hall on the KSU campus where there will be a tour of the historical college collection. The bus will leave at 10:30am and the first stop at Fort Riley will be a guided tour of the First Capital of Kansas. We'll lunch at the Officers Club where it is served cafeteria style. Included in the guiding tour after lunch is the U.S. Cavalry Museum, the Outer House, historic chapel, famous monuments and more. Arrive home about 5pm. This class is exempt from the $2.00 registration fee. Feel free to ask a friend or neighbor to join us. Remember, the fellows are always welcome. (Judy is an experienced tour organizer.)

HIKING TRAILS IN KANSAS

Jim Nightswinger 532-5752

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

This summer, hike the beautiful hills and valleys of Kansas. We will discuss what Kansas has to offer in the way of hiking opportunities. En- ablons will be on trail locations and their unique features. Information and guides will be available for future hikes. Hiking trails will be offered and canoe trails will be mentioned. (Jim is a member of the Kansas Trail Council and the Kansas Canoe Association.)

BACKPACKING I

Paul R. Mathewson 530-4176

One Time: Tuesday, 7-10pm, July 12
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 20

This class will provide information about required equipment, map reading and essentials of experiencing a backpacking trip, planning and when to go. Both novice hikers and intermediate backpackers are welcome. Bring your questions about equipment and backpacking needs. Some equipment will be provided for inspection and comparison. (Paul has backpacked in California, Utah and Colorado for about 10 years.)

OUTING CLUB

Mary Roth 776-1604

First and Third Wednesdays, 7:30pm First Meeting: June 15
Location: Will be noted on your receipt
Length: All semester
Class Fee: $2.00, pay with registration

If you are interested in going camping, canoeing, bike touring, rock climbing, backpacking, ski diving, sailing, repelling, 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.)

MISSOURI WHITE WATER CANOE TRIP

Lake Perry 4-H Center Staff 532-9800

Tuesday-Saturday, July 12, 3:00pm-July 16, 5:00pm
Location: Will be noted on your receipt
Class Fee: $25.00, pay with registration
Materials Fee: $10.00, pay at class
Limit: 18

The group will meet at the Lake Perry 4-H Center, get some basic instruc- tion, pick up, and head for the north fork of the White River in Missouri. The group will be canoeing on the river and preparing all meals on an open fire. It is a great opportunity for first campers and canoeists as the group will be led by trained and enthusiastic staff members from the Lake Perry 4-H Center. The trip is well suited for teenagers, adults, groups, individuals, or families. (The Lake Perry 4-H staff are certified from throughout the U.S. and are experienced in leading groups safely. All have camping skills and advanced life-saving from the American Red Cross.)

22 OUTER SELF
GREAT GAMES

VOLLEYBALL FOR FUN (16 AND OVER)
Lots Morales

Tuesday, Thursdays, 6:30-8:30pm
First Meeting: June 27
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Outdoor volleyball can provide low-key competition, exercise and a great time for beginners to those advanced. Nets and balls will be furnished.
(Lots has played AV for over ten years.)

GOLF FOR BEGINNERS

Buzzy

One Time: Monday, 6-8pm, June 27
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class

For those who have little or no experience, Buzzy will cover the basics including grip, stance, swing and club selection. Bring a seven iron, nine iron, putter and wood. If you don't have any clubs, they will be provided. Here's a good chance to find out if golf is the sport for you.
(Buzzy has taught golf for over ten years.)

SUMMER SOCCER

Charles Hedgedo

Sunday, 6:30-8:30pm First Meeting: June 12
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration

For the novice and the experienced player aged 15 - 77. No practices - just matches for fun among ourselves and other area teams. Classes will run through July 10. (Charles has been involved in soccer for more than 10 years and is a coach, player and referee.)

Let's Recreate - A program of Leisure Activities for disabled adults, sponsored jointly by Manhattan Parks & Recreation Department and UFM. We will be conducting a series of summer activities for disabled individuals in the community. If you would like more information call Jane Miller at 332-8606.

"If you don't like the weather in Kansas, stick around for a few minutes" - Unknown

RAISING A RACKET

SPORTS EQUIPMENT CO-OP
Neil Schanker

Location: A list will be mailed to you
Class Fee: $1.00, pay with registration

Many of us have some sports equipment but can't afford to buy everything we'd like to have. Let's share: if someone has a volleyball net and someone else has water skis, they could trade for the weekend. Other items could be croquet sets, badminton sets, small equipment, canoes, downhill skis, backpacks, tennis and racquetball racquets, fishing tackle, etc. Bring in what equipment you have and what you're apt to want. UFM will compile a list which will be mailed to you by July 1. (Neil has to have fun in the summer and all seasons.)

DEAL-A-PARTNER/TENNIS/RACQUETBALL/INDOOR GAMES
Neil Schanker

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 UFM will compile a list which will be mailed to you by July 1. (Neil has coordinated this class for several years.)

BEGINNING TENNIS
Lisa Creston

Sundays, 8-10am First Meeting: June 19
Length: 6 times
Class Fee: $10.00, pay with registration
Tennis lessons for the beginner will teach forehand, backhand, serve, court tactics, equipment selection and game rules.

RACQUETBALL FOR BEGINNERS
Sina Kacabana

Sundays, 8-10am First Meeting: June 19
Length: 5 times
Class Fee: $10.00, pay with registration
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, forehand and serving. Bring a racquet and two balls. (Sina has been playing racquetball for years.)

RUNNING AROUND

RUNNING AND RACING: EVERY RUGBY IS A WINNER
Chris Shea

One Time: Monday, 7-9:30am, July 13
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

There was a time when Chris Shea couldn't run half a mile. Now she runs 18-18 miles daily and has competed in the Boston and other marathons. Chris will explain how to get started, how to continue and improve, how to get inspired and, very importantly, how to enjoy running. Sharing her feelings and experiences with you, Chris hopes that you will be proud of yourself, whether you're a beginner or experienced runner.

COMMON RUNNING INJURIES: PREVENTION AND TREATMENT
Joe Svoboda, Carl Craner

One Time: Thursday, 7pm, June 28
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. Joe and Carl will have time for questions and answers concerning your particular situations.

NUTRITION FOR RUNNERS, ATHLETES AND PHYSICAL FITNESS BUFFS
Katharine Drummond

One Time: Monday, 7-10pm, July 11
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Is your diet optimal for your particular sport? Have you wondered about carbohydrate-feeding, 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 strictly 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 "Diet and Exercise" at KU, is a body builder and runs 50-70 miles/week.)

STEREO SALE

Every day of the week

Outdoor Self

Conde Music
407 Prince
786-7060
Grandview, Manhattan
WET AND WONDERFUL

CHILDREN'S BEGINNING SWIMMING
P-37
Becky Williams 539-6759
Saturdays, 9-10am First Meeting: June 18
Length: 6 times Limit: 10

WATER AEROBICS AND SWIM EXERCISE
P-32
Edei Dalke 539-1005
Saturdays, 9:30-11:00am First Meeting: June 10
Length: 6 times Limit: 10
Class Fee: ＄7.00, pay with registration
Stay cool in the pool while you do lots of fun aerobic exercises to multi. Water aerobics can be done standing on the pool bottom or holding onto the side. Various combinations of swimming strokes will lead to routines, laps and water dance. Synchronized swimming will be introduced. (Edei is a Water Safety Instructor and has lifeguarded, taught swimming and been involved with water aerobics for three years.)

SAILING BASICS
P-30
Jeff Oaklief 539-5136
One Time: Saturday, 9am-12m, June 25
Location: Will be noted on your receipt
Class Fee: ＄3.00, pay with registration
The opposite of "fumbling with the wind" is: a) coming about; b) hard-a-lees; c) tacking; d) walking with the calm. Even if you answered c) tacking, you'll learn much from this introduction to sailing including terminology, how to sail, selecting a boat and how to get started. (Jeff has been sailing since he was five years old.)

KAYAKING
P-29
T. J. Hittle 539-7772
Saturdays & Sundays, 10am-1pm, July 16 & 17; July 23 & 24
Location: Will be noted on your receipt
Length: 4 times
Class Fee: ＄8.00, pay with registration
Materials Fee: ＄5.00, pay at class (plus ＄5.00 optional)
Experience the challenge of kayaking! Through video films, demonstrations, lectures, and lots of hands-on experience, we will study equipment, paddle techniques, fast water maneuvers, and practice American Red Cross safety techniques. This will be Kansas' first certified Kayaking course. The class meets once at the American Red Cross office, twice at the KSU Natatorium, and once on a nearby river. All equipment is provided. (As 1982-83 Kansas Canoe Association President, I've had river trips nationwide. He has taught kayaking several years and promises an intensive, fun-filled class!)

SMOKING LESSONS
P-33
Michaela Richend 539-3979
Sundays, 8-9am First Meeting: June 19
Length: 6 times Limit: 10

CHILDREN'S BEGINNING SWIMMING
P-34
Michaela Richend 539-3979
Sundays, 9-10am First Meeting: June 19
Length: 6 times Limit: 10

ADULT BEGINNING SWIMMING
P-35
Joanne Irvine 537-9793
Sundays, 10-11am First Meeting: June 19
Length: 6 times Limit: 10
**JUGGLING**
P-17
Charles Green
Sundays, 3-6pm First Meeting: June 26
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 30
Juggling can be a relaxing art as well as a wonderful learning experience. The art of juggling develops a good feel for hand-eye coordination. The only requirement that you must have three small balls. Some experience can be helpful but is not required. Juggling is for the young and the old to join the fun. (Charles has been juggling for approximately three and half years as an amateur and eventually plans to turn professional and attend Barnum and Bailey's Clown college in Florida.)

**STUDENT PILOT GROUND SCHOOL**
P-16
J. Ian Swaby
One Time: Day, time and date to be announced
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10
If you have ever thought about learning to fly then this class is for you. We will cover basic aircraft systems and aerodynamics, airport operations and communications, and basic licensing requirements. Although the class will not cover everything required for the P.A.P. written exam, it will provide a solid background for the potential student pilot. Call the instructor for more information. (J. is a commercial pilot and certified flight instructor, he also owns his own aircraft.)

"Toto, I have a feeling we aren't in Kansas any more." - Dorothy, The Wizard of Oz.

**JUNGLETS AND DRAGONS**
P-18
Ron "Modar" Knight
Thursdays, 6-8pm First Meeting: June 23
Location: Will be noted on your receipt
Class Fee: $8.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 5
Hunted Runners. Ages 18 or older who have NEVER played in my world. Experienced help, but not necessary. Character sheets, etc., are provided. Not enough to make a multi-sided dice (20,12,6,4). Questions? Please call. Class limited to 5-10 members. (Ron has played 3rd & 6th for over 15 yrs.)

**STAMP COLLECTING EXTRAVAGANZA**
P-19
Tim Lindemuth
Mondays, 7:30pm First Meeting: June 27
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 parts of collecting. A field trip is planned. (Tim is a long-time member of the American Philatelic Society and a collector for 27 years.)

**WEIGHT TRAINING FOR WOMEN**
P-1
Larry Noble
Section I: Wednesdays, 7-8:30pm, June 22, 29
Section II: Thursdays, 7-8:30pm, June 23, 30 (2 times each section)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 30 each section
An Introduction to weight training exercises as a method of developing muscular strength and endurance. The aesthetic benefits of weight training will also be discussed. All participants will be given a program designed to develop all major muscles and will have an opportunity to engage in weight training exercises using the equipment in the Aerie Weight Room. (Larry has trained with weights for over 20 years, taught weight training techniques for over 10 years, conducted research on resistive exercise and is an associate professor of physical education.)

**GENERAL FITNESS EXERCISES TO MUSIC: AEROBIC EXERCISE FOR EVERYONE**
P-8
Sukin Gross
Mondays, Tuesdays, Thursdays, Fridays, 6-8pm First Meeting: June 29
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Exercises include jogging and stepping to music to increase the heart rate, limbering and stretching exercises done singly and with partners. Continuous activity is stressed and will increase progressively through the semester. (Sukin learned this course in West Germany and taught it professionally at the Damascus, Syria Sheraton Hotel.)

**TAI CHI EXERCISE**
P-10
Tom Chan, Lehigh Lu
Saturdays, 8:30-10:30am, Tuesdays, 7-8pm First Meeting: June 21
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Tai Chi is a Chinese exercise system involving both exercise and self-defense. Emphasis at the beginner level is placed on coordination, balance, breathing, and smooth flow of movement. (Tom has been leading this U.P.M class for over a year. Lee-She, a native of Taiwan, has been active in Tai Chi for three years.)

**TANG SOO DO KARATE**
P-9
Joel Guderberg
Mondays, Wednesdays, Fridays First Meeting: June 20, 7-9:30pm
Location: Will be noted on your receipt
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 test for your first belt rank at the end of the course. Come wearing loose clothing that you don't mind getting sweaty. You are encouraged to consider buying a uniform, which will be available from the instructor. (Joel is a second degree black belt with eight years experience and has been teaching for three and a half years locally.)

**BEGINNING FENCING**
P-13
Richard Reifs
Wednesdays, 6-8pm First Meeting: June 22
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 15
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.)

**SELF-DEFENSE WITH JUJUTSU EMPHASIS**
P-36
Stan Nelson
Tuesdays, 7-9pm First Meeting: June 21
Location: Will be noted on your receipt
Class Fee: $20.00, pay with registration
Limit: 15
The Japanese use Jujutsu, "the easy and effective self-defense," when weapons were not available. In this class, Stan will use basic Jujutsu to teach you simple methods using leverage, balance and everyday items carried in pockets. Mental aspects of self-defense will also be covered. (Stan has been involved in the martial arts for 12 years.)

**OUTER SELF**

---

Margaret Bulc H.M., Scenery "Plotsm"
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"The country here is magnificent! Oh the sunlight scenery!" - Isaac Gideon, March 29, 1868.
# Mail-In Registration Form

**ONE PERSON PER FORM • MAIL-IN REGISTRATION DUE JUNE 6-17**  
(LATE REGISTRATIONS ACCEPTED ON SPACE-AVAILABLE BASIS)

## Registration Dates:
Mail-in registration due June 6-17
- Walk-in: 
  - Monday, June 6: KSU Union 9 a.m.-4 p.m. 
  - Tuesday, June 7: LEFM House 7 a.m.-5 p.m. 
  - Wednesday, June 8: LEFM House 7 a.m.-5 p.m. 
  - Thursday, June 9: Public Library 7 p.m. 
  - Saturday, June 11: Wal-Mart 10 a.m.-12 noon 
  - Monday, June 13: KSU Union 9 a.m.-4 p.m. 
  - Wednesday, June 15: Public Library 11 a.m.-2 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 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 LEFM 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 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.

## LEFM Refund Policy:
- Please check your calendar before you register for a class. FEIM 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 LEFM 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 LEFM. Credit vouchers can be accumulated and are transferable to others.
- If you are not satisfied with a LEFM teacher or class, please contact LEFM at 332-5866.

## Discounts for Volunteers:
You may work for LEFM in exchange for registration discounts. Arrangements will be made on an individual basis. Call LEFM at 332-5866.

## UFM Teacher Credit:
Current LEFM teachers are entitled to fee reductions when enrolling in LEFM classes in either this catalogue or in the future. LEFM 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 LEFM.

## Receipts:
- After the registration form is processed, you will receive a receipt. This is your proof of payment. LEFM 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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|       | Total class fee (see costs) Plus registration fee (see costs) Individual—$2.00. If KSU student, list ID# here Total Due

Please indicate where you obtained catalog:
**IMPORTANT: Please read the refund policy.**
- e.g., Sec. 1 or II, etc., if indicated in description.

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