RURAL RENAISSANCE

Any truly sustainable society must be based upon rural values and rooted in a healthy agriculture and in self-reliant rural communities. Over the past 200 years, we have seen the process of hyper-urbanization and rural depopulation as people have deserted the farm for urban living. For the first time since U.S. census records have been kept (160 years) we are now witnessing a reversal of this process. In every region of the country, small towns and rural areas both near to and distant from major cities have experienced more rapid growth than urban areas. This unprecedented movement of population provides the opportunity for revitalization of American agriculture and rural life and the realization of the Jeffersonian vision of a yeoman democracy rooted in rural values.

Central to the realization of that vision is the revival of the tradition of self-help and self-reliance exemplified by UUM's programs.

Within Kansas, UUM has provided aid to over 80 small communities that have established programs based on UUM in Manhattan. These programs play a central role in the cultural and educational life of Kansas people.

The Outreach Program began in 1975 with the idea that the successful communities in Kansas would offer opportunities for adults who wanted to learn.

In the intervening years, more than 90 programs have been set up in communities as small as Auckley, population 97, to offer a variety of opportunities for people who want to learn.

"The philosophy behind these developments is simple: people in rural areas are often their own best resources." - Rural America

Every town, no matter how small, has a wealth of untapped human resources within it. Teaching and sharing among neighbors and friends not only increases social cohesion, and can lead to projects and community development activities that go beyond classes and group meetings.

In the United States, there were colleges and universities in Kansas, people learned from each other, and formed a network of local programs. The idea of citizens being responsible for their own learning, of creating local programs that meet their own community needs, is the idea of genuine rural development, Stanley Leland.

In Kansas, the programs continued to grow and serve their communities.

In 1990, 35,000 participants now enroll in free university courses across the state. The Kansas Outreach Department provides information and technical assistance to community programs. In addition to regional workshops, a quarterly newsletter, the RURAL COMMUNITY EDUCATION REPORT, disseminates new program ideas and networking resources in the rural U.S. There are also a newsletter, the RURAL COMMUNITY EDUCATION REPORT, which can be adapted to rural communities.

"This is my idea of genuine rural development," Stanley Leland.

Currently the UUM Outreach Staff is working with several libraries in rural Kansas assisting librarians in the area of adult education. Libraries together with interested community members are developing and implementing humanities programs which help us better understand ourselves and explore our heritage as Kansans and a rural people.

The realization of the opportunities presented by this unique historical moment depends upon our ability to work together to shape current trends in direction of our dreams.

The next session of UUM classes will begin on November 2, 1989. The catalog of classes will be available after October 15. It will appear as an insert in The Manhattan Mercury on October 16 and will also be available at the K-State Union Post Office, Safeway Stores, Food 4 Less, Mini-Mart, and the Manhattan Public Library.

Parking: Parking is available after 4pm for classes scheduled at the UUM House. For classes scheduled on campus at K-State, parking is available in campus parking areas after 7pm. For classes that require you to park on campus before 7pm, visitors' permits are available from the information booth at the southwest entrance to the parking lot of K-State Union. Permits may be acquired until 4:30pm.

UMU Campus Community Staff: Rebecca Brown, Julie Coates, Janet Holland, Neil Schumacher

Photo Credit to: J. W. Osborn, others courtesy Manhattan Mercury
Money: Where it comes from, where it goes

IT'S YOUR MONEY: A FINANCIAL SERIES

Steve Harrison, Sheri Prud'homme
537-0694

Whether you want to know how stocks and bonds, mutual funds and money retirement income change or you will find your answer in this series.

Location: Will be noted on your receipt
Class Fee: $3.00/session (Please indicate session you plan to attend)
Materials Fee: $10.00 pay at class

If you are taking more than one session, pay the materials fee only once.

Investing Basics
C-1
One Time: Tuesday, 7:30-9:30pm, Sept 13
Back by popular demand, this is your opportunity to begin forming the foundation of investment fundamentals necessary for effective financial planning. Topics discussed will include money market funds, stocks, bonds, mutual funds and other investment opportunities.

Why Investors Fail?
C-2
One Time: Thursday, 7:30-9:30pm, Sept 15
Once you have the money, where do you go next? Questions addressed during this session will include: "What can I afford to take?" and "How do I calculate investment risk?"

Investing for Income Today
C-3
One Time: Tuesday, 7:30-9:30pm, Sept 20
"What will give me income now?" For those who ask this question we will discuss money market funds, bonds (corporate, government and municipal), income stocks, income-producing real estate and other alternatives.

Investing for Growth and/or Retirement
C-4
Inflation and taxes, both are major considerations. Discussions will cover: investing for income tax reduction through real estate, inflation and IRA's and how retirement planning changes various investment vehicles. (Steve and Sheri with offices in Manhattan.)

SUCCESSFUL MONEY MANAGEMENT

Fred Freeby
Mondays, 7:30-9:30pm (all sessions) (One Time each session)
Section I: September 12
Section II: September 19
Section III: September 26
Location: Will be noted on your receipt

People do not get rich making money, but by managing the money they make. Day language plus extensive use of visual aids helps assure a better understanding of what could be highly technical information. Copies are available in advance.

SUCCESSFUL HOME BUYING

C-6
8111 Friends
One Time: Tuesday, 7-9pm, Oct 1
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Thinking about buying a home? What should you look for? Inside, outside and all around potential home? This course will provide you with a complete home buying checklist and will discuss such important elements as home finance, professional inspection and planning for future. (8111 is a broker-owner of a local real estate agency, past president of the association.)

ESTATE PLANNING

Don Werner
C-7
One Time: Monday, 6:45-9:15pm, Oct 10
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

A discussion with you that some important IRS regulations, wills, trusts and with offices in Manhattan.

HOW TO APPLY FOR A LOAN

Paul Nickle
C-30
One Time: Tuesday, 7-9pm, Sept 27
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

It's a fact, up to 60% of those who apply for a consumer or business loan, don't know how to properly do so. As a result, loan applications which would be approved, are denied to potential consumers. This course will provide you with some basic strategies, techniques and tips on preparing your loan officer of a bank and has 13 years banking experience.

STOCKMARKET BASICS

C-31
Carol Hackman, Greg Barron
Thursday, 31, Oct 20, 7pm, Oct 27 (3 times)
Location: Will be noted on your receipt
Class Fee: $7.00, pay with registration
Materials Fee: $5.00, pay at class

Investment success most often is based on a thorough understanding of what makes the stock market "tick", and the constant application of that knowledge. We will guide you through the process of finding a wealth of valuable material through this course. (Carol is a Registered Representative for Stifel NICOLAS, has a degree in Business and is a member of the International Association of Financial Planning.)

LUNCHEON FINANCIAL SERIES

C-32
Carol Hackman, Greg Barron
Tuesdays, (except Sept 21, Oct 20, 27 (3 times)
Location: Will be noted on your receipt
Class Fee: $7.00, pay with registration
Materials Fee: $5.95, pay at class

Lunch costs not included in the materials fee.

INVESTING FOR INCOME

C-33
Carol Hackman, 8111 Friends
Wednesday, 11, 18, Nov, December 2, 9 (3 times)
Location: Will be noted on your receipt
Class Fee: $7.00, pay at registration
Materials Fee: $5.00, pay at class

This course is specifically designed to aid the financial advisor in choosing the best income producing portfolio. The class will cover income oriented investments, gain income oriented investments, wills, trusts and other fiscal planning techniques. (Greg is a stockbroker with Stifel NICOLAS and has a Masters Degree in Agricultural Economics.)
Working together for a better world

FOCUS ON EL SALVADOR

Dave Stewart
539-3051
Register and you will be contacted for time and location.
Date is Sept 11-18
Class Fee: $1.00, pay with registration.
In a variety of classes, public forums, and church gatherings, peace and relief for El Salvador will be the focus. Resource persons who have lived and worked in El Salvador will be on hand to discuss the issues. More detailed information will be released after press time. (Dave is the local coordinator for the Focus on El Salvador.)

HISTORIC PEACE CHURCH: MEMORIALS IN MANHATTAN

Mike Klassen, Dean Danner
539-4079 776-5589
One Time: Wednesday, 7-9pm, Sept 14
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration.
The evening will begin with a film showing the development of the memorials within the Historic Peace Church Tradition in Europe in the 1800's. The theology including non-violence, social justice, simple lifestyle and cooperative sharing will be discussed. Ethnic Memorial Fellowships for 5 years. Dean is a member.

AN EVENING OF PEACE EXPLORATION WITH THE MEMORIALS/FRIENDS PEACE COMMITTEE

Mike Klassen
539-0079
One Time: Monday, 7:30-9pm, Sept 26
Location: Will be noted on your receipt
We are a group of Memorialists and Friends concerned about peace. We have engaged in and are planning various projects for peace including a Pilgrimage to Mexico by Salvadoran refugees and the future establishment of a Peace resource center for Manhattan.

HISTORY OF THE NUCLEAR ARMS RACE

E. O. Curtis
539-9208
Mondays, 7:00-8:30pm, Oct 3, 10 (2 times)
Location: Manhattan Public Library
The arms race is a topic which is being hotly debated across the country. How did it start? What are the forces driving it? Can anything be done about it? Where do things stand now and where are they going? Dean is active in the Nuclear Freeze Movement and has experience as a consultant to the Department of Energy on matters related to nuclear weapons.

NUCLEAR WAR DEFENSE PLANNING IN MANHATTAN

The Other Manhattan Project
539-0079
One Time: Monday, 7:00-10:00pm, Oct 17
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Manhattan has a civil defense plan in case of nuclear attack. Come and find out what it is. Discuss, with our panel, the problems of civil defense in the nuclear age.

FIRST NATIONAL PREXY WALK-A-THON

Sponsored by the Other Manhattan Project
539-0079
One Time: Sunday, 1:30pm, Oct 5
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Last year California had a successful walk-a-thon which drew crowds of optimists, peace-loving people who support the idea of a Nuclear Weapons Freeze. A National Freeze campaign has been organized with activities occurring during the first part of October. Join other Manhattan area citizens as we show support for an end of the Nuclear Arms race. You will be contacted with further information.

IT'S A HUNGRY WORLD [FILM SERIES]

Dave Stewart
539-3051
Fridays, 11:30am-1pm, First Meeting: Aug 26
Length: 5 times
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
In preparation for the Manhattan CROP Walk, we will view and discuss various aspects of the hunger issue.
Aug 26 "Class House," the attempts of the affluent to protect themselves from the hunger that surrounds them.
"Journey for Survival." Portrays the search for water and the problems related.
Sept 2 "The Jewel Reclaimed." Documents the restoration of Kamapora and how people can help.
Sept 9 "Hunger Knows No Race," an American family comes face-to-face with hunger.
Sept 16 "Indonesia: Starvation." Portrays a new awareness of the problems of developing countries.
Sept 23 "Rich and Poor: What Can We Do?" Rich and poor both have responsibilities to alter systems that lead to poverty and hunger.
Sept 25 Annual CROP Hunger Walk in Manhattan. Sponsored by American Baptist Campus Ministry.

FLINT HILLS BREADKAST

Marcia Schulke
776-9294
One Time: Tuesday, 7:30-9pm, Sept 20
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Kansas is known as the "Breadbasket of the World" and now Manhattan has a breadbasket of its own -- the Flint Hills Breadkast. You're invited for a tour of the Manhattan area's food bank and to find out how you can be involved in solving the problem of hunger right in your own backyard. (Marcia has been involved with the Flint Hills Breadkast since its beginning.)

LET'S ALL POLISH THE LITTLE APPLE

Jaimea Denby, Tracy Vallely
776-4125 537-7234
One Time: Saturday, 2-4pm, Oct 8
Location: Will be noted on your receipt
Will be notified by the instructors
Join Tracy and Jaimea in their concern for keeping Manhattan litter-free. Ideas will be shared, and discussed on keeping the Little Apple polished, and plans for establishing a Club to do the same. (Jaimea and Tracy think a clean environment is very important. Jaimea is eight years old and Tracy is nine.)

Be in Command with Union National Bank's Satellite banking services Command Card Automatic Teller Machines located in front of our main bank downtown, at our west bank in Westloop and in the K-State Student Union.
Bank with ease when you please... 7 days a week... 24 hours a day.
Exploring our community

EUROPEAN BETRAYALS: DAYS TO SAVE MONEY AND ENJOY EUROPE

David Garvin

One Time: Tuesday, 7-9pm, Oct 4
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration

Travel to Europe - it doesn't have to be expensive. Come and learn about cheap ways to get to Europe, low-cost ways of traveling around Europe, and fun places to stay. Europe need not break you - come and learn! (David, the owner of a local travel agency, has been in the travel business for 6 years.)

ROYAL LICHTENSTEIN CIRCUS

Dave Stewart

One Time: Friday, 10am-11am, Oct 4
Location: Between Seaton Hall & K-State Union

The ever popular Royal Lichtenstein Quarter-King Sidewalk Circus will return to K-State this fall. The circus, nationally known, has delighted audiences on several occasions in the past. Due to their demanding schedule, this will be the last performance here until 1980. Break from the routine; come join us for an hour of laughter and celebration. (The circus is sponsored locally by American Baptist and Episcopal church ministries.)

TOUR OF THE KSU NUCLEAR REACTOR

Jack Higginbotham

One Time: Tuesday, 3-4pm, Oct 11
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration

Tour the KSU reactor facility while Jack discusses the research and training uses of the reactor. Included in the presentation will be a slide show and discussion of commercial nuclear reactors. (Jack is the Reactor Supervisor at KSU.)

TOUR OF THE MCCALL PATTERN COMPANY

Penny Streeter

Section 1: Friday, 9-10am, Sept 9
Section 11: Thursday, 7-8pm, Oct 13

One time each section
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'll see the different departments and how each pattern is cut and folded. All participants will receive a free gift packet.

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

Learn from professionals at First National. Learn how to save, to invest, to borrow, to plan for your future. Our advice is free. Ask for it — at any of our four locations.

First National Bank

Only Manhattan Bank With Four Separate Locations

★ Main Bank—701 Poppele
★ University Bank—Denenberg & Clifton
★ First West—3011 Anderson Ave.
★ Downtown Bank—4th & Poyntz

All Locations 537-0200 Member FDIC
Women helping women

**WOMEN AGAINST RAPE**

C-24

Mary Holm, Christy Simpson, Sue Rieger

Organizational Meeting: Thursday, 7-9pm, Sept 15

Location: UPM Fireplace Room

Women Against Rape is a group of local women working to educate people on the roots of rape. In addition to our group meetings, we teach self-defense and give educational presentations. (The class leaders are members of Women Against Rape.)

**POLITICS OF RAPE**

C-26

Mary Holm, Christy Simpson, Sue Rieger

One Time: Monday, 7-9pm, Oct 17

Location: Will be noted on your receipt

Class Fee: $1.00, pay with registration

Limit: 20

Why do people call rape jokes? Why is rape a crime that has a conviction rate of 3%? Why is a woman juror less likely to help convict a rapist? Come discuss these and other topics as we consider the politics of rape in our society.

**CONFRONTATION TRAINING**

C-28

Mary Holm, Holm, Rieger

One Time: Thursday, 7-9pm, Oct 6

Location: Will be noted on your receipt

Class Fee: $3.00, pay with registration

This class, especially for women, will help you learn how to deal with both verbal and physical sexual harassment. A feminist perspective on how confrontation can be a preventive measure for violence against women will be explained and discussed.

**SELF-DEFENSE FOR WOMEN**

C-29

Mary Holm, Christy Simpson, Rieger

Wednesday, 7-9pm, Sept 14, 21 (2 times)

Location: Will be noted on your receipt

Class Fee: $3.00, pay with registration

Limit: 20

Regardless of age, race, social class or lifestyle, all women are potential targets of violence. Women rarely receive any training for their own defense. This class will introduce simple but effective self-defense skills taught by women, for women. To be sure to wear loose, comfortable clothing.

**BARBEE: A WOMAN'S COFFEEHOUSE**

C-28

Sue Rieger

One Time: Saturday, 8pm-12 midnight, Oct 1

Location: Will be noted on your receipt

Class Fee: $1.00, pay with registration

This event is for women to share music, poetry and art. It is also a chance for women to meet each other, socialize, and learn what's happening in the women's community in Manhattan. (Sue is assistant director of the Women's Resource Center.)

**WOMEN'S SUPPORT GROUPS**

C-30

The Women's Resource Center is sponsoring several weekly support groups.

One is a general interest support group for women dealing with life decisions including careers, education, relationships and sexuality. Another group will be for rape survivors. The time and location is flexible and will depend on the numbers. The third group will be for incest survivors. Incest is a tragic secret that many women carry with them. This is an opportunity to become stronger in a confidential supportive setting.

These groups are beginning in September. If you are interested in any of these groups contact Women's Resource Center at 532-6444. There is no fee for this class.
ARABIAN HORSES: VERSATILITY, TRAINING AND SHOWING
Duane Dally, Kim and Olivia Huddleston
One Tree Road, Topeka, KS 66621
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

The Arabian horse, foundation breed of all light horses, is thought by many to be difficult to handle. Yet according to Duan Dally, who says that the versatility of Arabian horses is shown in trail, western, English and showmanship. Education of training and showing will be of interest in Arabian horses on their own turf. (Dally has been breeding, raising and training horses for years.) Kim and Olivia are fellow horse enthusiasts from Topeka, Kansas.

A HORSEBACK RIDING TRAIL FOR KELLY COUNTY
Ron Klatske
Register and you will be contacted for day, time, date and location

There appears to be a tremendous opportunity for development of a 15-mile horseback riding trail in rural Kelly County. If you are exploring the area on horseback, you can contact the trail group to find out where to meet and when the trail will be open. (The trail is free to use and open to all horseback riders.)

ALL ABOUT HORSES
Diane M. Legler
Wednesday, Aug. 6—Saturday, Aug. 9, First Meeting: Sept 7
Length: 5 times
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 10

Anyone interested in horses can attend these classes. The five classes will cover breeds, conformation, riding styles, nutrition, colors and markings, basic vet care and equipment. Feel free to bring questions.

LOVEBIRDS, COCKATOOS, PARAKEETS, AND OTHER SMALL PARROTS
Dan Land
One Time: Saturday, 7-9pm, Sept 24
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

This class is for anyone who wants to learn more about lovebirds, cockatoos, parakeets, and other small parrots. It will cover general care, housing, breeding, color mutations and their inheritance, and a question/answer session. Afterwards there will be a tour of the aviary. (Dan is a breeder of lovebirds, cockatoos, and parakeets, and has over 100 birds in his aviary.)

ANIMAL ANATOMY FOR YOUNGSTERS
Lynn Schanker
One Time: Saturday, 1-3pm, Oct 22
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10

Does your child have questions about how their body works? Lynn will explain where the major organs are located in the body and why they are essential. Participants will have an opportunity to ask questions. (Lynn is a trainer of small animals.)

KANSAS SNACKS AS PETS
Michael O’Neill
One Time: Wednesday, 7pm, Sept 14
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 20

What’s a snake’s life like? Where can you find a snake? Can you keep a snake as a pet? These are just a few questions that Lynn will answer in this class. (Michael is a local snake keeper with over seven years’ experience. He has taught about snakes.)

OBEYANCE TRAINING FOR YOU AND YOUR DOG
Diane M. Legler
Sunday, Sept 11 to Nov 20, weather permitting, 7-9pm
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Limit: 10

This class is for the adult or youngster who wishes to learn how to train their dog to obey basic commands of heel, sit, stay, come, stand, and off the leash. Dogs must be under 6 months and at least 4 years old. (Diane is a professional dog trainer from Kansas.)

MAKING YOUR PUPPY A BETTER PERSON
Heather Kifs
Saturdays, Sept 10, 17, 24-11am (2 times)
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 10

We will be teaching the puppies to be enthusiastic companions, with emphasis on house-breaking and basic obedience. We will also condition the puppies to stand and to show for veterinary examination. Psychology of personal behavior problems will be studied. Puppies between 3-7 months old and with current vaccinations will be eligible. (Heather has a background in veterinary medicine and is interested in psychology of behavior.)

REESE'S KITCHEN
Jim Johnson
Tuesdays & Thursdays, 7-10pm, Sept 20, 27, Oct 24, 27, 29 (4 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 10

Honey is that wonderful natural ingredient that does more — but few people know how they do it. The sessions will cover many aspects of honey bee-keeping, from raising bees to using them. (Jim is the local beekeeper with over 50 years’ experience.)

7
Skills for the wilds

LIVING OFF THE LAND: SURVIVALISM

Stan Wilson
539-7723

One Time: Sunday, 7-10pm, Sept 25
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration

Could you shoot and skin out a squirrel, catch and prepare fish, identify and collect wild edible plants? Does "survivalism" mean to you if you are interested in self-sufficiency and would like to meet others with similar concerns, this class is for you. (Living in a rural area, Stan knows much about living off the land.)

FISHING AROUND MANHATTAN; LECTURE AND TRIP

Dan Schnitker
539-6814

Saturday, Sept 10, 7:30-9pm
Sunday, Sept 11, 7:30pm (2 times)
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class

White bass, channel cat, crappie, walleye and many more fish are available within a short driving distance from Manhattan. Dan will tell you where to fish, when, for what and how. The Sunday morning trip will take you to several locations where you can test your newfound skills. Even if you are proficient at fishing, Dan's disclosure of favorite fishing spots and his 10-20 page handbook will be well worth your while. (Dan enjoys local fishing as often as possible. Last summer, all of his class participants caught fish.)

PAUL FISHING

Paul P. Miller
539-7154

One Time: Wednesday, Oct 5, 7-8:30pm
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration

When water temperature begins to drop in September and October, the fish begin to store up on winter fat. This season can be a very productive time to catch large amounts of fish. Come join us and learn many methods and uses of equipment to add to your fishing skills. (Paul is the Area Supervisor for Fish and Game and a lifetime fisherman.)

TANNING HIDES

FA-1

Georgia Monte
Organizational Meeting: Monday, 7-8pm, Oct 10
Work Sessions: Saturdays, 8am-1pm, Oct 14 & 21
Location: will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $5.00, pay at class

Georgia will discuss and display various methods of preserving hides. She will help class participants tan parts of a hide to keep as a sample. You will need a sharp knife and sharpening stone. All chemicals and other equipment will be provided. (Georgia has been interested in hides and American Indian arts since childhood. She has tanned many animal hides, from grey goose to sheep.)

MARKETING FOR HUNTERS

E-41

Paul R. Mathewson
539-4176

Tuesday, 7-9pm, Sept 13 and Wednesday, 6-8pm, Sept 14 (2 times)
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration

Ever worry about getting lost in the great outdoors? This class will be concerned with reading a topographical map so that you can follow your progress on a map as you walk on the ground. We will discuss all map markings, what they mean and how they show three-dimensional objects on a map. Also discussed will be ways to locate yourself on the ground by properly reading your map. This class may save your life some day. (Paul has survival experience from the army and has backpacked for years.)

Shining stones

BASIC ASTRONOMY

Larry Paris
776-5689

Section I: Thursday, 8:30pm, Sept 8
Section II: Thursday, 8:30pm, Oct 6
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: 50c, pay at class

Larry will first discuss the basic physical structure of the known universe. After dark, we'll look at planets, stars and constellations, including Hercules, Pegasus, Aquarius, Andromeda, Cetus, Pegaseus, the flying horse and many others. Please bring a flashlight. (Larry is an avid stargazer.)

DIAMONDS!

Bob Beardsley

One Time: Tuesday, Sept 13, 7-9pm
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: 25c, pay at class

Bob will present a consumer's guide to diamond buying including: reading an appraisal, diamond terms, styles of cuts, color, clarity and care and cleaning of jewelry. Participants will have ample opportunity for questions and answers at their own risk bring one piece of jewelry for examination. (Bob has been grading stones all his life and has worked in several jewelry stores.)

SO YOU WANT TO VISIT MARS?

Charles P. Walters
532-6724

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

Did Mars ever have rivers? If Venus is a twin of Earth, where is its ocean? If we move to the moon, where will we find water? Can we mine the asteroids? (Dr. Walters has been applying logic to extraterrestrial situations for most of a lifetime. He is a geology professor at KSU.)
Exploring the wild community

TURTLE CREEK TOUR
Paul Melchase

One Time: Sunday, 9:30-11:00am, Oct 25
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Limit: 25
Note: Your chance to get the real story on the most often asked ques
tion re Turtle Creek. Is it a lake, a stream, or both? Is there a fish
population? How was it formed? "Bring your questions and get
some answers!" (Paul has assisted visitors to Turtle Creek since
1972.)

KONZA PRAIRIE HIKE
Dave Sampson, Joe Beloth

One Time: Saturday, 9am-12n, Sept 24
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Limit: 30
Hike up one of the unburned draws on King’s Creek to an overview
of the Konza Prairie. Wildlife will be abundant with a freshly burned area
and compare the changes that occur after fire passes through the prairie. A 1-2 hour
hike will be given prior to the walk. (At Konza Prairie, Dave is the Farmer
and Joe is the manager.)

KONZA PRAIRIE FALL WILDFLOWER PAGEANT
Craig Freeman

Section 1: Saturday, 9:30am-12:30pm, Sept 17 (rain date Sunday, Sept 18
Section 1: Saturday, 2:30-5:30pm, Sept 17 (rain date Sunday, Sept 18, both Sections)
Location: Will be noted on your receipt
Limit: 20 each section
Ever ponder the identity of a local fall wildflower? Here’s your chance to
observe a few of the Flint Hills’ native flowers. We’ll see asters,
goldenrod, phlox, and other common fall wildflowers. There will be
a presentation on Konza Prairie. Don’t forget your camera.
(Craig is a graduate student in botany at Kansas State University)

PRAIRIE WILDFLOWERS
Gene Tomn

One Time: Saturday, 10am-12n, Sept 10 (rain date Monday, Sept 12, 6pm)
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Would you know coneflower, gayfeather or goldenrod if you saw them?
Learn identifying characteristics of both flowering and vegetative
plants and other lots of tidbit information by joining us as we
walk along the Flint Hills. (Gene is a research assistant in Range Management
and Range Management)

PRAIRIE GRASSES
Gene Tomn

One Time: Saturday, 10am-12n, Sept 17 (rain date Monday, Sept 19, 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 common
grasses. The effects of burning and grazing will be discussed as we
walk along the Flint Hills “sea of grass” with this prairie tour.
Bring your walking shoes.

MUSHROOM IDENTIFICATION
Elizabeth Ways

One Time: Thursday, 7:30pm, Oct 13
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Learn what’s good and bad, edible and not, about these fascinating fungi.
Enter the world of the Shaggy Mane, the Stinkhorn, and the Destroying
Angel. Emphasis will be placed on mushroom varieties in Kansas and
neighboring farmlands. (Elizabeth learned through experience, field research
and recently, attending North American Mycology Congress.)

BIRDWATCHING FOR BEGINNERS: FROM HOUSE WRENS TO BALD EAGLES
Northern Flint Hills Audubon Society

Thursday, 7-9pm, Oct 6; Saturday, 8-10:30am, Oct 8
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Quickie: Is that a bird or a bug? Easy! How do you tell? A mockingbird from
a robin? A warbler from a finch? How do you know? This hands-on class will
teach you the basics. (You must be 10 years old.)

NATURE NATURE FOR YOUNGSTERS
Dave Verschleben

One Time: Saturday, 9am-10am, Oct 15
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Kids, I’m looking to have, and hope you all have, an exciting and adven-
turous morning in a country setting. We’ll go to see a nearby pond
and see some wildlife. Then we’ll take a nature walk and see some
wildlife up close. (Dave believes in the good-
ness of outdoors for us all.)

NATURE PHOTOGRAPHY: STALKING WILDLIFE IN NATURAL LIGHT
Lowell Johnson

Thursday, 7:30-9pm, Sept 15; Saturday, 8am-12n, Sept 17
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration
A classroom session and field trip will introduce you to the basics of
camera techniques. Camera basics will be discussed during the Thursday
session - types of lenses, shutter speeds, f-stops, depth of field and
pictures to take with natural lighting. A field trip on Saturday
will put classroom learning to the real test - taking photos. A 35mm
camera is desirable but not essential for this class. (Lowell, a Northern
Flintills - Audubon Society member, especially enjoys bird photography.)

HALLOWEEN OWL, FROGLIGHT AT STOCKDALE COVE
Monty Winton

Saturday, 6:30pm, Oct 29
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration
Join us for a safe and natural celebration of Halloween. On this trip we
will endeavor to seek out and “talk” to a group of nocturnal birds – the
Barn Owl, Barred Owl and Screech Owls. Counties will also be present. Participants
will find this a rare treat. Young people must be accompanied by an
adult. The trip is not recommended for small children who cannot remain
quiet – we must at times be silent to avoid disturbing the owls. (Monty
often prows for owls, even when its not Halloween.)

A HIKING, BIKING, JOGGING TRAIL FOR MANHATTAN
Northern Flint Hills Audubon Society

Wednesday, 7-9pm, Sept 7; Thursday, 6-8pm, Oct 8
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
It’s a natural! A hike, bike, jogging trail and nature preserve. Take a
stroll, enjoy this 12 mile trail system. The trail includes a variety of trails
with different activities. (Northern Flint Hills Audubon Society)

ALASKA: THE WILDERNESS EXPERIENCE
Mendell Mahling

Wednesday, 7:30pm, Sept 21
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Cool off in the Alaskan wilderness with Mendell as he shares his adventu-
res via his multi-projector slide presentation. Come see caribou,
sárkan, wildflowers and rugged mountain peaks. Natural background sounds
and music will add to your enjoyment of his narration. (Mendell was one of
the leaders in the establishment of Alaska’s national parks.)

FOR YOUR COMPLETE PRINTING NEEDS . . .
- Typesetting
- Art and pasteup
- Camera work
- Printing
- Bindery work

Hawley Printing Service, Inc.
610 N. 3rd
Phone 776-6731
Free of plenty of free parking
**Things to grow, things to gather**

**HERB LORE**

Carol Ebert

456-2841

One Time: Monday, 7:30-8:30am, Oct 17

Location: Will be noted on your receipt

Class Fee: $3.00, pay with registration

Materials Fee: $2.00, pay at class

Limit: 12

Herbs and spices - dazzle your palate, cure your ills, tantalize your nose. Come learn about the herbs and lore of the special plants called herbs. Get tips for buying or drying or preserving your own. Class members will decide what areas are of the most interest. (Herbs, spices, teas, Ess., etc.) We will have a good list of sources for areas of interest and also, Carol's herbistress for years and is known for herb mixes and fragrant items.

**LITTLE APPLE**

Jon and Roxana How

539-1980

Sunday, anytime between 2 & 6pm, Sept 29 (rain date Sept 26)

Location: Will be noted on your receipt

Class Fee: $1.00, pay with registration

Bring the whole family and visit a producing apple orchard. Sample as little or as much as you like. Don’t forget your camera! Free apple cider and orchard with others.

**THE PROPAGATION & CARE OF TROPICAL PLANTS**

Mary Priest

539-7313

Tuesdays, 7-9pm First meeting: Nov 1 (4 times)no class Nov 22

Location: Will be noted on your receipt

Class Fee: $3.00, pay with registration

Materials Fee: $1.80, pay at class

Limit: 15

For healthier, happier houseplants, the care and maintenance of indoor and gardening and fertilizing requirements. Subsequent classes will focus on insects such as aphids, scale, mealybugs, and how to make potting soil, using organic materials. There will be cover then plant the project. Also, lantana and other houseplants will be covered. (Mary is a graduate of Mississippi State University in Ornamental Horticulture. She is presently a graduate student in Horticulture Therapy at KSU.)

**MIWEST ORGANIC FARMS**

Lyn Kottmann

776-6151

One Time: Wednesday, 7:30pm, Sept 7

Location: Will be noted on your receipt

Class Fee: $1.00, pay with registration

Do you want to find out how to grow the Midwest and at the same time learn a bit about Homesteading, Organic Gardening and Farming? Then discover the SATIVA newsletter (Society for Agriculture, Technology and Integrated Organic Activities). Lyn will tell you about her and past experiences and give the results of the farms. (Lyn has found it a great way to travel, receiving free room & board in exchange for work and meeting interesting people.)

**COMPOSTING**

Aaron Spitka

532-5866

One Time: Saturday, 9-11am, Sept 17

Location: Will be noted on your receipt

Class Fee: $3.00, pay with registration

Limit: 25

Get the best out of your soil by improving it with organic matter. Composting is an inexpensive way of building a rich loam soil. We will demonstrate how to build a compost pile and let you see the finished product. (Aaron is a member of the Lake County Master Gardener Program). Also, (Carol has been an avid gardener for 10 years and has been involved in gardening for 10 years.)

**WHAT TO DO WITH YOUR GARDEN AFTER THE HARVEST**

Aaron Spitka

532-5866

One Time: Saturday, 9-11am, Oct 29

Location: Will be noted on your receipt

Class Fee: $3.00, pay with registration

Limit: 25

Have you ever wondered what to do with your garden after the harvest? We will show you ways to improve your soil over the winter, and get an earlier start in the spring. Demonstrations will include composting, sowing cover crops and other ways to improve your soil.

**SAND-DRYING PLANTS**

Georgia Becker

537-1967

One Time: Monday, 6:30-8:30pm, Sept 12

Location: Will be noted on your receipt

Class Fee: $3.00, pay with registration

Materials Fee: $5.00, pay at class

Limit: 12

Don’t use expensive silica gel to dry your flowers! "Sand’s cheap," says Georgia, "and works as well or better." Sand-drying flowers is a fun and easy technique for drying those beautiful, rare, heirloom, or wildflowers. Come and learn how to make your own flower presses so you can preserve your friends with dried flowers forever! All fun and no serious loss of those run-away syndrome in winter.)

**PLANT EXCHANGE**

Ira Harritt

532-5866

One Time: Monday, 7:30pm, Sept 13

Location: Will be noted on your receipt

Class Fee: $1.00, pay with registration

Do you have perennial plants, fruits, vegetables, herbs or flowers you would like to trade or share with other gardeners? Or how about house plants? If you have some to share or want to add to the plantings around your home and are willing to trade some labor, sign up for this one!

**EDIBLE PLANT MATERIALS SYMPOSIUM**

Ira Harritt

532-5866

One Time: Monday, 7-9pm, Sept 12

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 ‘84 planting and save. Come to the door or, have us send you information and an order form. This class was offered last season providing over 100 fruit and nut trees (approximately $5-$6 each) and many other small fruits and vegetable plants. This is the last chance to place your order.

**EDIBLE LANDSCAPE - INTERNSHIPS AND VOLUNTEER PROGRAM**

Edible Landscape Staff

532-5866

One Time: Tuesday, 6:30-7:30pm, Sept 13

Location: UPM Greenhouse, 1221 Thurston

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

**EDIBLE LANDSCAPE VISITORS DAY**

Edible Landscape Staff

One Time: Saturday, 1-4pm, Sept 10

Location: UPM Greenhouse, 1221 Thurston

Come visit the UPM 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.
Comfort now and for the future

THE A.T. EXPERIENCE - TOUR GUIDES WANTED

E-38

UM Staff

Register and you will be contacted

U.P. Appropriate Technology Tour Guides conduct groups of up to 20 persons through the U.P. Passive Solar Building at the University of Minnesota. Tours are scheduled by appointment and may last one, two or three hours. Commitment and enthusiasm are important qualifications. Guides receive $20 an hour for their work. Contact Pat Rice, 776-2500.

ENERGY CONSERVING HOMES: EARTH SHELTERED, SUPERINSULATED

E-33

An income produce: newsletter

Keith Christiansen, Gene Ernst 537-1581 776-3622

Wednesday 7:30-9:30 p.m., Oct 19, 26 (2 times)

Location: Will be noted on your receipt

Class Fee: $5.00, pay with registration

The first part of this class will cover basic design concepts for earth sheltered, superinsulated and double-envelope homes including site planning, building design, natural ventilation and utilization of passive solar energy. The second part will include discussion of design and construction details and a question and answer session. (Keith and Gene are professors in the KSU Dept. of Architecture.)

SOLAR GREENHOUSES AND SUNSPACES

E-31

Dean Denner, Bill Dorsett 776-5588 539-1966

One Time: Tuesday, July 18, Sept 20

Location: Will be noted on your receipt

Class Fee: $3.00, pay with registration

If your family can use additional living space, the capability to grow food or maybe even to heat your home in the winter, and/or supply hot water, a solar greenhouse or sunspace may fill your needs. Numerous houses have built such a room to best meet individual needs as well as energy needs. (Custom-designing and constructing solar greenhouses is a major part of Dean's work as Sunwrights of Manhattan.)

KEROSENE HEATERS: A HOT ITEM

Steve Bachrach 537-4511

One Time: Thursday, July 20, Sept 6

Location: Will be noted on your receipt

Class Fee: $3.00, pay with registration

Materials Fee: $1.00, pay at class

Limit: 12

Rising fuel prices make kerosene heaters an attractive alternative for "spot" heating. This course is designed to provide the use of the modern portable kerosene space heater. Areas to be covered will be safety precautions, regular maintenance, proper fuel to use, and how to maintain a heater and service it. (He is an authorized service agent for kerosene heaters at a local business and has been repairing and selling them for 4 years.)

ENVIRONMENTAL ISSUES AND WHAT YOU CAN DO ABOUT THEM

E-37

Marti Peterson 1-233-6707

One Time: Wednesday, Sept 13, 7:30 p.m.

Location: Will be noted on your receipt

Class Fee: $1.00, pay with registration

Marti will discuss promoting sustainable natural resource policies in Kansas. She believes that "Kansas must confront the reality that water, energy and quality farmland are not limitless." Class topics include legislative lobbying and testifying, research, monitoring agencies, publishing documents, offering proposals and presenting information. (Marti is executive director of the Kansas Natural Resource Council.)

TREASURE CHEST

Costumes - Novelties - Gifts

1124 Moro

Mon-Fri 10-6

(913) 537-2344

SUNWRIGHTS SOLAR PRODUCTS

CUSTOM DESIGN SERVICES

Class on collectors

Mon. Sept. 19 7-9 p.m.

Classes on Sunspaces

Tues. Sept. 20 7-9 p.m.

708 Lee

Manhattan, Kansas 66502

Bill Dorsett 539-1956

Dean Denner 776-5588
International Harvest

Crepes
Vanette Boyle

Saturday, 9:30-7:30pm, Nov 5, 12
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 12
Crepes - thin, delicate pancakes filled with meat, vegetables or fruit. Easy to make ahead. Keep a stack in the freezer for quick desserts or elegant leftovers. We will discuss techniques, equipment, recipes and have a chance to make and sample some of these delicious creations. (Keneta in addition to cooking for her family prepares crepes as part of her duties as a chef at a local restaurant.)

Wheat Country Health Delights
Carol Ebert

One Time: Monday, 7-9:30pm, Oct 3
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 12
Whole wheat cooking -- from bread basics to wheat frosting. Demonstrations of dough preparation the easy way and the manual way. Tips on nutrition, preservation, and recipes. We will also grill flour and have time to sample finished products. Pleasing on the table (Carol has been an advocate of whole wheat cooking for years and is author of Wheat Country Health Delights wheat cookbook.)

Pizza, Pizza, Pizza
Kathleen Seacat

One Time: Friday, 6:30-8:30pm, Oct 7
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $4.00, pay at class
Limit: 12
Deep dish pizza, spinach pizza, calzone (pizza turnovers) -- just the names make your mouth water in anticipation. We’ll learn to do the sauce, crust (whole wheat of course) and choose different cheeses to use. (Kathleen loves pizza and after eating it all summer in Chicago last year has been working to make her own as good as Chicago style!)

Phyllo Fun
Kathleen Seacat

One Time: Wednesday, 6-8pm, Nov 2
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $4.00, pay at class
Limit: 12
Phyllo is a multipurpose, tissue-paper-thin dough traditionally used in Mediterranean and Middle European dishes. We’ll use locally available frozen phyllo sheets to prepare appetizers and main dishes. A tasty, enjoyable change for parties, dinner guests and supper at home.

Cheese! Cheese! Cheese!
Jan Kellner

One Time: Thursday, 7-9pm, Oct 6
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Get your taste buds ready to explore the wonderful world of cheese. At this class you and other cheese lovers will have the opportunity to learn the origins of a wide variety of cheeses, see how cheese is made, and learn about quality control and serving ideas. Samples will be provided. (Jan is a former Gold’s retail manager and loves to talk cheese.)

Cooking with Flowers
Elena Shorofski Bursley

One Time: Saturday, 9:30-7:30pm, Sept 17
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 8
Have you ever nibbled on a marigold or a rose? Many flowers are edible and can add color and variety to your cooking. We will prepare and taste several flower dishes and then you may serve more recipes to take home. (Elena is a botanist who likes to cook, so using flowers is the perfect combination of her interests.)

Shaker Herb Bread
Julie Costes

One Time: Saturday, 10am, Oct 8
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 8
The Shakers are well-known for their fine furniture and craftsmanship, but few people realize that they also developed a very unique cutting which frequently uses unusual combinations of herbs and spices. Julie will teach the basics of bread baking and share her recipe for Shaker herb bread - a delicious accompaniment for soups and delightful for sandwiches. (Julie learned this recipe from two cooks in the Shaker community in Hancock, Massachusetts.)

Borscht and Roll Kuchen
Jean Krahn Nickel, Rebecca Brownson

One Time: Thursday, 6:30pm, Oct 27
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 10
Join us as we create two mouth-watering versions of the hearty soup borscht-beet and chicken. As an alternative to crackers and bread we will show you how to prepare roll kuchen, a light fried quick bread, as a soup accompaniment.

Vareniki or Cheese Pockets
Jean Krahn Nickel

One Time: Thursday, 6-8:30pm, Oct 20
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 8
Learn a new old German and Russian ethnic meal dish prepared from cottage cheese, eggs, flour and milk and served in a delicious sauce. One prepare and sample this delightfully simple meal and you’ll add it to your list of family recipes. (Jean is a German Homemaker from Saskatchewan, Canada. Vareniki are a family traditional dish.)
Brewing up something special

C.L. Norton
One Time: Tuesday, 7-9pm, Oct 25
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration
Learn the popular art of home winemaking. Dr. Norton will provide information about equipment needed, methods and the how to's to give new many hobbies include winemaking.

SOFT PRETZELS AND ROOT BEER
Rebecca Brownson
One Time: Saturday, 5-30-8:30am, Oct 1
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration
Materials Fee: $1.00, pay at class

Out of your kitchen -- hot, soft pretzels to rival any big city vendor and with the added bonus (non-yeast) root beer...who could ask for anything more? (Rebecca enjoyed these treats during high school in Maryland and is looking forward to sharing these recipes.)

Kitchen skills for every cook

Rebecca Brownson
One Time: Thursday, 7-9pm, Sept 15
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $0.50, pay at class

Cooking for YOU the first time? Cookbooks recipes are simple enough but they assume you know the meaning of the terms flat, saute, need to keep it easy or feat we will discuss common cooking terms and outs

COOKING FOR 1 OR 2
Rebecca Brownson
Wednesday, 11-30-3 on First meeting: October 12
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Materials Fee: $3.00, pay at class

A basic cooking class for people(cake or female) who have to cook for themselves. To be included in the class: (1) discussions of kitchen utensils, common cooking terms, food buying and storage, (2) demonstrations of cooking techniques using recipes designed for 1 or 2. (3) guest and holiday cooking ideas.

KIDS COOK (4-8 YEARS OLD)
Kathleen Seabrook
Saturday, 9-10:15am, Oct 29, Nov 5
(2 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class

Kids, let's head to the kitchen for some fun -- making your own snacks! Apple peanut butter rings, yogurt pops, granola crunchies and many more yummy snacks. We'll do one lesson with fruits and one with grains. (Moms feel free to sit in.)

We have a complete line of supplies and equipment.

Public Lunch 11-1:30 T-F
Dinner 5:30-9:30 T-S

The Palacie
in Augusta
704 N. Manhattan Ave
539-7664

5th Annual
Houseplant Sale!
Over 1200 huge specime
We go to Florida and personally select the finest plants available for this once-a-year sale. Prices are unbelievably low, so hurry out to
Westside Market
Fine fruits - fresh vegetables - fast service - just west of town on K-18 (179 st) by Holidome

The Palacie
in Augusta
704 N. Manhattan Ave
539-7664
Skills for the workplace...

**Effective Time & Meeting Management**  
SK-1  
Bernie Horak  
776-2498  
One Time: Thursday, 7:30-9pm, Sept 8  
Location: will be noted on your receipt  
Class Fee: $3.00, pay with registration  
This session will identify common time-wasters in home and work. We will discuss how to handle conflicting demands, and present proven time-saving techniques. Additionally, skills in planning and conducting effective meetings will be covered. (Bernie is a Captain, Medical Service Corps Ft. Riley with specialties in organizational behavior and management consulting.)

**Dealing with Difficult People and Problem Employees**  
SK-2  
Bernie Horak  
776-2498  
One Time: Wednesday, 7:30-9pm, Sept 7  
Location: will be noted on your receipt  
Class Fee: $3.00, pay with registration  
Limit: 19  
This session offers strategies to deal with disagreeable attitudes, lack of motivation, and different personality types and conflicts found in social and work environments.

**Interpersonal Listening**  
SK-5  
Ben Stillman  
537-7091  
Mondays, 7:30-9pm, Sept 26, Oct 3, 10 (3 times)  
Location: will be noted on your receipt  
Class Fee: $3.00, pay with registration  
Limit: 19  
Good communication at home and on the job begins with careful listening. This course demonstrates simple techniques for hearing and responding to other’s feelings and concerns. (Ben is a learning skills specialist, KSU Center for Student Development.)

**A Strategy for Success**  
SK-17  
Elissa Seig  
539-9960  
Thursdays, 7-9pm, Sept 19, Oct 2 (2 times)  
Location: will be noted on your receipt  
Class Fee: $3.00, pay with registration  
Limit: 19  
If you are getting ready to go out to the world of work or starting graduate study, it would be good for you to get exposed to this strategy. It will help you attain your goals. All successful people know this strategy and have used it to get where they are. The class will explain the strategy and help you learn how to use it. (Elissa is teaching this class again by popular demand.)

... skills for school

**Listening Skills in the Classroom**  
SK-6  
Ben Stillman  
537-7091  
Mondays, 7-8pm, Sept 12, 19 (2 times)  
Location: will be noted on your receipt  
Class Fee: $3.00, pay with registration  
Limit: 19  
Although teaching can take place during lectures without notes, effective listening and remembering comes through organizing and anticipating topics. A few skills shared in these sessions, can make a great difference in listening comprehension.

**Speedreading: The UPS, The Downs**  
SK-7  
Charles Herman  
532-6675/5550  
One Time: Thursday, 7-9pm, Sept 22  
Location: will be noted on your receipt  
Class Fee: $3.00, pay with registration  
Limit: 19  
Charles will present the purposes for attempting speed in reading as well as discussion of the essential techniques, including discussion of the obstacles to and shortcomings of speedreading. Participants will be tested in reading and should bring a self-addressed, stamped, legal-sized envelope for receiving test results. (Charles is director of the college reading program at KSU and has only an average reading speed.)

**Pros & Cons of Accelerated Learning in Pre-School Children**  
SK-13  
Lou West  
532-6095  
One Time: Wednesday, 7-8:30pm, Oct 12  
Location: will be noted on your receipt  
Class Fee: $3.00, pay with registration  
Limit: 19  
An open discussion of the pre-school learning process(es), with focus on such topics as "readiness," "motivation," "pressure," "stimulation," "academics," "capacity," etc. (Lou is an instructor in Early Childhood Education at K-State and has been the supervisor at Stone House since its opening in 1977.)
**Good to know**

**BIDDING & BUYING AT AN AUCTION**

Pat Hamilton

One Time: Tuesday, 7-8:30pm, Sept 20
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration

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

**BICYCLE MAINTENANCE**

Dave Colbert

Section I: Monday & Tuesday, 7pm, Sept 12 & 13
Section II: Monday & Tuesday, 7pm, Sept 26 & 27
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $1.00, pay at class

We will identify all the parts of a bike, explain how these parts work together, and discuss how to keep them running smoothly. (Dave has been riding, repairing and flying bikes for years and years.)

**SIMPLE AUTO MECHANICS FOR WOMEN**

Patricia Pierce

Mondays, 6-8pm First Meeting: Sept 12
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Length: 4 times
Limit: 10 each section
We will identify all the parts of a bike, explain how these parts work together, and discuss how to keep them running smoothly. (Dave has been riding, repairing and flying bikes for years and years.)

**MAINTENANCE OF MUSICAL INSTRUMENTS**

Christopher Bonner

One Time: Saturday, 10am, Sept 24
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration

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

**RACE FOR LIFE - CPR**

Joyce Haverson

Monday, Tuesday, Thursday, 7-10pm, Oct 10, 11, 13 (3 times)
Location: Will be noted on your receipt
Class Fee: $2.00, pay at class
Limit: 10

CPR is a combination of artificial respiration and artificial circulation. It can save many lives (for instance, if started within 1 minute, it can save 25% of heart attack victims). However, it can cause serious harm if administered improperly. Learn the right way and earn a Red Cross Certification. The fee will cover book costs. (Joyce is an experienced CPR Instructor.)

**MULTI-MEDIA FIRST AID**

Brenda Wirrmann

Wednesday & Thursday, 6-8pm, Sept 21 & 22 (2 times)
Location: Will be noted on your receipt
Class Fee: $2.00, pay at class
Limit: 15

This is an American Red Cross Instructional System, featuring filmed demonstrations, guided practice sessions, and programmed workbooks. The student is certified as a standard first aider upon successful completion of the course. There is a fee of $6.50 which covers materials, workbook and class. If you have the Red Cross Standard First Aid and Personal Safety Textbook (the blue book), the fee will be $6.00. (Brenda is a volunteer for the Red Cross office.)

**Apparent skills**

**HAIR CARE AND STYLING FOR THE 80's**

Crimper's Salon

You will be contacted for day, time, date and location (Please register)
Class Fee: $3.00, pay with registration
Limit: 15

We will demonstrate the art of blowdrying, use of hot rollers, and tips for shiny, healthy hair to achieve a natural yet unique hair style that's all your own. Class members will be used as models and you can take your new look home with you. (Crimper's hair stylists are well-trained and taught this class in the spring.)

**HAIRBRIDING**

Crimper's Salon

You will be contacted for day, time, date and location (Please register)
Class Fee: $3.00, pay with registration
Limit: 15

There is practically no end to the creativity of bridling, it is a neat and stylish way to wear hair for fall. Professional hair stylists will demonstrate different types of bridling and knotting, using participants as models. One enjoy the evening while learning the newest techniques so you can practice at home. Sign up early! (The hair stylist at Crimpers enjoy teaching this class, one of the most popular at KUN.)

**MAKEUP MAGIC**

Crimper's Salon

You will be contacted for day, time, date and location (Please register)
Class Fee: $3.00, pay with registration
Limit: 15

The artful use of makeup can change your appearance in wonderful ways. Bring your own makeup and learn the latest techniques on how to correct minor flaws that detract. Class members will acting with ways to correct minor flaws that detract. Class members will act as models while the girls demonstrate makeup techniques suitable for varied skin types and facial structures.

**PROFESSIONAL MANICURES**

Judy Goodson

One Time: Monday, 1-4pm, Sept 19
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 8

Finger yourself! Here's your chance to achieve the long, beautiful and healthy nails that you've always admired 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 owns Van's Hair Fashion and is both a trained manicurist and hair stylist.)

**Aggie Hair Shapers**

776-3600
1201 Laramie
In Aggieland

Open Monday

Closed

15
Skills for the workplace

INTRODUCTION TO PERSONAL & BUSINESS COMPUTERS

Dave Mitchell 776-0888
Tuesdays, 7:30pm, Sept 27, Oct 4 (2 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 30

Small personal and business computers are becoming commonplace in many homes and offices, and are playing an ever increasing role in today's society. As jobs are created in the future more will be using computers, and our knowledge of them essential. This class will cover what small computers can do, who can use them, what to look for in a system and what to expect from a dealer. (Dave is the manager of a local computer outlet in Manhattan.)

INTRODUCTION TO AUCTIONEERING

Bob & Bill Wilson 776-9237
Wednesdays, 7:30pm First Meeting: Sept 7
Length: 3 times
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

In this class, Bill and Bob will cover the basics of auctioneering, how to look at 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 starting a business. Professional requirements, training opportunities, and the employment outlook will be discussed. (Bill and Bob own Wilson Realty and Auction in Manhattan.)

REAL ESTATE FOR INVESTORS

Duane McKinney 539-2396
Wednesdays, 7:30pm, Sept 21, 28 (2 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 15

Real estate can suit your investment needs, whether it is for development, commercial property, or rental units. Duane will discuss different types of investments, rules of thumb for profit/loss assessment, kinds of ownership, methods of financing, and ways to minimize your tax advantages. (Duane is a licensed broker at Century 21.)

WOMEN'S CAREER DEVELOPMENT GROUP

Susan Scott Angle 532-6927
Wednesdays, 3:45pm First Meeting: Sept 7
Length: Ongoing
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 8

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

CAREERS IN TRAVEL

Thea Garvin 539-0531
One Time: Tuesday, 7:30pm, Sept 27
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 at owner or employee and what to expect in a typical day's work. (Thea and her husband own and operate a local travel agency.)

BEGINNING TYPING

Claire Waffie 539-5126
Tuesdays, Thursdays, 7:30pm First Meeting: Sept 20
Length: 10 times
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Limit: 15

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. (Claire has taught previous typing classes for UPH, and has 10 years experience as a secretary.)

---

COMMODORE

The most complete microcomputer line.

COMMODORE 64 COMMODORE 1581
COMMODORE 65 COMMODORE 1571

THE MOST COMPLETE
MICROCOMPUTER LINE.

COMMODORE Computer presents beautiful line of microcomputers for home, business, and education applications. Take advantage of the unparalleled quality and performance of COMMODORE 64 and COMMODORE 1581. To complement your home or business, a wide range of software is available, including everything from word processing to complex business operations.

PHONE 537-4460
A renaissance of craftsmanship

UMW WINTER CRAFT FAIR  FA-2
Janet S. Holcomb
532-5866
Friday, Saturday, 11am-6:30pm, Dec 9, 10
Location: UMW House, 1221 Thurston
Sell your handmade goods at the UMW Winter Crafts Festival! Participate in the festive atmosphere of pre-Christmas excitement. Please sign up — include your address, and you will be sent a registration form with information as to time and area assignments for the sale. It will be held the second weekend of December. (Janet is the Fine Arts Coordinator at UMW.)

STAINED GLASS  FA-3
Tom Ryan
776-1154
One Time: Wednesday, 7-10pm, Sept 7
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 10
In this class we will talk about stained glass tools, supplies, and design. Tom will demonstrate cutting, leading, and soldering; then you will have a chance to try cutting glass on your own. Bring a glass cutter if you have one. (Tom has taught this class for UMW before.)

POTPOURRI MAKING  FA-4
Dale Anderson
1-494-2540
Section I: Wednesday, 7-9pm, Oct 2
Section II: Wednesday, 7-9pm, Oct 9
Section III: Wednesday, 7-9pm, Oct 16
One Time each section
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $10.00–$20.00, pay at class (depending on recipe chosen)
Instruction will include a slide lecture program covering the beginning of potpourri, collecting and drying your ingredients, proper mixing method, use of fixative and oils, and gift giving ideas. The class will then look at recipes dating to 1800’s, pick one of your choice and mix it up. Bring a 2-gallon size container or plastic bag to mix in. A FB0 evening. (Dale has operated “The Herb Patch” growing and importing herbs, spices, and potpourri ingredients for 8 years and belongs to the National Herb Society.)

ANTIQUES & COLLECTIBLES  FA-5
Sue Sefers
539-2154
Tuesdays, 7:30–9:30pm  First Meeting: Sept 20  Length: 4 times
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 35
We will learn how to recognize the old from the new, develop market and value awareness and discover the history behind: Redwing and other pottery; bloom, cut carnival and other glass wares; kitchen collectibles and oil lamps. (Sue is an active antique collector, dealer and UMW teacher. She recently filmed a series about antiques on Cable Channel 6 TV that will be aired in August and September.)

ARTS FOR SOCIAL CHANGE  FA-55
Ira Herritt, Tracy Colellentine
532-5866
One Time: Thursday, 7:30–9pm, Sept 15
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10
The arts, whether two dimensional, three dimensional or performing, have impacted social and political thought and action throughout history. Living can be an art. No formal prior training is necessary, let’s get together and share ways to use our talents and skills to creatively change our lives and world. (Ira and Tracy are alive.)

CASKET MAKING WORKSHOP AND DEMONSTRATION  FA-14
Judy Love
539-8409
One Time: Friday, 7–9pm, Sept 30
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Bring a little of the Kansas great outdoors into your home in the form of a basket you made yourself. Judy will demonstrate and instruct preparation and use of native grasses, reeds, rose stems, dried iris leaves and other materials in basketmaking. Functional, useful and decorative baskets from natural, readily available pieces of the local environment bring a year needle, scissors, a pocket knife, bell of sponge (strong and flexible) in a color compatible with natural materials.

CARD WEAVING  FA-15
Zoe Climenhaga
537-8696
Wednesdays, 7–9pm, Oct 5, 12 (2 times)
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 10
The craft of weaving on a loom made of hole punched cards is an ancient one, originating in several early cultures. It is a complex weave, but is NOT difficult to learn. Belts and bands, or rugs and hangings can be completed with simple techniques. Frames and cards will be provided to get you started. (Zoe began weaving 8 years ago and is a member of Weaver’s Fancy, the weaving guild in Manhattan.)

TANNING HIDES  FA-1
Georgia Monte
Organizational Meeting: Monday, Oct 10, 7 pm
Work Sessions: Saturdays, 9am/12m, Oct 15, 22 (3 times)
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 10
Georgia will discuss and display various methods of preserving hides. She will help class participants to tan a part of a hide to keep as a sample. You will need a sharp knife and sharpening stone. All chemicals and other equipment will be provided. (Georgia has been interested in hides and American Indian arts since childhood. She has tanned many animal hides, from grey mouse to sheep.)
For cool nights

KONA PROSPECT QUILTERS GUILD
Conf Jo Bates 537-0570
Monday, 5-30am: 89th, Sept 12
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
If you are a beginner or experienced quilter or a collector why not join us! Each month a separate workshop is given on various quilting tech-
iques. There is a modest yearly membership fee if you wish to attend more
than twice. (Conf Jo is a member of the Quilters Guild.)

CATHEDRAL WINDOW QUILTING
Mary Oliver 539-5324
One Time: Thursday, 7-9pm, Sept 22
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $5.00, pay at class
Cathedral Window quilting is a method of folding fabric squares to form
a window effect. It is best learned by trying a hands-on project. We
make a small sample during class and discuss various uses of this form.
(Mary has taught quilting for 20 years twice and for various other groups.)

PATCHWORK BASICS
Mary Oliver 539-5324
Thursday, 7-9pm, Sept 29, Oct 6 (2 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 12
A basic course covering the materials, assembly, and patterns of patch-
work, including a discussion on quilts and other uses of patchwork will
be given in these classes.

Needling you on

BEGINNING SEWING
Fran Zerby 537-7600
Mondays, 7-9pm: First Meeting: Sept 12
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
You want to treat yourself to a new outfit and love the tail fashions
but just can't afford those prices - right? Learn to sew and make that
wishful thinking come true! Fran will help you pick out a project to sew
and give you personalized instruction - from choosing a pattern to de-
ciphering the instructions and assisting in the construction. You'll re-
ally have a great feeling of accomplishment! (Fran sews professionally
and always looks forward to teaching this class for KU.)

SEWING FOR TODDLERS
Sherry Rhodes 776-2145
Organizational Meeting: Monday, July, Sept 26
Classes: Saturdays, 9am-12am, Oct 1, 8, 15
(3 times)
Class Fee: $5.00, pay with registration
Limit: 10
You've probably found that buying children's clothes is almost as ex-
pen$ive as buying for adults. learn to custom make your own child's clothes
and you will save a fortune and have outfits that are hand picked to suit
your needs. All materials provided and you get to take home the clothes
you design and sew. This class is a great way for a child to learn a new skill
and create something beautiful.

DESIGN IT
Jackie Conklin 537-9175
One Time: Thursday, 7-10pm, Sept 29
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10
Designs your own personal scarf. Have fun with your designs and use
variety of materials to create your own scarf. Materials provided and
you get to take home your design.

KNITTING MADE SIMPLE
Jackie Conklin 537-9175
Thursdays, 7-9pm, Oct 6, 13, 20 (2 times)
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: 24¢, pay with registration
Limit: 8
Knitting is a relaxing and enjoyable hobby that you can pick up and take
anywhere with you. In this class all the basics which you need in order to
make a project will be covered. You will learn about yarn, types of materials
available and the skills needed for success. How to cover up your
occasional mistakes. Choose to make a scarf, hat, booties, or anything
you desire. Materials will be provided and each student will leave
with their own scarf.

Art in two dimensions

BLIND CONTOUR DRAWINGS: GRANDMA LAYTON STYLE
Susan Bryant 537-7008
Thursdays, 7-9pm, Sept 15, 22 (2 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 12
This course is for beginners and will teach you the techniques of
blind contour drawing. Students will learn the various techniques for
blind contour drawing and how to use this tool for drawing, painting,
and other. The class will be taught on a one-on-one basis and
students will work on their own pace.

DRAWINGS 1
Susan Bryant 537-7008
Tuesdays, 7-9pm, First Meeting: Sept 13
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Limit: 12
Students will explore various media of charcoal, conte crayon and pencils
while learning some basic techniques of drawing. The design concepts of
line, gesture and shading will be explored through still life, which
will be provided, and adding the use of colors. Bring to class compressed
charcoal, 14, and 2B, pencils, kneaded and pearl eraser, all
purposes drawing pad 18 x 24" (optional - conte crayon.)

PICTURE FRAMING AND MATTING BASICS
Steve Hall 539-5228
Mondays, 7-9pm: First Meeting: Sept 12
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $8.00, pay at class
Limit: 10
In need of frames for your picture collection? Learn how easy it is to
assemble frames in your own workshop. Techniques presented will include
selection of moldings, matting basics, glass cutting, and assembly.
Techniques will be demonstrated during the first meeting. Hands-on
experience is available during subsequent meetings. Materials and supplies
for additional framing will be available for purchase by participants.
Materials listed is included. Suitable for those who want to give
frames for the house, class sessions and use of tools and equipment needed
to frame a picture. (Steve has taught this class numerous times for KU.)
Developing special things

UM PHOTOGRAPHY DARKROOM COOPERATIVE (BLACK & WHITE & COLOR) FA-23
Heil Schanker 532-3866
Organizational Meeting: Monday, 5:30pm, Sept 12 (or by individual appointment)
Located just down the hall, the UM darkroom is available to anyone who needs access to a well-equipped facility.
Equipment is capable of handling up to 10x14 prints and developer negatives as well as a complete everything but paper. For those who need instruction in darkroom techniques, UM is offering a course "Beginning Darkroom" where you can have your questions answered.

Black & White Only:
Fees:
- 8 weeks: $10, new members $8
- 2 semesters: 16 weeks, $20
- 3 semesters: 24 weeks, $30 (pay with registration)
- 4 semesters: 32 weeks, $40
You may provide your own chemicals if you wish to use our new color equipment.

Black & White and Color:
Fees:
- 8 weeks: $14, new members $12
- 2 semesters: 16 weeks, $20
- 3 semesters: 24 weeks, $30
- 4 semesters: 32 weeks, $40 (pay with registration)

The color equipment enables you to develop film or slides and to make prints from negatives or from slides (Cibachrome). There is no additional hourly use charge. For those who wish to use the darkroom but who do not wish to purchase a membership, space is available at the rate of $2.00/hr.
(Heill is coordinator of the UM darkroom.)

BASIC DARKROOM PHOTOGRAPHY
Dennis Handke FA-25 776-3246
Tuesdays, 6-10pm First Meeting: Sept 12 Location: will be noted on your receipt Class Fee: $20.00, pay with registration
This class will introduce the basic techniques of the darkroom. You will learn the basics of black and white film processing as well as some of the finer points: such as exposure, contrast, composition, and filtration. This fee will give you membership for 8 weeks in the UM Darkroom Co-op, allowing you to work outside of class time. Everything is provided except your own film. (Dennis is a biologist and a photographer who has taught beginning photography to students in Sterling and Tonganoxie, Kansas.)

BEGINNING TO INTERMEDIATE CERAMICS
Zoraida Rivera FA-19 776-3512
Thursdays, 7-9pm First Meeting: Sept 8 Location: will be noted on your receipt Class Fee: $19.00, pay with registration Materials Fee: $10.00, pay at class
Make your own original handbuilt and wheelthrown pottery. Whether you're interested in sculpting figurine faces, faces, slab or coil bowls and boxes or creating mugs, vases and plates on the pottery wheel, this class will cover it all. From raw clay to finished glazed ware, you will always be given a piece that you made. You may bring your own clay to share with others.

BEGINNING POTTERY
Vera Muller FA-17 537-3142
Tuesdays, 7-9pm First Meeting: Sept 13 Location: will be noted on your receipt Class Fee: $10.00, pay with registration Materials Fee: $10.00, pay at class
Learn how to make your own wheelthrown and handbuilt pottery - starting from raw clay to the finished glazed piece. Objects that may be produced vary from mugs and bowls to sculptural forms and tiled containers. We will cover the decorative techniques of carving, stamping, slip trailing, wax resist, mching, glazing and the glazing process. Be prepared to learn a lot and enjoy yourself! (Vera is a member of the UM Pottery Studio Co-op and the UM Potter's Guild.)

BEGINNING POTTERY
Kim Napier FA-18 776-8019
Wednesdays, 7-9pm First Meeting: Sept 7 Location: will be noted on your receipt Class Fee: $10.00, pay with registration Materials Fee: $10.00, pay at class
This class will teach hand built forms including slab, coil, pinch and free form. Also included will be an introduction to throwing clay on the wheel. This is an introductory class for those with no previous experience. (Kim's interest in pottery started in high school and has continued to develop. She has taught this class for 2 years and always enjoys it.)

CLAY PLAY 8-15 years old
Singer Barnson FA-20 537-6987
Thursdays, 4-6pm First Meeting: Sept 15 Location: will be noted on your receipt Class Fee: $5.00, pay with registration Materials Fee: $5.00, pay at class
Have fun with clay! Work with clay boxes, funny animal sculptures, and clay windchimes. We will experiment with rubber stamps and use clay that has already been pressed into the clay and maybe even decorate some with different colored feathers. Sign up with a friend and we'll play in the clay! (Singer has taught kindergarten and is very involved in the UM Pottery Studio.)

INTRODUCTION TO PHOTOGRAPHY - AND MORE
Bob Spencer, Steve Mingle, Todd Goodman FA-24 539-3880
Thursdays, 7-9pm, Sept 8, 15, 22 (3 times)
Location: will be noted on your receipt Class Fee: $25.00, pay with registration Materials Fee: $25.00, pay at class
Limit: 15
So you want to buy your first camera? Do you want to learn more about photography and work with a camera? This course is designed for students of all ages and experience levels.

ADVANCED TECHNIQUES FOR BLACK & WHITE DARKROOM
John Holcomb FA-26 405-2685
One Theme: Saturday, 1-4pm, Sept 10 Location: will be noted on your receipt Class Fee: $35.00, pay with registration
Limit: 3
If you can make a good black & white print from a negative that you have developed yourself, then you will probably be ready to expand your knowledge of darkroom techniques. We will focus and/or demonstrate dodging, burning-in, different types and hardnesses of paper, push processing, multiple images, solarization, estal scanning, distortion, timing and various other creative techniques. Do a little reading before class and come with questions and a camera. John is a professional photographer who has taught many of these techniques before.

BEGINNING COLOR DARKROOM
Randy Ruhde FA-27 776-8502
Section 1: Wednesday, 6-9pm, Oct 5 Location: will be noted on your receipt Class Fee: $15.00, pay with registration
Limit: 6 each section
Why waste money having someone else process your color film, slides and prints? Your instructor will guide you through the steps required to use UM's recently purchased color equipment. Participants must have previous experience in color darkroom work.

BEGINNING POTTERY
Norm Lally 1-468-5096
The UM Potter's Guild is made up of professional potters in the Manhattan area. They usually hold 2 or 3 sales a year in May and one in December. If you would like more information, sign up now and Norm will contact you.
(Norm is a professional potter in Olsburg and is a member of the Guild.)

Welcome Students for the New Semester

KREEM KUP STORE
32 YEARS OF SERVICE

Old Town Mall
Shopping Center
1 Mile South of Campus
Ice Cream-Sandwiches
OPEN YEAR ROUND

KREEM KUP STORE
32 YEARS OF SERVICE

Old Town Mall
Shopping Center
1 Mile South of Campus
Ice Cream-Sandwiches
OPEN YEAR ROUND
The words we live in

Illuminating theater workshops at Picture This: painting with fairy tales

Jean Burnham, Nancy Stover

One Time: Saturday, 10am-12noon, Sept 17
Location: Will be noted on your receipt
Class Fee: $30.00, pay with registration
Limit: 12
Weekend will explore the hidden wisdom of fairy tales and how they can help us achieve harmonious relationships in our own personal life situations. (Jean and Nancy have enjoyed doing this workshop and look forward to sharing it again.)

Illuminating theater workshops at Picture This: creating a convincing milieu

Kathy Kinski & Nancy Stover

One Time: Saturday, 10-11:30am, Sept 24
Location: Will be noted on your receipt
Class Fee: $30.00, pay with registration
Limit: 12
Improvisational theater - playing - for all ages, whether or not you’ve ever acted. All ages welcome. (Kathy and Nancy have co-founded Lifesong Theater with the idea that in every person there is a story and a song. Together people can bring each other out in an atmosphere of trust and fun.)

Literary works of rare books

John Vander Velde

One Time: Wednesday, 7:30-9:30pm, Oct 19
Location: Will be noted on your receipt
Class Fee: $30.00, pay with registration
Limit: 12
A chance to participate in an extended tour of the Rare Book Room of the Special Collections Department at Farleigh Library on the X-state campus. Class members will see many old, rare, and some unusual books among the different collections. Learn how to determine value of these old books in your attic, closet, or basement. Bring a couple of old volumes to class to get pointers on preservation and conservation. (John is Special Collections Librarian at Farleigh Library and has been on staff there for 15 years and has worked in several departments of the library.)

Shining things

DIAMONDS

Bob Beardsley

One Time: Tuesday, 7-9pm, Sept 20
Location: Will be noted on your receipt
Class Fee: $35.00, pay with registration
Limit: 15
Bob will present a consumer guide to diamond buying including: reading an appraisal, simulators, styles of cuts, color, looking for "flaws," and care and cleaning of jewelry. Participants will have ample opportunity for questions and may (at their own risk) bring one piece of jewelry for examination. (Bob has been grading stones all his life and has worked in several jewelry stores.)

JEWELRY TECHNIQUES FOR BEGINNERS

Michael Aniss

Mandatory organizational meeting; Wednesday, 7-7:30pm, Sept 7
Two class days from 6:30-9:30pm will be determined at this meeting.
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 5
Students will do an apron pendant (2 flat metal pieces, soldered together), but from a sterling silver sheet, with a simple loop for hanging. This project will teach design layout, sawing, filing, soldering with hard solder, polishing, and finishing. This class is a prerequisite for advanced jewelry making. Please call evenings if you wish more information. Michael has a BS in art education, jewelry design, and taught 4 years in public and private schools. He is currently the jewelry repairman for a local jewelry store, and has taught adult education classes before.

ADVANCED JEWELRY & CASTING PROCEDURES

Michael Aniss

Mandatory organizational meeting; Wednesday, 7-7:30pm, Sept 7
Six class times will be determined at this meeting.
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 5
For your casting project you may choose to make a ring, a pendant, or earrings using stainless steel molds and alclad lamps. You will learn the lost wax casting method, including how to refine your shape and achieve a smooth high polish of the silver or other metal used.

20
**Music for any mood**

**Vicki Shult**
One Time: Tuesday, 8:30pm, Sept 12
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 5

Wouldn't it be nice to have an orchestra you could hole in your lap? How about a keyboard the site of a snooze that can present harpsichord, piano, electric guitar and a myriad other sounds? Come and explore the fascinating new development in musical instruments: the monophonic sequencer calculator-keyboard with rhythm and memory. The micro-keyboard that will harmonize your melody so friends can play along, both with and without presently rhythms. There are possibilities for creating 1,000 different sounds with playback of your own music and built-in effects. Battery or standard power, through earphones or stereo speakers allow you to pick 'em up and take 'em where you go. (Vicki is the owner of Westron Kynes in Appleville.)

**Bluesgrass Grows in Unifield**
Terry and Dan Mulhern
One Time: Thursday, 7-9pm, Sept 8
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 20

For those who routinely set aside the same weekend each mid-September for the Unifield bluegrass festival, this class is for you. We'll reminisce about the past festivals, share music and stories, and generally get psyched for the year's event (coming up soon). If you've never been there but always wanted to find out about it, here's your opportunity. If you're a Unifield veteran, you already know what the excitement is all about. Bring your tapes, pictures, instruments, and prepare to bluegrass out. (Dan and Terry have a combined 10 years Unifield experience between them and have organized several large musical outback campsites.)

**Basically Bluegrass Band**
Dave Verschelden
Wednesdays, 7:30-9pm
First Meeting: Oct 12
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 6

Want to play the banjo? Want to rule the world? First things first. You'll need a 5-string banjo, finger picks and 1-308 hours of week free to practice. Bring a cassette tape player and blank cassettes if you have them. (Dave calls this a challenge and banjo playing are not contradictory states.)

**Autoharp Workshop**
Linda Teener
One Time: Saturday, 1-3pm, Oct 1
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 8

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

**Beginning Guitar**
Barry McFarland
Wednesdays, 7-9pm
First Meeting: Sept 7
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Limit: 15

Tired of looking at that dust-catcher guitar, wishing it could make music? Barry will show you how to encourage beautiful sounds from those strings. You'll learn basic chords and music reading from some proficient in classical, rock and bluegrass. Purchase and bring to class the book, Alfreds Basic Guitar Method Book 1, and a few sheets of manuscript paper, available at local music stores. (Barry is strong in classical, but enjoys other guitar styles as well, and teaches professionally.)

**Beginning Classical Guitar**
Pan Harris
One Time: Sunday, 1-3pm, Oct 16
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: 50c, pay at class
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 and to start playing simple music. (Pan has been playing guitar for 8 years and taught herself to play classical guitar.)

**All That Jazz**
Jackie Conkin
Mandatory organizational meeting: Sunday, 8:30pm, Sept 25
Location: You will be notified by the instructor
Class Fee: $3.00, pay with registration
Limit: 10

Once you are familiar with an instrument, it is not difficult to learn some basic jazz chord progressions and even begin to develop your own musical style. There is no need to be able to read music and any instrument is acceptable. You can even apply these chord progressions to pop and country western. (Jackie is a professional musician having played at J.O.'s restaurant for 8 years, taught piano theory and directed.)
Fancy footwork from east to west

ISRAELI FOLK DANCING
Paul Neidhaas
FA-43
539-4805
One Time: Friday, Oct 21, 7:30-9:30pm
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
Israel folk dancing is some of the world’s most beautiful, energetic, graceful and happy folk dancing. Beginning and experienced dancers are invited for an evening of horah, line dances and couple dances. Partners are not necessary.

TRADITIONAL COUNTRY-WESTERN DANCE
Nancy Pink
FA-29
537-4698
Wednesdays, 7-9pm, Sept 14, 21, 28 (3 times)
Location: will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 16
Next time you’re out on the town, don’t just watch other people enjoy the dance floor. Get up and dance! If your taste in country dancing runs to polkas, waltzes and other social dances, then let Nancy teach you how. You’ll also learn line dances such as the Oklahoma Freeze and get enjoyable exercise to boot. There will be plenty of time to practice and gain confidence on the dance floor! Couples are not necessary. Come kick up your heels. (Nancy used to teach this dance class in Denver, Colorado.)

CONTRA DANCING
Ende Cocke
FA-42
539-6306
One Time: Friday, Oct 7, 7:30-9:30pm
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
Contrasts are British and American folk dances done in time to the fife and drum. The Virginia Reel is the best known contra, but there are hundreds of contra dances dating from the 17th century. England, others from Revolutionary times, and others from the 1980’s. Try an evening of this easy, popular and enjoyable dancing. You do not need to sign up with a partner.

FLINT HILLS FOLK DANCERS
Ende Cocke & Paul Neidhaas
FA-41
539-6306 539-4805
One Time: Friday, July 30-9:30pm, Sept 16
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
In its 3rd year, the Flint Hills Folkdancers is a small but active group of students and townspeople who love to dance to music from all over. If you can walk, you can dance! All are welcome, from beginners to advanced dancers. (Both Ende and Paul have been folk dancing for 9 years and agree with Snoopy that anyone with any real understanding, dancing is the only pure art form.)

Making wood work
WOODYCUTT CO-OP
FA-51
532-5888
UHF Staff
Mandatory Organizational Meeting: Monday, 7-9pm, Sept. 12
Location: will be noted on your receipt
Membership Fee: $10.00, 4 mos
35.00, 8 mos
Pay with registration
Located in the UHF solar addition, the wood shop is equipped with a wide variety of power and hand tools, including a radial arm saw, table saw, jointer, planer, band saw, and most common woodworking tools. The membership fee is for equipment and facility use only. No materials are included. The mandatory organizational meeting will include instruction in safe equipment use and basic first aid.

THE WOOD LATHE FOR BEGINNERS
Lowell Rankin
FA-52
776-3757
Tuesday, 7-9pm, Sept 13, 20, 27 (3 times)
Location: will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $10.00, pay at class
Limit: 5
This class will cover all aspects of turning for the beginning wood worker. 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 wood working experience.)

CLASSICAL INDIAN DANCE
Nivedita Ramgover
FA-80
776-1172
Thursdays, 5:30-6:30pm, Sept 29, Oct 6, 13
(3 times)
Location: will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 15
This class offers a broad introduction to both the theory and practices of Classical Indian Dance. Nivedita will help you understand the hand gestures and the techniques of Classical Indian Dancing. (Nivedita is a professional Indian classical dancer with a B.P.A., specializing in Shankar Natan style, from the University of Bombay, India. She is currently instructing dance at KU.)

COUNTRY WESTERN SWING DANCE
Pat Dressel
FA-37
539-9150
Mondays, 7:30-9:30pm, Sept 26, Oct 3, 10
(3 times)
Location: will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 16
Don’t hold yourself back when you hear that hot fiddle playing! Round up your friends to learn the sharp steps, dips, spins, turns and slides done in country western swing and get down to some hot tunes. (Pat likes to swing dance and has taught this class before.)

BALLROOM DANCE
Alex Kayn
FA-38
532-6750
Sundays, 7-8:30pm, Oct 2, 9, 16
(3 times)
Location: will be noted on your receipt
Class Fee: $5.00, pay with registration
People who know, or are familiar with how to dance the waltz, tango and foxtrot are welcome to come without (or with) a partner. Bring your favorite tapes with waltzes, tangos, polkas, and foxtrots. The class might become ongoing. (Alex has taught this class before.)

SCHOOL OF THE SUSAN WARDEN DANCERS
“Manhattan’s only professional dance company”

Classes in Ballet, Jazz, Modern, Tap and Exercise

<table>
<thead>
<tr>
<th>For Children</th>
<th>Ballet</th>
<th>Creative Movement</th>
<th>Tap</th>
<th>Adult</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Teen i</td>
<td>Intermediate</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Other

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Modem/Jazz</th>
<th>Teen/Adult Tap</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Dance Workshop</td>
<td>Teen Jazz</td>
</tr>
</tbody>
</table>

Class sessions beginning August 29 and October 24.

For more information: 215th Humboldt
Manhattan, Kansas 66502
(913) 539-6336
In the spirit of things

VOGA

Rob Sheridan
778-6849

Mondays, 5-6pm  First Meeting: Sept 12  Length: 8 times  Location: Will be noted on your receipt  Class Fee: $10.00, paid with registration  Limit: 8

The daily practice of yoga will improve the quality of one's life. In this class we will practice basic yoga postures and breathing techniques. No previous experience is required. Please wear comfortable clothing (sweats, leotards, etc.) and come with an empty stomach. (Rob has studied with Dr. Franklin since 1975.)

FILM SERIES OF MARTIN LUTHER: HIS LIFE AND THEOLOGY - 500th ANNIVERSARY

Lutheran Campus Ministry
539-0495

Thursdays, 9:30-6:30pm  First Meeting: Sept 22  Length: 8 times  Location: Will be noted on your receipt  Class Fee: $10.00, paid with registration  Materials Fee: $4.95, pay at class  Limit: 10

This course aims to give you a lifetime resource of pole, serenity and good health through the practice of the classical postures and breathing exercises as taught in India for thousands of years. Please dress comfortably and bring a large towel, notebook and pen to class. (Bert studied continuously from 1965 to 1968 with Sri Krishnamacharya and has maintained the tradition through correspondence and visits to India. He holds Krishnamacharya's diploma and command to teach.)

ECook: THE SPIRITUAL NOTEBOOK

Kathy Stimson/James Dorn
776-7234  1-228-8549

Wednesdays, 7-9pm  First Meeting: Sept 14  Length: 6 times  Location: Will be noted on your receipt  Class Fee: $2.95, pay with registration  

An in-depth study of Paul Titchell's Spiritual Notebook will cover the basic tenets of ECook: The Spiritual Notebook, the science of total awareness. This class is for the serious student seeking a direct path to the Supernal (God) Book included in the class fee. (James has been with ECook: The Spiritual Notebook for over 2 years and Kathy for 7.)

VOGA

Bert Franklin

S-16

S-16

S-10

S-12

S-30

S-30

S-13

S-13

S-14

S-14

S-17

S-17

S-9

S-9
HELP YOURSELF TO BETTER HEALTH

Carolyn Gregor

Wednesdays, 7-9pm, Sept 7, 14 (2 times)
Location: Will be on your receipt
Class Fee: $3.00, pay with registration

Not happy with your state of health, or the state of your pocketbook after health expenses? Join 1 of the rapidly growing numbers of people who are discovering the natural healing power of Acupuncture for their pain and stress. (Carolyn Gregor is a student of the nutraceutical natural healing approach to health and wellness, with emphasis on diet, nutrition, megavitamin therapy, relaxation, scupressure, herbal and home remedies.)

WEIGHT CONTROL

Dr. Katherine Grunewald

One Time: Monday, 7-9pm, Sept 12
Location: Will be on your receipt
Class Fee: $3.00, pay with registration

Have you tried every conceivable diet but just can’t seem to keep it off? Well, 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 those that have been most successful and has taught weight control at Kansas State University.

HEALTH ENHANCEMENT GROUP FOR THE CHRONICALLY OVERTWEIGHT

Kay Sinner

Tuesdays, 7-9pm, Sept 13, 20 (2 times)
Location: Will be on your receipt
Class Fee: $3.00, pay with registration

Kay, Dorothy and Kathy have been meeting for several months discussing health and weight problems of the seriously overweight. A two-session help program will cover information on exercise and nutrition, use of self-help strategies, weight control goals, 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 3 leaders have been living with chronic weight problems for years.)

REFLEXOLOGY

Russell Gillingie

One Time: Monday, 7:30-9:30pm, Sept 12
Location: Will be on your receipt
Class Fee: $3.00, pay with registration

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

MASSAGE

Bob Parr

Saturdays, 1-4pm, Sept 10, 24 (2 times)
Location: Will be on your receipt
Class Fee: $3.00, pay with registration

This class will introduce you to traditional Swedish massage. This emphasizes the whole body methods with particular attention to facets and techniques. The class is aimed at 16 to 24 hours of massage. We will also discuss self-massage as a way of relaxing the body and reducing stress. (Bob has worked as a massage therapist for 2 years in a health club while pursuing his degree in psychology.)

HYPERTENSION: "IT'S UP TO ME"

Elise Drehn

Tuesdays, 7-8pm Sept 13 First Meeting: Sept 13
Location: Will be on your receipt
Class Fee: $3.00, pay with registration

"It’s Up To Me" is available to persons with hypertension (high blood pressure). It is a group education program that assists people to lower their blood pressure. The group provides the opportunity to learn about hypertension and offers support to encourage lifestyle changes for better health and blood pressure control. A nurse-facilitator conducts the sessions. The program consists of 12-1/2-hour sessions covering topics: hypertension & lifestyle, nutrition, the effects of stress on health, the role of emotions in hypertension, diet & nutrition. (Elisa is a public health nurse for Riley County Health Dept.)

STRESS ILLS AND STRESS SKILLS

Don Fallon

One Time: Saturday, 9:30am-4:30pm, Oct 8
Location: Will be on your receipt
Class Fee: $3.00, pay with registration

Stress can be a part of life; it can work for us or against us. Learning to manage stress can improve your quality of life at home, work, or school. (Don is a psychologist with over 20 years of experience in evaluating and treating people with stress-related problems.)

INTRODUCTION TO ACUPUNCTURE

Tess Carabiaj

One Time: Monday, 7-9pm, Oct 10
Location: Will be on your receipt
Class Fee: $3.00, pay with registration

Materials Fee: $2.00, pay at class

Acupuncture is becoming one of the most exciting and easiest forms of natural healing in the country. Although it is relatively new in this country, it has been used for over 5000 years. In this class, we will be exploring the theory and practice of acupuncture and will be looking at its effects on pain control.

HYPNOSIS FOR THE SERIOUSLY CURIOUS

Greg Potter

One Time: Tuesday, 7pm, Sept 27
Location: Will be on your receipt
Class Fee: $3.00, pay with registration

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

VISUAL AWARENESS

Johann Pfeiffer

Mondays, 7-9pm, Sept 12, 19, 26 (3 times)
Location: Will be on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class

We will work with the method of visual restructuring 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. (Johann attended a workshop called "Eye Exercise," she has been working with these techniques for over a year and knows them well.)

TREMENDOUS SELECTION OF BOOKS

Both Paper and Hardcover
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. through Sat.
Sunday 12:00 noon to 5:00 p.m. Ph. 539-0511
HELPING EACH OTHER LEARN AND GROW

S-22

PARENTS' NIGHTOUT

Don and Irene Fallon 539-4651 539-5582

Wednesdays, 7:30pm First Meeting: Sept 7
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Even good parents lose their temper with their children or sometimes act unusually high expectations. At times parents avoid disciplining their children for fear of losing control. Irritability can lead to physical or emotional hurt and abuse. This is a support group for parents who wish to cope with such feelings and prevent damaging relationships between themselves and their children. Skills will be shared that help express anger and love feelings, to reduce stress and to affirm a new sense of self-worth. Trust, understanding, sensitivity, and caring will be emphasized. Register by first name only and phone number and you will be contacted. (Sponsored by Manhattan Farm Council.) Don and Irene are parents. Don is a graduate of the Renninger Counseling Program. Irene is a kindergarten teacher with experience and graduate work in child psychology.

S-20

SINGLE PARENTING

Michael Weinberg, M.S. 537-2204

Monday & Wednesday, 7-30pm, Sept 25 & 20 (2 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 10

This class will deal with the obstacles single parents have to overcome. We will discuss how to answer our children's questions. Our discussion will conclude with specific suggestions that will promote a healthy family environment for you and your children. (Michael is a counselor and adult educator in private practice in conjunction with Edelman Associates. He has taught over a dozen classes in the interpersonal area for UM during the past several years.)

S-21

DIVORCE - HOW CAN WE GROW THROUGH THE PAIN

Michael Weinberg, M.S. 537-2244

Monday & Wednesday, 7-90pm, Sept 12 & 14
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 realty therapy, will be given which will enable the participants to gain strength during this crisis.

S-26

CREATIVE DIVORCE: PAIN AND GROWTH

Don Fallon 539-4451

Second and Fourth Tuesdays, 7:00-9:30pm First Meeting: Sept 13
Location: Will be noted on your receipt
Length: semester
Class Fee: $3.00, pay with registration
Limit: 10

The purpose of the group will be to form a supportive, caring community for those facing or working through divorce. The group will work toward understanding and coming to terms with the past and with the possibility of finding new opportunities for personal growth and a fuller life. (We will attempt to recognize self-defeating behavior and to discover options in making change.)

S-07

MARRIAGE ENRICHMENT GROUP:

INTRODUCE YOUR RELATIONSHIP TO TRANSACTIONAL ANALYSIS

Don Fallon 539-4451

First and Third Tuesdays, 7:30pm First Meeting: Sept 20
Location: Will be noted on your receipt
Length: Ongoing
Class Fee: $3.00, pay with registration
Limit: 6 couples

This is an enrichment group supporting couples in building communication skills, self-understanding of parents-adult-child ego state interactions and family life script or role expectations. Emphasis will be given to developing skills in handling conflict, developing a healthy fight style and coping with feelings of anger, sex, or love. Trust, caring, confidentiality and options will be stressed.

S-19

MENTAL GROUPS

John LaRuelle 539-0019

Tuesdays, 7-80pm First Meeting: Sept 13 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

This therapeutic discussion group will look at several men's issues - meaningful work, keeping our sensitivity and honesty, relationships with women, values clarification, and changing male roles. We will consider discussing important books about men - "Man without Masks", "The Myth of Male and The Hazards of Being Male." (John is a writer-photographer interested in consciousness raising and natural thinking.)

S-29

THE GIVERS AND THE TAKERS

Elisa Selig 539-3960

Tuesdays, 7-00am, Oct 25, Nov 1 (2 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Society appears to be divided into two kinds of persons, those who are givers and those who are takers. Do you know which type you are? Join us for a discussion of these two personality types and how they get along with others, at work and in a service-type economy. (Elisa studied these types and discovered them to be true for himself and his friends.)

S-23

PARENT EFFECTIVENESS TRAINING

Don and Irene Fallon 539-5502

Thursdays, 7:00pm First Meeting: Sept 29 Length: 8 times
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $30.00, pay at class (National registration fee & books)

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

S-24

INFERTILITY SUPPORT GROUP

Annette Winter 539-4451

Mondays, 7:30pm First Meeting: Oct 10 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
You are not alone. One out of every six adults has a problem with infertility. We are forming a local support group for interested individuals. (Annette is a member of Resolve, a national infertility organization.)

S-25

1PM OR YOU'RE OUT WORKSHOP

Don Fallon 539-4451

Saturday, 9:30am-1:30pm, Oct 22
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 15

This workshop is an introduction to Transactional Analysis and the use of TA tools for growth and awareness, self-understanding, ability to relate to other persons in creative ways. It will also provide help in understanding the programmed responses and patterns of the past, and liberating the self for creative and open living in the present.

S-12

PRESS FOR SUCCESS -- AN INTRODUCTION TO COLOR

Bonnie Hansen 776-2438

One Time: Tuesday, 7:00pm, Sept 20
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 20

An introduction to the Beautiful World of Color - How it affects you and those around you. Learn how correct color choices enhances your own natural skin, hair, and eye colors. Learn how to Dress for Success by enhancing your own natural beauty. (Bonnie is a trained certified Professional Color Analyst with Beauty for All Seasons.)

AMERICAN BAPTIST CAMPUS MINISTRY

Baptist Campus Center 1801 Anderson 539-3051

Fellowship Meal & Worship

Tuesday, 5:30p.m.

Campus Minister - Dave Stewart

OFFER EXPIRES Sept, 30, 69
1126 Laramie Manhattan 537-7340

SELF SERVICE COPIES
NO COINS REQUIRED

WITH THIS COUPON

3 1/2¢ NO MINIMUM

MANUFACTURER'S COPY

25
Basic recreational needs

SPORTS EQUIPMENT CO-OP
P-13
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 could be croquet sets, badminton sets, softball equipment, canoes, downhill skis, backpacks, tennis and racquetball racquets, fishing tackle, golf clubs, etc. at registration, indicate what equipment you have and what you're apt to want. UPM will compile a list which will be mailed to you by Sept. 15. (Neil likes to have fun in the fall and all seasons.)

NUTRITION FOR RUNNERS, ATHLETES AND PHYSICAL FITNESS BUITS
P-11
Dr. Katharine Grunwald
532-5608
One time: Monday, 7-10pm, Sept 19
Location: Will be noted on your receipt
Class Fee: $3.25, pay with registration

Limit: 30
Is your diet optimal for your particular sport? Have you wondered about carbohydrate-loading, salt tablets, honey, or crash diets? If you are concerned about building muscles, replacing perspired liquids or maintaining endurance, nutrition plays an important part. More and more coaches are looking seriously at current research about how and what athletes should eat. This class will be a seminar, but bring any questions or experiences you'd like to share. (Katharine teaches "Diet and Exercise" at IUG. It's a body builder and runs 50-70 miles/week.)

In the swim of things

SWIMMING LESSONS
All Classes:
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Teachers are Red Cross Certified Water Safety Instructors
Length: 8 times

CHILDREN'S BEGINNING SWIMMING
Kyle Dybing
P-34
Saturdays, 12n-1pm First Meeting: Sept 9
Limit: 10

ADULT BEGINNING SWIMMING
Cindy Smith
P-35
Saturdays, 8-9am First Meeting: Sept 9
Limit: 10

ADULT BEGINNING SWIMMING
Tom Deaver
P-36
Saturdays, 9-11am First Meeting: Sept 9
Limit: 15

ADULT ADVANCED BEGINNING SWIMMING
Tom Deaver
P-37
Saturdays, 1:30-3:30pm First Meeting: Sept 9
Limit: 15

ADVANCED LEAFPULLING
Tom Deaver, Shonda Collins
P-29
Saturdays, 8-10am First Meeting: Sept 9
Length: 12 times
Location: Will be noted on your receipt
Class Fee: $6.00. pay with registration
Materials Fee: $2.25 at class

Advanced lifesaving is regulated before you can work as a life guard or take the Water Safety Instructor (WSI) class in order to teach swimming. This is also a valuable safety class for anyone who will be around pools or person time and can assist or rescue a age 15 or over. (Tom and Shonda are Red Cross certified water safety instructors.)

Only occasionally wet

CONDENSING
P-25
John D'Alley
776-1237
Saturdays, 1:30-4:30pm, Sept 17 & 24 (2 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Limit: 15
We will carpool to Pottawatomie County State Lake K2 where Wayne Carstensen will donate use of campers. Instruction will be given in basic equipment and local places to campes. The following Saturday, a river trip will be planned. If you've never been in a canoe or do not consider yourself proficient in turns or steering, this class will give you lots of practice. (John is a certified American Red Cross canoeing instructor.)

KAYAKING
T.J. Hittle
P-26
776-7772
Sundays, 9am-1pm, First Meeting: Sept 18
Length: 4 times
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $25.00 (plus $5.00 optional)

Limit: 15
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 KU Naturalis, and once on a nearby river. All equipment is provided. (As 1982-83 Kansas Canoe Association President, T.J. has led River CRPS nationwide. He has taught kayaking several years and promises an intensive, fun-filled class.)

INTERMEDIATE KAYAKING WORKSHOPS
T.J. Hittle
P-27
Sundays, 9am-1pm First Meeting: Nov 6
Length: 3 times
Location: Will be noted on your receipt
Materials Fee: $2.00. pay with registration

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

SAILING BASICS
Jay Kim
P-28
537-0831
One time: Saturday, 9am-12n, Sept 10
Length: 2 times
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

The opposite of "running with the wind" is; a) coming about; b) hark-a- lee; 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. At a second session to be agreed upon, each participant will have a chance to sail. (Jay has been sailing for two years and owns a Laser.)
Looking and feeling fit

AROMBICHI ME, MYSELF & I

Theresa Zentar

Section I: Sept 13 - Dec 13, 7-8pm (14 weeks) (Tuesdays)
Section II: Sept 13 - Dec 13, 7-8pm (14 weeks) (Thursdays)
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Materials Fee: $5.00, pay at class (optional, for book)

Learn the methods of self-control and awareness of your individual body. We are all different and have different needs. You will learn techniques that will benefit you while having fun. We will cover the "Total You" natural beauty, skin, body, and mind. "Sound body, sound mind." Want to look like Rachel Welch? What for? I'd rather be the best of me. Men welcome. (Theresa, the mother of two, has developed new techniques to rid the body of over-weightness after gaining 75 lbs. during pregnancy.)

GENERAL FITNESS EXERCISES TO MUSIC: AEROBIC EXERCISE FOR EVERYONE

Susan Grewe

Mondays, Tuesdays, Wednesdays, Thursdays, 5-6pm First Meeting: Sept 7 Location: Will be noted on your receipt
Length: All semester
Class Fee: $10.00, pay with registration

Exercises include jogging and steps to music to increase the heart rate, and viewing and firming exercises done singly and with partners. Continuous activity is stressed, and will increase progressively through the semester. (Susan is licensed to teach aerobics and is a graduate of the Damascus, Syria Sheraton Hotel.)

DANCECISE

K. B. Morgan

Tuesday & Thursday, 6:15-6:45pm First Meeting: Sept 3 Location: Will be noted on your receipt
Length: 16 times
Class Fee: $10.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 35

Set in shape while having a great time. Come to dancecise. Dancecise (such as aerobic dance and jazzercise) is a series of choreographed exercises done to the latest music. Dancecise is open to everyone and it doesn't require any previous dance training. (Ms. Morgan taught two sessions of dancecise classes at the University of Arkansas under intramural and Recreational Services.)

PANTOMIME AND CHOWLING

Beth Clark

Tuesdays, 7-9pm First Meeting: Sept 13 Location: Will be noted on your receipt
Length: 3 times
Class Fee: $6.00, pay with registration
Materials Fee: $4.50, pay at class
Limit: 10

We will learn basic pantomime and chowling techniques including movement, makeup, balloons, sculpture, and music. We would like to end the sessions with a small show incorporating what we've learned. (Beth has taught this course before at the University of Iowa and has given workshops on the subject.)

TAI CHI EXERCISE

Tom Brodak

Saturdays, 8:30-10:30am, Thursdays, 7-9pm First Meeting: Sept 10 Location: Will be noted on your receipt
Length: All semester
Class Fee: $10.00, pay with registration

Tai Chi is a Chinese exercise system involving both exercise and self-defense. Emphasis at the beginner level is on coordination, balance, breathing, and smooth flow of movement. (Tom has been teaching this UMF class for over a year.)

TAI CHI FOR SENIORS

Lee-Shih Hu

Tuesdays, 1-3pm October-December 19, (8 times) Location: Will be noted on your receipt
Class Fee: $10.00, pay at registration

Tai Chi is a slow, graceful, all-body exercise form from China where it is a lifelong activity. Emphasis at the beginner level is placed on coordination, balance, breathing, and smooth flow of movement. (Lee-Shih is from Taiwan.)

Martial arts

TANG SOO DO KARATE

Joel Cederberg

Mondays, Wednesdays, Fridays, 7-9:30pm First Meeting: Sept 7 Location: Will be noted on your receipt
Length: All semester
Class Fee: $10.00, pay with registration
Limit: 25

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.)

JUJITSU FOR BEGINNERS [I] AND ADVANCED [II]

Stan Wilson

Section I: Tuesdays, 7-8:30pm First Meeting: Sept 13 Location: Will be noted on your receipt
Class Fee: $10.00 (each section), pay with registration
Limit: 30/section
Jujitsu is the parent art of Judo, Japanese in origin, Jujitsu stresses hand-to-hand combat featuring throwing, sweep kicks and wrist and arm locking. The beginners class will include the Nihon Ryu Basic Aza Form. The advanced class is for people with at least one year experience in the martial arts. History, theory, and principle application of various Jujitsu forms will be covered. (Stan has a black belt in Jujitsu and has taught martial arts for five years.)

BEGINNING FENCING

Richard Reifs

Wednesday, 6-8pm First Meeting: Sept 7 Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration

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 meets in Wichita, Lawrence and Kansas City. (Richard has been fencing for three years.)

Two Great Ways to Get Away

Auntie Mc's Parlour

Two Great Ways to Get Away

1122 Monroe 539-9703
AGGIEVILLE 616 N.12th 539-9967
Beware of flying objects

Darlyne Hinkle

Sundays, 8-9am
First Meeting: Sept 11
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 20

Tennis lessons for the beginner will be taught. Serve, forehand, backhand, volley, overhead, and correct points will be taught in a fun and easy manner. Kart is a game for all ages and skill levels. (Kart has played racquetball for over 20 years.)

Stay out of the rain (if we get some)

Ronald "Mopar" Knoblauch

Thursdays, 6:30-10pm
First Meeting: Sept 8
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Materials Fee: $0.00, pay at class
Limit: 10

Once again, Mopar’s World awaits those who wish to pit their own dungeon running skills against the unknown. Class open to all, from beginner to experienced. (MUST BE 16 OR OLDER.) Bring own polyhedral dice. Questions? Feel free to call. (Ron is beginning his 14th year of doing Dungeons & Dragons.)

STUDENT PILOT GROUND SCHOOL

J. Van Swazy

One-Time: Day, time and date to be announced
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 17

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 FAA 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 certifi
ced flight instructor. He also owns his own aircraft.)

STAMP COLLECTING EXTRAVAGANZA

Tim Lindemuth

Mondays, 7:30pm
First Meeting: Sept 19
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class

Stamp collecting can be a valuable, educational and fun hobby. Tim will cover the basics of how to collect stamps including buying, trading and cataloging. Come to a philatelic slide show and learn the finer points of stamp collecting. A field trip is planned. (Tim is a long-time member of the American Philatelic Society and a collector for 47 years.)

BROOKLYN SAFETY IN KANSAS

Zimbabwe Cohen

One-Time: Saturday, 7:30pm, Oct 1
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration

West Coast have reported an increase in broomstick-related injuries in
ing the cladding of broomstick, which can really ruin your golf game. Both returning

VOLEETBALL FOR FUN (16 AND OVER)

Lois Morales

Tuesdays, Thursdays, 6:30-8:30pm
First Meeting: Sept 8
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class

Volleyball can provide low-key competition, exercise and a great time for

AMATEUR RADIO NOVICE CLASS

Quentin Owen

Mondays & Wednesdays, 7-8pm
First Meeting: Sept 12
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $0.00, pay at class
Limit: 40

This course will cover basic amateur radio theory needed to pass the novice written exam. Novice Morse code tape will be distributed and students will be expected to learn Morse code outside of class, though there may be some in-class code instruction. Class Fee will include payment for the first Test in The World to Ham Radio. Bring new 60-minute cassette tape to first class session. (Quentin has been a radio amateur for over 8 years, an advanced class amateur for the last 5 years, and

POCKET BILLIARDS FOR BEGINNERS

Jerry Krieg

Saturdays, 10:30am
First Meeting: Sept 10
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 12

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

BEGINNING BRIDGE

Pat Cashin

Tuesdays, 7:30pm
First Meeting: Oct 4
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 25

Don't trump your partner's ace! Learning basic bidding and play from an
expert. A brief introduction to defense will be included. This is the place to
make mistakes, so that in future weeks, you'll be ready to play with
friends and strangers. No previous bridge experience is required. (Pat has
been teaching bridge through the Welcome wagon for six years.)

Brother's
The Best in Live Entertainment

Live Bands • Free TGIF Performances
Brother's Back Room available for Private Parties and Functions • Use our Big Screen TV to replay tapes of your Team or Sports Event

4120 Moro
AGGIEVILLE
539-9064

$1.00 OFF
Any Food Purchase from our Menu

Steaks • Rib Sandwiches
Cold Beer on Tap
Open for Lunch and Dinner

608 N. 12th
AGGIEVILLE
539-9006

Opening Sunday evenings

Cooper Hair Salons with extra caring.
In celebration of wanderlust

OUTLINE CLUB
Mike Ellridge
First and Third Wednesdays, 7:30 pm
First Meeting: Sept 7
Location: Will be noted on your receipt
Length: All semester
Class Fee: $8.00, pay with registration

If you are interested in going camping, canoeing, bike touring, rock climbing, backpacking, sky 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. (Mike enjoys many outdoor activities.)

KANSAS STATE FAIR TRIPS: THE OAK RIDGE BOYS
P-1
Judy Portuese
Saturday, 7am-10pm, Sept 10
Location: Will be noted on your receipt
Class Fee: $23.00, pay with registration
Limit: 40
"Come and go to the Kansas State Fair." That's right! We're going to the fair. Enjoy the air-conditioned comfort of a motorcoach and a day in Hutchinson viewing hundreds of exhibits by commercial enterprisers and 4-H'ers from across the state. We will have tickets to the evening Grandstand show featuring The Oak Ridge Boys. We will depart at 7am and return home following the grandstand show. We will stop in Salina for breakfast at Russell's Restaurant. (You'll be glad you took this opportunity!)

SWEDISH FESTIVAL-LINDSBORO "SVENSK-YLLISNOSFEST"
P-2
Judy Portuese
One Time: Friday, 8pm-8:30pm, Oct 14
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Limit: 40
UM and the State Historical Society of Kansas will host a tour to Lind- sboro, Kansas during their "Svensk Yllisnorfest." We will depart at 8am and return following dinner. We will spend the morning touring the McPherson County Old Mill Museum. We are on our own for lunch. In the afternoon we will visit the many exhibits of Swedish crafts, arts and music. We will also stop in Topeka for dinner and return to Salina by night. On this tour we will make our way to the historic and famous Brookville Hotel and partake of a home-cooked, family-style chicken dinner. Motor-coach transportation, museum fee and buffet dinner are included in your reservation for only $20.00.

MAKE FRIENDS WITH THE EARTH -- CAMPOUT
P-23
Pat Breese
Saturday and Sunday, Oct 8 & 9, 4:30pm
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Come meet old and new friends as we hike the Flint Hills of Tuttle Reservoir. We will introduce environmental concerns, share stories and keep warm. Supper and breakfast will be cooked over the campfire. There will be an opportunity to meet some friendly Friends Of The Earth. (Pat is president of Kansas Friends Of The Earth.)

EUROPEAN TRAVEL: NINE DAYS FOR UNDER $1,000
P-3
Neil Schanker
Register and you will be contacted
The American Institute for Foreign Study (AIFS) and the American Leadership Study Groups (ALSG) offer educational tours throughout the world. All travel arrangements, guides and meals are prearranged. Cultural highlights (art, music, history, architecture, etc.) are emphasized. A nine-day England and France trip would include, for example, Westminster Abbey, St. Paul's, Buckingham Palace, Windsor Castle in London, Notre Dame Cathedral, Chartres-Chless-Mousses, Arc de Triomphe in Paris and visits to Versailles, Chartres, Caenst, Dover, Canterbury and other historic spots. Theater events and boat rides are included. Register for more information. (Neil is a veteran of many U.S. trips and tours.)

BACKPACKING
P-31
Paul Mathewson
One Time: Wednesday, 7-10pm, Sept 7
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 20
This class will provide information about required equipmen, maps, reading and essentials of experiencing the wilderness. How to plan a backpacking trip, places to go 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.)

GOETSCH-IRVINE
NEW CHRYSLER-PLYMOUTH
&
30th Street
Neighborhood
Leasing
Quality Service
Rental
4th & Leavenworth
Downtown Manhattan
Ph. 776-4875

Shop at
Sears
Downtown Manhattan
OPEN
9:30-6:00 MON-SAT.
THURS. TIL 8:30
SUNDAYS 12-5
AUTOMOTIVE
OPENS 8:00 a.m.
776-8886
<table>
<thead>
<tr>
<th>Activity</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accelerated Learning</td>
<td>14</td>
</tr>
<tr>
<td>Acupuncture</td>
<td>24</td>
</tr>
<tr>
<td>Aerobics</td>
<td>27</td>
</tr>
<tr>
<td>Alaska: The Wilderness Experience</td>
<td>9</td>
</tr>
<tr>
<td>All That Jazz!</td>
<td>21</td>
</tr>
<tr>
<td>Antiques &amp; Collectibles</td>
<td>17</td>
</tr>
<tr>
<td>Apple Tour, &quot;Little Apple&quot;</td>
<td>10</td>
</tr>
<tr>
<td>Aquarian Conspiracy</td>
<td>23</td>
</tr>
<tr>
<td>Arabian Horses</td>
<td>7</td>
</tr>
<tr>
<td>Arts for Social Change</td>
<td>17</td>
</tr>
<tr>
<td>Astronomy (Basic)</td>
<td>8</td>
</tr>
<tr>
<td>A.T. Experience (The)</td>
<td>11</td>
</tr>
<tr>
<td>Aeronautics</td>
<td>16</td>
</tr>
<tr>
<td>Autoharps Workshop</td>
<td>21</td>
</tr>
<tr>
<td>Auto Mechanics for Women</td>
<td>15</td>
</tr>
<tr>
<td>Backpacking</td>
<td>29</td>
</tr>
<tr>
<td>Ballroom Dance</td>
<td>22</td>
</tr>
<tr>
<td>Basketmaking</td>
<td>17</td>
</tr>
<tr>
<td>Beekeeping</td>
<td>7</td>
</tr>
<tr>
<td>Beemaking</td>
<td>13</td>
</tr>
<tr>
<td>Beemaking Co-op</td>
<td>13</td>
</tr>
<tr>
<td>Bicycle Maintenance</td>
<td>15</td>
</tr>
<tr>
<td>Bidding &amp; Buying at Auction</td>
<td>15</td>
</tr>
<tr>
<td>Big Brothers/Big Sisters</td>
<td>6</td>
</tr>
<tr>
<td>Bi/Polar Seminar</td>
<td>23</td>
</tr>
<tr>
<td>Birdwatching for Beginners</td>
<td>9</td>
</tr>
<tr>
<td>Blind Contour Drawing</td>
<td>18</td>
</tr>
<tr>
<td>Bluegrass Banjo</td>
<td>21</td>
</tr>
<tr>
<td>Bluegrass Grows in Windfield</td>
<td>21</td>
</tr>
<tr>
<td>Boomerang Safety</td>
<td>25</td>
</tr>
<tr>
<td>Borscht and Roll Kitchen</td>
<td>12</td>
</tr>
<tr>
<td>Bridge, Beginning</td>
<td>28</td>
</tr>
<tr>
<td>Campout, Make Friends with the Earth</td>
<td>29</td>
</tr>
<tr>
<td>Canoeing</td>
<td>26</td>
</tr>
<tr>
<td>Cardmaking</td>
<td>17</td>
</tr>
<tr>
<td>Careers in Travel</td>
<td>16</td>
</tr>
<tr>
<td>Casio Electronic Keyboards</td>
<td>21</td>
</tr>
<tr>
<td>Cathedral Window Quilting</td>
<td>18</td>
</tr>
<tr>
<td>Cheesew Cheesew Cheesew</td>
<td>13</td>
</tr>
<tr>
<td>Classical Guitar, Beg.</td>
<td>21</td>
</tr>
<tr>
<td>Classical Indian Dance</td>
<td>22</td>
</tr>
<tr>
<td>Clay Play</td>
<td>19</td>
</tr>
<tr>
<td>Color Darkroom, Beginning</td>
<td>19</td>
</tr>
<tr>
<td>Composting</td>
<td>10</td>
</tr>
<tr>
<td>Confrontation Training</td>
<td>6</td>
</tr>
<tr>
<td>Contra Dance</td>
<td>22</td>
</tr>
<tr>
<td>Cooking for 1 or 2</td>
<td>13</td>
</tr>
<tr>
<td>Cooking with Flowers</td>
<td>13</td>
</tr>
<tr>
<td>Country-Western Swing Dance</td>
<td>22</td>
</tr>
<tr>
<td>Country-Western Traditional Dance</td>
<td>22</td>
</tr>
<tr>
<td>CPR</td>
<td>15</td>
</tr>
<tr>
<td>Creative Drama Morning</td>
<td>20</td>
</tr>
<tr>
<td>Creative Divorce</td>
<td>25</td>
</tr>
<tr>
<td>Crepes</td>
<td>12</td>
</tr>
<tr>
<td>Dancercise</td>
<td>27</td>
</tr>
<tr>
<td>Darkroom Photography, Basic</td>
<td>19</td>
</tr>
<tr>
<td>Darkroom Techniques, Advanced for Black &amp; White</td>
<td>19</td>
</tr>
<tr>
<td>Dawn It</td>
<td>18</td>
</tr>
<tr>
<td>Dealing with Difficult People &amp; Problem Employees</td>
<td>14</td>
</tr>
<tr>
<td>Dial-A-Partner</td>
<td>26</td>
</tr>
<tr>
<td>Diamonds!</td>
<td>8</td>
</tr>
<tr>
<td>Divorce</td>
<td>25</td>
</tr>
<tr>
<td>Dog Obedience</td>
<td>7</td>
</tr>
<tr>
<td>Drama Workshop</td>
<td>20</td>
</tr>
<tr>
<td>Drawing.1</td>
<td>18</td>
</tr>
<tr>
<td>Dress for Success</td>
<td>25</td>
</tr>
<tr>
<td>Dungeons &amp; Dragons</td>
<td>28</td>
</tr>
<tr>
<td>ECKANKAR</td>
<td>23</td>
</tr>
<tr>
<td>Edible Landscape: Internship &amp; Volunteers</td>
<td>10</td>
</tr>
<tr>
<td>Edible Landscape Visitors Day</td>
<td>10</td>
</tr>
<tr>
<td>Edible Plant Materials Co-op</td>
<td>10</td>
</tr>
<tr>
<td>Energy Conserving Homes</td>
<td>11</td>
</tr>
<tr>
<td>Energy Conserving Window Treatments</td>
<td>11</td>
</tr>
<tr>
<td>Environmental Issues</td>
<td>11</td>
</tr>
<tr>
<td>Estate Planning</td>
<td>3</td>
</tr>
<tr>
<td>European Getaways</td>
<td>5</td>
</tr>
<tr>
<td>European Travel</td>
<td>29</td>
</tr>
<tr>
<td>Fall Fishing</td>
<td>8</td>
</tr>
<tr>
<td>Fencing, Beginning</td>
<td>27</td>
</tr>
<tr>
<td>Fiction Writing Workshop</td>
<td>20</td>
</tr>
<tr>
<td>Fishing Around Manhattan</td>
<td>8</td>
</tr>
<tr>
<td>Flint Hills Breadbasket</td>
<td>4</td>
</tr>
<tr>
<td>Focus on El Salvador</td>
<td>4</td>
</tr>
<tr>
<td>Folkdancers, Flint Hills</td>
<td>22</td>
</tr>
<tr>
<td>Foreign Language Lunch</td>
<td>20</td>
</tr>
<tr>
<td>Garden's Through</td>
<td>10</td>
</tr>
<tr>
<td>General Fitness Exercises</td>
<td>27</td>
</tr>
<tr>
<td>Givers and the Takers</td>
<td>25</td>
</tr>
<tr>
<td>Gourmet Cooking</td>
<td>13</td>
</tr>
<tr>
<td>Guitar, Beginning</td>
<td>21</td>
</tr>
<tr>
<td>Hair Braiding</td>
<td>15</td>
</tr>
<tr>
<td>Hair Care and Styling</td>
<td>15</td>
</tr>
<tr>
<td>Halloween Owl Prowl</td>
<td>9</td>
</tr>
<tr>
<td>Harbors</td>
<td>6</td>
</tr>
<tr>
<td>Health Enrichment Group</td>
<td>24</td>
</tr>
<tr>
<td>Help Yourself to Better</td>
<td>25</td>
</tr>
<tr>
<td>Health</td>
<td>24</td>
</tr>
<tr>
<td>Herb Lore</td>
<td>10</td>
</tr>
<tr>
<td>Hiking, Biking, Jogging</td>
<td>10</td>
</tr>
<tr>
<td>Historic Peace Church</td>
<td>9</td>
</tr>
<tr>
<td>Horseback Riding Trail</td>
<td>9</td>
</tr>
<tr>
<td>Horses, All About</td>
<td>7</td>
</tr>
<tr>
<td>How to See In the Dark</td>
<td>20</td>
</tr>
<tr>
<td>Human Anatomy</td>
<td>7</td>
</tr>
<tr>
<td>Hungry World</td>
<td>4</td>
</tr>
<tr>
<td>Hypertension</td>
<td>24</td>
</tr>
<tr>
<td>Hypnosis for the Seriously Curious</td>
<td>24</td>
</tr>
<tr>
<td>I'm OK-You're OK Workshop</td>
<td>25</td>
</tr>
<tr>
<td>Indoor Plants</td>
<td>10</td>
</tr>
<tr>
<td>Infertility Support Group</td>
<td>25</td>
</tr>
<tr>
<td>Interpersonal Listening</td>
<td>14</td>
</tr>
<tr>
<td>Investing for Growth and/or Retirement</td>
<td>3</td>
</tr>
<tr>
<td>Investing for Income</td>
<td>3</td>
</tr>
<tr>
<td>Investing for Income Today</td>
<td>3</td>
</tr>
<tr>
<td>Investment Basics</td>
<td>3</td>
</tr>
<tr>
<td>Israeli Folkdance</td>
<td>22</td>
</tr>
<tr>
<td>Jewelry Casting, Advanced</td>
<td>20</td>
</tr>
<tr>
<td>Jewelry Techniques, Beg.</td>
<td>20</td>
</tr>
<tr>
<td>JuJitsu</td>
<td>27</td>
</tr>
<tr>
<td>Kansas Snakes as Pets</td>
<td>7</td>
</tr>
<tr>
<td>Kansas State Fair Trip</td>
<td>29</td>
</tr>
<tr>
<td>Kayaking!</td>
<td>26</td>
</tr>
<tr>
<td>Kayaking, Intermediate Workshops</td>
<td>26</td>
</tr>
<tr>
<td>Kerossene Heaters</td>
<td>11</td>
</tr>
<tr>
<td>Kids Cook</td>
<td>13</td>
</tr>
<tr>
<td>Kitchen Fundamentals</td>
<td>13</td>
</tr>
<tr>
<td>Knitting Made Simple</td>
<td>18</td>
</tr>
<tr>
<td>Konza Prairie Fall Wildflowers Pageantry</td>
<td>9</td>
</tr>
<tr>
<td>Konza Prairie Hike</td>
<td>9</td>
</tr>
<tr>
<td>Konza Prairie Quilters Guild</td>
<td>18</td>
</tr>
<tr>
<td>KSU Nuclear Reactor, Tour</td>
<td>5</td>
</tr>
<tr>
<td>Land Institute Visitors Day</td>
<td>11</td>
</tr>
<tr>
<td>Lifesaving, Advanced</td>
<td>26</td>
</tr>
<tr>
<td>Listening Skills in Classroom</td>
<td>14</td>
</tr>
<tr>
<td>Living Off the Land</td>
<td>8</td>
</tr>
<tr>
<td>Loan, How to Apply for a Lovebirds</td>
<td>3</td>
</tr>
<tr>
<td>Luncheon Financial Series</td>
<td>7</td>
</tr>
<tr>
<td>Maintenance &amp; Repair of Musical Instruments</td>
<td>15</td>
</tr>
<tr>
<td>Makeup Magic</td>
<td>15</td>
</tr>
<tr>
<td>Manicures</td>
<td>15</td>
</tr>
<tr>
<td>Mapreading For Hikers</td>
<td>8</td>
</tr>
<tr>
<td>Marriage Enrichment Group</td>
<td>25</td>
</tr>
<tr>
<td>Mars</td>
<td>8</td>
</tr>
<tr>
<td>Martin Luther Film Series</td>
<td>23</td>
</tr>
<tr>
<td>Massage</td>
<td>24</td>
</tr>
<tr>
<td>Topic</td>
<td>Page</td>
</tr>
<tr>
<td>--------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>McCall Pattern Company, Tour</td>
<td>5</td>
</tr>
<tr>
<td>Mennonite-Friends Peace Committee</td>
<td>4</td>
</tr>
<tr>
<td>Men's Group</td>
<td>25</td>
</tr>
<tr>
<td>Midwest Organic Farms</td>
<td>10</td>
</tr>
<tr>
<td>Multimedia First Aid</td>
<td>15</td>
</tr>
<tr>
<td>Mushroom Identification</td>
<td>9</td>
</tr>
<tr>
<td>National Freeze Walk-a-Thon</td>
<td>4</td>
</tr>
<tr>
<td>Nature Nurture</td>
<td>9</td>
</tr>
<tr>
<td>Nature Photography</td>
<td>9</td>
</tr>
<tr>
<td>Night at the Opera</td>
<td>21</td>
</tr>
<tr>
<td>Nuclear Arms Race, History</td>
<td>4</td>
</tr>
<tr>
<td>Nuclear War Defense Planning</td>
<td>4</td>
</tr>
<tr>
<td>Nutrition For Runners</td>
<td>26</td>
</tr>
<tr>
<td>Outing Club</td>
<td>29</td>
</tr>
<tr>
<td>Pantomine and Clowning</td>
<td>27</td>
</tr>
<tr>
<td>Parent Effectiveness</td>
<td></td>
</tr>
<tr>
<td>Training</td>
<td>25</td>
</tr>
<tr>
<td>Parents Anonymous</td>
<td>25</td>
</tr>
<tr>
<td>Parent to Parent</td>
<td>6</td>
</tr>
<tr>
<td>Patchwork Basics</td>
<td>18</td>
</tr>
<tr>
<td>Personal &amp; Business Computers</td>
<td>16</td>
</tr>
<tr>
<td>Photography Darkroom Co-op</td>
<td>19</td>
</tr>
<tr>
<td>Photography</td>
<td>19</td>
</tr>
<tr>
<td>Phyllo Fun</td>
<td>12</td>
</tr>
<tr>
<td>Picture Framing/ Matting</td>
<td>18</td>
</tr>
<tr>
<td>Pizza, Pizza, Pizza</td>
<td>12</td>
</tr>
<tr>
<td>Plant Exchange</td>
<td>10</td>
</tr>
<tr>
<td>Pocket Billiards</td>
<td>28</td>
</tr>
<tr>
<td>Politics of Rape</td>
<td>6</td>
</tr>
<tr>
<td>Polish the Little Apple</td>
<td>4</td>
</tr>
<tr>
<td>Potpourri Making</td>
<td>17</td>
</tr>
<tr>
<td>Pottery, Beginning and Intermediate</td>
<td>19</td>
</tr>
<tr>
<td>Pottery Studio Co-op</td>
<td></td>
</tr>
<tr>
<td>Prairie Grasses</td>
<td>9</td>
</tr>
<tr>
<td>Prairie Wildflowers</td>
<td>9</td>
</tr>
<tr>
<td>Problem Solving in Fairy Tales</td>
<td>20</td>
</tr>
<tr>
<td>Puppy Training</td>
<td>7</td>
</tr>
<tr>
<td>Racquetball for Beginners</td>
<td>28</td>
</tr>
<tr>
<td>Radio, Amatuer Novice Class</td>
<td>28</td>
</tr>
<tr>
<td>Real Estate for Investors</td>
<td>16</td>
</tr>
<tr>
<td>Reflexology</td>
<td>24</td>
</tr>
<tr>
<td>Romance of Rare Books</td>
<td>20</td>
</tr>
<tr>
<td>Royal Lichtenstein Circus</td>
<td>5</td>
</tr>
<tr>
<td>Sailing Basics</td>
<td>26</td>
</tr>
<tr>
<td>Sand-drying Flowers</td>
<td>10</td>
</tr>
<tr>
<td>Self-Defense for Women</td>
<td>6</td>
</tr>
<tr>
<td>Sewing, Beginning</td>
<td>18</td>
</tr>
<tr>
<td>Sewing for Toddlers</td>
<td>18</td>
</tr>
<tr>
<td>Shaker Herb Bread</td>
<td>12</td>
</tr>
<tr>
<td>Single Parenting</td>
<td>25</td>
</tr>
<tr>
<td>Soft Pretzels and Root Beer</td>
<td>13</td>
</tr>
<tr>
<td>Solar Greenhouses &amp; Sunspaces</td>
<td>11</td>
</tr>
<tr>
<td>Solar Space Heating Collectors</td>
<td>11</td>
</tr>
<tr>
<td>Speedreading</td>
<td>14</td>
</tr>
<tr>
<td>Spiritual Connection (The)</td>
<td>23</td>
</tr>
<tr>
<td>Sports Equipment Co-op</td>
<td>26</td>
</tr>
<tr>
<td>Stained Glass</td>
<td>17</td>
</tr>
<tr>
<td>Stamp Collecting</td>
<td>28</td>
</tr>
<tr>
<td>Stockmarket Basics</td>
<td>3</td>
</tr>
<tr>
<td>Strategy for Success</td>
<td>14</td>
</tr>
<tr>
<td>Stress Ills &amp; Stress Skills</td>
<td>24</td>
</tr>
<tr>
<td>Student Pilot Groundschool</td>
<td>28</td>
</tr>
<tr>
<td>Successful Home Buying</td>
<td>3</td>
</tr>
<tr>
<td>Successful Money Management</td>
<td>3</td>
</tr>
<tr>
<td>Superinsulating Your Home</td>
<td>11</td>
</tr>
<tr>
<td>Swedish Festival-Lindsborg</td>
<td>29</td>
</tr>
<tr>
<td>Swimming Lessons</td>
<td>26</td>
</tr>
<tr>
<td>Tai Chi Exercise</td>
<td>27</td>
</tr>
<tr>
<td>Tai Chi for Seniors</td>
<td>27</td>
</tr>
<tr>
<td>Tang Soo Do Karate</td>
<td>27</td>
</tr>
<tr>
<td>Tanning Hides</td>
<td>17</td>
</tr>
<tr>
<td>Tennis, Beginners</td>
<td>28</td>
</tr>
<tr>
<td>Time &amp; Meeting Management</td>
<td>14</td>
</tr>
<tr>
<td>Tutoring Conversational</td>
<td></td>
</tr>
<tr>
<td>English</td>
<td>20</td>
</tr>
<tr>
<td>Tuttle Creek Tour</td>
<td>9</td>
</tr>
<tr>
<td>Typing</td>
<td>16</td>
</tr>
<tr>
<td>UFM Potters Guild</td>
<td>19</td>
</tr>
<tr>
<td>UFM Winter Craft Fair</td>
<td>17</td>
</tr>
<tr>
<td>Vereniki</td>
<td>12</td>
</tr>
<tr>
<td>Visual Awareness</td>
<td>24</td>
</tr>
<tr>
<td>Volleyball For Fun</td>
<td>28</td>
</tr>
<tr>
<td>Weight Control</td>
<td></td>
</tr>
<tr>
<td>Wheat Country Health</td>
<td></td>
</tr>
<tr>
<td>Delights</td>
<td>12</td>
</tr>
<tr>
<td>Why Investors Fail</td>
<td>3</td>
</tr>
<tr>
<td>Winemaking in the Home</td>
<td>13</td>
</tr>
<tr>
<td>Women Against Rape</td>
<td>6</td>
</tr>
<tr>
<td>Women and Spirituality</td>
<td>23</td>
</tr>
<tr>
<td>Women's Career Development</td>
<td>16</td>
</tr>
<tr>
<td>Women's Novels</td>
<td>20</td>
</tr>
<tr>
<td>Women's Support Groups</td>
<td>6</td>
</tr>
<tr>
<td>Wood Lathe</td>
<td>22</td>
</tr>
<tr>
<td>Woodshop Co-op</td>
<td>22</td>
</tr>
<tr>
<td>World Friendship</td>
<td>21</td>
</tr>
<tr>
<td>World Friendship</td>
<td>6</td>
</tr>
<tr>
<td>Yoga</td>
<td>23</td>
</tr>
</tbody>
</table>
### Mail-In Registration Form

**ONE PERSON PER FORM** • Mail-in registration up Aug 15 - Sept 2

(LATE Registrations ACCEPTED ON SPACE-AVAILABLE BASIS)

<table>
<thead>
<tr>
<th>Class</th>
<th>Sec</th>
<th>Title</th>
<th>Class Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Late Registration:** Accepted on a space-available basis.

**TO REGISTER BY MAIL:** Fill out the form at left. One form per person.

TO REGISTRATION FEES AS LISTED IN THE CATALOG. MATERIEL FEE, IF LISTED, IS PAID AT CLASS. ADD THE REGISTRATION FEE AS IT APPLIES.

Mail your form(s) with your check to: University for Men
1221 Thurston
Manhattan, KS 66506

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

**COSTS:**

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

Those teaching or doing volunteer work receive fee discounts. If you are over 60 or disabled, you are exempt from the registration fee.

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

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 enrolled in a class that your parents are enrolling in, pay no registration fee and half the class fee. If you are enrolling in classes that your parents are not in, pay no enrollment fee.

**UFM REFUND POLICY:**

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

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

Refunds are given as credit vouchers. These can be used toward other classes, either in this catalog or in the future. UFM credit vouchers can be accumulated and are transferable to others. If you are not satisfied with a UFM teacher or class, please contact UFM at 532-5666.

**DISCOUNTS FOR VOLUNTEERS:**

You may work for UFM in exchange for registration discounts. Arrangements will be made on an individual basis. Call UFM at 532-5666.

**UFM TEACHER CREDIT:**

All current UFM teachers are entitled to fee reductions when enrolling in UFM classes in either this catalogue or in the future. UFM teacher credit can be saved up, but cannot be redeemed for cash or transferred to others. UFM teacher credit will be mailed to our current instructors. This is one way for us to say “thank you” for being a part of UFM.

**RECEIPTS:**

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

**CLASS LOCATIONS:**

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

**UFM TEACHER POTLUCK GATHERING:**

Sunday, Sept 4, 5:30pm at Long’s Park, 17th & Yuma
University For Man:
Lifelong Learning Center

Mid-Fall Special 1983

JAZZCISE
Courtney Walsh
Tuesdays & Thursdays, 6-6:45pm First Meeting: Nov 3 Length: 12 times Location: Will be noted on your receipt Class Fee: $30.00, pay with registration Materials Fee: $5.00, pay at class (optional), for book
Limit: 16
If you hate to sweat but want to tone up—if the thought of situates makes you sick but music starts your feet tapping, then come join us. Do something nice for yourself and have fun. (Courtney has a jazz dance background. She combined her enjoyment of dance with physical fitness while she was the recreations director at the Topeka Civic Club.)

AEORIICS: ME, MYSELF, AND I
Theresa Zennfer
Tuesdays & Thursdays, 7:00pm, Nov 3-Dec 12 Length: 2 times
Location: Will be noted on your receipt
Class Fee: $30.00, pay with registration
Materials Fee: $5.00, pay at class (optional), for book
Learn the methods of self-control and awareness of your individual body. We are all different and have different needs. You will learn techniques that will benefit you while having fun. We will cover the "Total You"—natural beauty, skin, body, and mind. "Sound body, sound mind." Want to look like Rachel? Watch what you eat! I'd rather be the best of you—welcome. (Theresa, the mother of two, has developed new techniques to rid the body of overweightness after gaining 75 lbs. during pregnancy.)

GENERAL FITNESS EXERCISES TO MUSIC: AEROBIC EXERCISE FOR EVERYONE
Susan Greco
Mondays, Tuesdays, Wednesdays, Thursdays, Fridays, 5-6:00pm First Meeting: Nov 1 Location: Will be noted on your receipt Class Fee: $30.00, pay with registration Length: All semester
Exercises include jogging and steps to music to increase the heart rate, endurance and flexibility. Classes are simply and with partners. Continuous activity is stressed, and will increase progressively through the semester. (Susan learned this course in West Germany and taught it professionally at the Damascus, Syria Sheraton hotel.)

NUTRITION FOR RUNNERS, ATHLETES AND PHYSICAL FITNESS BUFFS
Dr. Katharine Grunewald
One Time: Monday, 7:00pm, Nov 28 Location: Will be noted on your receipt Class Fee: $30.00, pay with registration
Limit: 30
Is your diet optimal for your particular sport? Have you wondered about carbohydrate-loading, salt tablets, honey, or crash diets? If you are concerned about building muscles, replacing perspired liquids or maintaining endurance, nutrition stills an important part. More and more athletes and coaches are looking seriously at current research about what and what athletes should eat. This class will be a seminar, but bring any questions or disagreements you'd like to share. (Katharine is an assistant professor in nutrition at KSU who enjoys body building and distance running.)

BASIC CARDIAC LIFE SUPPORT (CPR)
Sue Hindless, R.N.
Tuesday, Wednesday, Thursday, 7-10:00pm Nov 15, 16, 17 Times)
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 15
Basic Cardiac Life Support (CPR) is an emergency first aid procedure consisting of recognition of respiratory and cardiac arrest and the proper application of cardopulmonary resuscitation. This course, taught according to the American Heart Association guidelines, will provide instruction in Basic Rescue techniques for adults and infants, and techniques for managing the choking victim. Upon successful completion of this course, the participant will receive certification from the American Heart Association. Sue is a R.N. at St. Mary Hospital, E.R. Dept. She is a Basic Cardiac Life Support Instructor and an Advanced Cardiac Life Support Instructor.


take the plunge: springboard diving for all ages
Brett Balkenhol
Sundays, 10am-12noon First Meeting: Nov 6 Length: 4-5 times
Class Fee: $5.00, pay with registration
Limit: 6
Do you find yourself feeling jealous of those who perform graceful dives, back flips and twists at the oll swimming pool? Wish you could show off at the diving board but afraid of belly flopping? Brett will teach you basic diving skills including forward, reverse, flips and twists. no problems for beginners. Please bring a short-sleeved shirt. (Brett was involved in high school diving competition and has been an avid diver at KSU.)

INTERMEDIATE KAYAKING WORKSHOPS
T.J. Hittle
Sundays, 9am-1pm First Meeting: Nov 6 Length: 3 times
Location: Will be noted on your receipt
Materials Fee: $2.50, each Sunday, pay at class
These workshops are for those kayakers with some experience who desire to improve their skills. Informal critiques will be provided on rolls and strokes in indoor pools. Boats are available for rent at the pool or you can bring your own. Come as many times as you want and pay $2.50 per Sunday at the class. (Instruction will be provided by members of the Kayak chapter of the Kansas Canoe Association.)

TAI CHI WORKOUT
Tom Graham
Saturdays, 8:15-10:15am, Tuesdays, 7-9pm
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Location: First Meeting: Nov 5 Length: All semester
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 teaching this UFM class for over 3 years.)

WHAT IS KUNG FU?
Yi Fei Tao
One Time: Tuesday, July, Nov 22
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
The Yi Fei style of Kung Fu has traditionally been kept within the family. It stresses internal energy and health as well as self-defense. Internal and external techniques will be demonstrated. (Mr. Tao was the champion of Kung Fu in Peking, China in 1965. One of his goals in life is to share his knowledge of Kung Fu.)

BEGINNING FENCING
Richard Bellis
Wednesdays, 6-8pm First Meeting: Nov 2 Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Length: All semester
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 require it for freshmen in Wichita, Lawrence and Kansas City. (Richard has been fencing for four years.)

VOLLEYBALL FOR FUN (16 AND OVER)
Lois Morales
Tuesdays, Thursdays, 6:30-8:30pm First Meeting: Nov 3 Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Length: All semester
Materials Fee: $1.50, pay at class
Volleyball can provide low-key competition, exercise and a great time for beginners to those advanced. Nets and balls will be furnished. (Lois has played UFM volleyball for years.)


take the plunge: springboard diving for all ages
Brett Balkenhol
Sundays, 10am-12noon First Meeting: Nov 6 Length: 4-5 times
Class Fee: $5.00, pay with registration
Limit: 6
Do you find yourself feeling jealous of those who perform graceful dives, back flips and twists at the oll swimming pool? Wish you could show off at the diving board but afraid of belly flopping? Brett will teach you basic diving skills including forward, reverse, flips and twists. no problems for beginners. Please bring a short-sleeved shirt. (Brett was involved in high school diving competition and has been an avid diver at KSU.)

INTERMEDIATE KAYAKING WORKSHOPS
T.J. Hittle
Sundays, 9am-1pm First Meeting: Nov 6 Length: 3 times
Location: Will be noted on your receipt
Materials Fee: $2.50, each Sunday, pay at class
These workshops are for those kayakers with some experience who desire to improve their skills. Informal critiques will be provided on rolls and strokes in indoor pools. Boats are available for rent at the pool or you can bring your own. Come as many times as you want and pay $2.50 per Sunday at the class. (Instruction will be provided by members of the Kayak chapter of the Kansas Canoe Association.)

TAI CHI WORKOUT
Tom Graham
Saturdays, 8:15-10:15am, Tuesdays, 7-9pm
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Location: First Meeting: Nov 5 Length: All semester
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 teaching this UFM class for over 3 years.)

WHAT IS KUNG FU?
Yi Fei Tao
One Time: Tuesday, July, Nov 22
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
The Yi Fei style of Kung Fu has traditionally been kept within the family. It stresses internal energy and health as well as self-defense. Internal and external techniques will be demonstrated. (Mr. Tao was the champion of Kung Fu in Peking, China in 1965. One of his goals in life is to share his knowledge of Kung Fu.)

BEGINNING FENCING
Richard Bellis
Wednesdays, 6-8pm First Meeting: Nov 2 Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Length: All semester
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 require it for freshmen in Wichita, Lawrence and Kansas City. (Richard has been fencing for four years.)

VOLLEYBALL FOR FUN (16 AND OVER)
Lois Morales
Tuesdays, Thursdays, 6:30-8:30pm First Meeting: Nov 3 Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Length: All semester
Materials Fee: $1.50, pay at class
Volleyball can provide low-key competition, exercise and a great time for beginners to those advanced. Nets and balls will be furnished. (Lois has played UFM volleyball for years.)
Looking Your Best

PROFESSIONAL MANICURE

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

Framer yourself! Here's your chance to achieve the long, beautiful and healthy nails that you've always admired 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 by a professional manicurist, hand care problems, safety precautions and use of equipment. Treat yourself and feel great when you leave! Ideally owns her own fashion and is also a trained manicurist and hair stylist.

HAIR AND MAKE-UP FOR THE '80's

Alicia and Company

One Time, Tuesday, 7-9pm, Nov 8 Location: will be noted on your receipt Class Fee: $3.00, pay with registration Limit: 20

Not sure what hairstyle or makeup technique is right for you? Let us help you make the most of your good looks and have the prettiest this winter. (Alicia is a graduate home economist with 15 years experience in skin care, cosmetics, and color coordination with Lady Timeless cosmetics as a grooming & maintaining woman.)

A PRETTY YOU

Nancy Brown

One Time: Saturday, 10am-12noon, Nov 5 Location: will be noted on your receipt Class Fee: $3.00, (each section) pay with registration

Do you want to learn how to apply makeup to make you look naturally glamorous? Learn makeup and beauty techniques and color coordination to look your prettiest this winter. (Nancy is a graduate home economist with 15 years experience in skin care, cosmetics, and color coordination with Lady Timeless cosmetics as a grooming & maintaining woman.)

WOMEN'S DRESS FOR SUCCESS

Betsie Hansen

One Time: Thursday, 7:30pm, Nov 3 Location: will be noted on your receipt Class Fee: $3.00, pay with registration Materials Fee: $1.00, pay at class Limit: 20

An introduction to the unlimited world of color - how it affects you and those around you. Learn how correct color choices enhance your own natural skin, hair, and eye colors. Learn how to shop for your color, choose wardrobe and color combinations and send the proper messages to those you come in contact with in business as well as in your social life.

MEN'S DRESS FOR SUCCESS: YOUR WINNING IMAGE

Betsie Hansen

One Time: Thursday, 7:30pm, Nov 10 Location: will be noted on your receipt Class Fee: $3.00, pay with registration Materials Fee: $1.00, pay at class Limit: 20

People glance at us and form an instant, even without knowing it, make judgments about our personality, friendliness, profession, mood, competence, intelligence, age, and health. Research has proven that first impressions are important. Dress according to the message you wish to convey. Learn how to select the proper clothing to wear and send the correct message. Wear's an expert in testarative suits, ties, and, your best casual wear. Improve your image with color.

THE POWER OF COLOR

Lin Broccoli

One Time: Monday, 7-10pm, Dec 5 Location: will be noted on your receipt Class Fee: $3.00, pay with registration Materials Fee: $5.00, pay at class Limit: 20

It's incredible how the colors you wear can influence your mood and affect your appearance. Wouldn't it be wonderful if you always knew which colors or combinations of colors to wear to maximize your natural coloring and best features? You'll learn all this with The Power of Color. Each participant will discover her best colors and will receive fabric color swatches to take home. You'll also receive a color code with a personal color analysis. There's no cost with a personal color analysis. (Lin, and the staff of the Hair Experts, who are trained beauty consultants, will team teach this class.)

WEIGHT CONTROL

Kathy Grimendoll

One Time: Monday, 7-9pm. Nov 1 Location: will be noted on your receipt Class Fee: $3.00, pay with registration Limit: 30

There are so many weight-loss programs these days - which one is best? Many people have trouble staying on a program, or keeping lost weight off. In this seminar some of the current popular reducing diets will be evaluated as well as successful strategies in weight control. (Kathy Grimendoll is a registered diettitian and has taught weight control at Kansas State University.)

Page 2

STUFF

CRAZIEST CLOWNS CANDY HOUSES (5 YEARS AND OLDER)

Rebecca Bronson

One Time: Saturday, 9-11am, Dec 3 Location: will be noted on your receipt Class Fee: $3.00, pay with registration Materials Fee: $4.00, pay at class Limit: 5 parent/child pairs

Just as much fun as going to a bread house, but more so to much quicker!

PLAY GROUP

Barb Stork, Kay Ring

One Time: First Meeting: Nov 9 Length: Ongoing

Location: will be noted on your receipt Class Fee: $1.00, pay with registration

This is a chance for children to play with other kids while their moms make new friends and get a chance to visit with other mothers. Play group has been in Manhattan about 8 years. (Barb and Kay have both been involved in play group for several years.)

CHRISTMAS COOKIE DECORATING

Rebecca

One Time: Saturday, Dec 3, 6-7pm, Dec 3 Location: will be noted on your receipt Class Fee: $3.00, pay with registration

Location: will be noted on your receipt Class Fee: $1.00, pay with registration

Place for kids to decorate cookies to send cards at Christmas.

CHILDREN CELEBRATE WITH CRAFTS

Noeleen Gregory

One Time: Sunday, Nov 3, 4-7:30pm Length: 6 times

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

Bring homemade handicrafts to anticipate the coming shorter days and cold weather. To honor these pioneers, the Living Learning School will teach hand dipped candle making and making pinecone bird feeders for 4-6 year olds. These will become super Christmas presents, too. Parents welcome. (Noeleen is the new head teacher of the Living Learning School, an alternative elementary school in Manhattan.)

PLAY WITH CLAY (6-8 years old)

Ginger Swan

One Time: Thursdays, 9am-11am, Nov 12 Length: 8 times

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

Have fun making clay boxes, figures, animal sculptures and clay wind chimes. We will experiment with rubber stamps and see some colored feathers. Sign up with a friend and we'll play in the clay! (Ginger has taught kindergarten and is very involved with the UPM Pottery Studio.)

TINY TOT SWIMMING (18 MONTHS TO 3 YEARS OLD)

Barb Stork

One Time: Thursdays, 11am-12noon, Nov 5, 12 Location: will be noted on your receipt Class Fee: $3.00, per parent-child pair/section Limit: 12

This class will deal with methods of teaching the very young child the basics of swimming and personal water safety, for example, back floating and survival floating. Emphasis will be placed on parent-child relating and enjoying the water. Activities will include blowing bubbles, going under, dipping, floating, jumping, floating and others, important tips and do's and don'ts will be covered. A parent must accompany each child. Ages: 18 months to 3 years.

HUMAN ANATOMY FOR YOUNGSTERS

Lynn Schanker

One Time: Sunday, 1-2pm, Oct 29 Location: will be noted on your receipt Class Fee: $3.00, pay with registration Limit: 10

Does your child have questions about how their breathing, digestion, blood or eyewits looks? Lynn will expalain where the major organs are located and why and how they function. Participants will have an opportunity to see the heart, lungs, kidneys, brain, eyes and bones. Parents are welcome too. (Lynn, a human body herself, is a biology instructor.)

WEIGHT CONTROL

Kathy Grimendoll

One Time: Monday, 7-9pm, Nov 1 Location: will be noted on your receipt Class Fee: $3.00, pay with registration Limit: 30

There are so many weight-loss programs these days -- which one is best? Many people have trouble staying on a program, or keeping lost weight off. In this seminar some of the current popular reducing diets will be evaluated as well as successful strategies in weight control. (Kathy Grimendoll is a registered dietitian and has taught weight control at Kansas State University.)
Gingerbread Houses

Rebecca Brumman
One Time: Friday, 7-9pm, Nov 10
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 15
Building a gingerbread house is not a difficult project once you’ve seen one constructed. This will be your chance to do just that and get to see the results and patterns. Make this the year you add a gingerbread house to your holiday decorations. (Rebecca enjoys creating and demolishing this sort of house.)

A Cheesecake Event

Jan Keller
One Time: Thursday, Nov 17, 7-7pm
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
So thoughts of cheese dance through your head as the holiday season approaches? Join us and discover the wonderful world of cheese. The origins of a wide variety of cheeses will be discussed. We will see how cheese makes us feel and what ideas on serving. (Jan is a I.O.O.F. retail Manager in manyo.)

Omelets

Kathleen Seacat
One Time: Monday, 6-8pm, Dec 5
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 12
Omelets are simple and fast. Many people don’t realize what a wonderful omelet an omlet is for all those holiday leftovers. Serve them for a brunch or supper. You’ll get to see an omlet and sample an omlet. (We’ve heard that Kathleen knows over 100 fillings for omelets.)

Bread Sculpture

Ellie Rose
One Time: Sunday, 12:30-4:30pm, Nov 13
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 8
We will make whole-grain bread using recipes and methods outlined in Ann Wideman’s excellent book, *Bread Sculpture*. The purpose is to create not lasting ornaments but edible works of art with both symbolic and nutritious values. Bring any of the following that you have: cookie sheets, foil, pastry brushes, garlic or lemon press, kitchen shears, pie edge protector, mixing bowls, seeds,-lemons, vinegar, sugar, flour, peanut butter, cookie cutters, making and eating natural foods and enhancing colorizations with symbols.

Candy Making: Extravagant

Julie and Marian
One Time: Tuesday, 7-9:30pm, Nov 29
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 8
Make your own gifts of candy for those special friends and family this holiday season. From divinity to fudge, peanut brittle, fudge and peanut butter cups – this class will be a great chance to get some ideas on holiday candy making that you can use too. (Marian and Julie are candy eating and candymaking connoisseurs.)

Christmas Cookie Exchange

Rebecca
One Time: Monday, 7-9pm, Dec 12
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 10
Bring 6 dozen cookies and a copy of your recipe. Take home 6 dozen assorted cookies. The extra dozen we’ll taste while our recipes are being photocopied. What an easy way to have assorted cookie plates for the holidays without spending days in the kitchen!

Napkin Folding

Rebecca Brozmon
One Time: Thursday, 7-8:30pm, Nov 3
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 12
Add a special touch to your holiday dinners. Post restaurants use them - so can you. Napkin folds to be included are fan, candle, bishop cap, buffet. You will receive an instruction sheet so you can duplicate the results at home.

ABC’s of Cooking EZ Class

Chlorence Helling
One Time: Saturday, 9-10am, Dec 10
Location: Will be noted on your receipt
Limit: 40
Everyday tasks become difficult if you have arthritis. Learn how to cook with the least amount of stress on those achy arthritic joints by giving steps and energy in the kitchen. Presenters include: Kayman Hefley, Ripley County Extension Home Economist; Mary Higgins, Dietician at St. Mary’s Hospital; Betty Love, Occupational Therapist; Transportation available. This class is sponsored by the Ripley County Arthritis Committee.

Traditional Memorable Holiday Treats

Myra Bartel, Jean Krehn Nickel
One Time: Thursday, 7:30pm, Dec 6
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 10
Enjoy the traditional holiday treats of the Memontites this Christmas/New Year season. This class will prepare the raisin fritter New Year’s Eve special, and the every-favorite peppernuts. Then, enjoy the fritters of their labor - both were big hits at the recent Kansas Folk Life Festival. Learn to make them now, in the traditional way. (Jean & Myra have prepared these treats for their families.)

RECADC-Riley County Council on Alcoholism and Drug Education, Inc.

October 24, 1985 will be "An Evening for Parents, Students, and Interested Others." The Riley County Council on Alcoholism and Drug Education, Inc. (RECADC) is sponsoring an evening with speakers from various groups on drunk driving. Included in the speakers will be Mr. Dugger from Mothers Against Drunk Drivers; Kathy Kroll from Students Against Drunk Drivers; Bridget Hayes from Remove Intoxicated Drivers; Darrell Harr from Unpeired Driver Alert; and Pat Caffey, attorney with Littrell & Caffey legal services.

The meeting will be held on October 24, 1985 at 7:30am at the Manhattan High School Little Theatre, Westwood & Sunset. For more information, contact Linda Daugherty at RECADC office, 404 Humpal, Suite C, Manhattan, Kansas 66502; Phone (913) 539-7040 weekdays mornings.

CALL-A-RIDE

When the party is over, don’t drink and drive. CALL-A-RIDE at 537-2900 by calling this number and asking for CALL-A-RIDE, you can ride home safely - and FREE! - on any night in the Manhattan city limits between 5am and 7am on New Year’s Eve and New Year’s Day.

This service is provided by the Riley County Council on Alcoholism and Drug Education, Inc. (RECADC) and is sponsored by Bell Taxi Transport, Inc.

**RECADC is funded by the City of Manhattan Special Alcohol Program Funds.**

HOLIDAY CHEER! HOLD THE NOSE; A PARTY PLANNING EXPERIENCE

Elaine Spencer Carver
One Time: Friday, 7:30-9:30pm, Dec 2
Location: Will be noted on your receipt
Class Fee: $2.00, pay at class
Limit: 10
Come join the fun as we sample and experiment with non-alcoholic beverages made, from fruits, beer and ice cream. In addition, this year we will discuss ways to plan a party that will help your guests enjoy themselves and still feel good next morning! Plus, the non-Alcoholic \*beverage recipe book provided. (Elaine is the Director, Alcohol and Other Drug Education Services at Kansas State University.)

Groups and Gatherings

Epilepsy Support Group

Cindy Culver Burke, Gretchen Holden
Thursdays, First Meeting: Nov 10
Length: Ongoing (You will be contacted to join)
Location: Instructor will contact you
An informal group for individuals who are epileptic or anyone concerned about someone with epilepsy. Group contact is ongoing.

S.L.R.C., PRE-TAISHHANKING PATLUCK PARTY

One Time: Saturday, 6:30pm, Nov 19
Get come acquainted at an informal potluck! S.L.R.C. is a group of men (no women) who meet from both sides of the border to exchange communication and support among members of the gay community. S.L.R.C. meets Mondays at 7:00. Leave message at 537-8283 or write P.O. Box 282.

WARRIORS: A WOMAN’S COFFEEHOUSE

Sue McGee
One Time: Saturday, 9-12pm, Dec 3
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
This event is for women to share music, poetry and art. It is also a chance for women to meet each other, socialize and learn what’s happening in the women’s community in Manhattan. (Sue is assistant director of the Women’s Resource Center.)

Living Learning School

One Time: Monday, 7-8:30pm, Dec 19
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Join us as we and our families carol the neighborhood. After an hour of handing out in the (I) snow, we’ll return to UMP for some warming refreshments.

Living School is a private non-profit elementary school, which is open to all children, 1033 Douglas. Individualized curricula ages 4-up. Contact Norleen Gregory, 776-7300.

Christmas Caroling

Lynn Staff
One Time: Monday, 7-8:30pm, Dec 19
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
Join us as we and our families carol the neighborhood. After an hour of handing out in the (I) snow, we’ll return to UMP for some warming refreshments.
WEAVING' GUILD

Susan Lala
First Tuesday of each month, 7-30pm
First Meeting: Nov 1
Location: Members homes (call Susan)
Class Fee: $33.00
pay with registration
Materials Fee: $3.00, pay at class

Basket Weaving is a local organization of active weavers, spinners, and dyers. They gather every month on the first Tuesday to learn new techniques and share projects. (Weaving’N Gurl' was formed 10 years ago by a UPM group and it’s been alive and growing every since.)

OFF LOOM WEAVING

Susan Lala
One Time: Wednesday 7-9pm, Nov 2
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 10

We will combine yarn, beads, feathers, and fur on bamboo rings. This form of off loom weaving is quick and fun. Learn and have plenty of time to make more for Christmas gifts. (Susan has enjoyed weaving for many years and likes to help others learn.)

SHAPING, DYESING, WEAVING, CROCHETING, TOOTH BRUSH HANDLING

Cindy Bowers
Fridays, 7-9pm, Nov 4 & 11 (2 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 12

In the first class we will learn to make different kinds of rugs from a variety of worn and discarded material. Bring examples and any instructions you might like to share. In the second class, bringing materials needed to work on the kind of rug you wish to learn. (An interest in rugweaving has led Fred to learn many ways to create rugs from rags.)

TATTED SNOWFLAKE ORNAMENTS: THE BASICS OF LACE MAKING

Coni Jo Bates
Section 1: Tuesdays, 1:30-3:30pm, Nov 29, Dec 6
Location: Will be noted on your receipt
Class Fee: $33.00, pay with registration
Limit: 6
Section Materials Fee: $2.00, pay at class
Limit: 6 each section

This ancient art of lace making was called Friolite in France but when English women took it up their husbands rebelled in their enging in Friolite all day so it was renamed tatting. Today tatting often starts on small projects such as medallions and snowflakes which make beautiful gifts and tree decorations. Come learn the magic you can do with a piece of string. (Coni learned this art from her 9-year-old Effie Edwards who taught the first UPM tatting class. She has been teaching for 6 years.)

BEGINNING CROCHET

Cindy Bowers
Tuesdays and Thursdays 7-9pm, Nov 8, 10, 15, 17 (4 times)
Location: Will be noted on your receipt
Class Fee: $33.00, pay with registration
Limit: 10

Stumped for ideas for Christmas gifts? Why not crochet them! This craft is not difficult to learn and many beautiful items can be made. Cindy will cover the basic stitches and try to clarify pattern instructions. Please bring a size 6 crochet hook and knitting worsted weight yarn to the first class. (Cindy is a K-State graduate in art education, and has crocheted a wide variety of things.)

STAINED GLASS

Tom Riley
One Time: Wednesday: 7-10pm, Nov 2
Location: Will be noted on your receipt
Class Fee: $33.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 15

Tom will demonstrate the construction of a leaded stained glass panel from designing and leading and soldering, we'll go over the tools and supplies needed and where you can get them. After demonstration you'll have a chance to practice cutting glass, so bring a glass cutter if you have one. (Tom has been a popular class several times and with winter coming that's a great inside activity.)

HOLIDAY CANDLEMAKING

Neil Schanker
Thursday, 7:30-9:30pm, Dec 1
Location: Will be noted on your receipt
Class Fee: $33.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 15

Make candles for gifts this holiday season! They're inexpensive, and fun and they allow lots of creativity. After we discuss candle types, waxes, wick, tools, we'll go through the steps, everyone can make a personalized candle to take home. (Neil enjoys making candles on long winter nights.)

ORIGAMI: JAPANESE PAPER FOLDING

Georgia Rome
One Time: You will be notified for day, time and date
Location: Will be noted on your receipt
Class Fee: $0.00, pay with registration
Materials Fee: 50c, pay at class
Limit: 8

Origami is the Japanese art of folding colored paper into animals and objects. It is a very ancient craft passed down traditionally to younger children to increase their creativity and imagination. Come and learn this fun and useful Oriental skill for yourself. (Georgia has taught this class before and has been interested in all arts since she was very young.)

WEAVING

Susan Lala
One Time: Monday, 1:30-3:00pm, Nov 7
Location: Will be noted on your receipt
Class Fee: $33.00, pay with registration
Materials Fee: $3.00, pay at class

Bring a little of the Kansas great outdoors into your home in the form of a basket you made yourself. Judy will demonstrate and instruct preparation and use of native grasses, reeds, pine stems, dried iris leaves and other materials in basketmaking. Useful, useful and decorative baskets from natural, readily available places of the local environment. Bring a yard needle, scissors, a pocket knife, ball of twine (strong and flexible) in a color compatible with natural materials. (Judy is an assistant professor of art at K-State.)

SOFT SCULPTURE

Jan Zelch
One Time: Monday, 1:30-3:00pm, Nov 7
Location: Will be noted on your receipt
Class Fee: $33.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 10

This is a fun class where we will make cute little faces and paws from your own yellow. Different characters and personalities emerge from these materials. Soft sculpture is a popular class with young and old alike. (Jan is one of the owners of Sunflower Sampler and has been teaching this class there also.)

QUILTED HOOP

Nancy Delpier
Section 1: Tuesday, Nov 25, 1:30-3:30pm
Section 2: Thursday, Nov 27, 7-9pm
Location: Will be noted on your receipt
Class Fee: $33.00, pay with registration
Materials Fee: $4.00, pay at class
Limit: 8 per section

Quilting is fun, relaxing, and produces beautiful objects or wall decoration. It is a perfect activity for a cold winter day. In this class, we will learn the basic steps needed to quilt and will complete a design to fit a 12" hoop with lace around it. Patterns will be provided, as will the creational feathered circle. (Nancy is one of the owners of the Sunflower Sampler and has been teaching local quilt guilds, and has completed many quilt projects.)

FIBRIL PUNCHING

Nancy Delpier
One Time: Wednesday, Nov 16, 1:30-3:30pm
Location: Will be noted on your receipt
Class Fee: $33.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 8 per section

Learn the very old art of punch needle, which is often seen on rite places, Mexican ornaments, or lanterns but has many other uses as well. Tin punching is not difficult and also makes an unusual holiday decoration or gift idea. We will make a small project on copper or aluminum. (All materials will be provided.)

SOFT ORNAMENTS

Susan Kaylor
November 30
Location: Will be noted on your receipt
Class Fee: $33.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 8

Be creative and make your own ornaments for your Christmas tree. You will be shown how to prepare the dough and shape the ornaments in the first class, and you will paint the baked piece in the second class. Bring your own paint brushes to class, a #0 fine detail brush, and a #4 small flat brush for painting with oil. (Susan is one of the owners of Sunflower Sampler and has taught this class many times. She's been making dough ornaments for 8 years.)

UPM WINTER CRAFT FAIR

UPM Staff
UPM, Monday, 1:30-5:30pm, Dec 13
Location: UPM, 4th floor

Sell your handmade goods at the UPM Winter Crafts Festival! Participate in a festive atmosphere of pre-Christmas excitement. Please sign up - include your address and you will be sent a registration form with the necessary formation as to time and area assignment for the sale. It will be held the second weekend of December.
STENCILLING
Susan Kaylaer
One Time: Monday, 1:30-3:30pm, Nov 21
Location: WILL be noted on your receipt
Class Fee: $2.25, pay with registration
Materials Fee: $0.00, pay at class
Limit: 8

The traditional decorative art of stencilling is both fun and easy to do. Don't buy those expensive stencils! We will be making our own using paper, pillows, clothing, and wall borders. And learn how everyday items such as flowerpots, tile, tablecloths, and curtains become distinctive objects. No expensive stencils when stencilled. (We'll be using the new oil paint sticks which have been so popular.)

WHEAT WEAVING
Jan Selin
One Time: Thursday, 1:30-5:30pm, Nov 17
Location: Will be noted on your receipt
Class Fee: $2.25, pay with registration
Materials Fee: $0.00, pay at class
Limit: 10

Wheat weaving is a popular Kansas craft. We will make small Christmas ornaments to hang on your tree. Items such as round plates, Christmas candle and small house blessing will be included. (Jan has been wheat weaving for 4-1/2 years.)

GROUP PIANO
Jeri Ratchel
One Time: Thursday, 1:30-5:30pm, Nov 17
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $0.00, pay at class
Limit: 4

Students will learn basic techniques and theory, with an emphasis on sight reading and accuracy. No previous musical experience is necessary, but students need access to a practice piano. Suggested minimum age: 10. (Jeri has taught music privately for 2 years.)

UP MOTT POTTERY CLASS-OP
Vera Mullaly
Monday, 7-9pm, Nov 7, Mandatory organization meeting
Location: UP Mott Studio
Membership in studio: $2.00, 2 weeks
4-8 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 coop member you will have access to the studio for your hours. A 12 week minimum is required. No equipment will be provided. Students are responsible for their own clay and glazes. HP has already purchased a specialized slip roller (for use in sculptural building) and electric wheels to augment its studio equipment. (Vera is the pottery studio coordinator for UP.)

CLASSY CLAY ORNAMENTS
Amy Jo Gatchek
Thursday, 7-9pm, Nov 10, 17 (3 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 8

In an atmosphere of fun and holiday spirit, we will construct decorative ornaments using various pottery clay, textural additions, colored slips, and different media of construction. You may make some of our suggested projects or choose some of your own with technical and artistic assistance from Amy Jo. These finished ornaments will be air dry on your tree or give as an unusual gift to a special friend. (Amy Jo enjoys the unlimited possibilities when working with clay and is anxious to help you discover these, too.)

WOODWORKING 1-OP
Alan Edgar
Monday, 7-9pm, Nov 7, 14, 21 (3 times)
Membership Fee: $25.00, 4 mos
Pay with registration

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

WOODCARVING WORKSHOP
Glen Locka, Wilbur Coffee
Thursdays, 7-9pm, Nov 3, 10, 17 (3 times)
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Limit: 15

The workshop is designed for the novice/advanced level woodcarver. Bring any carving tools you might have. (Some knives will be available from the instructor.) Bring any knot-free wood, 1" or 2" thick, such as white pine, sugar pine, Linden/Basswood, walnut or cedar. (Some wood will be available.) Both flat and three-dimensional carving will be illustrated and discussed. Some time will also be spent on making and using a carving knife.

Ukrainian Folk Decoration
Elaine Cole Dillingham
One Time: Saturday, 1-4:30pm, Nov 19
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 25

Make beautiful Christmas gifts and tree ornaments! Ukrainian eggs are a酚fa and can be done in oil paints. A wide variety of colors are used in chicken eggs using a water-resistant process. Then a slide show about the traditions and symbolism behind Ukrainian Christmas egg making will follow. You will then make your own Ukrainian egg. You'll also learn the easiest way to blow eggs and the most convenient way to attach various decorations, such as a candle, colored pencil, two eggs at room temperature, and 500 per person materials fee.

(Elaine learned how to make Ukrainian eggs in Minnesota in 1975 and has enjoyed teaching this class for the past 5 years at UPK.)

CALLIGRAPHY: THE BASICS
Janice Hooks
Tuesdays, 7-9pm First Meeting: Nov 8 Length: 4 times
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Materials Fee: $2.50, pay at class
Limit: 15

In this class you'll be introduced to the basics of calligraphy and its use for the holiday season. We will learn the Chancery "Italic" alphabet using a broad-edged, dip pen and personalized stationary will be made. Materials fee includes all necessary supplies (ink, holder, paper, pen ink, and guide sheets). (Janice is a free lance calligrapher.)

Sawdust and Shavings Auction
Woodshop-OP
Tuesday, 7-9pm, Nov 8, 15, 22, 29 (4 times)
Membership Fee: $25.00, 4 mos
Pay with registration

The three beginner level wood working classes are free. A work night will be held on the first Tuesday of each month. (The classes will end before the Fall 1989 catalog is published.)

UP MOTT POTTERY CO-OP
Vera Mullaly
Monday, 7-9pm, Nov 7, Mandatory organization meeting
Location: UP Mott Studio
Membership in studio: $2.00, 2 weeks
4-8 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 coop member you will have access to the studio for your hours a week. 12+ pounds of clay plus all the recycled clay you produce, kiln space, and glasses. UP has already purchased a specialized slip roller (for use in sculptural building) and electric wheels to augment its studio equipment. (Vera is the pottery studio coordinator for UP.)

CLASSY CLAY ORNAMENTS
Amy Jo Gatchek
Thursday, 7-9pm, Nov 10, 17 (3 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 8

In an atmosphere of fun and holiday spirit, we will construct decorative ornaments using various pottery clay, textural additions, colored slips, and different media of construction. You may make some of our suggested projects or choose some of your own with technical and artistic assistance from Amy Jo. These finished ornaments will be air dry on your tree or give as an unusual gift to a special friend. (Amy Jo enjoys the unlimited possibilities when working with clay and is anxious to help you discover these, too.)

WEDNESDAY Images and Memory
SKY IT WITH PICTURES: INTRODUCTION TO PHOTOGRAPHY
Denis Hancock
One Time: Wednesday, 7-10pm, Nov 30
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limit: 15

Are your holiday photos of family and friends fuzzy? Do they turn out with a blue tint or with a glow of green? Do you have a super camera but can quite turn out super photos? Surprise yourself and others this year with your camera know how by taking this basic class in photography. You'll learn how your camera works, how to handle it, how to use existing light, and how to compose interesting pictures. (Denis is a biologist and a photographer who has taught beginning photography to students in Sterling and Tampico, Kansas.)

UPM PHOTOGRAPHY DARKROOM COOPERATIVE (BLACK & WHITE & COLOR)
Neil Schanker
Organizational Meeting: Monday, 5-8:30pm, Nov 7 (or by individual appointment)
Located just one block east of campus in the UP House, the UPM darkroom is available to anyone who needs access to a well-equipped facility. Equipment is capable of handling up to 11x14 prints and duplicate negatives as well as 35mm. The fee includes everything but paper. For those who need instruction in darkroom techniques, UPM is offering a course "Beginning Darkroom" where you can have your questions answered.

Black & White Only:
Fees: $8.00, new members $12.00, old members $15.00
1 semester, 28 weeks 2 semesters, 16 weeks 3 semesters, 12 weeks 4 semesters, 8 weeks
reductions pay with registration

You must provide your own chemicals if you wish to use our new color equipment.

Black & White and Color:
Fees: $8.00, new members $12.00, old members $15.00
1 semester, 28 weeks 2 semesters, 16 weeks 3 semesters, 12 weeks 4 semesters, 8 weeks
reductions pay with registration

The color equipment enables you to develop film or slides and to make prints from negatives or from slides (Cibachrome). There is no additional paper charge, although those who wish to do color prints are encouraged. Those who do not wish to purchase a membership, space is available at the rate of $2.00/hr. (Neil is coordinator of the UPM darkroom.)
MAKING LIFE EASIER

INTRODUCTION TO COMPUTERS

Mark A. Garnen, John Radenberg

One Time: Saturday, 2-6pm, Nov 12
Location: Will be noted on your receipt
Class Fee: $25.00, pay with registration

Computers are becoming a part of our daily lives. Let us help you better understand the magic and potential of the computer. A class planned with those with little knowledge of computers in mind. (Mark owns Computype, John is a freelance software developer.)

SUCCESSFUL MONEY MANAGEMENT

Fred Freedy

Section 1: Monday, 7-9:30pm, Nov 14 (One time each session)
Section 2: Monday, 7-9:30pm, Nov 21
Location: K-State Union
Class Fee: $25.00, pay with registration

People do not get rich having money, but by managing the money they make. This class will take you up the steps to financial security. Plain everyday language and student level aids help assure a better understanding of what could be highly technical information. NOTE: Each section meets only once. Couples are encouraged to participate together. (Fred is division manager for Waddell and Reed, a national financial service organization specializing in financial planning.)

STRESS MANAGEMENT

Michael Wehrenberg, PhD

Monday and Wednesday, 7-8:30pm, Nov 14 and 16 (2 times)
Location: Will be noted on your receipt
Class Fee: $35.00, pay with registration

Limit: 10

This class is for adults who are interested in learning effective methods of controlling stress in their day-to-day lives. (Michael is an Adult Educator and Certified Reality Therapist. He has co-led two seminars dealing with stress related to cancer.)

DISCIPLINE WITH LOVE, SETTING LIMITS

Michael Wehrenberg, PhD

Monday and Wednesday, 7-8:30pm, Nov 7 and 9 (2 times)
Location: Will be noted on your receipt
Class Fee: $35.00, pay with registration

Limit: 10

This class is primarily for parents of children who are preschool - 6th grade. The class is geared toward parents of children of this age, and learn a practical method of setting limits while continuing to express your love and support for your child. Single parents are also welcome to attend.
ATTACTING WILD BIRDS TO YOUR BACKYARD
Ed Perleman
MF-23
537-4385
One Time: Saturday, 10am, Nov 5
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
How to attract those cardinals, chickadees, nuthatches and woodpeckers to your backyard. To accomplish this, you must be wise in what foods to offer and how to present them. Ed will discuss pros and cons of different bird foods, how to purchase quality seeds and how different feeders attract different kinds of birds. We’ll also talk about the importance of water, cover and what to do about unwanted visitors (squirrels, etc.). Samples of food and feeders will be on hand. Ed will also show you how to make some inexpensive feeders. (Ed is employed by the National Audubon Society and has been feeding birds for years.)

WINTER FEED BASKETS
MF-15
Paul Miller, Spencer Town, 811 Pursley
537-8794
537-8265
537-1297
Tuesdays & Thursdays, 7:30am, Nov 15 & 17 (2 times)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limits: 25
If your previous duck and goose hunting experience is limited or if you have wondered why some waterfowl hunters are usually successful and others not, this is class for you. Waterfowl identification, migration patterns and equipment ( decoys, calls, gun, etc.) will be discussed. Paul, Spencer and Bill have hunted in the Manhattan area long enough to know what works and what doesn’t. Although they won’t give away their favorite places, they will thoroughly cover the basics. Don’t miss this class by three experts: Paul is a serious goose hunter. Spencer and Bill have been hunting ducks a long time.

HEALTH, CARE, AND TRAINING YOUR HUNTING DOGS
Dr. Marvin Samuelson, D.V.M., "Swannie" Swanston
MF-17
One Time: Sunday, 8am, Nov 6
Location: Site will be noted on your receipt
Class Fee: $3.00, pay with registration
Learn the old saying that most folks ruin their first bird dog, because they don’t know how to train it. Swannie will cover breaking and conditioning of bird dogs and will pass out a free booklet on the subject. Swannie, who has spent the winter in the country who appreciates a good bird dog any more than I do, or who can’t stand a postericker. He’ll talk about dog handling, care, health and medical aspects of hunting dogs. He will answer questions on general hunting care. Marvin is an associate professor in surgery and medicine at Kansas State’s veterinary college and Swannie has hunted with bird dogs for over 40 years.

BASIC DOG AND CAT CARE AND GROOMING
Gerald Carstens
776-9686
One Time: Saturday, 1-3pm, Dec 17
Location: Site 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 Gerald can prepare demonstrations and illustrations. This is a great class for children and parents. Gerald has worked at Somers for eight years. She is a lifetime national dog groomers association member and will soon be a master groomer.

EDIBLE PLANT MATERIALS BUYING CLUB
Mark Healy
537-5193
One Time: You will be contacted for Day, Time, Date and Location
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 grower’s nursery for seeing and saving. Come to the class on what plant varieties are available and which might be best for you. This grower was offered last season providing over 100 fruit and vegetable plants. This is the last chance to place your order. (Mark plans to plant fruit trees and strawberries around his house.)

THE PROPAGATION & CARE OF INDOOR PLANTS
Mary Priest
537-7213
Tuesdays, 7-9pm First Meeting: Nov 1 (4 times) (no class Nov 22)
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $1.00, pay at class
Limits: 15
For healthier, happier houseplants, the care and maintenance of indoor plants will be discussed. Included will be lighting, soil, watering and fertilizing requirements. Subsequent classes will focus on insects and diseases, their identification and control. Also, specialty plants such as African violets, orchids, etc., will be covered. At least one class will be devoted to propagation or the rooting of indoor plants in which the class participants will propagate. (Mary is a graduate student in Ornamental Horticulture. She is presently a graduate student in Ornamental Horticulture at KSU.)

HUMAN ANIMAL INTERACTION
MF-19
Monty Hinson
822-3050
Saturday, 8:30am, Oct 29
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Join us for a safe and natural celebration of Halloween. On this trip we will endeavor to seek out and "talk" to a group of nocturnal birds - the owls. Past affiliation with Monty has provided opportunities with Great Horned, Barred and Snakeroot Owls. Coyotes will also be present, families of which will find this habitat to be quite tame. The nocturnal owl will be accompanied by an adult. The trip is not recommended for small children who cannot remain quiet. -a slide show of birds of prey over 20 species will "talk" to the owls. (Monty oftenpromisesthroweqs, even when not Halloween.)

TAXIDERMY: FROM FIELD TO TAXIDERMIST
MF-16
Terry Callender
456-7924
One Time: Thursday, 7:30-9:30pm, Nov 10
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Terry will cover field care of birds, fish, small mammals, big game, and explain how to best prepare animals for the taxidermist. He'll give a slide presentation on all phases of taxidermy (birds, fish, small mammals, and big game) and will cover care of your trophy at home, bringing your questions about taxidermy to this class. (Terry has been a professional taxidermist for 14 years and is presently on the Board of Directors for the Kansas Taxidermist Association.)

CHRISTMAS BIRD COUNT
MF-32
John Zimmerman (1), Bob Lashelle (1)
532-6659
238-2087
You will be contacted for Day, Time, Date and Location after registration Join the National Audubon Society in counting birds this December. Join other birdwatchers in identifying and counting woodpeckers, ducks, hawks and bluebirds. Many bird species are usually seen in the Manhattan area and there's always the chance of seeing a rare perch for only bold souls. Beginners are welcome. (John has led the Manhattan bird count for years. Bob has organized the Junction City bird count for years also.)

ANIMALS...Mineral resources...Vegetables...

FOSSIL FINDING FUN: 500 MILLION YEARS AT OUR FEET
Kay Mooreman
MF-26
Wednesday, 7:30-9pm, Nov 16 - meeting Saturday, 9am-1pm, Nov 19 - field trip
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Come visit the shores of ancient seas! That’s right Kansas was once covered with shallow, prehistoric seas aboundng in prehistoric life! At the meeting, Kay will show fossil specimens, discuss fossil formation and divulge local fossil locations. The field trip will take us to those very places, rich in fossiliferous crinoids, shellfish (brachiopods), sea- lice and sea worms. This is the monthly meeting of the Northern Flint Hills Audubon Chapter. (For several years, Kay has been taking her high school Earth Science students on fossil finding trips.)

SO YOU WANT TO VISIT MAMA?
Charles P. Walters
532-6724
One Time: Monday, 7:30-9:30pm, Nov 27
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limits: 25
Have you ever wondered what to do with your garden after the harvest? We will show you how to replant, till and till over the winter, and get an earlier start in the spring. Demonstrations will include composting, growing cover crops and other ways to improve your topsoil. (Aaron has co-ordinated the Manhattan Community Gardens this past season. He has five years of gardening experience.)

HERBS AND HERBALISM
MF-24
Michael T. Gallagher, Katherine Cox-Gallagher
537-3677
Wednesdays, 7-9pm First Meeting: Nov 9 Length: 5 times
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $7.00, pay at class
Limits: 20
Does ginseng seal help digestion? Is rosemary a good hair conditioner? Can ginseng root help you? Discover how to grow your own herbs. Learn how to prepare herbal baths, potpourris, infusions and household cleaners. Find out about herbal healing. The history of herbal healing in our holiday season. Hear the ancient history of mistletoe: misty herb of the Druids. Michael and Katherine will present an overview of what you can do with herbs. The herb book by John Lust and many herb web sites will be yours to take home. (Michael is a self-taught herbalist and is finishing a book dealing with the various uses of herbs. Both are part owners of Oswego Herb Co. in downtown Manhattan.)

WHAT TO DO WHEN YOUR GARDENS THROUGH
Aaron Spiksa
532-8885
One Time: Saturday, 9-11am, Oct 29
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
Limits: 25
Have you ever wondered what to do with your garden after the harvest? We will show you how to replant, till and till over the winter, and get an earlier start in the spring. Demonstrations will include composting, growing cover crops and other ways to improve your topsoil. (Aaron has co-ordinated the Manhattan Community Gardens this past season. He has five years of gardening experience.)

HERBS AND HERBALISM
Mail-In Registration Form

ONE PERSON PER FORM • Priority Mail-In Registration Period, Oct 17-29

(LATE REGISTRATIONS ACCEPTED ON SPACE-AVAILABLE BASIS)

PLEASE PRINT

Name
Address
City
State
Zip
Home Phone
Work Phone
SURVEY—Please check all that apply.

1. I am:

☐ KSU Student (_____ credit hours this semester)
☐ Student Spouse
☐ KSU Faculty/Staff
☒ Towson Resident (non-KSU)
☐ Faculty/Staff Spouse
☐ Rural Riley County
☐ Public School Age
☐ Handicapped
☐ Senior Citizen
☐ Other

Check here if you require class to meet in handicapped accessible space

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

I am interested in teaching for UFM

I would like to see offered next term:

UFM—S22-5866

Priority Mail-In Registration Period, Oct 17-29

Weeks:
Monday, October 17    UFM House    5-7pm
Tuesday, October 18    Public Library    11am-2pm, 5-7pm
Thursday, October 20    KSU Union    1-6pm
Tuesday, October 25    KSU Union    9am-2pm
Wednesday, October 26    KSU Union    9am-2pm
Thursday, October 27    Public Library    11am-2pm, 5-7pm
Saturday, October 29    Wal-Mart    10am-11am

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 on the catalog. Material fee, if listed, is paid at class. Add the registration fee as it applies (see costs). Mail your form(s) with your check to University of Man;

University of Man, 1221 Thurston
Manhattan, KS 66506

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

COSTS:

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

Those teaching or doing volunteer work receive fee discounts.

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

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

in the brochure when a fee is listed, this is the "class fee" and is paid at registration. When a materials fee is also listed, pay it to the instructor at the first class session.

SPECIAL CHILDREN'S DISCOUNT FOR FAMILY PARTICIPATION:

If you are under 13 and are enrolling in a class that your parents are enrolling in, pay no registration fee and half the class fee. If you are enrolling in classes that your parents are not in, pay no enrollment fee.

UFM REFUND POLICY:

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

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

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

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

DISCOUNTS FOR VOLUNTEERS:

You may work for UFM in exchange for registration discounts. Arrangements will be made on an individual basis. Call UFM at 532-5866.

UFM TEACHER CREDIT:

All current UFM teachers are entitled to fee reductions when enrolling in UFM classes in either this catalogue or in the future. UFM teacher credit can be saved up, but cannot be redeposited for cash or transferred to others. UFM teacher credit will be mailed to our current instructors. This is one way for us to say "thank you" for being a part of UFM.

RECEIPTS:

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

CLASS LOCATIONS:

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

PLEASE PRINT

Name
Address
City
State
Zip
Home Phone
Work Phone
SURVEY—Please check all that apply.

1. I am:

☐ KSU Student (_____ credit hours this semester)
☐ Student Spouse
☐ KSU Faculty/Staff
☒ Towson Resident (non-KSU)
☐ Faculty/Staff Spouse
☐ Rural Riley County
☐ Public School Age
☐ Handicapped
☐ Senior Citizen
☐ Other

Check here if you require class to meet in handicapped accessible space

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

I am interested in teaching for UFM

I would like to see offered next term:

UFM—S22-5866

Please indicate where you obtained catalog:

IMPORTANT: Please read the refund policies:

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

UFM—S22-5866

Please indicate where you obtained catalog:

IMPORTANT: Please read the refund policies:

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

UFM—S22-5866

Please indicate where you obtained catalog:

IMPORTANT: Please read the refund policies:

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

UFM—S22-5866

Please indicate where you obtained catalog:

IMPORTANT: Please read the refund policies:

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

UFM—S22-5866

Please indicate where you obtained catalog:

IMPORTANT: Please read the refund policies:

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