what is ufm?

UFM is a private, non-profit community learning network linking resources with needs, volunteers and programs with creative solutions with community problems. Over 15,000 participants enroll annually in more than 1,000 courses. Specific programs respond to the special needs of the handicapped, elderly, black and minority citizens of our community. More than 1,000 volunteers, ranging in age from 8 to 80, share their knowledge, their skills, their time and their concern.

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

what programs do we offer?

Community Education:

The Only Preference is Curiosity

Whether it be job search skills, women's self-defense, the meditative practice of Hatha Yoga, concerns with community development, the basics of home buying and investing or continuing the traditional folk arts of the rural Midwest, the curious will find it in the more than 1,000 courses coordinated by UFM annually.

Appropriate Technology:

Conserving Our Energy and Resources

The Appropriate Technology Program promotes local self-reliance in the areas of energy, food, shelter, and waste management through classes, seminars, tours, demonstrations, and hands-on construction workshops.

Outreach: Preserving the Rural Community

Kansans have been struggling with declining populations in rural communities. Outreach Program provides assistance and support to rural Kansas towns who are attempting to respond to these needs through community-based education programs. Over 50 Kansas communities have implemented the UFM educational model.

The Needs of the Handicapped Adult

Central to UFM's mission has been the concern for the disabled members of our community. UFM has reached out to meet the special needs of this population. Through UFM's ReCreate, a program that provides recreational activities that handicapped adults can learn and integrate into their daily lives. The program has been permanently adopted by Manhattan Parks and Recreation Commission and now UFM is extending the model to five rural communities in Kansas.

And Much More:

- The Manhattan Community Gardens
- The Solar Demonstration Facility
- Folk Arts Programming
- The Advocacy Project for Rural Adult Postsecondary Education
- The Know-How Network: an educational program for low-income
- Rural Libraries and the Humanities
- A Pottery Studio, Community Darkroom, Woodworking Shop and Weaver's Studio
- Weatherization of Low Income Homes in the five-county area

UFM on television

Learn about butterflies, wildflowers, pocket billiards and other topics on Cable Channel 6 7/2. "This IS UFM" a weekly television show features interviews with UFM teachers on their areas of expertise. It is aired every Tuesday at 5:30, Thursday at 2:30, and Friday at 5:30.

LOW DOUGLAS LECTURES ON PUBLIC AFFAIRS:

An annual series featuring nationally known speakers. This series invites dialogue on issues of public concern. The 1984 Series addressed the issues of U.S. Policy in Central America.

"An organization that reaches so many individuals deserves the support of the entire community." - A local Manhattan business contributor

special needs

The following topics have been requested for our next session, and we need teachers:

- Cake Decorating
- Country Western Swing
- Tennis
- Aerobics
- Bicycle Maintenance
- Swedish
- New Repair
- Computers

If you would like to teach a topic other than those listed, we welcome you. Call Julie Coates at 352-8566.

YOU CAN TEACH A UFM CLASS

It's easy! If you have a special interest or hobby, think about facilitating a UFM class. It can be on almost any topic. The main qualification is that you have an earnest desire to introduce others to this topic or skill and help them in learning more about it. Facilitating UFM classes is a great way to get together with others with similar interests and abilities, and hopefully to share a valuable learning experience for you as well as with your peers in your class.

If you'd like to lead a UFM class, give us a call. We would be happy to talk it over with you! The deadline for the Fall 1984 catalogue is July 27.

next session begins september 12

2 writings

photo contest

UFM is proud to present some of the winners of the Second Annual UFM Black and White Photo Contest. Over 40 entries were received, not only from Manhattan but also from Osburn, Waterville, Hilford, and Junction City.

"Images of Kansas: Hidden Places Close to Home," the contest theme, was inspired by UFM's Hidden Places project. Photos could be entered in one of four categories: scenery, people, architecture and animals. Judges chose first, second and third place winners in each category. Honorable mentions were also selected. The judging was done by Sally Kander, KU Journalist Department; Dan Ray, Manhattan Carerae Shop; Ed Miller, The Manhattan Mercury and Adam Homer, UFM. Prizes were donated by Manhattan Camera Shop and UFM.

The twelve winning entries will be exhibited from June 4 to June 15 in the K-State Union second floor, showcase.

Neil Schank

teacher feature

Volunteer teachers are the cornerstone of the UFM program. We believe that anyone can teach and anyone can learn, and for almost 17 years we have proved it by providing opportunities for over 10,000 volunteers to teach new skills to over 150,000 participants in UFM's programs.

This summer, we would like to make a special acknowledgment of the contributions of longtime UFM teachers, Lois Neville. She has been teaching for UFM for over 12 years in such varied areas as antiques, furniture refinishing, upholstery, old stone houses, historic tours, international cooking and volleyball. In her 12 years of teaching, Lois has taught new skills to hundreds of people. "I enjoy teaching. It gives me a way to teach new people and to help them learn new ways to enjoy life. It has become an important part of my lifestyle." Thank you Lois. You are an important part of our program.

where do we get financial support?

Class Fees (10.05)

KU (11.55)

Contributions (5.05)

Sales, Workshops and Tours (5.55)

Miscellaneous (7.55)

Grants and Contracts (60.25)

special notes

VOLUNTEERS: WE LOVE YOU! We couldn't do it without you. All UFM teachers are volunteers and we staff receive an incredible amount of support from you in the community. To all of you - THANK YOU!!

REGISTRATION: Late registration for all classes is accepted on a first-come, first-serve basis. Call us at 352-8566 to find out about class openings.

PROBLEM WITH YOUR UFM CLASS: Call Julie Coates at 352-8566. We'll make it right!
HOW TO FIND A GOOD STOCK BROKER
Elisa Sagi
One Time: Monday, 7:30pm, July 9
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Say you inherited $5,000 or $10,000 and want investment advice. How would you go about finding the right person to help you? We will discuss what the executives of five major brokerage firms say you should do - all are members of the Securities Industry Association. (Elisa has been a teacher of money and banking.)

WOMEN & CREDIT
Sarah Carlson
One Time: Thursday, 7-830pm, June 21
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Are you "invisible" in the credit world? Unfortunately, many women have no credit histories and some have been denied credit because of their sex. Others have not applied for credit relying on credits carried in their husband's name. Learn why your individual credit rating is a necessity and how to obtain a credit rating and what laws protect you as a woman. (Sarah is a loan officer with a local financial institution.)

INVESTING IN OLDER REAL ESTATE
Jerry Lowenstein
One Time: Thursday, 7pm, July 12
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Discussions of methods available to finance acquisition and home improvements of older residential properties. Topics include sales, purchase contracts, variable rate mortgages.

HOMEBUYER'S SEMINAR
Craig King
One Time: Thursday, 7-830pm, June 28
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
A seminar designed for the first time homebuyer or homeowner wanting to make a change. Topics covered include: financing, tax implications, purchase contracts, rent vs buy decisions and making a realtor work for you. (Craig is general manager for Freidson Realty/Better Homes and Gardens. Prior to joining The firm in 1983 he spent five years as a real estate consultant and regional manager for the Better Homes and Gardens Real Estate Service, a national real estate marketing network.)

HOW TO GET YOUR RENT WITHOUT GETTING THE SHAFT: LANDLORD/TENANT LAW
David Troop
1-762-2210
Section I: Wednesday, 7:30pm, July 11
Section II: Wednesday, 7:30pm, July 18 (meets in Junction City)
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
The Kansas Residential Landlord-Tenant Act will be discussed. This law covers the rights, obligations and liabilities of both landlords and tenants. If you are either, you owe it to yourself to be informed. (David, a Manhattan resident, practices law in Junction City. He has been both a tenant and landlord and represents both.)

Understanding Money
Fred Freeby
Section I: Monday, 7-830pm, June 25
Section II: Monday, 7-830pm, July 9
Section III: Monday, 7-830pm, July 16
One time each section
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
People do not get rich making money, but by managing the money they make. This seminar takes you up the 15 steps to financial security. Plain everyday language plus extensive use of visual aids helps assure a better understanding of what could be highly technical information. Copies are encouraged to participate together. (Fred is a division manager for Mander & Reed, a national financial services organization specializing in financial planning.)

Financial Investments with Tax Advantage Investments
Albert L. Minsker, PhD
776-4329
Tuesday & Thursdays, 7-30-815pm First Meeting: July 17
Location: Will be noted on your receipt
Length: 4 times
Class Fee: $10.00, pay with registration
A primary goal of the class is to emphasize a disciplined market timing approach. Diversified investment strategies on personal investments and questions and discussion will be encouraged, relating to investment in stocks, bonds, real estate and other limited partnerships, mutual funds, 401K's, IRA's, commodity futures. Zero coupon fixed rate investments will be explained. (Albert has a PhD in Economics with extensive experience in financial investments, university teaching and research.)

Politically Speaking
Dave Stewart
One Time: Wednesday, 7-30pm, July 25
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
What questions do you have about the Republican party, its organization and policies? How can you get involved? This class will focus on the Republican party, with special emphasis on President Reagan's policies, state politics and current political issues. Bring your questions and listen carefully.

Meet the Republicans
Ed Phelps
539-8535
One Time: Wednesday, 7-30pm, June 20
Location: Will be noted on your receipt
Class Fee: $1.00, pay with registration
What questions do you have about the Republican party, its organization and policies? How can you get involved? This class will focus on the Republican party, with special emphasis on President Reagan's policies, state politics and current political issues. Bring your questions and listen carefully.

The Democratic Party: History, Organization, Candidates, Issues
Ruth A. Schum
539-9398
Wednesday, 7-30pm First Meeting: June 20
Location: Will be noted on your receipt
Length: 6 times
Class Fee: $1.00, pay with registration
The course will cover the history, organizational setup of the national, state and county committees. We will have each candidate for county and state offices make an appearance and a presentation, and it will include their views on the issues.

Manhattan Area Amnesty International
Donna Schenck-Hahn
532-6516 776-3764
Tuesday, 7-930pm, June 26 (Those interested may join and attend other Class Fee: $1.00, pay with registration
Announcements and Questions and meetings)
Amnesty International is a world-wide human rights organization and recipient of a Nobel Peace Prize. Manhattan's group is currently working on behalf of political prisoners in Eastern Europe and Peru. Learn more about international human rights and how you can work to prevent violations. (Donna is a founding member of Manhattan's AI chapter and is currently Group Coordinator.)
MEET THE LEAGUE OF WOMEN VOTERS C-16 527-8876

Barbara Huyter
One Time: Tuesday, 7:30-9:30pm, July 17 Location: Will be noted on your receipt Class Fee: $1.00, pay with registration

If you have been wondering how to become more informed about local, state and national legislative issues, The League of Women Voters may be for you. You are invited to discover the League of Women Voters-Manhattan/Brown County at this introductory meeting. You’ll learn the latest about the issues currently being examined and discussed by league members. In addition, you will learn about voter education activities, and, of course, how you can be involved. (Barbara is president of the League of Women Voters of Manhattan/Brown County. Several league members will share the responsibility of introducing League.)

BIG BROTHERS/BIG SISTERS C-24 776-9575

Orientation meeting— you will be contacted before Wednesday, July 11 Location: Register and you will be contacted

Volunteers age 18 and up are needed who are willing to make at least a one-year commitment to spend a minimum of one hour each week with a child. Most of the children in the program are from single parent families and have a need to spend time with a caring adult who will provide friendship and role modeling. (Winifred has been director of Big Brothers/Big Sisters for the past 4 years.)

FRIENDS OF EDUCATION C-18
Julie Costes, Susan Scott Angle 532-8666 532-8692

Tuesday, June 12 First Meeting, June 12 Length: Ongoing Materials Fee: $1.00, pay with registration

A broad-based group that includes teachers, parents, principals, college professors and others interested in education of all kinds, has recently formed to examine innovative and creative responses to current educational challenges in our community. If you would like to participate, please join us. This group is tentatively planning an Education Fair and Forum to take place in November. Your ideas are welcome and needed. (Julie and Susan are educators, parents of school-age children and lifelong learners.)

TOPICS IN THEOLOGY C-30
Alan Gleue 539-9019

Wednesday, July 13 7:30pm First Meeting, June 20 Length: 6-8 weeks Location: Will be noted on your receipt Class Fee: $4.00, pay with registration Materials Fee: $1.00, pay at class Limits: 10

In this class we can investigate and discuss different theological and biblical topics and how they are important to us today. Emphasis will be placed on a dialogue format with the exchange of different opinions and points of view. (Alan is a college student interested in theology. He has helped teach Sunday School and vacation bible school classes.)

LIVING LEARNING SCHOOL C-32
Edith Stunker, Michael Cody 776-9646 539-8687

The Living Learning School is a private non-profit elementary school offering personalized, student-centered curriculum within programs which enhance self-concept, and foster cooperation, respect, and responsibility-taking. This parent-run school is particularly appropriate for children who are ready for academic experiences before meeting public school age requirements.

KANSAS CHILDREN’S SERVICE LEAGUE C-31
Kim Mannix, Kyle Heath 539-3131

Kansas Children’s Service League has opened a local office to better serve the Manhattan community. The mission of Kansas Children’s Service League is to care for children, we offer four types of services: Emergency Foster Care—short-term placement for children, 0-17 years, who are removed from their homes because of abuse and neglect or behavioral problems. This program is offered in conjunction with DHEC. Temporary Foster Care—short-term placement for children 0-17 years, when the parents must be away for some length of time, due to illness or a crisis in the family. Respite Foster Care—planned short-term family living for handicapped children whose parents need a relief from their care. Parents must rent the family in the family’s home before the actual stay of the child. Pregnancy Counseling—decision making exercises and case management services for parents-to-be on an individualized basis.

Our agency efforts are to change conditions under which children grow up in Kansas. We cannot do this all alone, we need foster parents. If you have an interest in using our services or want to foster children on a short-term basis, please call.

4 community

WOMEN OF THE HEARTLANDS C-22 776-7573

Christy Simpson

Book will be contacted for date, time and date Length: Ongoing Class Fee: $1.00, pay with registration

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

SELF-DEFENSE FOR WOMEN C-20 776-7573

Christy Simpson, Sue Kieger

Saturday, 10am-12pm, June 23 & 30 (2 times)

Location: Will be noted on your receipt

Class Fee: $5.00, pay with registration

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

BOOKS BY AND ABOUT WOMEN FA-33 539-5337

Lorrie Cross

Wednesday, 7:30-9pm First Meeting: June 20 Length: Ongoing Location: Will be noted on your receipt

Class Fee: $4.00, pay with registration

Women writers say special things. Women readers often hear them. This class provides time for women to talk with each other about novels, non-fiction works, humor and satire. Dimensions of self-image shaped by literary models are examined as we discuss books selected by group members. Suggested books for this summer are Sister by Elizabeth Feinshel, Little Women by Louisa May Alcott, Cruel Conviction, May Sarton. (Lorrie has been a member of the group since 1976 and is interested in women’s issues.)

CONFORMATION TRAINING C-22 776-7573

Sue Kieger, Christy Simpson

One Time: Saturday, 10am-12pm, July 13 Location: Will be noted on your receipt Class Fee: $4.00, 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 confrontation & protective measures for violence against women will be explained and discussed. (Christie is a member of the Women Against Rape collective.)

THE VIOLENT HOME C-19 539-2765

Judy Davis/Kim Bubulac

One Time: Tuesday, 7:30pm, July 10 Location: Will be noted on your receipt Class Fee: $1.00, pay with registration

The course will review current literature on, and experience with, violence within the family. Included will be discussion of the relationships between child and spouse abuse, substance abuse and family abuse, the cycle theory of violence, and the battered woman syndrome.

WOMEN’S SOCIAL MOVEMENTS FA-34 776-7608

Flossie Snyder

Tuesday, April 8-10pm First Meeting: June 19 Length: 7 times Location: Will be noted on your receipt

Class Fee: $4.00, pay with registration Limits: 15

Are women who want to change society crazy? Is society crazy? Topics include child-rearing, education, violence, violence, kindness of historical social movements. Possible readings: The, Parting is the world is a lie and The New Society. This class teaches English as a tool and has a special interest in women’s literature.

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**ACROSS THE PLAINS IN 60 DAYS: A WALK ACROSS KANSAS**

**C-8**

**Vicki Fox**

*One Time: Wednesday, 7:30-9:00, July 25*

*Location: will be noted on your receipt*

*Class Fee: $4.00, pay with registration*

*What would it be like to walk 700 miles across Kansas and see our diverse plant and wildlife, our changing landscape, our agricultural practices and our historic and cultural places? Vicki took such a trip last summer. She walked cross country following the Kansas river along the Santa Fe and Oregon trails and found a side of Kansas that few of us are privileged to see, such as Horse Thief Canyon, Castle Rock, dry creek beds, abandoned communities and the people and local characters that give our state its life today. The program will include a talk, slides and discussion. Contact VM for more information.*

**TOUR OF GOOFATHER’S PIZZA**

**C-9**

**Scott Shandy**

*One Time: Tuesday, 10:00-12:00, July 10*

*Location: will be noted on your receipt*

*Class Fee: $2.00, pay with registration*

*Limit: 10*

*You will be making your own pizza on this tour of a popular Manhattan pizza parlor; you will also tour the kitchens. Learn how dough is made, and receive a certificate as a genuine certified pizza expert. Participants must be over 3 years old.*

**TOUR OF THE KSI NUCLEAR REACTOR**

**C-10**

**Jack Hippothese**

*One Time: Wednesday, 3-4pm, June 27*

*Location: will be noted on your receipt*

*Class Fee: $2.00, pay with registration*

*Tour the KSI reactor facility while Jack discusses the research and training uses of the reactor. (Jack is the Reactor Supervisor at KSI.)*

**TOUR OF KNAX/KRF**

**C-11**

**Lowell Jack**

*One Time: Saturday, 10-11am, June 25*

*Location: will be noted on your receipt*

*Class Fee: $2.00, pay with registration*

*This will be a complete tour of KNAX/KRF’s broadcast facilities. Included will be a demonstration on how various radio equipment is used and how a local broadcast station is organized. Special emphasis will be given to the way news is gathered.*

**TOUR OF THE MCGALL PATTERN COMPANY**

**C-12**

**Shari Reeves**

*Section 1: Thursday, 10am, July 12*

*Section 2: Tuesday, 2pm, July 17*

*Location: will be noted on your receipt*

*Class Fee: $2.00, pay with registration*

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

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**FLINT HILLS BREADBASKET**

**C-23**

**Atina Henna/Marcia Schley**

*One Timed: Monday, 7:30-8:30, June 25*

*Location: will be noted on your receipt*

*Kansas is known as the “Breadbasket of the World” and now Manhattan has a breadbasket of its own -- the Flint Hills Breadbasket. You’re invited for a tour of the Manhattan area’s food bank and to find out how you can be involved in solving the problem of hunger right in your own back yard.*

**WHO’S HUNGRY IN THE U.S.**

**C-24**

**Edith Stunkle**

*One Time: Monday, 7:30-9:30, June 25*

*Location: will be noted on your receipt*

*Class Fee: $3.00/session = $10.00/series*

*This class will examine issues of world hunger and look at root causes of hunger. It will explore how the world eats and take a look at the influence of food production and world economy on hunger problems. (Dave is a campus minister dedicated to erasing hunger in our world.)*

**WHAT’S IN THE PACKAGE**

**C-27**

**Mindy Wilson**

*One Time: Monday, 7:30-9:30, July 17*

*Location: will be noted on your receipt*

*Class Fee: $3.00/session = $10.00/series*

*A brief history of food preservation and processing techniques, along with cultural and health-related ideas for why these methods are used. (Special emphasis will be on chemical preservation of foods, the safety of current food processing techniques, and documented effects on children’s health.)*

**WHAT HAVE I DONE ABOUT HUNGER?**

**C-28**

**Tom Melhorn**

*One Time: Monday, 7:30, July 23*

*Location: will be noted on your receipt*

*Class Fee: $3.00/session = $10.00/series*

*What can be done to help the hungry? This class will explore specific action steps that you as an individual can take to help solve hunger problems in Manhattan. In the U.S. and around the world. Come prepared to work! (Tom is a leading organizer of the Flint Hills Breadbasket and wants to help get others involved helping solve hunger problems.)*

**OUR FOOD SYSTEM: WHERE IT’S BEEN/WHERE IT’S GOING**

**C-29**

**Ira Harritt**

*One Time: Monday, 7:30-9:30, July 30*

*Location: will be noted on your receipt*

*Class Fee: $3.00/session = $10.00/series*

*Pay with registration*

*Kansas, the bountiful breadbasket of the world, may not be able to sustain its current production indefinitely. We will look at the future of our food supply in terms of soil, water and fossil fuel resources and review food production and consumption trends in Kansas.*

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**helping the hungry**
HUNDA PRAIRIE WILDFLOWERS  E-1
Craig G. Freeman  532-6619
Section 1: Saturday, 9-11:30am, June 23 (rain date June 24)
Section 2: Saturday, 5-7:30pm, June 23 (rain date June 24)
Location: Will be noted on your receipt
Class Fee: $2.00/section, pay with registration Limit: 20/section

Despite the seemingly inescapable conditions that occasionally beset the tallgrass prairie, the summer flora of the Kansas Flint Hills can be a thing of beauty and fascination. Take a walk on Hunda Prairie and get acquainted with some of the plants that grace our summer landscape.
(Craig is a graduate student in botany at Kansas State University.)

PRAIRIE WILDFLOWERS  E-2
Gene Tomen  532-7233
One Time: Saturday, 10am, June 30 (rain date Monday, July 2, 6pm)
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration

Would you know compass plant, gayfeather or goldenrod if you saw them? Learn identifying characteristics of both flowering and vegetative plants and obtain lots of tidbit information by joining in a walk through the Flint Hills. (Gene is a research assistant in Range Management and knows much about the prairie.)

PRAIRIE GRASSES  E-3
Gene Tomen  539-0353
One Time: Saturday, 10am, June 33 (rain date Monday, June 25, 6pm)
Location: Will be noted on your receipt
Class Fee: $2.00, 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. Immerse yourself in the Flint Hills “sea of grass” with this prairie tour. Bring your walking shoes.

SPRING WILDFLOWERS  E-4
John Sjo  532-6702
Thursday, Friday, 7-9pm, June 28, 29 (2 times)
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration Limit: 15

Using the natural ecosystems created by a stream, a bog, open prairie, wet woodlands and dry woodlands, John has successfully grown more than 100 species of wild flowering plants on his 10-acre tract near Manhattan. John will discuss identification of plants, collection, site selection, maintenance and care of transplants, seeds and cuttings. Don’t miss this opportunity. (Over a 10-year period, John has collected seeds and transplanted from Saline, Ellisworth and Riley counties to create a wildflower haven.)

EDIBLE WILDLANTS  E-5
Sue Mees, Heil Schanker  532-5866
One Time: Tuesday, 7-9pm, June 19
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration

Before you pull or spray that weed why not find out whether it can be enjoyed in a culinary style. Hundreds of unwanted or overlooked plants have excellent food value. Twenty to fifty local plants will be reviewed and displayed for the class and we’ll take a short alley walk to discover what’s available in town. Next thing you know, you’ll be serving stingy nettles quite to your next dinner guest and ranching on day ily buds. (Sue and Heil have years of experience in eating weeds.)

KAUNA PRAIRIE HIKE  E-6
Dave Sampson  499-5331
One Time: Saturday, 10am, June 30
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration Limit: 30

Hike up one of the unburned drawd on King’s Creek to an overview of Manhattan. Hike down through a freshly burned area and compare the changes that occur after fire passes through the prairie. A slide show will be given prior to the walk. (At Kauna Prairie, Dave is the farmer.)

EXPLORING UNDER ROCKS (FOR CHILDREN AND ADULTS)  E-7
Stephen Hoffman  776-8072
Saturday, 8-10am, July 14 (rain date July 21)
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration

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

MAKE YOUR OWN NATURAL BRACELET  E-8
Dave Verschoelden  539-4160
One Time: Saturday, 10am-1pm, June 23
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration

Kids 6-18, would you like to design your own bracelet or necklace from things you find in nature? We will travel to Tuttle Creek and go to a place where there are many small fossils on the side of a hill. There is also a forest and the lake there to look for your special jewelry pieces. If you like this type of art or craft, come along in your old clothes, and bring a sack lunch. (Dave, a lover of the outdoors, will round up enough other adults to make sure everyone is safe and happy on this outing.)
all kinds of critters

FISHING IN KANSAS: DISCUSSION AND FIELD TRIP
Don Kraft
One Time: Saturday, 1-5pm, July 21
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Don will talk about which rigs and baits catch which fish. Learn about jig, spoons, spinners, plastic worms and stickbait plus lots of tidbit information gathered from over 40 years of fishing. After the talk, join Don in a fishing field trip to a nearby area. Don's specialty is river fishing and he plans to show what it's all about. (Don is a native Kansan, has fished all over the state all his life.)

PUPPY AND DOG OBEDIENCE
Rosalee Hold
One Time: Saturday, 1:30-3:30pm, July 28
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Learn the basics of dog obedience so you can train your dog or puppy at home. Rosalee will demonstrate heel, down, sit and stay commands with her dog. She will also discuss puppy and dog care and psychology. Bring your pet (with leash) if you want. (Rosalee has a Masters Degree in animal science and has been working seriously with dogs for over five years.)

NORDELLSHIP
Carol Baldwin
Thursdays, 6:30-8pm First Meeting: June 21
Length: 6 times
Location: Will be noted on your receipt
Class Fee: $6.00, pay with registration
Learn about training, breeding, judging and all aspects of horse care in this class. Visit a breeding stable and horse pasture and meet Carol’s four horses, a colt, 2-year-old, 5-year-old and an older. Bring your questions and interests. We will have a slide show and meal take in a horse show. (Carol is a former 6-10 livestock agent.)

PET BIRD HEALTH
Terry W. Campbell, DVM
One Time: Wednesday, 7-9pm, July 11
Location: Will be noted on your receipt
Class Fee: $6.00, pay with registration
We will discuss common diseases and health problems of cage birds. Topics will include considerations for purchasing a new bird, daily care and signs of illness. Disease prevention and diseases potentially transmissible to bird owners will be emphasized. A tour of the veterinary in the IUP veterinary complex will be included. (Terry is a veterinarian specializing in avian medicine and teaching cage bird medicine to veterinary students.)

ZOOGARD BASICS
Carol Hays
Section I: Wednesday, 10am-12pm, July 18 (6-8 year olds)
Section II: Saturday, 2-4pm, July 18 (6-8 year olds)
Section III: Wednesday, 10am-12pm, July 18 (6-8 year olds)
Section IV: Saturday, 2-4pm, July 21 (6-8 year olds)
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 6/section
Kids can get a great bag of zoo fun including a zoo tour, activities and games. You will get a chance to meet and touch some of the animals. Stroller and Bandit the ferrets, the burros and the quokka pocket gales. Bring a snack and we will supply cold drinks. Parents needed only to drop off and pick up children who need to wear old and comfortable clothes. (Carol is a certified pre-school and elementary teacher and is a trained zoo docent.)

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earth 7

feathers in the wind

GREAT BLUE HERON ROOKERY EXCURSIONS
Marie Ollman
Section I: Saturday, 8am-1pm (June) Specific dates will be announced
Section II: Saturday, 8am-1pm (Aug)
Location: Will be noted on your receipt
Class Fee: $6.00 per trip or $7.00 for both, pay with registration

See the giant nests that these huge crane-like birds come back to year after year. The nests are always built in the highest reaches of sycamore trees. Watch them in flight, nesting, and care of the young. Bring binoculars, cameras, snacks and sack lunch and be prepared for a scenic, fun time. Marie has been a 4-H project leader in Birds Around You. Wildlife Conservation and other various and assorted projects for at least 20 years. She loves birdwatching, hiking, and getting out in the Kansas "wild" with others that have the same interests.

EARLY-BIRD MID-SUMMER BIRDWATCHING
Bob Broyles
One Time: Saturday, 7-10am, July 7
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
If you have little or no birdwatching experience, this class is for you. Bob will take you out to Tuttle to see turkey vultures, great blue herons, red-tailed hawks, belted kingfishers, brown thrashers and other summer residents. A real treat will be the beautiful andclusive painted buntings. Bring binoculars and bird field guides if you have them. If not, that's OK. All ages welcome. (Bob is a naturalist with a passion for birds.)

CHEYENNE BOTTOMS AND QUEREA BIRDWATCHING FIELD TRIP
Bob Shuttlesworth
Saturday and Sunday, 8am, June 16 and 17
Location: Will be noted on your receipt
Class Fee: $5.00, pay with registration
Located near Great Bend, Kansas. Cheyenne Bottoms and Quierua offer the best birdwatching in the state. Ducks, shorebirds and raptors congregate in these marshy areas and are easily seen from the road. Often, over 100 bird species can be seen in one day. Join experienced birdwatchers of the Audubon Society in a campout at the Bottoms. (Bill is the field trip chairman of the Northern Flint Hills Audubon Society.)
NATURAL PHOTOGRAPHY LECTURE AND FIELD TRIP

Doug Greene
Wednesday, 7-10pm & Saturday, 8am-12pm, June 27 and 30
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 7
This class will touch on some of the many aspects of nature photography, and its scope will ultimately be defined by the interests and the collective experiences of its participants. Discussion will include techniques/methods used, especially in areas of close-up/macro and wildlife photography. Please bring along any equipment/photos that may be illustrative and stimulate discussion or questions. In the second class, we will crisscross some really wild places for some practice in photographing nature. (Doug has read about and dabbled in the area of nature photography for the past couple of years and has concentrated on birds and macro work.)

Energetics

Melvin D. Dale
2nd, Architecture "Untitled"

ENERGETICS

Photovoltaics

Bil1 Dissert
One Time: Monday, 7pm, June 25
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Usually overlooked in the search for new energy, these space technology chips have many parts, consume no fuel, produce no pollution, and can be fashioned from the second most abundant element in the earth’s crust. Plan to be your own utility in 1985. (Bill has researched P/V’s for 2 years as an alternative to nuclear power.)

Energy conserving window treatments

Kathy Burke
One Time: Monday, 6:30-8pm, July 9
Location: Will be noted on your receipt
Keep your house cool and beautiful this summer with decorative energy-efficient window coverings. Kathy will discuss fiberglass screens, roller shades, Insulated Roman shades and insulated shutters, and give instructions for those interested in making their own. (Kathy is the State Extension Interior Design Specialist, and is challenged by a bare window.)

VISITORS DAY FOR THE UMH SOLAR ADDITION AND THE LandSCAPE

Ira Harriott
One Time: Saturday, 10am-4pm, July 14
Location: UMH Solar Addition
Guest presentations and displays will be made by KS Energy Extension, Riley County Extension, Bluegrass Bicycle Club (bike clinic and ride), KS Fish & Game, Manhattan Community Gardens, and others. Topics include community energy planning, intensive gardening, solar food drying, accessible gardening, Tuttle Reservoir recreation and terrarium making for youngsters. The Edible Landscape Slide Show will be shown and tours of the solar addition and landscape will be given.

WANTED: APPROPRIATE TECHNOLOGY TOUR GUIDES

Ira Harriott
One Time: May 15
Day, time and date to be announced
Are you interested in Appropriate Technologies, Solar Energy or Edible Landscaping? UMF is looking for people to serve as A.T., tour guides for groups visiting our solar energy and landscape demonstrations. Prospective guides, after receiving information and orientation, will lead pre-scheduled tours and receive a minimum of $4.00 per hour. Interest and enthusiasm are the only requirements.

WATER CANAL: THE ISSUES AND CONTROVERSIES

Jan Guron
One Time: Tuesday, July 7 7-9:45pm
Location: Will be noted on your receipt
Class Fee: $5.00, pay at registration
This slide presentation raises points of discussion about the consequences of a chemical disaster. Representatives from the Kansas Natural Resource Council, Department of Health and Environment will be present to explore alternatives to land burial of hazardous waste. (Jan is a member of Waterways Concerned Citizens and wants to learn more about creating responsible environmental protections.)

KANSAS AREA WATERSHED SUMMER CAMPOUT

Tina Harriott
Saturday and Sunday (all weekend) July 7 and 8
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration
Join the K.W. camp near McPherson, adjoining the Morrow Grain Refuge where the buffalo roam. Come for an informal, relaxed gathering which will include camping, cooking, poetry, swimming, canoeing and lots of good food.

SEM AND FOSSIL FIELD TRIP IN POTAWATOMI COUNTY

T. C. Lanning
One Time: Saturday, 8:45am-12m, July 14 (rain date July 21)
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Materials Fee: $1.00, pay at class
Driving the roadways of west Potawatomi County, we'll find quartzite and Lake Superior agates that were deposited by the glaciers. Local geologists including Jasper and Blue Valley agates will be found along with catlinite, the pipe-making stone of the Plains Indians. Fossils will include bird pelts, insects, crustaceans, lizards, Virgo, Draco the dragon, Cygnus the swan, and others. Please bring a flashlight. (Larry is an avid fossilizer.)

DEAF - THE HIGH ONE

Terry and Tina Callender
One Time: Wednesday, 7:30pm, June 20
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration
Cool off in the American wilderness of Mt. McKinley as Terry and Tina show their slide program set to music. See wildlife, wildflowers, forests and the beauty of one of the largest wilderness areas in the United States. Come to this monthly meeting of the Northern Film Hills Audubon Society. (Terry and Tina really enjoy the wild lands of Alaska.)

SET TO KNOW MILORD LAKE

Greg Wurst
One Time: Sunday, 10am, June 24
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration
Limit: 5
Let an experienced ranger show you Milford’s popular fishing holes, camp sites and attractions, including the new fish hatchery. The tour will be adapted to meet the interests of the participants. You will be driven in a Corps of Engineers’ vehicle. (Greg has been a ranger at Milford for six years and knows the lake inside and out.)

TUTTLE CREEK TOUR

Paul Weidhaas
One Time: Sunday, 9:30-11am, July 1
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration
Limit: 40
Discover how much Tuttle Creek Mills Audubon Society has to offer. A corps park ranger will present a slide show, answer your questions, and take you on a tour of the intake tower. (Tour not recommended for small children or those afraid of heights. Paul has been a park ranger at Tuttle Creek Lake for four years.)

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INDOOR BLOOMING PLANTS: CHOOSING, SPRAWING AND PROPAGATING

Anne Merchin

Third Thursday of each month, 7-9pm First Meeting: June 21
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Length: Indefinite

Learn to grow roses, orchids, gesneriads and other indoor blooming plants using south or east windows. Anne will discuss potting mixes, seeds, cuttings, sources and beginning flowers. Meetings will include cutting, planting indoors for eight weeks. She is a member of the Indoor Light Gardening Society of America and would like to start a local chapter.

ROSES: EVERYTHING YOU NEED TO KNOW

Dorothy Westervelt

One Time: Saturday, 10:30am, June 23
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Length: 2 Hours

After Blueville Nursery’s Second Annual Rose Show, Dorothy will discuss floribunda, grandiflora, hybrid teas and everything you need to know to select, plant, care for and enjoy your roses. Bring your questions and prepare for a beautiful treat - both by sight and by fragrance. (Dorothy has grown roses for more than 20 years and has grown to love them.)

FLOWER ARRANGING

Lynn Duxon

One Time: Tuesday, 7-10pm, July 24
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Length: 2 Hours

The basic principles of flower arranging will be covered including shape, color, containers and proportion. Japanese style arranging will be discussed. Each participant should come with two containers, one upright and one bowl or dish, and ten to fifteen stems of flowers, and will go home with two arrangements. Lynn is a graduate student in horticultural therapy. She learned flower arranging as a child from one of Colorado’s most prominent floral designers, and in Japan from the founder of the kake school of flower arranging.

GRAPE GROWING IN KANSAS TOUR

James Fair

One Time: Tuesday, 7-9pm, June 26
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Length: 2 Hours

The Hinky winery may be fictitious but there really is a three-year old 20-acre vineyard just nine miles east of Manhattan. Jim, who claims he owns the largest standard in Kansas, is experimenting with 11 different types of grapes. Jim will discuss irrigation, soils, grape types, cultural practices, winemaking and how to get started. Jim is a retired Manhattan account executive who says, “Kansas is on the verge of becoming a very good wine state.”

MULCHING AND COMPOSTING

Herlan J. Trempealeau

One Time: Tuesday, 7pm, July 5
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Length: 2 Hours

Experience is often the best teacher. In this class, you’ll meet a teacher with loads of experience. Come on an on-site visit to an “almost organic” garden to see barries, shrubs, asparagus, horseradish, corn, peanuts, potatoes, melons and squash. The techniques of mulching and composting will be discussed. (Gardening has been Herlan’s avocation for 26 years and at this location for 11 years.)

FALL GARDENING AND SEASON EXTENDING

Ira Harritt

One Time: Tuesday, 7-9pm, Aug 7
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Length: 2 Hours

Which of the following garden crops can be planted in late summer and harvested in October: a) cauliflower, b) carrots, c) potatoes, d) all of the above? Yes, believe it or not, all of the above as well as snap beans, beets, and others can be fall crops. Also covered in this class are techniques to orient the frost and get an extra couple weeks or months of harvest from your garden. This class can save you lots of money on your grocery bills.

SAND-DRIED FLOWERS

Georgia Becker

One Time: Day, time and date to be announced
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Length: 2 Hours

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 to dry those beautiful mimus, nepeta, asters, garden and wildflowers. Come and learn how to dry your flowers at a workshop in Manhattan. Georgia is a real flower addict. She dries flowers forlornly all summer so she won’t suffer severe withdrawal symptoms in winter.

CHILDREN’S FALL GARDENING CLUB

Kay Sylvester

Register and you will be contacted for time and date

The instructor will call you for location

As a member, children between the ages of 6 and 12 will be able to have their own garden. They will learn to grow and preserve vegetables and flowers. The club will meet once a week from August 6 to October 15. (Kay is coordinator of the Manhattan Community Gardens and a Junior in Horticulture Therapy at K-State.)

ACCESSIBLE GARDENING PROGRAM FOR THE PHYSICALLY DISABLED

Lynn Duxon

Section 1: May 29-July 31
Section 2: Aug 1-Oct 31
Section 3: Nov 1-Dec 31
Class Fee: $10.00/section
Location: You will be contacted by the instructor

This program is designed for physically disabled individuals who want to garden but are unable to work in conventional gardens. Through the program, participants will be able to utilize raised planting beds at UMP and Manhattan Community Gardens. Two types of programs are available: individual and group classroom space. There is instruction and supervision provided on-site, including: field trips, planting and potting, hands-on activities. (Lynn is a Masters degree student in Horticulture Therapy at K-State.)

EDIBLE LANDSCAPE: CNSHRIPSHIPS AND VOLUNTEER PROGRAM

Ira Harritt

Day, time and date to be announced

Would you really like to know the inner truths of edible landscaping? Solar Greenhouses and annual and perennial plant care? Here is your chance. We are looking for a few people to participate in this hands-on 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.

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PORK/Y BARBECUE CLASS AND PICNIC

Myron Leavon

One Time: Monday, 6am, July 9
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Materials Fee: $3.00, pay at class

Where’s the beef? Not here! We will be finding out the proper way to barbecue poultry. It’s inexpensive, nutritious and so good to eat! After the class we will have a picnic with the chicken halves prepared. Please plan to bring chips or other picnic goodies to enjoy with your chicken. (Myron has been barbecuing poultry for 35 years and cooks about 3,000 chickens annually.)

A BOX OF WINE, A LOAF OF BREAD AND... PICNICS FOR 2

Judy Blodig

One Time: Tuesday, 7:30pm, June 26
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration

Picnic - an outing with food provided by members of the group, usually eaten in the open. We will explore some taste sensations in gourmet foods, cheeses and wine and help you make that next picnic for two something special. (Judy has worked for B&B of Sol 3 years and was instrumental in the expansion of their gourmet line. She has picnicked since she was a child.)

SUPER SUMMER SALADS

Terry Nelson

One Time: Wednesday, 7am, July 25
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Materials Fee: $3.00, pay at class

An evening preparing three different cool summer salads, taking advantage of in-season fruits and vegetables. Amateurs only! (Terry is the Eastside & Westside Market owner/operator and fruit and veggie enthusiast.)

FISH AND SEAFOOD BONANZA: SUMMER SESSION I: BARBECUE

Sharon Staples

One Time: Monday, 7-9pm, June 25
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Materials Fee: $2.00, pay at class

Limit: 12

Summertime and the living is easy...and the easy way to prepare fish from those summer fishing expeditions is to grill them outdoors. We will be barbecuing salmon, a variety of fish fillets and shrimp. A way to smoke fish at home will also be discussed.

FISH AND SEAFOOD BONANZA: SUMMER SESSION II: COLD SEAFOOD SALADS

Sharon Staples

One Time: Monday, 7-9pm, July 23
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration

Shrimp and other seafoods are quick and can be prepared in so many exciting ways. Isn’t that just what is wanted on these hot summer days when spending time in the kitchen can be a chore? Join us as we explore the variety of cold, taste-decíaing summer seafood salads available including cold spiced shrimp and avocado shrimp salad. (Sharon is owner of the Fish Shoppe in Manhattan and has taught other popular seafood classes for UFM.)

FRUIT SOUPS AND Gazpacho

Doris Swartz

One Time: Thursday, 7-9pm, July 19
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Materials Fee: $2.00, pay at class

Limit: 10

Cold soups? Yes and if you haven’t tried them you have been missing one of the true treats of summer. Gazpacho - a crisp, savory soup that uses a variety of summer garden vegetables. Fruit soup uses your favorite summer fruits in a slightly sweet, tangy base. Cool ways to eat on those hot summer days. (Doris raised in home economics, has traveled to 14 countries collecting recipes along the way and has 25 years of experience in the kitchen.)
Fabulous foods

IF YOU CHEW SUSHI

Afriqua Homa
One Time: Monday, 7-9pm, July 18
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 10
Sushi is a tradition in Japanese Cuisine. We will concentrate on
the masu-chi and nigiri-zushi forms of this healthy, low calorie dish
made with rice. Students will participate in learning the techniques
of preparing, stuffing, and wrapping the various ingredients used to
create this delicious delicacy. (Art, born in Japan, learned to prepare sushi
from his mother.)

BEERMAKING

Greg Love
Tuesday's, 7-9pm First Meeting: July 17
Length: 3 times
Location: Will be noted on your receipt
Class Fee: $8.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 8
Homebrewed beer - the beer for discriminating palates. Come learn
the brewer's art. We will make, bottle and taste different varieties of
beer. (It is legal to make up to 200 gallons a year for a two-adult
family) (Participation subject to state laws.) (Greg has taught this class
many times and finds brewing enjoyable and affordable.)

COTTAGE CHEESE

Ron Pault
One Time: Monday, 7-9pm, June 25
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Limit: 10
Homemade: Tastier cheese tastes different from commercial cottage cheese,
and some folks like it. This delicious product can be made with
either cow or goat milk. The class will include a demonstration of how
to prepare the cheese. Students will have a chance to sample.
(Ron has raised dairy goats for several years and started
making cottage cheese to use up surplus milk.)

FOOD BUYING COOPERATIVE

Mary K. Brinker
Saturday, 9:30-10:30am, June 23
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration
Yes, there is an alternative! People's Grocery Cooperative Exchange,
organized in 1978 as a storefront, is still thriving as a pre-purchase
buying cooperative. Members combine their orders to purchase foods
including cheeses, fruits, nuts, herbs, spices...and much more! Food
procurement and storage hints for natural, unprocessed foods will be shared.
(Mary Kay has been preparing and enjoying natural foods for almost ten
years and has been active with People's Grocery for some time.)

VEGETARIAN COOKING

Julie Costes, Mary K. Brinker
One Time: Tuesday, 7-9pm, June 26
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 10
Simple or elaborate, expensive or low-cost, low on calories or
vegetarian foods are many things, but they're always good for you! We'll
discuss several types of vegetarianism, protein balancing, and methods
of preparation. Whether you're a meat@ diet or a vegetarian
looking for new recipes and ideas, you'll enjoy this class. Come
ready for new taste treats. (Mary K and Julie both love to cook and have
years of experience with meatless diets.)

SUPERMARKET TOUR: SPECIALTY AISLES AND BEYOND THE SCENE

Virgil Smith, Jim Peterson
One Time: Tuesday, 10am, June 25
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Have you been down the gourmet, health food and specialty aisles of your
local food stores and wondered what in the world you would do with what
you saw, or, do you just pass those aisles by? This is your chance to find
out about these and other departments in a local grocery store. We will
be stopping by these places to talk about the produce department, dry
and seafood section, meat cutting, deli and bakery. Find out how your food
is handled from truck to display shelf. (Virgil, manager, and Jim, assistant
manager of the West Loop Dillon's store are looking forward to expanding
your knowledge of the food industry.)

WHAT'S IN THE PACKAGE

Mindy Buns-Jawson
One Time: 1-2:30pm, July 16
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration
A brief history of food preservation and processing techniques, along
with cultural and health-related basis for these. The types of food
preservation (ie; dehydration, cold and heat preservation, chemical
preservation, and irradiation) will be covered, along with the reasons
these methods have come about. Emphasis will be on chemical preservation
of foods, the safety of current food processing techniques, and the documented
effects of these on human health. Hand-out materials supplied. (Mindy is a
registered dietician, is the Assistant Director of Mid-Kansas Senior
Services Nutrition Program.)

LESS SUGAR IN YOUR BAKING

Karen Penner
One Time: Monday, 7:30-9:30pm, June 18
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Materials Fee: $2.00, pay at class
Limit: 10
What are the functions of sugar in baked products? What happens to
product quality when sugar is decreased in a recipe? Or when nutritive
sugar substitutes are used instead of sucrose? Answers to these questions plus
various sugar substitutes from natural sugars and cost comparison of sweeteners
will be given. (Karen is an Extension Specialist in Food Science,
Extension Home Economics, KSU.)

BAKING BREAD

Denise Herbert
Tuesday's, 7-9pm First Meeting: June 26
Length: 4 times
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 6
We'll learn some basics - such as mixing and kneading the dough, rising,
and baking bread, a staple. Recipes used will include white, whole wheat,
and rye flours. Some time-saving techniques will also be demonstrated.
(Denise has been baking bread for about 12 years and finds it very
satisfying and a lot of fun.)

SUGARSHIRT

Charles Marr
One Time: Wednesday, 7-9pm, June 27
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Ever want to bolt cabbage, make it soupy and put it on a shelf for
months - to eat in the middle of winter? Right! We'll all want to! Especially
next time we bolt a hot dog, or wrap up a quick fastfood on a
rake. Why not jazz up your tasty with some homemade sauerkraut? A simple
process now right just for canning or freezing. (Chuck grew up on a farm
and sauerkraut was made every year for 10 years.)

CREPES

Annette Boyle
One Time: Saturday, 5-7:30pm, July 14
Location: Will be noted on your receipt
Class Fee: $6.00, pay with registration
Materials Fee: $5.00, 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'll discuss techniques, equipment, recipes and
have a chance to make and sample some of these-delectable creations.
(Annette, in addition to cooking for her family, prepares crepes as part
of her duties as a chef at a local restaurant.)

ALL NATURAL, HIGH-FIBER, HOME-MADE GRANOLA BARS

Carol Rogers
One Time: Saturday, 10am-12pm, July 28
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 10
In 30 minutes, you too can make all natural, high-fiber granola bars.
High sugar is known to help lower cholesterol levels, aid digestion
and help you feel fuller (so it is easier to stick to your diet). Plus,
these bars are delicious and are well worth the extended periods! Carol
is a granola bar expert, brought this recipe to Kansas from New York. She
left behind 50 pounds.)

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**RESUME WRITING AND INTERVIEWING SKILLS**

**Job Weber**

**Wednesday, 6-8pm, July 11, 25** (2 times)

**Location:** Will be noted on your receipt

**Fee:** $5.00, pay with registration

**Limit:** 15

Resume format and writing will be the subject for the first evening's class. The second class will cover interview skills - expressing interest, emphasizing your strengths and skills, appearance and how to behave at an interview. Participants will be expected to complete their own resume and bring it to the second class to use in the practice interview session. (Bob has a master's in Vocational Rehabilitation Counseling. He has worked as a placement and follow-up counselor as well as a vocational training program.)

**HOW TO SUCCESSFULLY INTERVIEW FOR A JOB**

**Susan Scott Angle**

**532-6927**

**One Time:** Tuesday, 7-9:30pm, June 26

**Location:** Will be noted on your receipt

**Fee:** $4.00, pay with registration

Many people believe that interviewing for a job just comes naturally - they're wrong! Understanding the interview process, practicing and knowing what to say and how to say it will increase participants' chances of interviewing successfully. (Susan is a counselor at the KSU Counseling Center.)

**SUPERBABY**

**Linda Frey, Tim McKenny, Darrell Harr**

**Saturday, 9-10am, May 26, June 2** (2 times)

**Location:** Will be noted on your receipt

**Fee:** $1.00, pay at class

The Red Cross Babysitting course helps youth learn to use a job description, interview for a job, and develop job skills. Babysitting is a responsible job that involves handling emergencies, selecting safe toys and games, supervising children, feeding, and dressing infants. **Note:** Students must attend both sessions in order to receive a certification of completion. (Darrell is Executive Director of the Red Cross in Riley County; Darrell is a certified instructor in First Aid, Tim is staff person for Big Brothers/Big Sisters in Manhattan.)

**TRAINING EMPLOYEES: A COURSE FOR SUPERVISORS**

**Ellisa Sayg**

**539-9960**

**Thursday, 7:30pm, June 28, July 12** (2 times)

**Location:** Will be noted on your receipt

**Fee:** $5.00, pay with registration

Sharpen your skills in orienting and training employees. We will discuss effective approaches and techniques for training both new and current employees. Philosophy and principles will be touched on. This class is for supervisors, group leaders and those who train employees. (Ellisa is a student and practitioner of training and supervision techniques.)

**SETTING YOUR REAL ESTATE LICENSE**

**Craig King**

**537-2151**

**One Time:** Thursday, 7-9:30pm, July 19

**Location:** Will be noted on your receipt

**Fee:** $4.00, pay with registration

A look at state licensing requirements including pre-licensing education and testing, monetary investment, start-up time and what a licensed agent can expect to earn in the real estate business. (Craig is Senior Manager for Fireside Realty/Better Homes and Gardens.)

**CAREERS IN TRAVEL**

**Theda Garvin**

**539-0531**

**One Time:** Tuesday, 7-9pm, July 17

**Location:** Will be noted on your receipt

**Fee:** $4.00, pay with registration

In this class we will learn about a career as a travel agent, including skills assessment, means of acquiring training, career goals as owner or employee and what to expect in a typical day's work. (Theda and her husband own and operate a local travel agency.)

**WOODSHOP CO-OP**

**Den Brabec**

**537-0499**

**Wednesday, 7-9pm, June 20, Mandatory organizational meeting**

**Location:** Will be noted on your receipt

**Membership Fee:** $15.00, A yes 40.00, B yes 60.00, C yes

**Pay with registration**

Located in the UIM Solar addition, the wood shop is equipped with a wide variety of power and hand tools, including a radial arm saw, table saw, jointer, lathe, band saw, and 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 conduct in the woodworking shop. (Dan is the UIM Woodshop coordinator.)

**BASIC CARPENTRY SKILLS FOR WOMEN**

**Den Brabec**

**537-0499**

**Mondays, 7pm, July 9, 16, 23** (3 times)

**Location:** Will be noted on your receipt

**Fee:** $10.00, pay with registration

There are so many small carpentry jobs to do around the house, but where do you gain the skills to take care of them? Here you will be instructed in the use of a handsaw, mitre box, driving nails and screws and use of assorted power tools. We will complete a woodworking project for UIM as we practice our new found skills. (Dan is the coordinator of UIM's Woodshop Co-op.)
taking care of things

SK-2

John EDMONDS

THURSDAYS, 6:30-8:30PM, JUNE 21, 18 (2 TIMES)

LOCATION: WILL BE NOTED ON YOUR RECEIPT

CLASS FEE: $5.00, PAY WITH REGISTRATION

LIMIT: 12

Next to save money and be sure the job is done right? Do it yourself!

John will discuss the basics of auto maintenance. In the first class, John will demonstrate how to change the oil and oil filter. The following session, bring your car, oil and oil filter, and you will get a chance to do it yourself. When his front pump went out, John was able to purchase the needed tools from the money he saved by doing the job himself.

LAWNMAKER AND GARDEN TOOL CARE

SK-3

JIM TAYLOR

ONE TIME: MONDAY, 7:00PM, JUNE 28

LOCATION: WILL BE NOTED ON YOUR RECEIPT

CLASS FEE: $4.00, PAY WITH REGISTRATION

ALMAZED AT THE DO-IT-YOURSELF, THIS CLASS WILL COVER LAWNMAVER AND GARDEN TOOL CARE. WE WILL COVER CLAP SHARPENING AND BALANCING, CHANGING OIL AND OTHER SIMPLE MAINTENANCE TASKS INVOLVED IN THE CARE OF YOUR HOME ROTARY LAWNMAVER AND HOW TO SHARPEN AND MAINTAIN GARDEN TOOLS TO LENGTHEN THEIR WORKING LIFE. (JIM OWNS A SMALL ENGINE REPAIR AND TOOL SHARPENING SHOP.)

OLDER HOME RENOVATION

SK-4

T. RUSSELL HETZ

ONE TIME: MONDAY, 7PM, JUNE 28

LOCATION: WILL BE NOTED ON YOUR RECEIPT

CLASS FEE: $4.00, PAY WITH REGISTRATION

IF YOU’RE THINKING OF RENOVATING AN OLDER HOME YOU’LL NEED TO KNOW SOME OF THE PROBLEMS AND SOLUTIONS INVOLVED. WE’LL DISCUSS AND SHOW TOOLS USABLE HOME, USUAL WORK REQUIRED IN RENOVATIONS, ANSWERS TO INDIVIDUAL CASES AND GIVE YOU SOME ENCOURAGEMENT. (T. HETZ HAS EXPERIENCE WITH 25 OLDER HOMES OR ABANDONED BUILDINGS - PURCHASED AND SELL OR RENTED.)

BASIC MOTORCYCLE MAINTENANCE

SK-5

RICHARD HARRIS, GEORGE SELLMER

ONE TIME: TUESDAY, 7PM, JULY 17

LOCATION: WILL BE NOTED ON YOUR RECEIPT

CLASS FEE: $4.00, PAY WITH REGISTRATION

FROM FOLDING SCANT PLUGS TO MOUTH CHAINS, THIS COURSE WILL COVER THINGS BEING MOTOCYCLES NEED TO KNOW ABOUT BIKE MAINTENANCE. WE WILL DISCUSS HOW TO REPAIR YOUR OWN ENGINE AND HOW TO CHANGE THE OIL, BASKET AND CHAIN. (R. SELLMER HAS BEEN INVOLVED WITH MOTORCYCLES SINCE 1969 AND PREVIOUSLY OWNED THE PARTS MERCHANT. GEORGE HAS BEEN ENJOYING MOTORCYCLING MOST OF HIS LIFE.)

BASIC BICYCLE MAINTENANCE

SK-6

STEVE DEMPSEY

ONE TIME: TUESDAY, 7PM, JULY 10

LOCATION: WILL BE NOTED ON YOUR RECEIPT

CLASS FEE: $4.00, PAY WITH REGISTRATION

LIMIT: 12

WHETHER FOR BASIC TRANSPORTATION OR RECREATION, THE WAY YOU TAKE CARE OF YOUR BIKE CAN AFFECT YOUR SAFETY AND RIDING PLEASURE. WE WILL DISCUSS GENERAL MAINTENANCE, HOW TO LOOK AFTER YOUR BIKE AND SOLVE PROBLEMS YOU MAY EXPERIENCE WITH YOUR BIKE.
APPLE HEAD DOLLS

FA-53

Pam Fox

One Time: Saturday, 1-3pm, July 14
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Limit: 10

Participants in this workshop will learn how to make a 12" apple head doll. Pam will introduce the class to the basic techniques involved in creating a face and dressing a doll body. She will share her experience with creating figures of different types such as the traditional "granny." All materials will be provided. (Pam Fox is President of Toyanka Pressed Doll Club and a member of the United Federation of Doll Clubs. She has been creating faces on painted apples for over 25 years.)

INTRODUCTION TO WHEAT WEAVING

FA-31

Paula Schaller

One Time: Wednesday, 7-930pm, June 20
Location: Will be noted on your receipt
Class Fee: $15.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 8

Wheat weavers are based on an ancient English custom of weaving grain stalks into designs which were believed to preserve the goddess of fertility. Paula will teach you how to select wheat and prepare it as well as the basic weaving techniques. (Paula has been wheat weaving for 4 years. She attends workshops annually to learn new weaves and techniques.)

COUNTRY "WELCOME" SIGN

FA-50

Susan Toy

Section I: Saturday, 1:30-3:45pm, July 14
Section II: Monday, 8:30-10:30am, July 18
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 5

Your home is a special place! Welcome people in with a folkart painted wooden welcome sign. All supplies will be provided for this special project class.

PADDED PICTURE FRAMES

FA-51

Susan Toy

Section I: Thursday, 9:30-11:30am, July 12
Section II: Monday, 1:30-3:30pm, July 16
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 5

That wedding picture of Grandma and Grandpa will look just perfect in a Victorian padded picture frame. Simple to make but oh so special! All materials will be provided to help you fabricate a frame for that special someone you care for. (Susan, one of the owners of the Contany Worth Etc. enjoys sharing her skills with others.)
PLAY WITH CLAY (4-6 YEARS OLD) FA-6
Janet Chamberlain 776-8133
Saturday, 10-11am First Meeting: June 23 Length: 4 times
Location: WILL be noted on your receipt
Class Fee: $5.00, pay with registration
Materials Fee: $5.00, pay at class
Limit: 6
Went to get messy and not get yelled at! Come join us for a good time making funny shapes out of clay. (Janet is an active member of the UMF Pottery Co-op, and enjoys playing with children and clay.)

CERAMICS FOR CHILDREN AGES 7-10 FA-6
Amy Gatschet 776-3135
Wednesday, 9:30-11:30am First Meeting: June 20 Length: 6 times
Location: WILL be noted on your receipt
Class Fee: $50.00, pay with registration
Materials Fee: $10.00, pay at class
Limit: 6
In this class we will make useful and decorative items from clay. The children will experience their work from a mere ball of clay to a finished piece. (Amy enjoys working with clay and children and hopes the class will be fun.)

STENCILING FOR CHILDREN (AGES 8 OR OLDER) FA-62
Susan Toy 537-2084
Section I: Friday, 9:30-11:30am, Aug 3
Section II: Saturday, 9:30-11:30am, Aug 4
Location: WILL be noted on your receipt
Class Fee: $40.00, pay with registration
Materials Fee: $20.00, pay at class
Limit: 5
Stenciling is both fun and easy! We will practice cutting a stencil and then find out how to apply the design to a wood basket that we make in class. All materials are provided.

DELIGHTFUL PUPPETS FOR CHILDREN (5-8 YEARS OLD) FA-45
Jeanne L. Yang 530-1914
Section I: Monday, 10-11:15am, July 9
Section II: Wednesday, 10-11:15am, July 11
Section III: Friday, 10-11:15am, July 13
Location: WILL be noted on your receipt
Class Fee: $30.00, see description, pay with registration
Materials Fee: $1.00, pay at class
Limit: 12
Puppets can be used in many ways in songs, poems and stories. Students will participate in the arts and the activities associated with making the puppets. Jeanne will present several delightful puppet shows, Parents must accompany. Jeanne holds a teaching degree, is a member of NPE (Puppetry in Education), has taught several years in public and runs a private nursery school.

INTRODUCTION TO THE SUZUKI METHOD OF VIOLIN FA-25
776-9911
One time: Sunday, 6:30-7:30pm, July 8
Location: WILL be noted on your receipt
Class Fee: $30.00, pay with registration
If you have been curious about the Suzuki violin method for young children and whether it would suit your child, this session is for you. Explanation of the philosophy behind the method, description of how and why the method works and the parental involvement required. We will have a demonstration by some of the Weston Yamaha Suzuki Players and an opportunity to talk to parents whose children have begun.

WEAVING FOR CHILDREN FA-8
Susan & Lisa Lala 537-8630
Tuesday, Thurs, Thurs, June 12, 13, 14, 10-11:30am Length: 3 times
Location: WILL be noted on your receipt
Class Fee: $30.00, pay with registration
Weaving for 10, 11, and 12 year olds. Each person will weave a small wall hanging on a cardboard loom and a placemat on a floor loom. (Susan and Lisa are a duo who like to weave together and share the fun with others.)

PAINT YOUR T-SHIRT (AGE 7 AND UP) FA-41
Steve Toy 537-2094
Section I: Friday, 1:30pm, July 6
Section II: Saturday, 9:45am, July 14
Location: WILL be noted on your receipt
Class Fee: $8.00, pay with registration
Materials Fee: $3.00, pay at class
Limit: 5
Have a message you want to tell the world? Susan can help you express yourself! Bring your own t-shirt and decorate it with a rainbow, your name, hearts, or your special design using permanent glass, glitter, and puffy paints. Everyone will be asked to do 3 T-shirts. (Susan, owner of the Containment Craft Shop, has shared this skill with UMF participants and many local clubs and groups.)
NATURE PHOTOGRAPHY LECTURE AND FIELD TRIP

Doug Schule

Wednesday, 7-10pm, June 27; Saturday, 8-12am, June 30
Location: Will be noted on your receipt
Class Fee: $40.00, pay with registration
Materials Fee: $1.00, pay at class
Limits: 7

This class will touch on some of the many aspects of nature photography, and its scope will ultimately be defined by the interests and the collective experiences of its participants. Discussion will include techniques/equipment used, especially in the areas of close-up/macro and wildlife photography. Please bring along any equipment/photographs that may be illustrative and stimulate discussion or questions. In the second class we will travel to nearby wild places for some practice in photographing nature. (Doug has read about and dabbled in the area of nature photography for the past couple of years and has concentrated on birds and macro work.)

DAWN KINDELL

THROUGH THE ARTS SERIES 1994
FA-11

THURSDAY, JUNE 29
MAYO CENTER
324-1266

5:30-7:30 pm
Lecture: Introduction to Photography

Speaker: Susan Lala

Class Fee: $15.00, pay with registration
Materials Fee: $8.00, pay at class
Limits: 10

This class will discuss the equipment and supplies needed to make color prints from color slides, digital images, and negatives. A backgrounds to the basic techniques of photography will be given. The emphasis will be on the way photography can be incorporated into an artist's work. (Susan Lala is a photographer and writer who has been published in national and international publications.)

Class Fee: $15.00, pay with registration
Materials Fee: $8.00, pay at class
Limits: 10

Lecture: Introduction to Digital Photography

Speaker: Bob Schule

Class Fee: $15.00, pay with registration
Materials Fee: $8.00, pay at class
Limits: 10

This class will discuss the equipment and supplies needed to make color prints from digital images. The emphasis will be on the way photography can be incorporated into an artist's work. (Bob Schule is a photographer and writer who has been published in national and international publications.)

Class Fee: $15.00, pay with registration
Materials Fee: $8.00, pay at class
Limits: 10

Lecture: Introduction to Color Photography

Speaker: John Kinne

Class Fee: $15.00, pay with registration
Materials Fee: $8.00, pay at class
Limits: 10

This class will discuss the equipment and supplies needed to make color prints from color slides, digital images, and negatives. A backgrounds to the basic techniques of photography will be given. The emphasis will be on the way photography can be incorporated into an artist's work. (John Kinne is a photographer and writer who has been published in national and international publications.)
**FLINT HILLS Dulcimer Players**

FA-19

537-0508

Linda Tenner

Wednesdays (every other week), 7-8:30pm

First Meeting: June 20

Location: will be noted on your receipt

Length: Indefinite

Class Fee: $2.00, pay with registration

Materials Fee: $4.00, pay at class

**Hammered Dulcimer Get Together**

FA-20

537-0508

Linda Tenner

Saturday, 1-4pm, June 23 (one time)

Location: will be noted on your receipt

Class Fee: $2.00, pay with registration

Much of the joy of playing the hammered dulcimer comes from learning with others. Bring your dulcimer and let's share some tunes and playing ideas. If one dulcimer sounds good, imagine what four, five or six together would sound like!

**BANDO**

FA-21

539-4160

Dave Verschehlen

Wednesdays, 7:30-8:45pm, July 11, 25, Aug 8

Length: 3 times

Location: will be noted on your receipt

Class Fee: $7.00, pay with registration

Limit: 6

Learning to play bando is like climbing a great, ice-covered mountain; you will need 3 picks (2 aluminum finger picks and one plastic thumb pick). This instruction will be non-formal (I don't read or write music). It will include instruction on reading bando tablature, chords, picking patterns and a little theory which will enable one to accompany folk and bluegrass music and singing. A portable cassette recorder will be useful. Oh, yeah, you'll need to learn to read music. (Dave has turned people on to (and off) the banjo for several years.)

**INTRODUCTION TO GUITAR**

FA-22

576-9911

Bill Evans

One Time: Thursday, 7-8:30pm, June 14

Location: will be noted on your receipt

Class Fee: $4.00, pay with registration

Limit: 6

If you've recently acquired a new guitar, a garage sale bargain or have one collecting dust in the closet, bring it in and get a few tips on the basics - to get you started right or to rekindle your old enthusiasm. This one-time session will include a few simple chords, fingerings, picking, strumming and practice tips as well as tuning and how to change strings.

**HANSEN NUTRITION CENTER**

3122 Anderson Avenue

Across from Village Plaza

Foods for special diets, dehydrators, yoghurt makers, juicers, nuts, seeds, whole grain products, skin care products, vitamins and minerals, books, Welder products.

**PLAYS YOUR FAVORITES**

Fine arts 17
words of wisdom

SIGN LANGUAGE
FA-32
Natalie Smith
532-5478
Tuesdays, 7-9pm First Meeting: June 26 Length: 7 times Location: Will be noted on your receipt Class Fee: $10.00, pay with registration Materials Fee: $1.00, pay at class Limit: 25
Say it in sign language. Experience the world of non-verbal communication in the sign language-repaired life. This class will cover the basic sign alphabet and some conversational phraseology (with multiple signs). Come prepared to re-learn your own language. (Natalie learned sign language from her parents who are both deaf.)

BOOKS BY AND ABOUT WOMEN
FA-33
Lorrie Cross
539-5337
Wednesdays, 7:30-9pm First Meeting: June 20 Length: Ongoing Location: Will be noted on your receipt Class Fee: $4.00, pay with registration Women writers say special things. Women readers often hear them. This class provides time for women to talk with each other about novels, non-fiction works, humor and satire. Dimensions of self-image shaped by literary novels are examined as we discuss books selected by group members. Suggested books for this summer are sisters by Elizabeth Rees, Little Women by Louisa May Alcott, Crucial Conversation by May Sarton, The Well of all the women of the group since 1970 and is interested in women's issues.

WOMEN'S SOCIAL NOVELS
FA-34
Florence Snyder
776-7608
Tuesdays, 7:30-10pm First Meeting: June 19 Length: 7 times Location: Will be noted on your receipt Class Fee: $4.00, pay with registration Limit: 15
Are women who want to change society crazy? Are society crazy? Topics include child-rearing, education, violence, madness, heroines of historical social movements. Possible readings: The Concert, The Living Is Easy, Women On the Edge of Time, The Hill on the Moon, Mary Barton. (This is a study of English at KU and has a special interest in women's literature.)

CLOSET O'NEILLS
FA-35
Ramona Luckes
539-7190
Saturdays, 2-4pm First Meeting: June 23 Length: Indefinite Location: Will be noted on your receipt Class Fee: $5.00, pay with registration Limit: 10
For all those people who have been writing plays in the closet, now is the time to come out and share them. People interested in the process of play writing should also attend. We will discuss dramatic techniques, write some plays of our own and possibly look at some professional plays. (Ramona is working on a masters degree in play writing and has had her play "Flying" produced at KU.)

PROFESSIONAL NOVEL WRITING
FA-36
Leonard Bishop
1-258-2066
Tuesdays, 7-9pm, June 21, 28 (2 times) Location: Will be noted on your receipt Class Fee: $7.00, pay with registration Limit: 12
We'll be reading and critiquing manuscripts and sample chapters students bring, something you've written recently, throw to ten pages. Leonard will answer questions you have on novel writing, and questions about the publishing world and literary agents. He has published ten books, including "The Everlasting Damn All Your Streets, The Butchers."

SHARING PRE-SCHOOL BOOKS
FA-37
Armin Shores
776-4743
One day: Tuesday, 7-8:30pm, June 19 Location: Manhattan Public Library Limit: 30 (minimum 10)
A talk about children's books - past and present. Included will be a tour of the children's room, a discussion of reference books available on children's literature and time for group discussion. (Armin has been the children's librarian at Manhattan Public Library, for 4 years and has worked with children for 20 years.)

PUBLIC LIBRARY SERVICES FOR ADULTS
FA-38
Fred Hutchinson
776-4741
One day: Tuesday, 7-8:30pm, June 26 Location: Manhattan Public Library Limit: 30 (minimum 10)
What does the Manhattan Public Library have to offer you? Come for a tour of the library, a review of the services the library offers, and a chance to ask questions. (Fred is the head of Reference, Manhattan Public Library.)
QUICKER-MINI STRESS MANAGEMENT STRATEGIES S-3
Cliff Schuttley, Mary Jones 552-6927
One Time: Wednesday, 7pm, June 20
Location: Will be noted on your receipt
Class Fee: $40.00, pay with registration
Limit: 40
Come dressed comfortably as you will be practicing and learning some stress management strategies. You will also be learning how each of us over-stresses ourself 100 or more times each day; what our own unique stressors are and how to integrate mini-strategies for managing those stressors into daily activities and have some fun doing it. (Cliff, an attorney, and Mary, a nurse, work in the E-State Counseling Center conducting training in stress management, biofeedback and wellness training for students.)

MAKE THE SLEEPING GIANT S-5
Carolyn Sanko 776-1976
Wednesday, 7:30pm June 20 & 27 (2 times)
Location: Will be noted on your receipt
Class Fee: $15.00, pay with registration
Experts agree, the average person rarely utilizes but 10-15% of his/her ability. That means 85-90% of our potential remains dormant, asleep. This workshop can help individuals recognize latent abilities and unfold, develop and grow. Explore yourself and gain self-confidence and determination to solve the problems you want out of life each day. (Carolyn is a nurse at Valley Hospital and a former student of the work.)

STRESS MANAGEMENT S-8
Michael Weinberg, PhD 557-2244
Wednesday & Thursday, 7-8:30pm, June 20 & 21 (2 times)
Location: Will be noted on your receipt
Class Fee: $50.00, pay with registration
Limit: 10
Mumps are gone, the average person rarely utilizes but 10-15% of his/her ability. That means 85-90% of our potential remains dormant, asleep. This workshop can help individuals recognize latent abilities and unfold, develop and grow. Explore yourself and gain self-confidence and determination to solve the problems you want out of life each day. (Carolyn is a nurse at Valley Hospital and a former student of the work.)

DIVORCE - HOW TO STOP FEELING LIKE A VICTIM S-9
Michael Weinberg, PhD 557-2244
Tuesday & Wednesday, 7:30-9pm, June 26 & 27
Location: Will be noted on your receipt
Class Fee: $50.00, pay with registration
Limit: 10
Divorce is often an emotionally devastating experience that reinforces the feeling of being victimized. We will discuss the options available that will diminish these unhelpful feelings by substituting them with actions that build emotional strengths. (Michael is a National Certified Counselor and has taught this course numerous times for UNH.)

"SELF-ESTEEM: YOUR OWN WORST ENEMY" S-10
Gregory W. Potter, PhD 557-0076
One Time: Tuesday, 7-10pm, July 17
Location: Will be noted on your receipt
Class Fee: $40.00, pay with registration
Limit: 10
In childhood you learned your personal worth hung in the balance of your intelligence, action, appearance, or ancestry. If you measured up you were a high self-esteem. This class explores the myth of self-esteem and how to let it go. (Greg is a counselor in private practice and has worked with many people suffering from unwarrented labels stealing their personal worth.)

MAINTAINING YOUR MENTAL HEALTH S-30
Don McCullough 559-5237
One Time: Thursday, 7-9pm, July 12
Location: Will be noted on your receipt
Class Fee: $40.00, pay with registration
Limit: 15
Maintaining good mental health is becoming increasingly difficult for everyone in our changing, complex society. Economic pressures, changing sex roles, social reality, and family breakdown all contribute to feelings of isolation, identity issues, poor communication, and extreme stress. This course deals with when and how to choose the most appropriate mental health service available in Manhattan. (Don holds a B.A., M. Ed. and is Director of Administrative Services and Interim Executive Director at Paleme Mental Health Services in Manhattan.)

"DISARMING STRESS: A RATIONAL EMOTIONAL APPROACH" S-11
Gregory W. Potter, PhD 557-0076
One Time: Tuesday, 7-10pm, July 17
Location: Will be noted on your receipt
Class Fee: $40.00, pay with registration
Limit: 30
Why manage stress when you can disarm it potentially dangerous power? The purpose of life is happiness and this class will cover how you can enhance that happiness by recognizing stressors and understanding the disarming process.

"THE HAPPINESS PURPOSE" S-13
Gregory W. Potter, PhD 557-0076
One Time: Tuesday, 7-10pm, July 24
Location: Will be noted on your receipt
Class Fee: $40.00, pay with registration
Limit: 10
Regardless of what you've been taught in the past, happiness isn't something to be earned, won or postponed. Life is fantastic, but it's far too long to live it wrong. This class explores maximizing pleasure and minimizing pain.

Cheryl May 1st, Architecture "Bench"
**HYPERTENSION: "IT'S UP TO ME!"**

Elise Dreher

Tuesdays, 5:20-6:30pm  
First Meeting: July 10  
Length: 4-6 times  
Location: will be noted on your receipt  
Class Fee: $2.00, pay with registration  
Limit: 10

"It's up to Me!" is available to persons with hypertension, high blood pressure, and those who wish to lower their blood pressure. The group provides the opportunity to learn about hypertension, offers support to make lifestyle changes for better health and blood pressure control. A nurse-facilitator conducts the six, 1-1/2 hour session covering these topics: 1) hypertension - general knowledge about the disease; 2) medications; 3) stress; 4) nutrition; 5) lifestyle changes; 6) decision making. (Elise, R.N., is a public health nurse for Riley County Health Department.)

**REFLEXOLOGY**

Russell Gillisselle

One Time: Monday, 7-9pm, June 25  
Location: will be noted on your receipt  
Class Fee: $2.00, pay with registration  
Limit: 21

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.)

**MINIMAL INCISION FOOT SURGERY - HELP FOR YOUR ACHING FEET**

Dr. Joe Svoboda

One Time: Saturday, 10am, June 30  
Location: will be noted on your receipt  
Class Fee: $3.00, pay with registration  
Limit: 50

Are you suffering from bunions, corns, callouses, ingrown toenails or heel spurs? These are the types of problems that can be helped by minimal incision foot surgery. Joe will discuss facts and misconceptions concerning this type of surgery. Bring all of your questions. (Joe is a Podiatrist and on staff at St. Mary and Memorial Hospitals.)

**COLOR CARE & GLAMOUR**

Anna Prockish

Section 1: Thursday, 6-10pm, June 21  
Section 2: Thursday, 6-10pm, June 21  
(One time each section)

Advanced:  
Section 1: Thursday, 6-10pm, June 28  
Section 2: Thursday, 6-10pm, June 28  
Location: will be noted on your receipt  
Class Fee: $4.00, pay with registration  
Limit: 10

Personalized skin analysis plus step-by-step instruction in skin care and makeup application. The advanced sections will cover skin care and concentrate on glamour and special occasion looks of makeup. (Anna is a professional beauty consultant with Mary Kay Cosmetics.)

**HAIR AND MAKEUP MAKEOvers**

Crispens

One Time: Monday, 6-10pm, June 28  
Location: will be noted on your receipt  
Class Fee: $4.00, pay with registration  
Limit: 12

Looking good is important for success in the '90's. If you're not sure what hair and hairstyling techniques are correct for your facial shape, join us for an evening of "before & after" demonstration and personal consultation. (Stylists at Crispens have recently completed training in the hair & makeup trends for spring and summer.)

**COLOR: THE ESSENCE OF YOU**

Bonnie Hansen

Section 1: Monday, 7-10pm, June 26  
Section 2: Monday, 7-10pm, July 12  
(One time each section)

Location: will be noted on your receipt  
Class Fee: $4.00, pay with registration  
Materials Fee: $1.00, pay at class  
Limit: 12

Color affects us both physically and mentally. We will discuss the proper colors to bring out your best features and send the right messages to those around you. Also to be covered: make-up tips, wardrobe planning and helpful information about job interviews.

**SKIN CARE**

Gayle Summers  
Style by Gayle

One Time: Thursday, 6-10pm, June 26  
Location: will be noted on your receipt  
Class Fee: $4.00, pay with registration  
Limit: 10

Summer skin care is important for your "sum, beautiful skin. Thorough cleansing and moisturizing help give you clear, clean skin so necessary to proper makeup application. Join us for an evening of instruction using the newest hotel-based products that can be custom tailored to your skin type. (Gayle, a trained beauty consultant, owns her own studio in Junction City.)

"HYPNOSIS FOR THE SERIOUSLY CURIous"  
Gregory W. Potter, Ph.D.

One Time: Tuesday, 7-10pm, June 26  
Location: will be noted on your receipt  
Class Fee: $4.00, pay with registration  
Limit: 15

The very worthwhile tool of hypnosis is misunderstood not only by the general public but also by many health care professionals. This class will discuss hypnosis, its uses, benefits, precautions and will include a demonstration. (Trained in hypnosis at the Ethical Hypnosis Training Center under Harry Price, Dr. Potter uses hypnosis frequently in his private counseling practice.)

**HOW TO CUT YOUR MEDICAL BILLS**

Carolyn Gregory

One Time: Wednesday, 7-9pm, June 20  
Location: will be noted on your receipt  
Class Fee: $4.00, pay with registration  
Limit: 20

Medical bills continue to skyrocket. Is it possible to have quality health care without going into debt to get it? Yes! We will discuss alternatives to drugs, surgery, give 100 practical tips for cutting bills - suggestions that actually work. (Carolyn is a member of the People's Medical Society.)

**MASSAGE**

Rebecca Browson

Fridays, 7-10pm, July 13, 20 (2 times)

Location: will be noted on your receipt  
Class Fee: $5.00/person - $10.00/pair, pay with registration  
Materials Fee: $3.00/person  
Limit: 6 pairs

An introduction to traditional massage methods. We will cover whole body massage and neck and facial techniques. Massage promotes circulation and is great for relaxation. Please sign up with a partner.

**MEN'S DRESS FOR SUCCESS**

Bonnie Hansen

One Time: Thursday, 7-10pm, July 19  
Location: will be noted on your receipt  
Class Fee: $4.00, pay with registration  
Materials Fee: $1.00, pay at class  
Limit: 12

People glance at us and in an instant, even without knowing it, make judgments about our dependability, friendliness, profession, mood, competence, intelligence, age, and health. Learn in an informal setting how colors, your suits, ties, and accessories, communicate strong persuasive messages about us. Learn how to send the proper messages by wearing your best colors, your most authoritative suits and ties, and your best casual wear.

**WOMEN'S DRESS FOR SUCCESS**

Bonnie Hansen

One Time: Thursday, 7-10pm, June 28  
Location: will be noted on your receipt  
Class Fee: $4.00, pay with registration  
Materials Fee: $1.00, pay at class  
Limit: 20

A basic introduction to the beautiful world of color - how it affects you and those around you. Learn how to select correct color choices that enhance your own natural skin, hair, and eye colors. Learn how to dress for success by using correct wardrobe and color combinations to send the proper messages to those you come in contact with in business as well as in your life. (Bonnie is a certified Professional Color Analyst and with Beauty for All Seasons. Has 17 years experience.)
Philip Green 3rd, Architecture "Door To Minas Tirith"  

S-14  

324-8550

WOMEN & WORK: COPING WITH TWO CAREERS

One Time: Wednesday, 12-1pm, June 27
Location: Will be noted on your receipt.
Class Fee: $3.00, pay with registration

Do you work and maintain a home? What kind of stress does this place on you, your children, your marriage? How does it affect your work performance, your family income and standard of living? What can employers do to help you as we explore the answers to these and other questions affecting your everyday life and well being. (Frank is a KSU psychology professor.)

SEXUAL HARASSMENT

S-15

Dr. Frank E. Saal  

532-6850

One Time: Tuesday, 12-1pm, July 10
Location: Will be noted on your receipt.
Class Fee: $3.00, pay with registration

Discussion will focus on sexual harassment in work and in academic environments. Emphasis placed on the reasons for such behavior, and the options available to those victimized, including social and legal remedies. (Frank is currently conducting research on the topic "resource person" for KSU's recent educational campaign regarding sexual harassment.)

WOMEN'S HEALTH ISSUES

S-16

Judy Schnack, Elisie Draber  

One Time: Wednesday, 7:30pm, July 25
Location: Will be noted on your receipt.
Class Fee: $6.00, pay with registration

Question and answer period will discuss women's health concerns focusing on vaginitis, PMS (Pre-Menstrual Syndrome), contraception, sexually transmitted diseases, wellness care and other topics of interest. (Judy, an R.N., has worked in family planning for 8 years. Elisie, an R.N., is experienced in family planning and other clinical services. Both are employed by Riley County Health Department.)

APPROPRIATE ASSERTIVENESS

S-21

Caroline Paine  

One Time: Thursdays, 3-5pm, First Meeting: June 21 Length: 4 times
Location: Will be noted on your receipt.
Class Fee: $6.00, pay with registration

Being assertive does not mean being aggressive. But, you do have rights and should express your feelings about them. This class will present to you some basic skills in effective, assertive communication. (Caroline has given presentations on this subject for the past 7 years.)

RAPE SURVIVORS SUPPORT GROUP

S-26

Tanya Goddard  

539-2785

You will be contacted for date, time and location

All women who have experienced rape or attempted rape, regardless of the time elapsed, are encouraged to attend. Members share support and coping strategies. (Tanya is doing an internship at the Crisis Center and has studied the issue of violence against women for a number of years.)

INTRODUCTION TO ZEN MEDITATION PRACTICE

S-20

AI Potter  

532-5630  522-5634

Section 1: Wednesday, 8-10pm, May 20 & 27 (2 times/section)
Section 11: Monday, 7-9pm, July 11, 18 (1 section)

Location: Will be noted on your receipt.
Class Fee: $4.00/section, pay with registration

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

YOGA

S-1

Bert Franklin  

539-0495

Tuesdays, 5:30-6:30pm First Meeting: June 12 Length: 4 times
Location: Will be noted on your receipt.
Class Fee: $5.00, pay with registration
Materials Fee: $2.00, pay at class

Limit: 10

The principle classic asanas, breath control, introduction to meditation, as taught by T. K. Krishnamacharya of Madras. (Bert studied yoga with Krishnamacharya in Madras.)

YOGA

S-2

Rob Sheldon  

776-6949

Mondays, 5-6pm First Meeting: June 28 Length: 5 times
Location: Will be noted on your receipt.
Class Fee: $10.00, pay with registration
Materials Fee: $2.00, pay at class

Limit: 10

We will study the basic asanas (postures) and pranayama (breathing techniques). Please wear comfortable clothing (sweats, leotards, etc.) and come on an empty stomach. (Rob has been studying with Dr. Albert Franklin since 1974.)

DISCOVERING MONTESSORI

S-18

Bettie Aldridge  

539-8014  776-6481

One Time: Monday, 8-9:30pm, Aug 6
Location: Will be noted on your receipt.
Class Fee: $4.00, pay with registration

What would you like to know about Montessori, but have not yet asked? The Montessori philosophy of learning with pre-school children will be explained and we will have a question and answer period. The class will include a tour of the classroom area and display of learning materials. (Bettie has owned and directed the Manhattan Montessori School for Children since 1976.)

GERIATRY (THIS CLASS MEETS IN JUNCTION CITY)

S-28

James Todd  

236-2831

One Time: Tuesday, 7pm, June 26
Location: Will be noted on your receipt.
Class Fee: $4.00, pay with registration

Limit: 20

Where are the roots of your family tree? Do you know anything about your ancestors back past your grandparents? Learn the tricks of the trade as we fine out and how to research the elusive past. (Thomas, a retired civil service employee, has been interested in genealogy for over 50 years.)
Making Waves

Swimming Lessons - All Classes:
Location: will be noted on your receipt
Class Fee: $2.00, pay with registration
Teachers are Red Cross Certified Water Safety Instructors
Length: 6 weeks

Children's Beginning Swimming (age 5 and up)
P-17
Joan Robinson
SATU: -s, 9-10am First Meeting: June 23 Limit: 8

Adult Beginning Swimming
P-18
Joan Robinson
Saturdays, 10-11am First Meeting: June 23 Limit: 10

Land-of-Arms Slalom and DownRiver Carol/Kayak Race
P-23
T.J. Hittle
539-7772
Saturday and Sunday, Sat., Jan, Sun, Sun, June 9 & 10
Location: will be noted on your receipt
Materials Fee: $8.00, pay at class
The Land-of-Arms Slalom and Downriver Carol/Kayak Race offers both novice
and advanced paddlers an opportunity to test their skills. All interested
canoists and kayakers are invited to scenic Pittsford Crossing, four
miles from Manhattan, where events include races for young and old. Awards
will be given by the Kansas Canoe Association. Come and join the fun.
(Both Kansas Paddl & Sake and the Kansas Canoe Association are sponsoring
this event.)

Sailing Basics
P-20
Jay Kin
537-8431
One Time: Saturday, Jan-12th, June 23 and a second date to be agreed upon
Location: will be noted on your receipt
Length: 2 times
Class Fee: $4.00, pay with registration
The opposite of running with the wind is: a) coming about; b) hard-a-
lee; c) backing; d) walking with the wind. Even if you answered c) tack-
ing, you'll learn much from this introduction to sailing including terminology,
how to sail, selecting a boat and how to get started. A second session to be agreed upon each participant will have a chance to sail. (Jay has been sailing for over two years and owns a Laser.)

Intermediate Kayaking Workshops
P-21
T.J. Hittle
539-7772
Sundays, Jan-12th, June 24, July 1
Length: 2 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.)

Land-of-Arms Beginner Canoe Clinic
P-22
T.J. Hittle
539-7772
One Time: Saturday, 3-5pm, June 9
Location: will be noted on your receipt
Class Fee: $5.00, per person, pay with registration
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. Instruction
will be given in basic steering and paddling skills. Information
will be given about canoing equipment and local places to canoe. A
limited number of canoes, paddles and life jackets will be available, but
if you have access, please bring your own. When you arrive, please check
in at the Land-of-Arms booth. (Instruction will be provided by expert
canoists in the Kansas Canoe Association.)

Tiny Tot Swimming (18 months to 3 years old)
P-19
Barb Strock
539-1379
Saturday, 11am-12th, July 14
Location: will be noted on your receipt
Limit: 12
Class Fee: $4.00, per parent-child pair, pay with registration
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 skills. Emphasis will be placed on parent and child re-
laxing and enjoying the water. Activities will include blowing bubbles,
going under, slipping, torpedoes, jumping, floating and others. Important
tips and do's and don'ts will be covered. A parent must accompany each
child in the water. (Barb is a Red Cross Certified Water Safety Instruc-
tor forки.) She has seen lots of pool time with her 6-year old son, Bryan
and 3-year old daughter, Kathy.

Carol Gukler 1st., Animals "Blue-Winged Teal"
WEDNESDAY MORNING PLAY GROUP
Kay Ring, Barb Stark
Wednesdays, 10am-12m First Meeting: June 20 Length: Ongoing
Location: will be noted on your receipt
Class Fee: $2.00/Family, pay with registration
This is an ongoing "Support Group" for parents and their preschool-aged children, a "Mother's Morning In" with children playing and singing together, and other parents visiting with other adults. Parents are responsible for the children and activities are provided for children aged 0-6. The group meets on Wednesdays at 10am-12m. During the summer, we will be meeting outside with the permission of the home. The group will meet weekly on Wednesdays at 10am-12m. The group is for children aged 0-6. The group meets on Wednesdays at 10am-12m.

Carol Gukler 3rd, People "Window on the World"

RECYCLE TOURING AND CAMPING
Gregg Scircle
Mondays, 7:30-9pm, June 25 and July 2 (2 times)
Location: will be noted on your receipt
Class Fee: $4.00, pay with registration
This class will present the necessary skills needed for a successful country touring experience. Basic maintenance, packing, equipment, and techniques, and camping will be covered. Possible overnight trips will be available. Possible overnight trips will be planned to a nearby camping area. A great bike ride in the Manhattan area! (Date to be determined.) (Gregg has been cycling on the eastern U.S.)

ZEN AND THE ART OF MOTORCYCLING (WITHOUT THE ZEN)
David Baldwin
Saturday, 9am First Meeting: June 23 Length: Ongoing
Location: will be noted on your receipt
Class Fee: $4.00, pay with registration
This class is for those already riding motorcycles who would like to get together with some others to ride and enjoy some fun and fellowship. It's hoped we can meet some participants. A great bike ride in the Manhattan area! (Date to be determined.) (Gregg has been cycling on the eastern U.S.)

INTRODUCTORY BACKPACKING
Bob Knapthor
One Time: Wednesday, 7pm, June 27 Location: will be noted on your receipt
Class Fee: $6.00, pay with registration Limit: 15
This course will introduce the beginning or prospective backpacker to the basic equipment, clothing and supplies needed. The basic techniques needed to be a safe, conservation-minded backpacker. There will be ample opportunity to practice through trips available via the Oatmeal Club. (Bob has backpacked, hiked and climbed in Indiana on west to Colorado and the Grand Canyon.)

OUTLINE CLUB
Mike Elledge
First Wednesday of each month, 7:30pm First Meeting: June 5 Location: will be noted on your receipt Length: All semester Class Fee: $1.00 (pay with registration)
If you are interested in going camping, canoeing, bike touring, rock climbing, backpacking, sky diving, sailing, rappelling, kite-flying, skywriting or any of the above, this is the club for you. Each meeting, a variety of trips are planned for the next month. You only pay the fee once per year. (Mike enjoys many outdoor activities.)

FIELD HOCKEY
Rizwan Khan
Mondays and Thursdays, 8:30-10pm First Meeting: June 28 Location: will be noted on your receipt Length: Indefinite Class Fee: $4.00, pay with registration
Field hockey lessons for the beginner will teach game rules, field positions and skills needed to participate in the game. Field hockey is a popular game in Australia, Pakistan, Denmark, Holland, India, England, New Zealand, Spain, U.S.A., Japan, Malaysia, etc. (Rizwan was the captain of his school hockey team, captain of St. Patrick's College hockey team, captain of U.S. College Karate, captain of South Carolina United at the University of South Carolina and was a member of the Karate University faculty hockey team.)

SUMMER SOCCER
Charles Hedgcock
Sunday, 5:30-8:30pm First Meeting: June 24 Location: will be noted on your receipt Class Fee: $2.00, pay with registration
For the novice and the experienced player from 15 - 17. No practices - just matches for fun among ourselves and other area teams. Classes will run through Aug. (Charles has been involved in soccer for more than 10 years and is a coach, player and referee.)

VOLLEYBALL FOR FUN (16 AND OVER)
Lois Morales
Sunday, Thursdays, 5:30-8:30pm First Meeting: June 13 Location: will be noted on your receipt Length: All semester Class Fee: $4.00, pay with registration Materials Fee: $1.00, pay at class
Outdoor volleyball can provide low-cost exercise, competition and a great time for beginners and advanced players alike. Net and balls will be furnished. (Lois has played U.S. volleyball for years.)

BEGINNING TENNIS
Judy Sessa
Sunday, 8:10am First Meeting: June 24 Length: 6 times Location: will be noted on your receipt Class Fee: $6.00, pay with registration Limit: 20
Tennis lessons for the beginner will teach forehand, backhand, serves, court tactics, equipment selection and game rules. Bring a can of marked balls and a racquet. (Judy is an avid tennis player.)

ROCKETBALL FOR BEGINNERS
Ron Pavelka
Sunday, 8-10am First Meeting: June 24 Length: 5 times Location: will be noted on your receipt Class Fee: $6.00, pay with registration Limit: 16
Join one of the most popular up and coming sports. Rocketball is good for developing cardiovascular fitness, muscular endurance, controlling weight and is a lifetime activity. This class will emphasize basic rules and fundamentals of the game including scoring, backhand, forehand and serving. Bring a racquet and two balls. (Ron has been playing rocketball off and on for eight years.)

STAL-A-PARTNER/TENNIS/RACETBALL/INDOOR GAMES
Neil Sandholt
Location: A list will be mailed to you Class Fee: $1.00, pay with registration
Want some new partners for sports? This is an opportunity for you to get some challenging experience and to meet new faces. At registration, indicate the game, your skill level (beginner, intermediate or advanced), days and times available, and you will be matched with a pal. (Neil has coordinated this class for several years.)

GOLF FOR BEGINNERS
Lilla Levin
One Time: Tuesday, 6-7pm, July 10 Location: will be noted on your receipt Class Fee: $4.00, pay with registration Materials Fee: $1.00, pay at class Limit: 12
For those who have little or no experience, Lilla will cover the basics including grip, stance and club selection. You will get a chance to play putting, chipping and pitching. Bring $1.00 for a basket of golf balls and $1.00 for a basket of nine iron or wedge or rent them (tournaments and tournaments only) at the golf course. (Lilla is a Kay State Women's Golf Coach.)

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KANSAS MUSEUM OF HISTORY GRAND OPENING IN TOPEKA

Judy Porteous
537-3138

One Time: Saturday, 8am-6pm, June 23
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Limit: 46

Goodwin Museum and UPM are sponsoring a trip to the dedication ceremonies of the new Kansas State Historical Society Museum. The day's events feature tours of the museum, crafts and agricultural demonstrations, ethnic food booths and stage performances throughout the day on the museum grounds. Transportation by aabbott Coach Tours. Join us for a fun-filled day.

DARK MOUNTAIN VACATION

Judy Porteous
537-3138

Friday, Saturday, Sunday, October 12, 13 & 14 (Leave at 6am)
Location: Will be noted on your receipt
Class Fee: $170.00, pay with registration
Limit: 42

Join us in seeing the breath-taking panorama of fall foliage in the Dark Mountain Region in October.

ITINERARY:

Friday, October 12:
Depart 6am
Lunch stop (on own)
Arrival at Hillbilly Inn in Branson, Missouri
Welcome party with refreshments

Saturday, October 13:
Dinner (on own)
Depart 7am
Arrival at Branson, Missouri
Radio City Music Hall

Sunday, October 14:
Breakfast (on own)
Silver Dollar City - pioneer crafts and work-a-day world of 1880's Ozark Mountain folk plus rides, music and all kinds of entertainment
Sammy's Cabin Cookout - BBQ ribs, chicken, trimmings
Shepherd Of The Hills Play - fast-paced outdoor drama

Breakfast (on own)

Cost is $170.00 per person based on double occupancy. This includes admission to all attractions, cookout, group photo, lodging, full-time guide and transportation by Abbott Coach. Available options at the Hillbilly Inn include swimming, fishing, entertainment and dining. Full payment must be received by Sept 5 to meet our reservation deadline. (This is Judy's last UPM bus trip.)

ORIENTAL ARTS

JUJITSU FOR BEGINNERS

Stan Wilson
539-7723

Tuesdays & Thursdays, 8-9:30pm First Meeting: June 21
Class Fee: $10.00, pay with registration
Length: Indefinite

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 class will include the makoto ryu basicaza form which is self-defense oriented, not exercise oriented. Participants must be age 15 or over. (Stan has a black belt in jujitsu and has taught martial arts for six years.)

TAI CHI EXERCISE

Tom Graham
776-0780

Saturdays, 8:30-10:30am, Wednesdays, 7-9pm First Meeting: June 20
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Length: All semester
Materials Fee: $5.00/month, pay at class

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

TANG SOO DO KARATE

Jon Cederberg, Richard Barnes
537-7090 539-6570

Mondays, Wednesdays, Fridays, 7-9:30pm First Meeting: June 20
Location: Will be noted on your receipt
Class Fee: $10.00, pay with registration
Length: All semester
Materials Fee: $2.00, pay at class
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 hard work, patience, determination, and perseverance. If you stay with it you will test for your first belt rank at the end of the course. (Jon wasrank home 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 four years locally. Richard is a first degree black belt.)

STUDENT PILOT GROUND SCHOOL

J. Van Swamy
537-0132

Two Times: Days, times and dates to be announced
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
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 F.A.A. written exam, it will provide a solid background for the potential student pilot. Call the instructor for more information. (J. is a commercial pilot and certified flight instructor. He also owns his own aircraft.)

TAKE WING

LEARN TO FLY AT LOW RATES

Hugh Irvin
532-6311 539-3108

Two Saturdays; 9-10:30am First Meeting: June 23
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration
Limit: 17

The first meeting will be an information session to overview what's involved in learning to fly in general and the advantages of the K-State Flying Club in particular. Options available for ground school and for flight training in the Manhattan area will be discussed. If there is enough interest, 6 to 8 free group tutoring sessions may be scheduled to help those who decide to study for the FAA written examination using self-instructional courses. Introductory flight lessons and/or short sight-seeing flights at minimum cost will also be scheduled at the first meeting. Hugh is a FAA Certified Flight Instructor and a member of the K-State Flying Club.

CAROL GUKLER 3rd, Scenery "January Thaw"
Glenn Hoover 2nd, Scenery “Recollections In The Window” fit for fun

AEROBICS

P-1
Meg Justin
537-5232

Mondays, Tuesdays, Wednesdays, Thursdays & Fridays, 3:30-4:30pm
First Meeting: June 20
Length: 12 sessions
Cost: $12.00/session, pay with registration

A full fitness workout including: 10-minute stretch and warmup, 15-minute all-over exercise, 10-minute cool down. Participants will receive cardiovascular conditioning and 10-minute cool down. We will learn to move heart rate to get maximum benefit and will use the “fontomemron” using 1-2 bar and leg weight to tone up more. Participants may bring their own munch to add to current 10-20 energies. Each class will feature different routines. (No weight, weight loss or for a year in Lynchburg, Virginia.)

DANCECIZE

P-2
Nancy Lynch

Tuesdays & Thursdays, 1:30-2:30pm First Meeting: June 20
Location: Will be noted on your receipt
Length: 10 times
Cost: $10.00, pay with registration

Do you want to look good in your swimsuit? But hate to exercise? Dancecize is a fast paced, aerobic exercise class for men and women. We will tone muscles and improve cardiovascular fitness, all to enjoyable music. (Nancy is a graduate student with aerobics experience here in Manhattan as well as in Delaware and Pennsylvania.)

GENERAL FITNESS EXERCISES TO MUSIC: AEROBIC EXERCISE FOR EVERYONE

P-3
Susan Grecu
532-5732

Mondays, Tuesdays, Wednesdays, Thursdays, 6:00pm First Meeting: June 20
Location: Will be noted on your receipt
Length: All semester
Cost: $10.00, pay with registration

Exercises include jogging and steers to music to increase the heart rate, fast, and without the exercise. (Susan recently trained in West Germany and taught it professionally at the Damascus, Syria Sheraton Hotel.)

ATTENTION RUNNERS AND JOGGERS: SHOES, ORTHOTICS, INJURIES, WHY?

P-10
Dr. Joe Svakoda
539-6769

One Time: Saturday, 12th, June 23
Location: Will be noted on your receipt
Cost: $4.00, pay with registration

A person starting out with less than quality shoes is at a disadvantage,” according to podiatrist Dr. Svakoda. We will discuss how to select shoes for all sports and will discuss why by paying a lot does not automatically guarantee you the right shoe. Uses and abuses of orthotic devices will be covered and prevention of injuries will be summarized. Bring your questions. (Joe is a sports podiatrist, runner and consultant to KUS.)

WEIGHT TRAINING FOR WOMEN

P-11
Larry Noble
532-5765

Section I: Tuesdays, 7:30-8:30pm, June 5, 12 (2 times each section)
Location: Will be noted on your receipt
Cost: $4.00/section, pay with registration

Section II: Wednesdays, 7:30-8:00pm, June 6, 13 (2 times each section)
Location: Will be noted on your receipt
Cost: $4.00/section, pay with registration

Section III: Thursdays, 7:30-8:00pm, July 17 (2 times each section)
Location: Will be noted on your receipt
Cost: $4.00/section, pay with registration

An introduction to weight training exercises as a method of developing muscular strength and endurance. The cosmetic benefits of weight training will also be discussed. All participants will be given a program designed to develop all the major muscles and will have an opportunity to engage in various equipment in the health weight room. (Larry has trained with weights for over 20 years, taught weight training techniques over 10 years, conducted research on resistive exercise and is an associate professor of physical education.)

INTRODUCTION TO NAUTILUS

P-12
Larry MacPhie
776-6154

Section I: Thursday, 9:10am, July 12
Location: Will be noted on your receipt
Cost: $12.00, pay with registration

Section II: Thursday, 5:00pm, July 17 (one time each section)
Location: Will be noted on your receipt
Cost: $12.00, pay with registration

This class will start with a brief history of the game. Included will be an introduction to playing the equipment, basic stance, angles, control, and strategy. The different games - b-ball, 9-ball and snooker will be covered as well as the theory and mental game. Also, we will watch a video of the best National snooker matches. (Larry has played in several World Pocket Billiards Championships in New York City, finishing 3rd in 1976, 6th in 1980 and 20th in 1981.)

OUT OF THE SUN

P-30
Jerry Riggs
776-6338

Saturday, 10:30am First Meeting: June 23
Length: 6 times
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration

This class will start with a brief history of the game. Included will be an introduction to playing the equipment, basic stance, angles, control, and strategy. The different games - b-ball, 9-ball and snooker will be covered as well as the theory and mental game. Also, we will watch a video of the best National snooker matches. (Jerry has played in several World Pocket Billiards Championships in New York City, finishing 3rd in 1976, 6th in 1980 and 20th in 1981.)

PANNONIA

P-31
Beth Clark
537-4307

Wednesdays, 7-10pm First Meeting: June 20
Location: Will be noted on your receipt
Class Fee: $6.00, pay with registration

We will deal with basic and advanced pantomime techniques including (ideas and skills). The last class will be a show performance and will be announced later as to date and time. (Beth has taken a workshop with Claude Kipnis and taught this class before at the University of Iowa.)

DELIGHTFUL PUPPETS FOR CHILDREN (2-6 YEARS OLD)

P-45
Jeanne L. Yang
539-1524

Section I: Monday, 10:11am, July 11
Location: Will be noted on your receipt
Class Fee: $3.00, pay with registration

Students will participate in these and the activities associated with making the puppets. Jeanne L. Yang has presented several delightful puppet shows. Parents must accompany. (Jeanne holds a teaching degree, is a member of PISE, Puppetry in Education, has taught several years in public and runs a private nursery school.)

STAMP COLLECTING

P-32
Tim Svedwart
532-6415

Mondays, 7:30-9:30pm First Meeting: June 25
Length: 3 times
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration

Materials Fee: $2.00, pay at class

This class is for beginning, intermediate and advanced stamp collectors of all ages. One and possibly the two Field trips are planned to a local stamp club and regional stamp show. Some slide shows will be presented on the basics of collecting, how to grade canceling and cancellations, and how to determine perforations and watermarks. You will receive a free envelope full of stamps to work with as you perform several hands-on exercises. Also discussed will be how to trade, buy and sell stamps. Each class will last 2 to 20 hours each. (A collector for 20 years, Tim is a long-time member of the American Philatelic Society and the local Flint Hills Stamp Club.)

KNIFE COLLECTING

P-33
Nick Penland
494-2568

Wednesdays, 7:00pm First Meeting: June 28
Length: Ongoing
Location: Will be noted on your receipt
Class Fee: $2.00, pay with registration

We are starting a club dealing with all aspects of knife collecting. Beginning investors, collectors, accumulator, serious dealers, knife-makers and other appreciative people of all ages are welcome. Bring samples of your collection if you like. (Nick is a member of the National Knife Collectors Association and American Blade Collectors.)

Welcome Students for the summer

KREE M KUP STORE

OLD TOWN MALL SHOPPING CENTER

ICE CREAM • SANDWICHES

OPEN 9-30-6:00 MON-SAT.
THURS. TIL 8:30
DOMS 12-5
AUTOMOTIVE OPEN 8:00 A.M.
776-8886

play 25

Shop at Sears Downtown
Manhattan

32 YEARS OF SERVICE

1 MILE SOUTH OF CAMPUS

ICE CREAM • SANDWICHES

OPEN YEAR-ROUND
<table>
<thead>
<tr>
<th>INDEX</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>COMMUNITY (Finance, Politics, Issues, Events in Manhattan)</td>
<td>3-5</td>
</tr>
<tr>
<td>EARTH (Gardening, Conservation, Energy Animals)</td>
<td>6-9</td>
</tr>
<tr>
<td>FINE ARTS (Writing, Photography, Weaving, Ceramics, Music, Dance, Crafts)</td>
<td>15-18</td>
</tr>
<tr>
<td>FOODS</td>
<td>10-11</td>
</tr>
<tr>
<td>INNER-SELF (Self Awareness, Eastern Thought, Health, Stress Management, Personal Image)</td>
<td>20-22</td>
</tr>
<tr>
<td>OUTER SELF Sports, Water Sports, Recreation, games</td>
<td>23-25</td>
</tr>
<tr>
<td>SKILLS Job Skills, Practical Skills, Home Repair, Woodworking</td>
<td>12-13</td>
</tr>
<tr>
<td>SPECIAL Women’s Classes</td>
<td>3, 4, 20, 21, 25</td>
</tr>
<tr>
<td>SECTORS Children’s Classes</td>
<td>4, 15, 22, 23</td>
</tr>
<tr>
<td>A</td>
<td>Accessible Gardening Program</td>
</tr>
<tr>
<td></td>
<td>Across the Plains in 90 Days</td>
</tr>
<tr>
<td></td>
<td>Adult Beginning Swimming</td>
</tr>
<tr>
<td></td>
<td>Aerobics</td>
</tr>
<tr>
<td></td>
<td>Anxiety International</td>
</tr>
<tr>
<td></td>
<td>Apple Head Dolls</td>
</tr>
<tr>
<td></td>
<td>Assertiveness, Appropriate</td>
</tr>
<tr>
<td></td>
<td>Attention Runners</td>
</tr>
<tr>
<td></td>
<td>Auto Maintenance, Basic</td>
</tr>
<tr>
<td>B</td>
<td>Banjo</td>
</tr>
<tr>
<td></td>
<td>Barn Dance</td>
</tr>
<tr>
<td></td>
<td>Barebacking</td>
</tr>
<tr>
<td></td>
<td>Basic Astronomy</td>
</tr>
<tr>
<td></td>
<td>Beginning Tennis</td>
</tr>
<tr>
<td></td>
<td>Bicycle Maintenance, Basic</td>
</tr>
<tr>
<td></td>
<td>Bicycle Touring</td>
</tr>
<tr>
<td></td>
<td>Big Brothers/Big Sisters</td>
</tr>
<tr>
<td></td>
<td>Blood Pressure</td>
</tr>
<tr>
<td></td>
<td>Books by and about Women</td>
</tr>
<tr>
<td></td>
<td>Books, Pre-school</td>
</tr>
<tr>
<td></td>
<td>Breadbasket, Flint Hills</td>
</tr>
<tr>
<td>C</td>
<td>Calligraphy</td>
</tr>
<tr>
<td></td>
<td>Carpentry for Women</td>
</tr>
<tr>
<td></td>
<td>Ceramic Masks</td>
</tr>
<tr>
<td></td>
<td>Ceramics for Children</td>
</tr>
<tr>
<td></td>
<td>Charcoal Sketching</td>
</tr>
<tr>
<td></td>
<td>Cheyenne Bottoms</td>
</tr>
<tr>
<td></td>
<td>Children’s Beginning Swimming</td>
</tr>
<tr>
<td></td>
<td>Children’s 4-H Gardening Club</td>
</tr>
<tr>
<td></td>
<td>Children’s Service League</td>
</tr>
<tr>
<td>D</td>
<td>Clay Play</td>
</tr>
<tr>
<td></td>
<td>Color Analysis</td>
</tr>
<tr>
<td></td>
<td>Confrontation Training</td>
</tr>
<tr>
<td></td>
<td>Cottage Cheese</td>
</tr>
<tr>
<td></td>
<td>Crepes</td>
</tr>
<tr>
<td></td>
<td>Conductors, Introduction to Crocheting, Beginning</td>
</tr>
<tr>
<td>E</td>
<td>Dance, Black &amp; White</td>
</tr>
<tr>
<td></td>
<td>Darkroom, Color</td>
</tr>
<tr>
<td></td>
<td>Darkroom, Color</td>
</tr>
<tr>
<td></td>
<td>Delightful Puppets</td>
</tr>
<tr>
<td></td>
<td>Democratic Party</td>
</tr>
<tr>
<td></td>
<td>Delilah-The High One</td>
</tr>
<tr>
<td></td>
<td>Dia-a-Party</td>
</tr>
<tr>
<td></td>
<td>Divorce, Dealing with Feelings</td>
</tr>
<tr>
<td></td>
<td>Dress for Success</td>
</tr>
<tr>
<td></td>
<td>Dulcimer Players, Flint Hills</td>
</tr>
<tr>
<td>F</td>
<td>Early Bird Birdwatching</td>
</tr>
<tr>
<td></td>
<td>Edible Landscapes: Internships</td>
</tr>
<tr>
<td></td>
<td>Edible Wild Plants</td>
</tr>
<tr>
<td></td>
<td>Energy Conserving Window Treatments</td>
</tr>
<tr>
<td></td>
<td>Exploring Under Rocks</td>
</tr>
<tr>
<td>G</td>
<td>Fall Gardening</td>
</tr>
<tr>
<td></td>
<td>Field Hockey</td>
</tr>
<tr>
<td></td>
<td>Fishing</td>
</tr>
<tr>
<td></td>
<td>Flower Arranging</td>
</tr>
<tr>
<td></td>
<td>Folk Dancing, Israeli</td>
</tr>
<tr>
<td></td>
<td>Food-Buying Cooperative</td>
</tr>
<tr>
<td></td>
<td>Food Preservation Techniques</td>
</tr>
<tr>
<td></td>
<td>Foot Surgery</td>
</tr>
<tr>
<td></td>
<td>Friends of Education</td>
</tr>
<tr>
<td></td>
<td>Fruit Soup and Gazpacho</td>
</tr>
<tr>
<td>H</td>
<td>Genealogy</td>
</tr>
<tr>
<td></td>
<td>Gen and Fossil Field Trip</td>
</tr>
<tr>
<td></td>
<td>General Fitness Exercises</td>
</tr>
<tr>
<td></td>
<td>Get to Know Milford Lake</td>
</tr>
<tr>
<td></td>
<td>Golf</td>
</tr>
<tr>
<td></td>
<td>Graffiti Bar</td>
</tr>
<tr>
<td></td>
<td>Growth Guidebooks</td>
</tr>
<tr>
<td></td>
<td>Great Blue Heron Rookery Excursions</td>
</tr>
<tr>
<td></td>
<td>Growing Wildflowers</td>
</tr>
<tr>
<td></td>
<td>Guitar, Electric</td>
</tr>
<tr>
<td></td>
<td>Guitar, Intro to</td>
</tr>
<tr>
<td></td>
<td>Hammered Dulcimer Get Together</td>
</tr>
<tr>
<td></td>
<td>Handwoven Sweater</td>
</tr>
<tr>
<td></td>
<td>Happiness Purpose</td>
</tr>
<tr>
<td></td>
<td>Home Renovation, Older</td>
</tr>
<tr>
<td></td>
<td>Homebuyers Seminar</td>
</tr>
<tr>
<td></td>
<td>Horseback Riding</td>
</tr>
<tr>
<td></td>
<td>Household Insects</td>
</tr>
<tr>
<td></td>
<td>Hunger Series</td>
</tr>
<tr>
<td></td>
<td>Hypnosis</td>
</tr>
<tr>
<td>J</td>
<td>Indoor Blooming Plants</td>
</tr>
<tr>
<td></td>
<td>Intermediate Kayaking</td>
</tr>
<tr>
<td></td>
<td>Interviewing</td>
</tr>
<tr>
<td></td>
<td>Intro to Backpacking</td>
</tr>
<tr>
<td></td>
<td>Intro to Nautical</td>
</tr>
<tr>
<td></td>
<td>Investments, Older Real Estate</td>
</tr>
<tr>
<td></td>
<td>Investments, Tax Advantage</td>
</tr>
<tr>
<td></td>
<td>Judo</td>
</tr>
<tr>
<td>K</td>
<td>Kansas Area Watershed Summer Campout</td>
</tr>
<tr>
<td></td>
<td>KC Royals Tour</td>
</tr>
<tr>
<td></td>
<td>Kansas Museum Tour</td>
</tr>
<tr>
<td></td>
<td>Keyboard, Intro to</td>
</tr>
<tr>
<td></td>
<td>Knife Collecting</td>
</tr>
<tr>
<td></td>
<td>Konza Prairie Bike</td>
</tr>
<tr>
<td></td>
<td>Konza Prairie Wildflowers</td>
</tr>
<tr>
<td>L</td>
<td>Landlord-Tenant Law</td>
</tr>
<tr>
<td></td>
<td>Land-of-Ah’s Beginning Canoe Clinic</td>
</tr>
<tr>
<td></td>
<td>Land-of-Ah’s Canoe/Fly Fishing</td>
</tr>
<tr>
<td></td>
<td>Leave of Women Voters</td>
</tr>
<tr>
<td></td>
<td>Learn to Fly</td>
</tr>
<tr>
<td></td>
<td>Last Sugar in your Baking</td>
</tr>
<tr>
<td></td>
<td>Learning School</td>
</tr>
<tr>
<td>M</td>
<td>Make Your Own Nature Bracelet</td>
</tr>
<tr>
<td></td>
<td>Mental Health, Maintaining</td>
</tr>
<tr>
<td></td>
<td>Makeovers, Hair and Make-up</td>
</tr>
<tr>
<td></td>
<td>Massage</td>
</tr>
<tr>
<td></td>
<td>Medical Bills, How to Cut</td>
</tr>
<tr>
<td></td>
<td>Money Management Seminar</td>
</tr>
<tr>
<td></td>
<td>Montessori</td>
</tr>
<tr>
<td></td>
<td>Motorcycle Maintenance, Basic</td>
</tr>
<tr>
<td></td>
<td>Matching &amp; Computing</td>
</tr>
<tr>
<td></td>
<td>Music and Electronics</td>
</tr>
<tr>
<td>N</td>
<td>Nature Photography</td>
</tr>
<tr>
<td></td>
<td>Needlecraft, Finishing</td>
</tr>
<tr>
<td></td>
<td>Novel Writing</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
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<td>---</td>
</tr>
<tr>
<td>A</td>
<td>B</td>
</tr>
<tr>
<td>Origami</td>
<td>14</td>
</tr>
<tr>
<td>Dorinda Club</td>
<td>23</td>
</tr>
<tr>
<td>Ozark Mountain Tour</td>
<td>24</td>
</tr>
<tr>
<td>Padded Baskets</td>
<td>14</td>
</tr>
<tr>
<td>Padded Picture Frames</td>
<td>14</td>
</tr>
<tr>
<td>Macrame</td>
<td>26</td>
</tr>
<tr>
<td>Hen and Ink Drawing</td>
<td>7</td>
</tr>
<tr>
<td>Pet Sitter Health</td>
<td>10</td>
</tr>
<tr>
<td>Photography, Beginning</td>
<td>16</td>
</tr>
<tr>
<td>Photography, Darkroom Co-op</td>
<td>16</td>
</tr>
<tr>
<td>Photography, Picture Composition</td>
<td>16</td>
</tr>
<tr>
<td>Photoscapes</td>
<td>8</td>
</tr>
<tr>
<td>Picnics for Two</td>
<td>10</td>
</tr>
<tr>
<td>Playwriting: Closet O’Neill’s</td>
<td>26</td>
</tr>
<tr>
<td>Pocket Billiards</td>
<td>19</td>
</tr>
<tr>
<td>Pottery: Advanced</td>
<td>19</td>
</tr>
<tr>
<td>Pottery, Beginning</td>
<td>19</td>
</tr>
<tr>
<td>Pottery Studio Co-op</td>
<td>19</td>
</tr>
<tr>
<td>Poultry BBQ</td>
<td>10</td>
</tr>
<tr>
<td>Prairie Grasses</td>
<td>6</td>
</tr>
<tr>
<td>Prairie Wildflowers</td>
<td>6</td>
</tr>
<tr>
<td>Public Library Services</td>
<td>18</td>
</tr>
<tr>
<td>Puppetry</td>
<td>15</td>
</tr>
<tr>
<td>Puppy and Dog Obedience</td>
<td>7</td>
</tr>
<tr>
<td>Q</td>
<td></td>
</tr>
<tr>
<td>Racquetball</td>
<td>23</td>
</tr>
<tr>
<td>Raw Pottery</td>
<td>15</td>
</tr>
<tr>
<td>Real Estate License</td>
<td>21</td>
</tr>
<tr>
<td>Recorder Group</td>
<td>12</td>
</tr>
<tr>
<td>Reflexology</td>
<td>17</td>
</tr>
<tr>
<td>Republican Party</td>
<td>20</td>
</tr>
<tr>
<td>Resume Writing</td>
<td>3</td>
</tr>
<tr>
<td>Roses</td>
<td>12</td>
</tr>
<tr>
<td>Rug Making</td>
<td>9</td>
</tr>
<tr>
<td>S</td>
<td></td>
</tr>
<tr>
<td>Sand Drying Flowers</td>
<td>14</td>
</tr>
<tr>
<td>Sausage Knauts</td>
<td>9</td>
</tr>
<tr>
<td>Seafood, Barbecuing</td>
<td>9</td>
</tr>
<tr>
<td>Seafood, Salads</td>
<td>9</td>
</tr>
<tr>
<td>Self-Defense for Women</td>
<td>10</td>
</tr>
<tr>
<td>Self-Esteem</td>
<td>10</td>
</tr>
<tr>
<td>Sewing, Designer Jeans</td>
<td>10</td>
</tr>
<tr>
<td>Sewing, Linens</td>
<td>10</td>
</tr>
<tr>
<td>Sewing, Polo Shirts</td>
<td>10</td>
</tr>
<tr>
<td>Sewing, Swimuits</td>
<td>10</td>
</tr>
<tr>
<td>Sexual Harassment</td>
<td>21</td>
</tr>
<tr>
<td>Shocker Making</td>
<td>21</td>
</tr>
<tr>
<td>Singles Barter/Exchange</td>
<td>18</td>
</tr>
<tr>
<td>Sign Language</td>
<td>18</td>
</tr>
<tr>
<td>Skin Care</td>
<td>20</td>
</tr>
<tr>
<td>Stamp Collecting</td>
<td>20</td>
</tr>
<tr>
<td>Stenciling for Children</td>
<td>20</td>
</tr>
<tr>
<td>Stockbroker, How to Find</td>
<td>20</td>
</tr>
<tr>
<td>Stress Management</td>
<td>20</td>
</tr>
<tr>
<td>Student Pilot Groundschool</td>
<td>20</td>
</tr>
<tr>
<td>Summer Solstice</td>
<td>20</td>
</tr>
<tr>
<td>Summer Solstice</td>
<td>20</td>
</tr>
<tr>
<td>Super Sitter</td>
<td>20</td>
</tr>
<tr>
<td>Sushi</td>
<td>20</td>
</tr>
<tr>
<td>Suzuki Method of Violin</td>
<td>20</td>
</tr>
<tr>
<td>Tai Chi Exercise</td>
<td>24</td>
</tr>
<tr>
<td>Tang Soo Do Karate</td>
<td>24</td>
</tr>
<tr>
<td>Tasting</td>
<td>14</td>
</tr>
<tr>
<td>Theology, Topics in</td>
<td>4</td>
</tr>
<tr>
<td>Thread Painting</td>
<td>18</td>
</tr>
<tr>
<td>Tiny Tot Swimming</td>
<td>18</td>
</tr>
<tr>
<td>Tomato Creek Tour</td>
<td>22</td>
</tr>
<tr>
<td>Tour, Godfather’s Pizza</td>
<td>5</td>
</tr>
<tr>
<td>Tour, KNOV-987</td>
<td>5</td>
</tr>
<tr>
<td>Tour, McCall Pattern Company</td>
<td>5</td>
</tr>
<tr>
<td>Tour, Super Market</td>
<td>5</td>
</tr>
<tr>
<td>Travel, Careers in</td>
<td>5</td>
</tr>
<tr>
<td>Training Employees</td>
<td>5</td>
</tr>
<tr>
<td>T-Shirt Painting</td>
<td>5</td>
</tr>
<tr>
<td>Vegetarian Cooking</td>
<td>11</td>
</tr>
<tr>
<td>Violent Noise</td>
<td>6</td>
</tr>
<tr>
<td>Visitors’ Day for the UMTS Solar Addition</td>
<td>8</td>
</tr>
<tr>
<td>Volleyball</td>
<td>23</td>
</tr>
<tr>
<td>Wake the Sleeping Giant</td>
<td>19</td>
</tr>
<tr>
<td>Wanted: A. T. Tour guides</td>
<td>6</td>
</tr>
<tr>
<td>Weaving for Children</td>
<td>15</td>
</tr>
<tr>
<td>Weaving Studio Time</td>
<td>15</td>
</tr>
<tr>
<td>Wedding Planning</td>
<td>16</td>
</tr>
<tr>
<td>Wednesday Morning Playgroup</td>
<td>13</td>
</tr>
<tr>
<td>Weight Training for Women</td>
<td>23</td>
</tr>
<tr>
<td>Welcome Sign</td>
<td>25</td>
</tr>
<tr>
<td>Women and Children’s Cooperative</td>
<td>14</td>
</tr>
<tr>
<td>Women’s Social Clubs</td>
<td>3</td>
</tr>
<tr>
<td>Women and Men’s Group</td>
<td>21</td>
</tr>
<tr>
<td>Women of the Heartlands</td>
<td>21</td>
</tr>
<tr>
<td>Women’s Health Issues</td>
<td>21</td>
</tr>
<tr>
<td>Yoga</td>
<td>21</td>
</tr>
<tr>
<td>Zen Meditation, Intro to</td>
<td>21</td>
</tr>
</tbody>
</table>

**CLASSES IN JUNCTION CITY**

- Genealogy  
- Landlord-Tenant Law  
- Needlecraft, Finishing  
- Skin Care  
- Zen Meditation, Intro to  

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Photo Credits: Glenn Hoover: Cover, pp. 3, 10, 25; Michael Sloth, p. 17; Melvin Dale, p. 8; Phillip Greene, p. 21; Carol Gulker, pp. 23, 24, 22; Cheryl May, p. 19; Nancy Mediah, p. 7; Jeffrey Rickson, p. 15, Manhattan Mercury, p. 5, 6, 12, 13, Pipe, p. 12.  

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Index 27
# Registration Form

**Priority Registration Period:** May 28–June 15

Registrations after June 15 accepted on a space-available basis.

**WALK-IN:**
- **Tuesday, May 29:** Public Library 5 p.m.–7 p.m.
- **Saturday, June 2:** Wal-Mart 10 a.m.–11 a.m.
- **Saturday, June 2:** Westloop Dillons 12 p.m.–1 p.m.
- **Tuesday, June 6:** Junction City Dillons 2 p.m.–3 p.m.
- **Monday, June 4:** UFM House 7 a.m.–8 a.m.
- **Monday, June 4:** KSU Union 9 a.m.–4 p.m.
- **Tuesday, June 5:** KSU Union 9 a.m.–4 p.m.
- **Saturday, June 9:** Wal-Mart 10 a.m.–12 p.m.
- **Saturday, June 9:** Westloop Dillons 1 p.m.–3 p.m.
- **Monday, June 11:** KSU Union 9 a.m.–2 p.m.
- **Wednesday, June 13:** KSU Union 9 a.m.–2 p.m.
- **Thursday, June 14:** Public Library 11 a.m.–2 p.m.
- **Thursday, June 14:** Public Library 5 p.m.–7 p.m.

Registration at the Dillon Stores will be weather permitting.

**THREE WAYS TO REGISTER:**

**A. WALK-IN:** Register in person at one of the above locations

**B. MAIL-IN:** Fill in your registration form and mail it with check, money order, or Visa/Mastercard number to: UFM, 1221 Thirston, Manhattan, KS 66502 (a stamped, self-addressed envelope is appreciated)

**C. PHONE-IN:** With Visa or MasterCard only, you may call 913-532-5866 during business hours to register (minimum $5.00)

Late registrations accepted on space-available basis.

All UFM classes are offered by volunteers. All fee income will be used to help meet UFM operating costs.

**RECEIPTS:**

After your 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 locations of your classes will be included.

**REGISTRATION FEE EXEMPTIONS:**

The following are exempt from the $2.00 registration fee (but not class fees):

1. under 13 years of age
2. over 60 years of age
3. handicapped
4. full-time KSU students (an annual SGA allocation supports student participation)

**REFUND POLICY:**

UFM will only give a REFUND voucher (redeemable for cash) in these instances:

1. the limited class you paid for has been filled
2. the class you paid for has been cancelled or significantly changed
3. you have overpaid

UFM will only give a CREDIT voucher (redeemable for UFM classes) in these instances:

1. you are unable to attend a class and you have notified UFM and the teacher a minimum of three days before the first meeting
2. you earn credit by teaching or volunteering for UFM

If you have problems with UFM, please call us at 913-532-5866.

**DISCOUNTS FOR VOLUNTEERS:**

You may work for UFM in exchange for fee discounts.

Arrangements will be made on an individual basis. Call UFM at 913-532-5866.

**UFM TEACHER CREDIT:**

All current UFM teachers are entitled to fee discounts when enrolling in UFM classes in either this catalog or in the future. 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.

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**CLASS EVALUATIONS**

UFM was founded on the basic principle of self-education. Learners and teachers share the responsibility for making a class work. If your class is not meeting your expectations, DO SOMETHING ABOUT IT!

Student feedback forms will be used to get your evaluation of classes you take. If you wish to see results of evaluations of past UFM classes, they are available for review. Evaluation forms will be provided by class leaders at the time of the class meeting.

Students are expected to be their own consumer protectors. Read class descriptions closely. If your expectations are not being met, please let the teacher know. Let us know through class evaluations of any improvements we can make or phone Julie Cotton at 532-5866 with your suggestions.

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**Registration Form**

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<th>Sec. #</th>
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**PLUS $2.00 REGISTRATION FEE (See Exemptions)**

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**Signature**

I hereby authorize the use of my Visa/MasterCard:

Card 

Expiration Date

UFM—913-532-5866

1221 Thirston • Manhattan, Kansas 66502

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**Check**

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**Check**

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