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UFM TEACHING LEARNING GROWING
FALL 1984
ELECTION '84

In this year of presidential elections and olympics, feelings of patriotism are high. Who can resist a little flag waving? Not UPM, as we print our first color catalog in red, white and blue. We hope you enjoy our photos of elections past.

We at UPM feel strongly about the freedoms we enjoy in America. There are few places in the world a community organization could provide the means for so many people to share information and express ideas. Our right to choose government representatives is not only a right but a duty. In order to protect these freedoms and rights we urge you to participate in the elections in November.

what is UPM?

UPM is a private, non-profit community learning network linking resources with needs, volunteers with programs and creative solutions with community problems. Some 10,000 participants enroll annually in more than 1,000 courses coordinated by UPM annually. UPM is extending the model to five rural communities in Kansas.

what programs do we offer?

Community Education:
The Only Prerequisite 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 investments or continuing the folktales of the rural Midwest, the curious will find it in the more than 1,000 courses coordinated by UPM 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. The Outreach Program provides assistance and support to rural Kansans who are attempting to respond to these concerns through community-based education programs. Over 100 Kansas communities have implemented the UPM educational model.

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

UPM on television
Learn about antiques, wildflowers, pocket billiards and other topics on Cable Channel 5 TV. "This is UPM" is a weekly television show featuring interviews with UPM teachers on their areas of expertise. It is aired every Tuesday at 6:30 pm.

Spinoffs:
UPM aims to encourage the community to grow with new ideas and programs. The Manhattan Farmer's Market is an excellent example of a very significant program that grew out of a UPM class and now benefits the area economy.

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

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

Thanks to all who helped with the theme of this catalog:
Riley County Historical Museum, Treasure Chest-Appleton, The Manhattan Mercury, Mrs. Diane Tindle, Kansas State Historical Museum and Audrey Murphy for her technical and creative assistance in preparing the photographs used.

Design: Eardham Graphics, P.O. Box 483, Manhattan, KS 66502
FINE ARTS

COUNTRY CRAFTS

POCKETPIRI
Kathy Colvig

One Time: Saturday, 10am-12n, Oct 13
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
Limit: 10

Learn to create the expensive part, but best part of potpourri from the
tings around you. Save to bring: flower heads (especially peony & rose
petals) for color, herbs for "flavor"; all dried on newspaper and stored in
paper sacks. Or bring yourself and we'll share with you. Kathy enjoys
nature and crafts and finds combining the two enjoyable and likes to
share her joys with others.

VINE WREATH
Kathy Colvig

One Time: Saturday, 1-3pm, Oct 13
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
Limit: 10

Learn to create wreaths and baskets from vines and twigs and then how
to decorate them for the various times of the year. Great for gifts and not
as hard as they look.

STRAW WELCOME MATS
Susan Toy

One Time: Thursday, 7pm, Oct 11
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $3.50, pay at class
Limit: 6

Learn to make silk flowers or choose dried natural flowers to adorn a
straw hat that proclaims "WELCOME to all who enter your home. Choose
colors to match your decor or add a touch of country to your city house.
(Susan, owner of the Conseilberry Craft Shop, shares her skills with IMP
participants from local clubs and groups.)

SHOOPING (This class held in Junction City)
Short Straus

Tuesday, 2-4pm, Nov 20 & 27 (2 times)
Location: Will be noted on your receipt
Class Fee: $3, pay with registration
Materials Fee: $6, pay at class
Limit: 9

Shooping can be used to add fullness and charming detail to clothing or
to make accessories for your home. We will learn a variety of techniques
on pre-plated material and use them to complete a Christmas ornament.

FALL RIBBON WREATH
Susan Toy

One Time: Monday, 9-11am, Oct 15
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $10.50, pay at class
Limit: 6

Twenty yards of ribbon of crisp fall colors are used in the production of
this attractive decoration. Embellish with delicate dried flowers in
your colors and you have completed a wreath for your door or wall.

CHRISTMAS RIBBON WREATH
Susan Toy

One Time: Thursday, 7pm, Nov 1
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $10.50, pay at class
Limit: 6

Start now for a beautifully decorated home at Christmas. Imagine this
wreath of rich red, deep green, gold and silver made of ribbons of plaid,
motifs, critics or swirls. Decked with pinecones or other holiday materi-
als it will be a warm, graceful ornament for your home at this special
time of year.

UPM WINTER CRAFT FAIR
Rebecca

Friday & Saturday, 11am-5:30pm, Nov 16 & 17
Location: Will be noted on your receipt.

Sell your handmade goods at the UPM winter crafts fair. Space is limited
to 30, six-foot booths. Fees are $18 for both days, $10 for
one day. When you register you will be sent an entry form. Do not include
space fee when you sign up, please wait until you are contacted.

The UPM campaign became a forerunner to the progressive ticket.
Wilson and Taft headed the major parties.

POCKETPIRI
FA-16

Dale Anderson

Section I: Wednesday, 7-9pm, Oct 17
One time section
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $10-200, depending on recipe chosen, pay at class
Instructi

STENCILING
Nancy Lynch

One Time: Saturday, 9:30-11:30am, Oct 6
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $10, pay at class
Limit: 10

Make personalized Christmas cards this year. Stenciling is quick and easy
to learn. It can be used to decorate wood, fabric, paper and even walls.
In class you will decorate a wooden box and Christmas cards or note
paper. All materials will be provided including a reusable stencil for
you to keep. (Nancy is a KSU graduate student. She designs stencils
and stencilled items which are available in Manhattan and Pennsylvania.)

CHRISTMAS BASKET
Susan Toy

One Time: Monday, 10am, Nov 5
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $12, pay at class
Limit: 5

Choose an oval, round or hexagonal covered basket. Add ribbons in the
opulent colors of Christmas and Holly, bells or pinecones to create a
jubilant centerpiece or a gift in which to carry a gift. All materials
are provided.

The UPM campaign became a forerunner to the progressive ticket.
Wilson and Taft headed the major parties.
Nimble Needles

BEGINNING KNITTING
FA-47
Fern Switzer
Tuesdays, 7-9pm
First Meeting: Sept 18
Length: Ongoing
Location: Will be noted on your receipt
Class Fee: $8, pay with registration
Materials Fee: $0.50, pay at class
Limit: 10

KNIT, PURL, KNOT, PURLE. Learn these two basic stitches and you can, by varying their order, be on your way to a lifetime of scarves, hats, afghans and sweaters. After the first few classes you will begin individual projects and can proceed at your own pace. Bring worsted weight knitting yarn and 10" long, size 5-6 knitting needles. (Fern has taught knitting for HPW, the Recreation Department and the Senior Center.)

SEWING JOGGING SUITS
FA-43
Marie Jackson
One Time: Tuesday, 10am-12n, Sept 25
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $3.50, pay at class
Limit: 10

Comfort while exercising or lounging is one of the reasons jogging suits are so popular today. There will be discussion and demonstration of fitting, fabrics and sewing techniques. They are easy to sew, half the price of commercial suits and a wide range of colors are available. You might not stop until you’ve sewn one for every family member.

SEWING MAMMOS
FA-44
Marie Jackson
One Time: Tuesday, 10am-12n, Oct 2
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $4, pay at class
Limit: 10

Can’t seem to get the knack of knitting or the grip of crochet? If you can sew, don’t despair, you can still have lovely sweaters at a third of the cost of those found in stores. See how easy it is to sew your own sweaters using sweater-knit or stretch velours. We will also discuss accessories like pre-knit cuffs and collars that add that finishing touch.

SEWING FOR CHILDREN
FA-45
Marie Jackson
Section I: Tuesdays, 10am-12n, Sept 11, 18 (2 times)
Section II: Saturdays, 10am-1:30pm, Sept 15 (1 time)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $4, pay at class
Limit: 10

Children grow so fast you can break the budget keeping them in clothes. Right? Not so, if you sew your own. Starting with a few simple patterns Marie will show you the variations that will give you a winter to spring wardrobe for your child. For young children, you probably have enough fabric pieces from sewing projects of your own to outfit them handily without spending a cent!

SHADOW APPLIQUÉ (This class meets in Junction City)
SH-18
Shari Strauss
One Time: Tuesday, 2-4pm, Oct 2
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
Limit: 10

Appliqué - a fabric decoration cut out and fastened to a larger piece of material. This new form of appliqué uses sheer fabric pieces to give a soft shadow effect. In class we will complete a 6-inch hoop wall hanging using your choice of designs and colors. All materials provided. (Shari owns and operates Shari’s Country Stitchin’ in Junction City.)

4 Arts

Ready, Set... Sex
FA-39
Denise M. Steig
One Time: Friday, 6-9pm, Sept 27
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $3.50, pay at class
Limit: 5

Sewing may be either fun or hard work. Organization is part of the work. Let me show you how to organize your sewing box and share a few tips for easy sewing. Bring your sewing box and your questions.

SEWING LINGERIE
FA-39
Marie Jackson
One Time: Thursday, 7-9pm, Sept 20
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $3.50, pay at class
Limit: 10

Sensuous and sexy or primp and proper - Lingerie is one part of a woman’s wardrobe. For a fraction of the retail cost, you can sew lingerie with luxurious fabrics and high fashion detailing. This class will demonstrate construction and give tips for good fit. (Marie has years of sewing experience and enjoys sharing her knowledge with others.)

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BEGINNING CHINESE
Don Nissen
539-0727
Mondays & Thursdays, 7-8:30am
First Meeting: Oct 1
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Materials Fee: $5, pay at class
Limit: 6

This will be a beginning level class focusing on modern language learning methods. The text uses Pinyin Romanization and simplified Chinese characters. The pace and length of the course will be decided by class members. Don teaches English at a second language and studies Chinese in his spare time with Chinese friends.

SHAKEPEARE FOR THE FUN OF IT
Brian K. Hare
539-4716
Sundays, 7-9pm
First Meeting: Sept 16
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Materials Fee: $15.50, pay at class
Limit: 20

What did Henry IV think of his son? What was the secret of Desdemona's handkerchief? And what about Caliban and Miranda? Come and find out! Seriously, we'll be discussing Shakespeare, trying to figure out why he's still being read, and having a good time. We will study Henry IV, Othello, Twelfth Night, and The Tempest. If you don't have copies of these plays, call Brian at 539-0727 by September 7 and paperback editions will be ordered for you. (Brian is a KSU student who has studied Shakespeare extensively.)

SCIENCE FICTION/STAR TREK GROUP — ANONYM
N.J. Pettit
776-4278
FA-33
Mondays, 8pm
First Meeting: Sept 17
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

We are a club for people who meet regularly throughout the year. We discuss books, movies, and other items of the genre and have frequent costume parties. Join us and get a chance to see pictures of the science fiction/fantasy/Star Trek conventions we have attended, browse through fanzines and share our enthusiasm.

Creatures for kids

BEARS, BEARS, BEARS
Denise M. Sleig
532-6477
Fridays, 7-9:30pm, Oct 7, 14, 21 (2 times)
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Materials Fee: $3, pay at class
Limit: 5

Stuffed bears are not only popular but have been around for at least 200 years. Join us and make your own bears with these six fun, easy-to-follow programs. We will use our own materials and you will get to choose the colors or fabrics you like. Each kit includes everything you need to make two bears, and the bears are perfect for a new family or a new member in a little one's life. This is a perfect afternoon program for children and adults who enjoy making stuffed bears. (Denise holds a degree in art education from the University of Minnesota.)

SOCK DOLLS (This class meets in Junction City)
Shari Strauss
1-238-4785
FA-19
One Time: Tuesday, 7-9pm, Oct 16
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $3, pay at class
Limit: 10

Sock dolls are popular items for sale in markets and crafts fairs. They are fun to make, and you can create a one-of-a-kind toy. (Shari holds a degree in education from the University of Kansas.)

PUPPETS, PUPPETS...FOR CHILDREN (2-6 YEARS OLD)
Jeanne L. Yang
539-1914
One Time: Saturday, 1-2:30pm, Nov 10
Location: Will be noted on your receipt
Class Fee: $3, pay with registration
Materials Fee: $5, pay at class
Limit: 15

Welcome to the wonderful world of puppets with songs, skills and short stories. Jeanne will present several delightful puppet shows, and children will participate in several activities. (Jeanne holds a degree in child development from the University of Kansas.)

And writing

BEGINNING CALLIGRAPHY
Ernie Pack
537-9883
Mondays, 7-9pm
First Meeting: Sept 24
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Materials Fee: $5.50, pay at class
Limit: 12

Calligraphy—the art of beautiful lettering—will be introduced. We will learn about lettering tools, materials, references and one calligraphy alphabet. Felt-tipped calligraphy pens and necessary paper will be provided. (Ernie has been lettering since he was 13 years old and has taught many others the skill.)

FEMINIST WRITERS SUPPORT NETWORK
Natalya Hall, Rita Grover
537-8835
Register and you will be contacted for day, time and date
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

We are women who write journals, letters, poems, stories, plays...who would like to know other women who write, to share readings and critiques and encouragement in a supportive atmosphere. We are an ongoing group that meets not only as a whole group but also in small work groups. (Natalya and Rita are writers who, tired of working in a vacuum, got this group started last spring.)

WRITING BOOK REVIEWS FOR THE MANHATTAN MERCURY
Margaret Allen
776-8805
Tuesdays, 7pm, Oct 23, 30 (2 times)
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Limit: 15

We want reviewers! Learn The Manhattan Mercury's guidelines, how to tailor your style to meet them and ISSA on writing. You'll write a review; we'll critique it and consider it for publication. (Margaret is book review editor for The Manhattan Mercury.)

AUTHOR/AUTHOR!—NOVELWRITING WORKSHOP
Leonard Bishop
1-258-2065
FA-15
Thursdays, 7-9pm, Oct 11, 18 (2 times)
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Limit: 12

Are you writing the great American novel, but wonder if the public will ever have the chance to read it? Leonard will answer questions you have on novel writing, the publishing world and literary agents. Bring something you've written recently, a sample chapter three to ten pages, for the group to read and critique. (Leonard has taught writing for over 20 years— at Columbia, New York University and University of California Berkeley. He has published nine novels including The Everlasting. Down All Your Streets, and The Butchers.)

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Arts 5
REGIMENTAL WEAVING
FA-6
Susan Lala, Rebecca Brownson
Section I: Wednesdays, 7-9pm, Sept 19, 26, Oct 3, 10
Section II: Wednesdays, 7-9pm, Sept 19, 26, Oct 3, 10
Location: Will be noted on your receipt
Class Fee: $10/session, pay with registration
Materials Fee: $6, pay at class
Limit: 4/session
Learn to weave in your choice of a daytime or evening class. You will learn how to get a loom ready for weaving and then practice a variety of weaving techniques. Completion of this course will allow you to take advanced weaving courses offered and sign up for open weaving times.

HANNOVER TABLE RUNNERS
FA-7
Susan Lala
Group Meetings: Tuesdays and Thursday, 6:30-9pm, Oct 23 & 25
Location: Will be noted on your receipt
Class Fee: $30, pay with registration
Materials Fee: $5, pay at class
Limit: 6
Weavers will supply their own wool yarns.
Weaving weeks beginning: Oct 29, Nov 5, 12, 19, 26, Dec 3
Handwoven table runners make lovely Christmas gifts! If you have previous weaving experience come join us. We will meet two times to dress the looms, Susan will demonstrate the suggested pattern (variations will be possible). Then sign up for one week to come in at your convenience and weave a runner on your own. You may sign up for more than one week if you wish to do several.

WEAVING STUDIO TIME
FA-8
Susan Lala
December-January
Class Fee: $45, pay with registration
Know how to weave and yarns for a place to weave! Looms in the UPM Weaving Studio will be available in December and January. Plan your projects now. (No instruction is provided.)
You will need to sign up for use of the green, table or Han- nett looms.

SHAPING: BRADING, WEAVING, CROCHETTING, TOOTH BRUSH HANDLE
FA-41
From Walter
One Time: Friday, 7-9pm, Oct 19
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
Limit: 12
In the first class we will learn to make different kinds of rugs from a variety of woven and braided materials. Special materials and instructions you might like to share. (An early interest in rugmaking has led Susan to learn many ways to create rugs from rugs.)

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Jim Rhine • Roberta Surs • Norma Nordgren
HOW TO USE YOUR 35MM CAMERA

Den Ray, Mark Stallings
One Time: Wednesday, 7-8pm, Sept 21
Location: WILL be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
So you've got a 35mm camera but don't know your r-stopper from your lens cap? Let the pros show you what you need to know. Class topics include exposure, film selection, use of flash. Questions and demonstrations. (Mark and Den are professional photographers. Den owns Manhattan Camera Shop.)

PHOTOGRAPHY DARKROOM WORKSHOP COOPERATIVE (BLACK & WHITE & COLOR) FA-27
Nell Schmoker
Organizational Meeting: Monday, 5-6:30pm, Sept 10 (or by individual appointment)
Location: WILL be noted on your receipt
Appointments are limited to one block east of campus in the UFM House, the UFM Darkroom is available to anyone who needs access to a well-equipped academic negatives or color prints.
The fee includes everything but it is open to inform your assignments. You may provide your own chemicals if you wish to use our new color equipment.

BLACK & WHITE ONLY:
Class Fee: $12, new members $10, pay with registration
Materials Fee: $2, pay at class
You must provide your own chemicals if you wish to use our new color equipment.

BLACK & WHITE & COLOR:
Class Fee: $20, new members $18, pay with registration
Materials Fee: $2, pay at class
The color equipment enables you to develop film and prints and to make prints from negatives or slides (Clapirochem). There is no limit to the amount of work you can do, but we do not wish to purchase a membership, since it is only available at the rate of $3/hr. (Her is coordinator of the UF Darkroom.)

BEGINNING PHOTOGRAPHY
Emile Peck
Section I: Tuesday, Wednesday, Thursday, 7pm, Oct 23, 24, 25
Shooting: Saturday, 8:30am-4:30pm, Oct 27
Critique: Tuesday, 7pm, Oct 30
Location: WILL be noted on your receipt
Class Fee: $18, pay with registration
Materials Fee: $5, pay at class

INTRODUCTION TO PHOTOGRAPHY FOR YOUNG FOLKS
Audrey Murphy, Rebecca Brownson
Section I: 8-9 year olds, Saturday, 9-10am, Sept 22
Section II: 8-9 year olds, Saturday, 9-10am, Oct 6
Section III: 9-10 year olds, Saturday, 9-10am, Oct 13
Section IV: 9-10 year olds, Saturday, 9-10am, Oct 20
Location: WILL be noted on your receipt
Class Fee: $10, pay with registration
Materials Fee: $3, pay at class

TAKING BETTER PICTURES
Bob Hasiger
Location: WILL be noted on your receipt
Class Fee: $7, pay with registration
Everything you wanted to know about taking pictures (in 3 short evenings), will be covered. You will learn composition, filters, film choice, camera and lens selection and lighting techniques. Bring your loaded camera and discuss your photos. This is an informal lab session in each class.

FLICKS FLICKS FLICKS

Kansas Lumber Company
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PLANS FOR NEXT WEEK

PROBLEMS WITH YOUR UFM CLASS?
WE'LL MAKE IT RIGHT! CALL 532-5866.
Music...

**USE OF EFFECTS WITH ELECTRIC GUITAR**

**FA-10**

**Curt Gunther**

*One Time: Sunday, Oct 14*

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

Class Fee: $4, payable with registration  
Limit: 10

A brief explanation of the use and types of effects pedals and other sound modification devices for guitar and other amplified instruments, and answers to specific questions or problems. (Curt is a Radio-TV production major whose most recent project was the KSBE "Live Shots" program. He is a part-time DJ at the Avalon, guitar teacher and member of the rock band "Out 3").

**OLD TIME FIDDLER'S WORKSHOP**

**FA-11**

**Jim Hubbert**

*One Time: Thursday, Oct 30*

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

Class Fee: $4, payable with registration

The "Mad Fiddler of K-State" is going to be here in person to pass on his knowledge of Appalachian, Missouri and Irish fiddling. Welcome are concert violinists, folk fiddlers and those who have never held a bow but would like to try. Jim also invites those who want to learn old time fiddle tunes for their guitar, banjo, bass viol or comb. "Y'all come!" (Jim, a K-State student, is a member of the Celtic band "Life of Riley" one of the featured musical groups of this year's Kansas FolkLife Festival.)

**MUSIC AND ELECTRONICS**

**FA-9**

**Curt Gunther**

*One Time: Sunday, Oct 7*

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

Class Fee: $4, payable with registration  
Limit: 10

This session is a catch-all for people who have questions or want to learn about the use of various electronic equipment (acoustic or electric instruments, PA get-ups, microphones, mixing, recording your ideas, making demo tapes, etc.). Please indicate on registration form your primary interest.

**AUTOGRAPH WORKSHOP**

**FA-40**

**Linda Teener**

*One Time: Saturday, Oct 27*

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

Class Fee: $4, payable with registration  
Materials Fee: $0.50, payable at class

Limit: 6

Tuning, use of fingertips, rhythm backup and picking melody lines are some of the topics to be covered in this class. A basic orientation to the autoharp will be given and information on available tuning will be available. (Linda has been playing the autoharp for 4 years and likes to share this easy to play instrument with others.)

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**BEGINNING JAZZ DANCE**

**FA-20**

**Barbara Bautista**

*Mondays and Wednesdays, 5:30-7:30*  
*First Meeting: Sept 17*

Location: **Will be noted on your receipt**  
Length: 10 times

Class Fee: $14, payable with registration  
Limit: 20

This class is designed to introduce the basics of jazz dance. Emphasis will be on proper warm-up techniques, basic dance steps and contemporary jazz styles. (Barbara has taught and performed jazz dance at a California university. Her B.S. is in physical education.)

**FLINT HILLS FOLK DANCERS**

**FA-22**

**Erl D'ohle, Paul Nedzela**

*Fridays, 7:30-9:30pm, all sections*

Session I: *Israel, Sept 21*

Session II: *Balkan, Oct 8*

Session III: *Scandinavian (carefree) Oct 20*

Session IV: *English and American, Nov 2*

Session V: *Hungarian and Romanian, Nov 16*

Session VI: *Polka Dance Party, Nov 30*

Location: **Will be noted on your receipt**  
Class Fee: $2, payable with registration

Join the Flint Hills Folkdancers in celebrating dance from many nations. Beginners are always welcome. Partners are not necessary. Please indicate which sections you plan to attend. (Paul and Erle have been dancing since they could walk.)

**BREAK DANCING**

**FA-42**

**Terry Jones**

*One Time: Monday, 7-10pm, Oct 1*

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

Class Fee: $4, payable with registration  
Limit: 20

The two basic styles of street dancing are "Breaking," flashy gymnastic moves close to the ground like the back spin, and "Electric Boogie," fluid body movements like moonwalk, popping, locking and the wave. Join in on this newest dance form that is sweeping the nation. (Terry is one of the top local break dancers whose unique style is pleasing crowds at competitions.)

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If you liked your class, tell your teacher.

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CAREERS IN TRAVEL

SK-1

Pledge allegiance to the Flag of the United States of America and to the Republic for which it stands:
One Nation, indivisible, with liberty and justice for all.

BEGINNING TYPING

SK-15

Paulette Wilson

Tuesdays & Thursdays, 6:30-8pm First Meeting: Sept 18 Length: 10 times
Location: Will be noted on your receipt
Class Fee: $50, pay with registration

A basic class on touch-typing and associated skills, concentrating on accuracy. The aim of this class is to give you the skills to handle personal typing as well as letters and term papers quickly and correctly.

RESUME DEVELOPMENT

SK-3

Steve Cunningham

Thursdays, 7:30pm, Oct 11, 18, 25 (2 times)
Location: Will be noted on your receipt
Class Fee: $5, pay with registration

The importance of a skillfully developed resume cannot be minimized. This course was designed for people who want to learn how to analyze and develop the skills for successful personal resume development. Upon completion, each person will have the understanding of the principles of skillfully developed resumes and will be able to complete a personal resume.

WOMEN IN TRANSITION - CAREER/LIFE PLANNING GROUP

SK-6

Susan Scott-Angele

Mondays, 3:30pm First Meeting: Sept 17 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

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

BASIC RESUME WRITING AND INTERVIEWING SKILLS

SK-4

Bob Weber

Tuesdays, 7:15-9:15pm, Oct 9, 16, 23 (2 times)
Location: Will be noted on your receipt
Class Fee: $5, pay with registration

Resume format and writing will be the subject for the first evening's class. The second class will cover interview skills - expressing interests, emphasizing your strengths and skills, appearance and how to behave at an interview. Participants will be expected to complete their own resume and Bob has a master's in Vocational Rehabilitation Counseling.

WOMEN IN MANAGEMENT

SK-24

Frank Saul

One Time: Monday, 12-1pm, Oct 22
Location: Will be noted on your receipt
Class Fee: $5, pay with registration

The class is designed for women in or aspiring to management positions. We will focus on obstacles to effective performance. Don't be your own worst enemy! Take this class and gain self-confidence.

PRACTICAL JOB EXPERIENCE IN OFFICE WORK AND PUBLIC RELATIONS

SK-21

Want to gain some skills that will look really impressive on your resume? UFH needs volunteers to help with:
- Programming answering phones
typing
- Lecture series
- Tour guides
- Taking photos
- Working with an Apple computer

We offer flexible hours and a chance to meet new people while gaining on-the-job experience. Sign up and you will be contacted.
**Home work**

**ARCHITECTURAL DETECTIVE WORK**

**SK-11**

**Eric Swegler**

**Monday, 6:30-8:30pm First Meeting: Sept 17 (3 times)**

**Location:** Will be noted on your receipt
**Class Fee:** $7, pay with registration
**Limit:** 10

Few old buildings (especially houses) escape alteration during their lifetimes. We'll learn ways of detecting a building's age, original appearance, and date of alterations. We'll study Victorian and later styles, go on a scavenger hunt, and explore two old houses, having more fun than Nancy Drew ever dreamed of. (Eric has been a "house detective" for over 20 years, has an intense dislike for vinyl and asbestos siding, and lives in an old house.)

**OLDER HOME OWNERSHIP**

**SK-12**

**T. Russell Reitz**

**One Time:** Monday, 7pm, Oct 6
**Location:** Will be noted on your receipt
**Class Fee:** $4, pay with registration

If you're thinking of renovating an older home you'll need to know some of the problems and solutions involved. We'll discuss purchasing a home, usual work required in most renovations, answers to individual cases and give you some encouragement. (Russell has renovated 25 old homes or apartment buildings - purchased and sold or rented.)

**BASIC ELECTRICAL WIRING**

**SK-13**

**Paul Burke**

**Wednesday, 7pm, First Meeting: Oct 3**
**Length:** 3 times
**Location:** Will be noted on your receipt
**Class Fee:** $7, pay with registration
**Limit:** 20

A must-have class for anyone who does their own home repair work! We will discuss and have demonstrations of changing light fixtures and worn out cords, outlets, switches and receptacles, fluorescent lighting and photo cells for outdoor lighting. There will be hands-on sessions and plenty of time for questions. (Paul has over 30 years experience in electrical work and works for the maintenance department of USMHI.)

**OLDER HOME OWNERSHIP**

**C-2**

**Jerry Lowenstein**

**Thursday, 7pm, Oct 16**
**Length:** 1 or more as group desires
**Location:** Will be noted on your receipt
**Class Fee:** $4, pay with registration

Discussions of methods available to finance acquisition and home improvements of older residential properties. Topics include loans, purchase contracts, variable rate mortgages and financing improvements.

**KITCHEN REMODELING**

**SK-14**

**Charles Gerber**

**One Time:** Wednesday, 7pm, Oct 24
**Location:** Will be noted on your receipt
**Class Fee:** $4, pay with registration

Thinning of remodeling your kitchen? Need more space to work but can't expand the room? We will discuss basic traffic and work patterns, appliance placement, cabinetry and what's new in space saving cabinet design and answer your questions on some special problems you might be facing. (Charles and a factory rep will be leading this class. Charles is retail floor manager at the hometown.)

**UFM WOODSHOP CO-OP**

**SK-26**

**Dan Brashe, Woodshop Coordinator**

**Membership Meeting:** Wednesday, 7-8:30pm, Sept 12
**Location:** Will be noted on your receipt
**Membership Fee:** $50 for a year
**Refundable deposit:** $10, pay with registration

Located in the UF M Solar addition, the workshop is equipped with a wide variety of power and hand tools, including a radial arm saw, table saw, planer, lathe, bench vise, and the 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 workshop.

Due to the increase in unskilled persons signing up to use the workshop, we are planning to institute, for your safety and to decrease machine down time, a skill certification test in January, 1985. At that time you will be required to pass a demonstrated skill exam or provide references of woodworking knowledge from an instructor or employer. We will discuss these changes at the mandatory organizational meeting in September.

**Byte back**

**LOGO: A COMPUTER PROGRAMMING LANGUAGE FOR KIDS**

**Grades 5-7**

**SK-15**

**Jane M. Lommel**

**Thursday & Friday, after school for 2 hours, Sept 6 & 7 (2 times)**
**Location:** Will be noted on your receipt
**Class Fee:** $5, pay with registration
**Limit:** 10

Logo is a computer programming language developed explicitly for the purpose of enhancing creative learning in children. It is also an entertaining environment for children to explore and a workshop for creating tools to investigate complex areas of knowledge. Logo will be taught in this workshop using Apple computers so that the children will get lots of hands-on experience. (Jane has taught teachers, parents, and kids about the potential of the computer in their lives.)

**A TRUE CURE FOR COMPUTERPHOBIA: AN INTRODUCTORY CLASS FOR WOMEN ONLY**

**SK-17**

**Jane M. Lommel**

**One Time:** Thursday, 7:30-9:30pm, Sept 13
**Location:** Will be noted on your receipt
**Class Fee:** $4, pay with registration
**Limit:** 20

The purpose of this workshop is to try to alleviate the fear of technology that is acquired by many women during childhood. Hands-on experience will be provided and we will discuss the role of the computer in the home and for kids in the workplace.

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**12-5 SUNDAY**

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**Next session begins Nov. 14. Deadline for class descriptions is Oct. 10.**

10 Skills
**BASIC AUTO MAINTENANCE FOR WOMEN**

**Joe Pittle**

One Time: Monday, 7-9pm, Nov 5
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

In these days of mini and self-service, sometimes the basic basics of auto upkeep are overlooked. Come learn how to keep your auto in good shape, which should be checked every time you buy gas. We will have tureens and change filters. We'll change a tire, identify what's under the hood and what are the symptoms of serious problems to know to repair. We will talk for 50% of questions, too. Joe worked as a certified auto mechanic for 6 years. He currently works for the Division of Continuing Education-KSU.

**GUN MAINTENANCE**

**Mike Weltenbauer**

One Time: Thursday, 6:30-8:30am, Sept 19
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Guns are not toys. They require proper care for safety and efficiency. Come learn cleaning techniques and methods for general maintenance. We will also cover some basic safety do's and don'ts. (Mike owns Ole Mike's Shooters Supply & Tackle.)

**EUROPE ON A BUDGET: LOW COST TRAVEL TIPS**

**David Darwin**

One Time: Tuesday, 7:30-9:30pm, Oct 30
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Travel to Europe - it doesn't have to be expensive. Come learn about cheap ways to get to Europe, low-cost ways of travelling around Europe and other tips at an all-time high in Europe! (David and his wife own 7 years.)

**MEMORY IMPROVEMENT**

**Ben Stillman**

Thursdays, 7pm, Oct 4, 11 [2 times]
Location: Will be noted on your receipt
Class Fee: $5, pay with registration

Can't remember what's his name's name? Do you make 'to-do' lists but forget where you put them? Every healthy brain has about the same memory drills to help you in the memory tasks you need to perform daily at work - or in school. (Ben is a learning skills specialist, KSU Center for Student Development.)

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**Safety First**

**CHAIN SAW SAFETY**

**Charlie Mortford**

One Time: Tuesday, 7pm, Nov 6
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

A chain saw can be the most useful and also the most deadly tool you will ever own. Learn to use it safely and take care of it properly in this hands-on introduction course. Charlie has owned Wildcat Tree Service for 16 years and has extensive experience in tree felling and in teaching chain saw safety.

**CPR RECERTIFICATION**

**Joyce Hofferson**

One Time: Saturday, 1-5pm, Oct 6
Location: Will be noted on your receipt
Class Fee: $4, pay at class

Has your CPR certification expired recently? This is your chance to be CPR on an infant, mouth-to-mouth resuscitation and obstructed airway book. You will recertified in an afternoon. We will review one and two person CPR. You will be tested at the end of the class. Bring your textbook (blue instructor and assistant director of Recreational Services, KSU.)

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**SUPERFITTER** A RED CROSS COURSE

**Linda Frye, Tim McKinney, Darrell Munn**

Saturdays, 8am-12, Oct 13 & 20 [2 times]
Location: Will be noted on your receipt
Materials Fee: $1, 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, games, supervising uniforms, feeding, and dressing infants. NOTE: Students must attend both sessions in order to receive a certification of completion. (Linda 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.)

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**CHAIR CANKING**

**Barbara Poriesky**

Tuesdays, 7:30-9:30pm First Meeting: Sept 18 (6 times)
Location: Will be noted on your receipt
Class Fee: $7, pay with registration
Materials Fee: Depends upon project size
Limit: 10

Do you have a chair that needs a new cane seat? Be innovative and try canking it yourself. Bring the chair to the first meeting and Barbara will get you started. She will specify materials needed and in the following sessions guide you through the steps necessary to repair your chair. (Barbara has taught this class several times before and is willing to share her skills and knowledge once again with those interested.)

**BASIC BICYCLE MAINTENANCE**

**Steve Dennis**

One Time: Tuesday, 7-9pm, Oct 16
Location: Will be noted on your receipt
Class Fee: $4, 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 check tires, make minor gear adjustments and answer questions you have about how your bike works. (Steve is the owner of Basset's Bike Shop and has years of experience with bikes.)

---

**Welcome students for the fall!**

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**Skills 11**
WINE APPRECIATION
Michael Goldkirsch
Tuesdays, 7-9pm
First Meeting: Sept 25
Length: 4 times
Location: Will be noted on your receipt
Class Fee: $14, pay with registration
Materials Fee: $5, pay at class

Feeling overwhelmed in restaurants when you don't know which wines are appropriate? Having trouble buying wines in your native languages? This class will cover reading a wine label in any language, understanding world wine regions, and other aspects of the world's finer wines. Each evening you will get to taste several wines of the world. Participants must be 21 years or over. (This has studied wine for 3 years and is a member of many wine organizations.)

INTRODUCTION TO WINE
Lloyd Johnson
Alternate Wednesdays, 7-9:30pm
First Meeting: Sept 26
Length: 4 times
Location: Will be noted on your receipt
Class Fee: $14, pay with registration
Materials Fee: $5, pay at class

The meeting Sept 26 is a short session to allow discussion of class structure and materials. Tasting dates can be changed if class desires. A study of wine from wine to glass - this will include history, geography, chemistry and viticulture accompanied by tasting of foreign and domestic wines. Bring an all-purpose wine glass to all meetings. You must be over 21 to participate in this class. (Lloyd is recently retired from I. G. Ponti, a small experimental vineyard is a winemaker and a member of the Society of Wine Educators.)

ENTERTAINING WITH CHEESE
July Bligh
One Time: Tuesday, 7-10pm, Sept 18
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Entertaining with cheese can be a fascinating adventure. We'll introduce some new and old cheese ideas to tempt the taste buds of your guests. Plus sample a simple meat platter to accompany your cheeses. (Julie is also a Gold Cheese, Wamgo and loves informal, hassle-free entertaining.)

COTTAGE CHEESE
Ron Paul
One Time: Wednesday, 7-9pm, Sept 19
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Homemade cottage cheese tastes different from commercial cottage cheese, and some folks like it better. This delicious product can be made with either cow or goat milk. The class will include a demonstration of how to perform the chemistry of cheese making and students will have a chance to sample. (Ron has raised dairy goats for several years and started making cottage cheese to use up surplus milk.)

YOGURT MAKING
Dennis Hemmendinger
One Time: Wednesday, 7pm, Oct 3
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

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

ALL NATURAL, HIGH-FIBER, HOME-MADE GRANOLA BARS
Carol Nagy
One Time: Wednesday, 7-9pm, Oct 3
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $3, pay at class

In 30 short minutes, you too can make all natural, high-fiber granola bars. High-fiber is great to help lower cholesterol levels, and digestion and help you feel fuller (so it is easier to stick to your diet). Plus the bars are delicious and keep well for extended periods! (Carol has a granola bar business, brought this recipe from Kansas City, New York. She left behind 90 pounds give or take a few.)

WHOLE WHEAT COOKING
Carol Ebert
Section 1: Monday, 7-9:30pm, Sept 24
Location: Will be noted on your receipt
Class Fee: $4/session, pay with registration

Section 2: Wednesday, 1-3pm, Sept 26
Location: Will be noted on your receipt
Class Fee: $4/session, pay with registration

Whole wheat cooking - learn by doing both old-fashioned and modern methods. Share nutritional, storage and milling techniques. See 100% whole wheat bread and rolls go from beginning to oven in just 20 minutes, then enjoy the fool-proof taste tests of the finished products. We will have cookbooks and flour available. Please be on time - we rely on your time worthwhile. (Carol has 20 years experience with whole wheat, is the author of Whole Country Health Delights Cookbook and regularly demonstrates whole wheat cooking.)

VEGETARIAN COOKING
Julie Coates, Mary K. Brinker
Two Times: Tuesday, 7-9:30pm, Oct 2
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Simple or complicated, expensive or low-cost, low or high calorie - 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 new to a meatless diet or a long-time vegetarian looking for new recipes and ideas, you'll enjoy this class. Come ready for some tastetests. (Mary and Julie both love to cook and have years of experience with meatless diets.)

FOOD BUYING COOPERATIVE
Mary K. Brinker
Saturday, 9-10:30am, Sept 15
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

Yes, there is an alternative! People's Grocery Cooperative Exchange, organized in 1978 as a storefront, is still striving as a pre-order buying cooperative. Members combine their orders to purchase foods including grains, grains, nuts, herbs, kilos...much more! Food preparation and storage hints for natural, unprocessed foods will be shared. (Mary Ray has been preparing and enjoying natural foods for almost ten years and has been active with People's Grocery for some time.)

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

Why spend your hard-earned money on all those little jars of over-processed, over-priced food for your baby? Learn simple ways to make quality nutritional foods for your child at a fraction of the cost. (Stacy never bought any processed baby food for her two children.)

REPUBLICANS
Turn out, turn out and save your Country from ruin!
Down with the Tories, Down with the British faction.

Jefferson & Clinton,
"For being their Country's Bulwark in the year '14"
Back to seconds

ABC's OF COOKING EZ
F-11
Clarence Refling
776-3656
One Time: Saturday, 9am, Sept 22
Location: Will be noted on your receipt
Limit: 40
Everyday tasks become difficult if you have arthritis. Learn how to cook with the least amount of stress on those achy arthritis joints by saving steps and energy in the kitchen. Presenters include: Kayann Harline, Riley County Extension Economist; Mary Higgins, Dietician, St. Mary Hospital; Sally Margandal, Occupational Therapist. St. Mary Hospital and College Hill Nursing Center. This class is sponsored by the Kansas Arthritis Foundation and is a project of the Riley County Arthritis Committee and UPH.

COOKING WITH FLOWERS
F-12
Eileen Schofield Barkley
539-8312
One Time: Tuesday, 6-8pm, Sept 11
Location: Will be noted on your receipt
Class Fee: $4. pay with registration
Materials Fee: $2, pay at class
Limit: 8
Have you ever tasted a marigold or a rose? Many garden flowers are edible and can add color and variety to your cooking. We will discuss which flowers to eat, learn a bit of history, and prepare several dishes.
(Eileen is a botanist who enjoys cooking, so using flowers combines her interests.)

SOFT PRETZELS AND ROOT BEER
F-13
Rebecca Brownson
532-5866
One Time: Friday, 7-9pm, Oct 5
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
Limit: 8
Out of your kitchen - hot, soft pretzels to rival any big city vendor! Served with homemade (non-yeast) root beer, who could ask for more? (Rebecca enjoyed these treats during high school and is looking forward to teaching this class again.)

KOREAN COOKING
F-14
Sungyi Brown
776-1429
One Time: Tuesday, 9:30-11:30am, Sept 25
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
Limit: 4
All oriental cooking is not the same. This class will introduce you to some everyday Korean dishes. Kalbaw (marinated beef short ribs), spinach and squash will be prepared in a way that will appeal to almost everyone. Come learn new ways to change common foods into uncommonly good meals! (Sungyi grew up in Korea and is an excellent cook.)

CHINESE HOMEMADE PANCAKES
F-15
Lee-Shih Wu
539-7581
One Time: Friday, 6:30-8pm, Oct 12
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $3, pay at class
This simple rolled dough is a Northern Chinese staple. In the wheat growing country these pancakes are used for breakfast or carried as a snack. They can be filled with sweet or spicy filling, so are very versatile. (Lee-Shih is Chinese, has graduated from the Chinese Cooking Institute in Taiwan and enjoys introducing and sharing new foods with others.)

MAKE THE MOST OF YOUR MICROVE
F-16
Judy Willingham
539-0508
One Time: Tuesday, 7pm, Oct 16
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: You will be contacted for specific item
Limit: 8
Your microwave oven has many uses - not the least of which is food preparation. Find out how to dry herbs and flowers, learn cooking shortcuts and other household hints which take advantage of the unit characteristics of microwaves. Each participant will be asked to bring necessary ingredients for a recipe to the class and materials fee. We will sample the results and take the remaining home. (Judy has owned and "operated" a microwave oven for over 7 years and used it for every meal and for other things in between. She has taught this class before.)

TEMPURA
F-18
Carol Nagy
539-8289
One Time: Friday, 6-8pm, Oct 26
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $5, pay at class
Limit: 4
Tempura is a Japanese style of cooking bite size pieces of food. The food is first dipped in batter, then deep fried. The result is a light, crunchy delicious treat! We will temper vegetables, meat, seafood and even dessert tempuras. (Would you believe fried ice cream?) (Carol is a graduate of the Cooking School. Tempura is only one of the exotic dishes she learned to prepare.)

COUPONING AND REFUNDING
F-17
Deanna Persen
539-3282
One Time: Wednesday, 7pm, Oct 5
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1
Limit: 10
We will discuss how to properly use coupons. (Deanna will share helpful tips on collecting coupons, money and coupons at the grocery store and through the mail. (Deanna considers couponing a hobby that is both fun and profitable.)

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OVER 1200 HUGE SPECIMENS
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Just west of 39th on W (778-456) by Northwest

Food 13
Decisions, decisions...

**MONEY MANAGEMENT SEMINAR**

Fred Freeby

Section I: Monday, 7-2pm, Sept 17
Section II: Monday, 7-2pm, Sept 24
Section III: Monday, 7-2pm, Oct 1

Location: will be noted on your receipt

People do not get rich making money, but by managing the money they make. This seminar helps you find out 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. Couples are encouraged to participate together. (Freeby is a division manager for Waddell & Reed, a national financial services organization specializing in financial planning.)

**OLDER HOMEOWNERS**

Jerry Lowenstein

Thursday, 7pm, Oct 18
Location: will be noted on your receipt

Class Fee: $4, pay with registration

Discuss methods available to finance acquisition and improvements of older residential properties. Topics include loans, purchase contracts, variable rate mortgages and financing improvements.

**HOW TO INVEST YOUR TAXI DOLLARS**

Thomas S. Parish

Section I: Thursday, 7-9:30pm, Oct 2
Section II: Thursday, 7-9:30pm, Oct 11

Location: will be noted on your receipt

Class Fee: $4/collection, pay with registration

If you own your own home, business, or rental property (or would like to), the state and federal governments have implemented tax incentives to help you. In this class you will learn how to accrue valuable property and enhance your net worth by putting your tax dollars directly to work for you.

**LIFE INSURANCE BASICS**

Allen Elliott, CUI

One Time: Sign up for this class and you will be notified the day, date and time.

Location: will be noted on your receipt

Class Fee: $4, pay with registration

Limit: 15


**MAKING QUOTES IN OUR MARKET SYSTEM**

E. Saig

Wednesdays, 7-9:30pm, Oct 3, 10, 17, 24

Location: will be noted on your receipt

Class Fee: $4, pay with registration

This course is for those who teach young people ages ten and older, including volunteer 4-H and Scout leaders, elementary and secondary teachers and parents. It is designed to help teachers teach students about our market and economic system. The material is provided by Dr. V. Freeman of K-State and presented in a written guide containing teaching techniques, and color TV film programs. An understanding of this material will help youngsters become the effective decision makers and ultimately responsible citizens. Class topics will be: Oct 3, "Making a decision"; Oct 17, "Being producers"; Oct 17, "Markets and exchange" and Oct 24, "The role of government in the market system.

**PERSONAL RECORD KEEPING**

E. Saig

One Time: Thursday, 7-8:30pm, Sept 27

Location: will be noted on your receipt

Class Fee: $4, pay with registration

This course will help you to decide what documents to keep, where to keep them and for how long. It also offers ideas on organizing a record-keeping system.

**PLANNING FOR YOUR BEST YEARS**

Darlene Jorgensen

Tuesdays, 7-8:30pm, First Meeting: Oct 16 (3 times)

Location: will be noted on your receipt

Class Fee: $4, pay with registration

We will focus on ways individuals can plan for their retirement, special emphasis will be placed on educational needs and investment opportunities. (Darlene is with Mutual of Omaha, the world’s largest individual health and accident company.)

**ESTATE PLANNING**

Don Werner

One Time: Tuesday, 7-8:30pm, Oct 23

Location: will be noted on your receipt

Class Fee: $4, pay with registration

A discussion with emphasis on wills, trusts and other legal aspects of successful estate planning. (Don is an attorney with offices in Manhattan.)

**HOW TO GET YOUR MONEY OUT OF THE SMITH: LANDLORD/TENANT LAW**

David Truax

One Time: Wednesday, 7-8:30pm, Nov 28

Location: will be noted on your receipt

Class Fee: $4, pay with registration

Much of the attention in this class is directed to financial, value-added and interpersonal issues related to creating and implementing family financial plans. The class will emphasize the ways that contribute to meeting the needs of family members and the goals of financial wellness.

**CHOOSING A CANDIDATE**

Barbara Mayer, Co-Chair, League of Women Voters (contact person)

One Time: Tuesday, 7-8pm, Oct 1

Location: will be noted on your receipt

Class Fee: $4, pay with registration

Whether you will vote for the first time on Nov 6, or you cast a vote for Roosevelt or Landon in 1936, choosing candidates can be a challenge. We won't tell you who to vote for, but we will give you some strategies to look beyond the media images, campaign rhetoric, and emotional appeals to find how candidates stand on issues that are important to you. We will also talk about the responsibilities of some of the less visible state and local offices on the ballot. The League of Women Voters is non-partisan, and encourages informed citizen participation in government. Your vote counts.

14 COMMUNITY
THE ANNENBERG/CBS PROJECT

What's Next for the Nuclear Freeze

TOUR OF THE McCALL PATTERN COMPANY

FLINT HILLS BREADKABSEK

DILL COUNTY SENIORS' SERVICE CENTER TOUR

PLAYS YOUR FAVORITES

MANHATTAN'S KF PLAYS THE "ROCK"
Toll free numbers:
Automotive Recall Information: 1-800-426-9939
Child Abuse hotline: 1-800-333-4276
Consumer Assistance for the Aging: 1-800-332-2093
Consumer Produce Safety Commission hotline: 1-800-638-2727
Education grants hotline: 1-800-358-7399
For educational grants application processing: 1-800-583-0350
Fair Housing & Equal Opportunity hotline: 1-800-692-0002
GM Community Enrichment Fund: 1-800-724-8074
Federal Tax Information & Assistance: 1-800-829-4933
Insurance Enforcement Commission hotline: 1-800-829-4933
Lawyer Referral Service: 1-800-432-3893
Runaway Children's Hotline: 1-800-622-6111
(If runaways want to contact their parents, a recorded message will be taken and relayed free of charge)
Veterans Administration Benefits Information Assistance: 1-800-238-2011

Used clothing:
Used Clothing, Household Goods, etc.
Clothing Center, 10th & Pierre, Tues.-Fri. 2:30-4:30pm
Refuse Control Company (provides deposit bins for newspapers in parking lots of Wal-Mart, Dutch Mill Stores, Mercury, Westpark Skillet Station)
Riley County 4-H Club (sponsors newspaper delivery)

KANSAS CHILDREN'S SERVICE LEAGUE
Kim Menard 539-3193
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 caring about children. We offer four types of services:
Emergency Foster Care - short-term placement for children, 0-17 years, who may be removed from their homes because of abuse or neglect in the community. This problem is offered in conjunction with SRS.
Temporary Foster Care - short-term placement for children, 0-17 years, whom parents must stay 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 receive a relief from their care. Parents must meet the family in the family's home before the actual stay of the child.
Parent Education - to help parents improve their ability to rear their children. Parents need to be in the home.

ALTERNATIVE ELEMENTARY SCHOOL:
An alternative elementary school is being formed from the foundation of the former Living-Learning School. If your child is ready for an academic experience, join this parent cooperative to create a self-centered school emphasizing creativity, academic excellence, rich interpersonal relationships, and individuality. For more information, call Edith Stankel, 776-3624 or Michael Cody, 539-0657.

HOME EDUCATION INTEREST GROUP:
For more information call Roseanne and Keith Tillottson, 537-2695

GROUP HOME LIVING:

MANHATTAN CHILD DEVELOPMENT CENTER
539-3961

RILEY COUNTY SENIORS' SERVICE CENTER, 412 Leavenworth
537-4040

RILEY COUNTY FAMILY Fun Fair will be held Saturday, September 19 at Post-Harbor Hall in Shawnee. Objectives for the fair are to increase knowledge of available community resources to support and facilitate families and to increase awareness of ways families can have fun together. Local organizations and agencies will exhibit, entertain and participate in activities which enhance the family's dignity, quality, and encourage their involvement in the life of the community.

RILEY COUNTY FAMILY Fun Fair will be held Saturday, September 19 at Post-Harbor Hall in Shawnee. Objectives for the fair are to increase awareness of available community resources to support and facilitate families and to increase awareness of ways families can have fun together. Local organizations and agencies will exhibit, entertain and participate in activities which enhance the family's dignity, quality, and encourage their involvement in the life of the community.

UNIVERSITY LEARNING ENGAGEMENT AND RESOURCE NETWORK, Hallon Hall 532-6442
Hours: phone lines - 8am-10pm, Monday through Friday
Resource Center - 8am-4pm, Monday through Friday
Services: U-Learn is K-State's educational information and campus resource center designed to assist members of the university community. U-Learn is a unique center available to answer questions over the phone or in person. It is a newer, more comprehensive service originating from two older services, ULIN and SERS, both of which began in the late 1970's. U-Learn's knowledge is concentrated in five major areas: education, career, wellness, health and health, research, study skills and general information. Free information, resource, and personal assistance is always available. U-Learn will also present programs to groups by request.

FRIENDS OF EDUCATION:
Julie Goates, Susan Scott Angle, Dave Stewart 532-5066 532-6927
A broad-based group that includes teachers, parents, principals, college professors and administrators, pre-school teachers and lifelong learners of every sort, has recently formed to examine innovative and creative responses to current educational challenges in our area. If you would like to participate, please join us. The group is tentatively planning an Education, Faith and Forum to take place in November. Your ideas are welcome and needed. Call for more information.

UNITED WAY OF RILEY COUNTY
413 Poynitz, Manhattan, Kansas 66502 (913) 776-3779.
Volunteer organization which raises, administers and distributes funds for human service agencies, and plans for community needs.

VOLUNTEER CLEANING SERVICE
413 Poynitz, in the Hall, P.O. Box 922, Manhattan, Kansas 66502 (913) 776-0500
Registrars the needs of not-for-profit agencies and individuals, recruits and places the volunteers to meet those needs, and promotes a positive image for volunteerism in the community. All applicants wanting to do volunteer work is encouraged to call or stop by our office. We will match your skills and interests with a current need. Someone in Manhattan needs you and we can tell you who. Staff: Program Administrator, Karen L. Johnson; Volunteer Coordinator, Deb. Olesky.

AMERICAN RED CROSS, RILEY COUNTY CHAPTER
208 Poynitz, P.O. Box 609, Manhattan, Kansas 66502 (913) 537-2180
Hours: Mon-Sun, Monday-Friday
Services: This agency enables people to enhance their quality of life through education and volunteer experience. The Red Cross provides volunteer work in a variety of courses in CPR, first aid, water safety, parenting and babysitting. The Red Cross provides a communication system for members of the armed forces and their families, and maintains a system of local, national and international disaster preparedness and relief. Training is offered to all volunteers in every service area. Programs targeted toward high-risk populations include: Litter Alert and Vial of Life (elderly, traveling alone). First-aid skills are provided upon request by trained volunteers for community activities.

Staffing: Professional and volunteer. Accessible to the handicapped.

WORLD FRIENDSHIP:
World Friendship is a non-denominational organization devoted to establishing friendships between American and International women of Manhattan. Meetings are held the first Tuesday morning from 9:30-11:00 at the Presbyterian Church on 5th and Leavenworth. A nursery and transportation are provided. Activities include: English classes, sewing, cooking, crafts and exercise. Any interested International or American woman is eligible to join. For more information, please call: 776-2130 or 539-0648.
Meeting: September 11

WOMEN OF THE HEARTLANDS:
Women of the Heartland is a feminist church. Our primary goal is the establishment of a sense of community through music. Exclusively a women's choir, and some men are picked by choir, by appointment. By appointment, for fun and about women. For more information, call Christi Simpson at 776-7533.

GAY AND LESBIAN RESOURCE CENTER
Leave message at 537-8526 or write to PO Box 291, Manhattan, KS 66502
We are a service-oriented organization providing peer counseling, educational presentations for groups and classes, support groups, information on a variety of issues and social activities in a safe, open and confidential atmosphere. Gay men and women and others who are supportive of alternative lifestyles are welcome. Join us occasionally or on a regular basis Monday, 6-10pm. Call 537-8826 for information.
**INNER SELF**

**EXPERIENCE THE PRACTICAL LIFE AREA OF MONTessori Education**

**S-34**

Betty Aldridge  539-8014  776-0461

*One Time: Monday, 7:30-9pm, Sept 17
Location: Will be noted on your receipt
Class Fee: $4, pay with registration*

A five-year-old can do many things for himself; we will show you how to help him/her do this. First you will watch how the necessary basic skills for self-independence are demonstrated to a two- or three-year-old. You will then have the opportunity to try it yourself. A discussion will follow with information on applying this type of education at home. (Betty has owned and directed the Manhattan Montessori School for children since 1976.)*

**EXERCISE FOR THE MOTHER-TO-BE**

**S-45**

Tammy Jackson  539-1932

*Mondays & Wednesdays, 6:20-7:20 First Meeting: Sept 17 Length: 16 times
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Limit: 15

Exercise can be beneficial to both mother and child during pregnancy if done moderately and regularly. Classes will consist of twenty minutes of structured exercise with an optional 20 minutes working with weight equipment. The size of the group will allow the instructor to tailor exercises to the needs of women in different stages of pregnancy. (Tammy is the service manager at Magic Mirror Figure Salon.)

**WOMAN'S STRENGTH**

**S-22**

Chrisy Simpson  776-7537

*One Time: Thursday, 2-5pm, Oct 4
Location: Will be noted on your receipt
Class Fee: $4, pay with registration*

This class, especially for women, will help you learn how to deal with both verbal and physical sexual harassment. A Feminist perspective on how confrontation can be a preventive measure for violence against women will be explained and discussed.
THE HAPPINESS PURSUIT  
Gregory W. Potter, PhD  
One Time: Tuesday, 7-10am, Oct 16  
Location: will be noted on your receipt  
Class Fee: $4, pay with registration  
Limit: 15  
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.

SELF-ESTEEM: YOUR OWN WORST ENEMY  
Gregory W. Potter, PhD  
One Time: Tuesday, 7-10am, Oct 9  
Location: will be noted on your receipt  
Class Fee: $4, pay with registration  
Limit: 15  
In childhood you learned your personal worth hung in the balance of your intelligence, actions, appearance, or ancestry. If you measured up you were expected to do it go. (Greg is a counselor in private practice and has worked with many people suffering from unwarranted labels staining their personal worth.)

USING THE JOURNAL: A WAY OF "GETTING IT TOGETHER"  
Lizie Pellerin  
Section 1: Thursday, 7-9pm, Oct 4  
Section 2: Thursday, 7-9pm, Oct 18  
Location: will be noted on your receipt  
Class Fee: $6, pay with registration  
Limit: 15  
Do you often find yourself wondering "what's the next step for me?" or "Where is my life heading?" In this class, psychologist Lisa Propping developed a method especially designed for adults. It uses personal experience and techniques to help you clarify your goals and develop a style that will carry you through the years.

CREAM CLASS  
Arline McKeil  
2nd and 4th Thursdays, 7:30-9pm  
First Meeting: Sept 13  
Length: 12 times  
Location: will be noted on your receipt  
Class Fee: $10, pay with registration  
Materials Fee: $15, pay at class  
The investigation of dreams is as old as the human race. Did you know you can solve your daily problems while sleeping? Do you understand the meaning of your dreams, as a way to discover your true self? The ego- psyche dance and the breath. Permaculture from many of the world's sacred religious traditions are used to kindle your awareness and understanding of the self.

CREAM: ZYOUR MEETING  
Allie Dunn, Ottinger, Shanker Harrt  
One Time: Saturday, 8-10pm, Sept 29  
Location: will be noted on your receipt  
Class Fee: $4, pay with registration  
"zYuur" means remembrance of God. We will discuss, meditation, concentration and sound to take us beyond. In 2012, the "only sin is being taken without remembrance of god, the only sin without sin."

TIME IN YOUR SPIRITUAL GUIDANCE  
Nelida and Dorothy Barnett  
Thursday, 8-10pm: First Meeting: Sept 13  
Location: will be noted on your receipt  
Class Fee: $7, pay with registration  
Limit: 12  
Become acquainted with your personal spiritual guidance. Learn how to receive answers for your spiritual growth and everyday decisions.  

FRANKLIN DELANO ROOSEVELT (1882-1945) was inaugurated president of the nation on the verge of panic in 1933. This 1936 cartoon comments on his "alphabetical solution" to the depression's problems.

Learning and growing

TALKING ABOUT GRIEF  
Mary Herrmann  
One Time: Tuesday, 7-9pm, Oct 9  
Location: will be noted on your receipt  
Class Fee: $4, pay with registration  
Limit: 15  
A one-evening session talking about grief resulting from the various losses in our lives, especially the loss from death of a loved one. (Mary is the former chaplain of St. Mary's Hospital.)

CREATIVE DIVORCE: PAIN & GROWTH  
Don Fallon  
Tuesday, 7-9pm: First Meeting: Oct 2  
Location: will be noted on your receipt  
Class Fee: $4, pay with registration  
Limit: 15  
The purpose of the group will be to form a supportive, caring community for those facing or working through divorce. The group will work toward understanding and coming to terms with the past and the possibility of finding new opportunities for personal growth and a fuller life. We will attempt to recognize self-defeating behavior and to develop skills in effective change. (Don is a campus minister, a graduate of the Menninger Counseling Program.)

Introduction to Zen Meditation Practice  
Leon Rapaport  
Wednesdays, 8-10pm, Oct 3, 10, 17  
Location: will be noted on your receipt  
Class Fee: $4, pay with registration  
Limit: 15  
The aim of this course is to have three sessions within which some preliminary discussion of Buddhist tradition will be held as well as instruction in the specific way of Jan practice. It is hoped 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.

SACRED LUNA THEOLOGY: LIVING TOWARDS A VISION  
Dave Stewart  
Tuesdays, 1-3pm: First Meeting: Sept 25  
Location: will be noted on your receipt  
Class Fee: $2, pay with registration  
Materials Fee: $10, pay at class  
Limit: 20  
We will study Walter Bruggeman's book, Living Towards A Vision, which focuses on Biblical visions of shalom, peace, bring your lunch  

to class. (Dave is a campus minister who has taught sacred lunacy theology classes for years.)

Mary and the Bible  
Dave Stewart  
Thursdays, 11-3pm: First Meeting: Oct 4  
Location: will be noted on your receipt  
Class Fee: $2, pay with registration  
Materials Fee: $10, pay at class  
Limit: 25  
The interest of open dialogue and deepened understanding in an area that currently majors in hostile rhetoric and suspicion, we will explore Marxist thought in light of Biblical tradition.
FEELING GOOD

ROB SHERIDAN

VOGA
Mondays, 5:00-6:00 PM
First Meeting: Sept 17
Length: 8 times
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Materials Fee: $5, pay at class

The daily practice of yoga improves the quality of one's life. In this class we will practice basic postures (asanas) and pranayama (breathing techniques). Please wear comfortable clothing (shorts, t-shirts, etc.) and come on an empty stomach. (Rob has been studying yoga with Dr. Albert Franklin since 1974.)

BERT FRANKLIN
Tuesdays, 5:30-6:30 PM
You can be contacted for the first meeting
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Materials Fee: $5, pay at class


MADGES
BOB PARR

Section I: Monday, 7:00-9:00 PM, Sept 17th (Manhattan)
Section II: Monday, 7:00-9:00 PM, Oct 8th (Westchester County)
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Materials Fee: $5, pay at class

This class will introduce you to traditional Swedish massage. This utilizes whole body massage with particular attention to facial and foot care. The aim is to improve circulation and promote relaxation. To get the most out of the class it is recommended that students sign up with a partner. (Working as a masseur for two years in a health club while putting himself through school.)

RUSSELL GIFFES
Tuesdays, 7:00-9:00 PM
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Materials Fee: $5, pay at class


PECATOLOGY
RUSSELL L. STRATEGIES

GREG PERSON

Saturday, 7:00-9:00 PM
Location: Will be noted on your receipt
Class Fee: $10, pay with registration

Do you feel lazy, full of tension, out of shape and out of touch with your body and yourself just out of it in general? Join me and we will try to do something about it together. We will be using a variety of techniques to get on going being YOGA, stretching, aerobics, dance. Participants are encouraged to watch/several on their own exercise technique. (Jan is looking forward to this class.)

VALUE OF THE HUMAN TOUCH

REAID AND DOROTHY BARNETT

Saturdays, 10:00-12:00 AM
Location: Will be noted on your receipt
Class Fee: $5, pay with registration

Become aware of the emotions you pass on to others when you touch them. This is a learning experience to become aware of emotion through touch and how to develop a healing touch.

HYPER TENSION: IT'S UP TO ME

ELISE DRENNER

Tuesdays, 5:30-6:30 PM
First Meeting: Sept 16th
Length: 4-6 times
Location: Will be noted on your receipt
Class Fee: $5, pay with registration

It's up to Me is available to persons with hypertension. (High blood pressure.) It is a research education program that assists people to lower their blood pressure. The groups provide the opportunity to learn about hypertension and skills to support your lifestyle changes for better health and blood pressure control. A nurse-facilitator conducts the six, 2 x hour sessions 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 the City of Health Department.)

THE ANIMAL CONNECTION - DISEASES, ANIMALS AND FOOD OF ANIMAL ORIGIN

Dr. Agatha Thrash

One Time: Thursday, 6:30-9:00 PM
Location: Will be noted on your receipt
Class Fee: $3, pay with registration

Famed cancer researcher Dennis Burkitt has stated that over two-thirds of cancer cases could be prevented by alterations in lifestyle. Dr. Thrash and associates will discuss the relationship between animals, animal products and human disease and what lifestyle changes you can make based on the latest scientific research. (Dr. Thrash, prior to entering the field of preventive medicine, was a pathologist for 15 years. She and her husband, an internist, have authored several books. Through her lectures, talks and seminars with registrars and weekly radio programs, Dr. Thrash has been giving off and on since adolescence and never wants to hear one word again.)

PAT LIBERATION - A SUPPORT GROUP

One Time: Thursday, 6:30-9:00 PM
Location: Will be noted on your receipt
Class Fee: $5, pay with registration

A consciousness raising group for those who have fought the weight battle for years - and lost. We will talk about how to find your own equilibrium and become free of the diet/binge cycle. Learning to live with your handicap; learning self-esteem. You must be at least 50 pounds overweight to join the group. Limit, 50 people; you have nothing to lose but your shaming! ( Doris has been doing this for over 20 years and has never had to hear one word again.)

HYPNOSIS FOR THE SERIOUSLY CURIOUS

GREGORY A. POTTER, PH.D.

One Time: Tuesday, 7:00-10:00 PM
Location: Will be noted on your receipt
Class Fee: $5, pay with registration

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 demonstrated in the Ethical Hypnosis Training Center under Dr. Arno, Dr. Potter uses hypnosis frequently in his private counseling practice.

STRESS RECONCILIATION TRAINING

GREGORY A. POTTER, PH.D.

One Time: Tuesday, 6:30-9:00 PM
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Why manage stress when you can reconcile its potentially dangerous power? The purpose of life is happiness and this class will cover how you can enhance happiness by recognizing stressors and understanding the reconciliation process.

STRESS MANAGEMENT

MICHAEL WINTHROP, PH.D.

One Time: Monday, 7:00-10:30 PM
Location: Will be noted on your receipt
Class Fee: $3, pay with registration

There are many ways to overcome the stresses put on us by ourselves and others. We will explore the motivation for our behaviors when dealing with stress. Michael will share with you alternative ways of thinking and behaving that can efficiently diminish stress in your life.

QUICK-MIN STRESS MANAGEMENT STRATEGIES

CLIFF SCUETTE

One Time: Wednesday, 7:00-10:00 PM
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Come dressed comfortably as you will be practicing and learning some stress management strategies. You will also be learning how each of us overreacts or under-reacts. After some times each of you your own unique stress pattern is; how to integrate mini-strategies for managing those stresses into daily activity; and have some fun doing it. (Cliff, an assistant professor, works in the 6-State Counseling Center conducting training in stress management, 30 feedback and wellness training for students.)

Inner Self 19
A PRETTEEN YOU (WITH THE RIGHT COLORS AND MAKEUP) 5-36
Nancy Jewen
Section 1: Saturday, 9:30am, Oct 13
One time each section
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 6
Do you want to learn how to apply makeup to make you look naturally glamorous? Learn makeup techniques and color coordination to look your prettiest this winter. Each participant will receive a booklet. (Note: Makeup is not included."
COLOR: THE ESSENCE OF YOU 5-40
Michele Galka
One Time: Monday, 7:30-9pm, Oct 15
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
Limit: 12
Color affects us both physically and mentally. We will discuss the proper colors to outgoing your best features and send the right messages to others. Also to be covered: makeup tips, Wardrobe planning and helpful information about job interviews. (Michele is a certified color consultant with Beauty for All Seasons.)
HAIR AND MAKEUP FOR THE OMTS 5-48
Allies and Company 537-9025
One Time: Tuesday, 7pm, Oct 16
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10
Not sure what hairstyle or makeup technique is right for you? Let us help you make your most of your good looks and "funate" at the same time! We will do a personal style analysis, and each participant will have time to ask questions concerning her own personal hairstyle and makeup. (Participants are experienced professional cosmologists who have enjoyed teaching this class before.)
The RIGHT LOOK FOR YOUR FACIAL SHAPE 5-41
Hair Experts 774-4455
One Time: Wednesday, 8am, Oct 17
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 15
Round, heart-shaped, square or oval - what is your facial shape? Knowing this will help you choose the best hair styles and accessories to accent your best features and camouflage the less pleasing features. Starting changes are often a simple change. (The Hair Experts are experts at declination, their hair cuts, etc.)
MEN’S DRESS FOR SUCCESS 5-38
Bonnie Hansen 774-3438
One Time: Thursday, 7:30-9:30pm, Sept 27
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
Limit: 20
People glance at us and in an instant, even without knowing it, make judgments about our desirability, friendliness, profession, mood, competence, intelligence, age, and health. Research has proven that our colors, our 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. Improve your image with color.
WOMEN’S DRESS FOR SUCCESS 5-39
Bonnie Hansen 774-3438
One Time: Thursday, 7:30-9:30pm, Nov 1
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
Limit: 20
An introduction to the beautiful world of color - how it affects you and those around you. Learn how to choose color choices enhance your own natural skin, hair, and eye colors. Learn how to dress for success by using color Wardrobe and color combinations to send the proper messages to those who come in contact with you in business as well as in your social life. (Bonnie is a certified professional Color Analyst with Beauty for All Seasons.)
DRESS TO WIN INDEEPTH IMAGE WORKSHOP 5-43
Bonnie Hansen 774-3438
One Time: Tuesday, 7:30-9pm, Oct 16
Location: will be noted on your receipt
Class Fee: $15, pay with registration
Limit: 8
This special workshop is designed to be an individual analysis of the best professional image for you. Your most authoritative look will be determined, including your best basic colors, darkest and lightest for business, the best styles for your individual figure, correct makeup for your particular skin tone, and most flattering styles. Instructs will be given in walking, standing, and sitting with grace and poise for a more professional image. The perfect outfit for your job interview will also be discussed. This workshop will be conducted by Bonnie Hansen, owner of In DEEPTH and a trained certified color analyst with Beauty for All Seasons. She is and expert on personal image management.
ONLY SKIN DEEP 5-37
Deanna Pierson 539-3032
One Time: Tuesday, 7pm, Oct 9
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10
Individual instruction in the care of your skin. We will determine your skin type (dry, oily or combination) and talk about cleansers and soaps. If you are acne prone, we’ll discuss products to supplement your daily skin care regimen. We’ll also show how to use facial and color tools that will be talked about. There will be lots of time for questions. (Deanna is an independent beauty and image consultant.)
HAIRWORKSHOP 5-13
Crippens Salon 539-7621
One Time: Monday, 7-9pm, Oct 15
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 12
Creatively braided hair - a neat and stylish way to wear hair for fall. Professional hair stylists will demonstrate different types of braiding and knotting, using some participants as models. Learn the latest techniques and some old favorites. (The hair stylists at Crippens enjoy teaching this class, one of the most popular at DEEP.)
HAIR AND MAKEUP WORKSHOPS 5-14
Crippens Salon 539-7621
One Time: Monday, 7-9pm, Nov 5
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10
Looking good is important for success in the '80's. If you're not sure what makeup and hair styling techniques are correct for your facial shape, join us for our evening of "before & after" demonstration and personal consultation. Some class participants will be used as models. (Stylists at Crippens have recently completed training in the hair and makeup trends for fall and winter.)
THE POWER OF COLOR INDEEPTH IMAGE WORKSHOP 5-44
Linc Broccoli 774-4455
One Time: Wednesday, 8am, Nov 7
Location: will be noted on your receipt
Class Fee: $6, pay with registration
Limit: 10
What colors should you wear to make people say, "Wow, you look good today?" You'll find out in this workshop that offers you a personalized in-depth analysis of the proper colors you should wear to show how you can make your face and the colors in your wardrobe work with your appearance and help you make the most of your best features, eye color, skin and hair color. Each participant will also receive a pocket containing her best colors. This workshop will be conducted by Linc Broccoli and Debbie McIlhenny, trained beauty consultants.
DETERMINING YOUR SEASON INDEEPTH IMAGE WORKSHOP 5-42
Deanna Pierson 539-3282
One Time: Tuesday, 7-9pm, Oct 2
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10
In a two-hour session, we will individually graph you with colors and determine your season. Learn which colors make you look your best and which colors to avoid. You will learn your total season list of 36 colors and receive a list of this spectrum. We will also discuss color and how it affects you and tell you which popular books and the most credible. (Deanna, an independent beauty and image consultant, will be leading this workshop.)
KEEPING YOUR COOL

AQUA-FITNESS
Jan Comitiz
539-2206
Saturday, 9:30-10:30am First Meeting: Sept 15 Length: 8 times Location: Will be noted on your receipt Class Fee: $8, pay with registration Limit: 30
Want to get the aerobic exercise without the sweat? That could be more fun than doing exercise routines to music in an indoor pool? Aqua-Fitness is a very unique kind of exercise program with benefits for men, women, teenagers, mothers and active senior citizens. Working at your own level, you can improve your cardiovascular system and build a better muscle tone. (No swimming skills necessary.) (Jay stays in shape with aqua-fitness.)

ADULT BEGINNING SWIMMING
Tom Dauber
537-2952
Saturday, 9am-12pm First Meeting: Sept 15 Length: 8 times Location: Will be noted on your receipt Class Fee: $8, pay with registration Limit: 15
Never learned how to swim when you were a kid and now are apprehensive, embarrassed or downright scared of the water? Using proven Red Cross techniques, Tom will help you overcome your fears and learn rhythmic breathing, coordination, floating, survival floating, treading, kicking and a basic overhand stroke. (Tom, a Red Cross certified water safety instructor, has been teaching adults how to swim for many years.)

RED CROSS BASIC WATER SAFETY
Emily Kling
532-8800
One Time: Sunday, 9am-1pm, Sept 30 Location: Will be noted on your receipt Class Fee: $2, pay with registration Limit: 12
This class will teach novice or non-swimmer how to help someone in danger of drowning, reach, throw, inspect household objects and common sense around the water will be covered using video tape demonstrations and optional water work. Buy "Basic Rescue And Water Safety" from the Red Cross Office (cost: $1.00) and read it before class. Bring the book and swim suit to class and learn skills that someday may save a life. (Emily is a certified water safety instructor and a 4-H specialist who works with camping, recreation and natural resources programs.)

ADAPTIVE AQUATICS
Patti Johnson
537-0571
Sundays, 9:30-10:30am First Meeting: Sept 6 Length: 10 times Location: Will be noted on your receipt Class Fee: $4, pay with registration Limit: 2
Adapted aquatics is an individualized swimming program for the handicapped. (Patti is certified as an adapted aquatics instructor by the Red Cross. She has taught this class before.)

FUNDAMENTALS OF KAYAKING (AMERICAN RED CROSS)
T. J. Hittle, Rex Repogle
776-7772
3 Sundays, 1 Saturday, 9am-1pm, Sept 23, 29, 30, Oct 7 Location: Will be noted on your receipt Class Fee: $8, pay with registration Limit: 16 Materials Fee: $4, pay at class
Experience the challenge of kayaking! Through video files, demonstrations, lectures, and lots of hands-on experience, we will study equipment, possible techniques, fast water maneuver, and practice American Red Cross safety techniques. The class meets at an indoor pool for three Sundays and once on a nearby river on Saturday. All hands-on experience, equipment and instruction! (As 1992-93 Kansas Canoe Association President, T.J. has led river trips nationwide. He has taught kayaking several years and promises an intensive, fun-filled class.)

INTERMEDIATE KAYAKING WORKSHOPS
T. J. Hittle
539-7772
Sundays, 9am-12pm, Dec 2, 9 Length: 2 times Location: Will be noted on your receipt Materials Fee: $2.00, 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 $2.00 per Sunday at the class. (Instruction will be provided by members of the Kayak chapter of the Kansas Canoe Association.)

SAFETY BASICS
Jay Kim
537-8431
One Time: Saturday, 9am-12pm, Sept 15 Location: Will be noted on your receipt Class Fee: $4, pay with registration
The opposite of "moving with the wind" is: a) coming about; b) hard-加以; c) tacking; d) walking with the calm. Even if you answered c) tack- ing, you'll learn much from this introduction to sailing including terminology, how to sail, how to get a boat and how to get started. (Jay has been sailing for over two years and owns a Laser.)

THE BASICS OF WATER SKIING
Steve McMurrey (and members of the Flint Hills Water Ski Club) 776-6055
One Time: Monday, 6pm, Sept 17 (rain date: Sept 24)
Location: Will be noted on your receipt Class Fee: $4, pay with registration Materials Fee: $1, pay at class
Informative clinic about the basic fundamentals of beginner, competitive and "show" water skiing. We will cover boating and skier safety. Instruction will include learning to ski on: two skis, one ski, trick skis, slalom course, jump ramp and bare feet. A video tape of the Flint Hills Water Ski Club will be shown. If the weather permits, water ski demonstration will be given. (The instructors for this class have had a wide range of experiences in water skiing including competitive, pleasure and show skiing.)

LEARN TO FLY AT LOW RATES
Hugh Irvin
532-6311 539-3128
Saturday, 9-10:30am First Meeting: Sept 15 Length: Indefinite Location: Will be noted on your receipt Class Fee: $4, pay with registration
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. 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.

STUDENT PILOT GROUND SCHOOL
J. Van Swany
537-0312
Two Days: Days, times and dates to be announced Location: Will be noted on your receipt Class Fee: $4, 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 FAA written exam, it will provide a solid background for the potential student pilot. Call the instructor for more information. (J. is a commercial pilot and certified flight instructor. He also owns his own aircraft.)
**Adventures**

**Rappelling for Beginners**

Mike Portzer  
**Thursdays, 7pm, First Meeting: Sept 12**  
Length: 2 times  
Location: will be noted on your receipt  
Class Fee: $6, pay with registration

Learn to descend cliffs by rappelling, a truly thrilling experience. This course is designed to familiarize the individual with the basic techniques of rappelling. Included are selection and safety inspection of equipment, basic knots used, and rappelling and belaying procedures. The class will meet initially indoors, and subsequent classes will be held at the rappelling facility. All equipment will be provided by the instructor and an experienced assistant will be on hand. On delay! (Mike has had extensive rappelling experience through the Pennsylvania State Fire Services and in the military.)

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**Fit for Fun**

**WEIGHT TRAINING FOR WOMEN**

Terry Hopper  
**P-5**  
**776-1654**

Section 1: Tuesdays, 8am, Sept 18, 25  
Section 2: Tuesdays, 6am, Oct 2, 9, 16, 23  
(2 times each section)

Location: will be noted on your receipt  
Class Fee: $4/section, pay with registration

An introduction to weight training exercises as a method of developing muscular strength and endurance. The benefits of weight training will all be discussed. All participants will be given a program designed to develop all the major muscles and will have an opportunity to engage in the exercises using the free weights and Nautilus machines at the new Nautilus Towers. After instruction, participants can work out to their heart's content. (Terry was the 1981 Colorado Powerlifting champion, 1982 Rocky Mountain Powerlifting Champion, and 1982 Mid-Canada USA Powerlifting Champion. He has years of experience in training men and women for powerlifting and body-building competition.)

**INTRODUCTION TO NAUTILUS**

Larry MacPhee  
**P-7**  
**776-1554**

Section 1: Thursday, 6-10am, Sept 27  
Section 2: Tuesday, 6-10am, Oct 2  
(One time each section)

Location: will be noted on your receipt  
Class Fee: $2/session, pay with registration  
Limit: 10/section

Bring your workout clothes and try all the Nautilus equipment. Larry will introduce you to each machine and cover training principles, bring a towel and swimsuit to enjoy the fruits of your labor - SAUNA and JACUZZI. (Larry is the manager of the Nautilus Fitness Center.)

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**PARK PARENTS RUNNING CLUB**

Christine Taylor-Rogers  
**P-8**  
**776-1421**

**Thursdays, 7:30am, First Meetings: Sept 20**  
**Length: continuing**  
**Location: will be noted on your receipt**  
**Class Fee: $2, pay with registration**

Parents of young children are invited to join this group of jogging enthusiasts who often find it difficult to run due to the responsibilities of youngsters. The group will explore ways to exchange childcare so that children can play at the park while parents run. Novice and experienced runners welcome, especially those who enjoy running and would like to find ways to do more of it.

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**GENERAL FITNESS EXERCISES TO MUSIC: AEROBIC EXERCISE FOR EVERYONE**

Susan Drew  
**P-9**  
**776-9574**

**MONDAYS, TUESDAYS, WEDNESDAYS, THURSDAYS, FRIDAYS, 6-6pm**  
**Location: will be noted on your receipt**  
**First Meeting: Sept 12**  
**Class Fee: $5, pay with registration**  
**Length: All semester**

Exercises include jogging and steps to music to increase the heart rate, and improving form and balance done in groups and partners. Continuous activity is stressed, and will increase progressively throughout the semester. (Susan learned this course in West Germany and taught it professionally at the Damascus, Syria Sheraton Hotel.)

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**ROCK CLIMBING SEMINAR AND PRACTICE**

Richard Fouch  
**P-28**  
**539-4999**

**2 Tuesdays, 1 Saturday, 1 weekend: 7:30-9:30pm, Sept 11, 18, 25, 28-30**  
**Location: will be noted on your receipt**  
**Class Fee: $8, pay with registration**  
**Materials Fee: $40, pay at class**  
**Limit: 6**

At high altitudes there's no place for the faint of heart. Reality is more challenging and fun - hike an 18,000 ft. high granite peak from Mount Rainier. (In case you had some experience in hiking and wilderness camping and would like to explore the vertical world of technical rock climbing, this course may be for you. We will have 2 didactic evening sessions to discuss climbing philosophy, safety, equipment, knots and techniques, then one weekend day to practice belaying and rappelling locally. On the last weekend of September we will drive to Colorado to do two rock climbs in El Dorado Canyon near Boulder. Basic Rock Climbing by Royal Robbins will be required reading. This course is for men and women who have a real spirit of adventure and fun and are prepared to make a serious commitment to learning the art of rock climbing. (Rick is an emergency physician with 12 years of climbing experience including participation in the recent Ulta Late Moun Everest expedition in Tibet, China in March-May, 1984.)

**OUTING CLUB**

Mike Elledge  
**P-29**  
**776-8403**

First and Third Wednesdays of each month, 7:30pm, First Meeting: Sept 19  
**Location: will be noted on your receipt**  
**Length: 10/semester**  
**Class Fee: $13, pay with registration**

If you are interested in going camping, canoeing, bike touring, rock climbing, backcountry skiing, sailing, rafting, kayaking, spelunking or any of the above, this is the club for you. Each meeting, a variety of trips are planned for the next two weeks. You must only pay the fee once per year. (Mike enjoys many outdoor activities.)

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**ZORK MOUNTAIN VACATION**

Judy Portusse  
**P-60**  
**537-3585**

Friday, Saturday, Sunday, Oct 12, 13 & 14 (leave at 6am)  
**Location: will be noted on your receipt**  
**Class Fee: $170, pay with registration**  
**Limit: 42**

Join us in seeing the breathtaking panorama of fall foliage in the Ozark 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. Ralph Foster Museum (Indian arts and crafts). Ed White, Ozark HIllbillies (water-powered reenactment); dinner (on own); country music show.

**Saturday, October 13:**  
Breakfast (on own); group photo; Silver Dollar City (pioneer crafts and arts); and a visit to the world's largest water park: Showboat Branson Belle (ferry ride, dinner, trimmings); Shephard of the Hills Play (fast-paced outdoor drama).

**Sunday, October 14:**  
Breakfast (on own); Ozark Farewell with surprises. Cavern Tour (found rock formations, mysteries and beauty), lunch stop (on own); HOME. Cost is $170/person based on double occupancy. This includes admission to all attractions, cookout, group photo, lodging, full-time guide and transportation. Additional information sent from The Hillbilly Inn. Price includes swimming, fishing, entertainment and dancing. Full payment must be received by September 5 to meet our reservation deadline. (This is Judy's 15th UFM Bus Trip.)

Would you like to share a special hobby or interest with others? Teach for UFM!  
Deadline for next catalog is Oct. 10.

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22 Recreation Ave.
VAWA KEMPO KARATE

Mark Brown

Tuesday and Thursdays, 7pm First Meeting: Sept 13 Location: Will be noted on your receipt Class Fee: $10, pay with registration

VAWA KEMPO is a style of karate that stresses arcs, soft blocking and many moves that mimic animals. Wear comfortable clothing and learn this interesting martial art. All men and women are invited, whether you have any previous martial art experience or not. (Mark has a first degree black belt with two years teaching experience.)

KUNG-FU (ZE DO STYLE)

Stan Wilson

Tuesday and Thursdays, 7pm First Meeting: Sept 10 Location: Will be noted on your receipt Class Fee: $15, pay with registration

Get a good workout and learn a useful skill at the same time. The Chinese counterpart of Japanese karate, Kung-Fu involves tips of arm work, exercise and practical self-defense. Participants will learn kicking, punching, striking, hard style and soft style. Stan will teach one set style, an offshoot of wushu dragon style.

JUJUTSU FOR BEGINNERS

Stan Wilson

Sundays, 7pm First Meeting: Sept 16 Location: Will be noted on your receipt Class Fee: $20, pay with registration

Jujutsu is the parent art of JuDo, Japanese in origin, Jujutsu stresses hand-to-hand combat featuring throwing, low kicks and wrist and arm locking. The class will include the moves you need in various forms, self-defense oriented, not exercise oriented. Participants must be age 16 or over. (Stan has a black belt in Jujutsu and has taught martial arts for six years.)

TAE CHI CHUAN FOR HEALTH AND SELF DEFENSE

Mrs. Hu and Verna Miles

Section 1: Wednesdays, 7pm First Meeting: Sept 7 Location: All Class Fee: $20, pay with registration Materials Fee: $5/month, pay by class

T'ai Chi Chuan is a very slow moving series of classic Chinese postures which enables the practitioner to develop grace, poise, and inner strength. This is a very popular exercise practiced in Taiwan by all age groups. (Mrs. Hu is from Taiwan and learned her art from her master. She has been associated with this class for over a year. Verna has been involved in tai chi for about three years.)

BEGINNING FENCING

Richard Reinh

Wednesday, 6:30-7:30pm First Meeting: Sept 12 Location: Will be noted on your receipt Class Fee: $20, pay with registration

Learn to fence with a Folli Fencing school. Conditioning and blade play will be emphasized in the first few weeks followed by practice bouts. The class will end with a class practice tournament in preparation for the Kansas beginning tournament. Fencing is an exciting sport. Five colleges in Kansas regularly sponsor events in Wichita, Lawrence and Kansas City. (Richard has been fencing for seven years.)

CHINESE MARTIAL ART STICK AND SWORD DEMONSTRATION

Lee-Shih Wu

One Time: Saturday, 3-4:30pm, Oct 6 Location: Will be noted on your receipt Class Fee: $5, pay with registration

Chinese martial art stick and sword demonstrations are very popular in Taiwan. If there is an interest we can work toward a class. (Lee-Shih, from Taiwan, is accomplished in stick and sword.)
BEGINNING BRIDGE
Pat Cashin
Tuesdays, 7:30pm First Meeting: Oct 2 Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Limit: 25

Don't trust your partner's acel learn basic bidding and play from an expert. A handout of the lesson will be included. This is the place to make mistakes, so that in five weeks, you'll be ready to play with friends and strangers. No previous bridge experience is required, (Pat has been teaching bridge for seven years.)

POCKET BILLIARDS FOR BEGINNERS
Jerry Riggs
Saturdays, 2:00pm First Meeting: Sept 15 Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 12

This class will start with a brief history of the game, included will be an introduction to playing equipment, basic strategy, aiming, English, and control. The different games -- 5-ball, 8-ball and snooker will be covered as well as the theory and mental game. Also, we will watch a video tape trick shot demonstration and championship match. (Jerry has played in several World Pocket Billiard Championships in New York City, finishing 3rd in 1979, 16th in 1980 and 20th in 1981.)

JUST CLOWNING AROUND
Delaime Dieker
Mondays, 7-9pm First Meeting: Sept 17 Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
Limit: 10

While having fun learning to be your own personality as a clown, in this class you will gain information on the history of clowns as well as the technique of make-up, the exaggeration of pantomime and a short skirt. (Delaime has taught clowning to 200 youngsters at Four Springs Ranch and has provided entertainment for several organizations.)

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DUSTING OFF THE OLD PROPS.

INTRODUCTION TO MODEL RAILROADING
Richard E. Napper
One Time: Thursday, 7:30-9pm, Sept 27 Location: Manhattan Public Library
Model railroading is fun! Come see how you can build a miniature world for your railroad empire. This class will include a film, display and literature. We will discuss having other classes for the purpose of building model railroad modules. (Richard has been a model railroader for 20 years and has a home layout.)

PUPPETS, PUPPETS...FOR CHILDREN (2-6 YEARS OLD)
Jeanne L. Yang
One Time: Saturday, 1-3:30pm, Nov 10 Location: Will be noted on your receipt
Class Fee: $3, pay with registration
Materials Fee: $1, pay at class
Limit: 15

Welcome to the wonderful world of puppets with songs, skits and short stories! Jeanne will present several delightful puppet shows, and children will participate in several activities. Parents must accompany. (Jeanne holds a teaching degree, has taught several years in public school and runs a private nursery school, Puppetland. Her summer UPM class was a great success.)

DUNGEONS AND DRAGONS
Bob Argent
Wednesdays, 6-9:30pm First Meeting: Sept 12 Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $1, pay at class
Limit: 8

Experience Epic Adventures! You've heard of Dungeons and Dragons, but did you know it's a game of skill and imagination played by same people of both sexes? Pencil and paper are all you need to begin your quest. Rules will be taught. Prior experience neither needed nor desired. (Bob has been an active player for six years and has taught the game at other universities.)

STAMP COLLECTING
Tim Lindermuth
Mondays, 7-9pm First Meeting: Oct 8 Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Materials Fee: $0, pay at class
Limit: 8

This class is for beginning, intermediate and advanced stamp collectors of all ages. One and possibly two field trips are planned to a local stamp club and regional stamp show. Three field shows will be presented on the basics of collecting, how to grade centering 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 buy, and sell stamps. Each class will last 2 to 2.5 hours each. (A collector for 29 years, Tim is a long-time member of the American Philatelic Society and the local Flint Hills Stamp Club.)

WEDNESDAY MORNING PLAY GROUP
Kay Ring, Barb Stark
Wednesdays, 10am-12pm First Meeting: Sept 12 Location: Ongoing
Class Fee: $2, family, pay with registration

This is an ongoing "Support Group" for at-home mothers and their pre-school-age children, a "Mother's Morning In" with children playing and more visiting with other adults. Mothers are responsible for their own children, no separation necessary. During nice weather we will be meeting outside and during colder months we will meet in homes of participants. The group has been in existence for about nine years. (Kay has been with the group for about 5 years and has 2 boys 10 and 5. Barb, mother of a 3-year-old girl and a 5-year-old boy has been participating for 5 years.)

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SATURDAY SAFARIS AT SUNSET ZOO (5-6 YEAR OLDS)
Carol Nogy
Saturdays, 9-11am
Section I: Oct 20 "Near Safari"
Section II: Nov 3 "Prairie Safari"
Section III: Nov 10 "Cold Weather Safari"
Location: will be noted on your receipt
Class Fee: $2/section, pay with registration
Materials Fee $2, pay at class
Limit: 6
Bring a snack and wear good walking shoes. You'll go on a picture and live animal safari at Sunset Zoo. These trips are for 5-6 year olds who want to learn about being golden eagles, prairie dogs, snowy owls, arctic foxes, wolves and other animals.

ZOODAAMI
Carol Nogy
Saturdays, 9-11am
Section I: Sept 22 (3-4 year olds)
Location: will be noted on your receipt
Class Fee: $2/section, pay with registration
Materials Fee $1.40, pay at class
Limit: 6
Kids: Come for a grab bag of zoo fun including a zoo tour, puzzles and games. You will get a chance to meet and touch Cleo the camel, Scooter and Bandit the ferrets, the burros and the Nubian pygmy goats. 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 preschool and elementary teacher and is a trained zoo docent.)

A night out

STARSHINE
Chris Sorensen
One Time: Saturday, 6:30-9pm, Oct 20 (cloudy or rain date: Wed, Oct 24)
Location: will be noted on your receipt
Class Fee: $5, pay with registration
Limit: 25
We'll look at planets, stars and constellations including Aquarius, Hercules, Pegasus the flying horse, Ariels, Perseus, Pisces, Cygnus the swan, Cassiopeia and more. Impressions will be on stars you can observe with the naked eye or binoculars. Telescopes will also be available. Dress warmly and bring binoculars if you have them. Hot refreshments will be served by the Northern Flint Hills Audubon Society. Suggested reading: "A TELESCOPE MAGAZINE or Astronomy Magazine. These both have monthly sky maps. (Chris is a physics professor at KU.)

MAKE FRIENDS WITH THE EARTH -- CAMPOUT!
Pat Orestey
Saturday and Sunday, 3pm, Oct 20-21
Location: will be noted on your receipt
Class Fee: $3, pay with registration
Come meet old and new friends as we hike the Flint Hills of Tuttle Reservoir. We'll spend the evening around the campfire discussing environmental concerns, sharing stories and keeping warm. Supper and breakfast will be cooked over the campfire. Return by 11am on Sunday. No previous camping experience is required. You'll be glad you took this opportunity to meet some friendly folks of the Earth. (Pat has maintained his friendship with the Earth for many years.)

Creature friends

INTRODUCTORY BEEKEEPING
Ram Fleming
Tuesdays, 7-10pm, Sept 18, 25, Oct 2
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 6
Bee is that wonderful natural sweetener that bees make - but few people know how they do it. This class is for people interested in starting their own hives but have no experience in doing so. We will cover starting and maintaining a hive, producing honey, wax and propolis. Ram is a hobbyist beekeeper with 8 years of experience and is currently operating 7 hives. He builds some of his own equipment.

ARABIAN HORSES: VERSATILITY, TRAINING AND SHOWING
Duane Daily, Jim and Olivia Hudelson
One Time: Saturday, 3pm, Oct 20
Location: will be noted on your receipt
Class Fee: $4, pay with registration
The Arabian horse, foundation breed of all light horses, is thought by many to be difficult to handle. Not so, according to Duane, who says that gentleness and quick learning ability are two important traits in Arabians. The versatility of Arabian horses will be shown in trail, western, English and dressage riding. A demonstration of trimming and shoeing will be included. Come and meet some Arabian horses on their own turf. (Duane - interest in Aramids evolved from a 4-yr experience in Egypt, and he's been breeding, raising and training horses for years. Jim and Olivia are fellow horse enthusiasts from Vermillion, Kansas.)

HORSEMANSHIP FOR BEGINNERS (I) AND ADVANCED (II)
Carol Baldwin
Tuesdays, 6:30pm
Section I: Sept 20, Oct 2 (2 times)
Section II: Sept 26, Oct 3 (2 times)
Location: will be noted on your receipt
Class Fee: $4, per section, pay with registration
2. Oct 2 - Field Trip (rain date Oct 23) - Learning To Handle Horses: Feeding basic stable techniques, haltering, bridling, saddling, using a lead rope.
3. Sept 26 - Field Trip (rain date Oct 16) - Problem Horses: How they got that way, retraining, beginning school to preventing problem and ruined horses.
4. Oct 3 - Lecture - Breeding Horses: genetics and pedigrees, judging faults to improve your breeding choices. (Carol is a former 4-H livestock agent who currently owns two horses.)

THE WONDERFUL WORLD OF PETS
Beverly Haschagen
Tuesdays, 7-10pm
First Meeting: Sept 18
Location: will be noted on your receipt
Class Fee: $5, pay with registration
Materials Fee: $1.00, pay at class
Limit: 25
The Wonderful World of Pets includes several topics: History of animals as pets, Pet and people attitudes, the law and pets, cat and pets, Basic health and care of pets, First aid for pets and the unexpected. This class will include discussion nights, field trips, guest speakers and student involvements in various small projects. It is open to pet owners and non-pet owners above the age of 10. The goal of this class is to learn some practical knowledge concerning pets, share experiences and attitudes, and develop interest in pet responsibility. Spiral notebook, pen and pencil are required for this class. (Beverly has always owned pets and worked with animals. She runs Pet Lifeline, a 24-hour free service that handles all facets concerning pets and their problems. At this time, she has 2 horses, 3 dogs and 7 cats in her family.)

You may register for any class late.  But don't wait too long! Popular classes fill up early.
RAPTOR REHABILITATION
E-13
Terry W. Campbell, D.V.M.
One Time: Wednesday, 7:30-9:30pm, Sept 5
Location: Will be noted on your receipt.
Class Fee: $1, pay with registration.
Hawks and owls are raptors, find out about the dedicated people who care for raptors and what they do when they are shot or injured. This program is designed to present the combined raptor rehabilitation efforts at the College of Veterinary Medicine at KSU, and the Prairie Raptor Project near Salina, Kansas. We will discuss the types of activities involved at each facility in order to prepare an injured or orphaned bird of prey for release back into the world. A related field trip to the Prairie Raptor Project is scheduled for Sept 8.

PRAIRIE RAPTOR PROJECT FIELD TRIP
E-14
Terry W. Campbell, D.V.M.
One Time: Saturday, 9am-4pm, Sept 8
Location: Will be noted on your receipt.
Class Fee: $1, pay with registration.
Limit: 12
We will drive to the Prairie Raptor Project just outside of Salina, Kansas (approx 2 hrs). We will tour the facilities and discuss the methods used in preparing injured or orphaned birds of prey for release back to the wild. You will also have a chance to handle some birds. Terry is a veterinarian with 6 years experience in raptor rehabilitation and has been the director of the raptor rehabilitation program at KSU for the past two years.

SAVING CHEYENNE BOTTOMS
E-17
Kansas Audubon Council
One Time: Saturday, 10am-Box, Sept 22
Location: Barton Co, Community College Materials Fee: $3; registration, $4.25 lunch; $5.95 banquet, pay at class.
Cheyenne Bottoms is one of the largest Island marshes and best birdwatching spots in the U.S., but it is in danger of drying up. Please make plans to attend this one-day conference to learn how to save the wetlands. Together, we can save Cheyenne Bottoms! An optional Sunday morning field trip to nearby Quivira Wildlife Refuge and camping are available. (The Kansas Audubon Council is made up of delegates from each of the nine-state Audubon chapters.)

BLUEBIRD CONSERVATION
E-19
Don and Sue Yockey
Friday, 7:30-9pm, Oct 5 Sunday, Jan 14, Jan 28 Sunday, Jan 14, Nov 11 Location: Will be noted on your receipt.
Class Fee: $2, pay with registration.
In our first class we will learn how you can help reverse the decline in bluebird populations. We will be having a few meeting boxes or by getting involved in establishing and maintaining a "Bluebird Trail." We will use slides to show you everything about bluebirds and building the boxes. At our second meeting we will assemble 300 boxes that Don has cut out. This is a hands-on class. Don will also bring slides on bird houses and bird feeders, and mail out 12 birdhouses to each person. Our last meeting will be Bluebird trail construction - we will put the boxes along the trail. Don and Sue have both been involved in wildlife sanctuaries and have built and erected many bird houses for themselves and for the State Fish & Game non-game wildlife program. More.

MUDFLATS AND SHOREBIRDS
E-20
John Zimmerman
One Time: Saturday, 7am-12n, Oct 6
Location: Will be noted on your receipt.
Class Fee: $4, pay with registration.
The northern part of Tuttle Creek Reservoir provides perfect habitat for sandpipers, herons, egrets, and willets as well as the beautiful American avocet. Learn about least sandpiper, sanderlings, ring-billed gull, stately great blue heron and long-billed "peeps." Bring binoculars if you have them. Beginners welcome. (John is a biology professor, specializing in birds.)

BIRDS OF JAPAN
E-22
Hiroaki Aoki
One Time: Wednesday, 7:30-9pm, Oct 17
Location: Will be noted on your receipt.
Class Fee: $2, pay with registration.
Here's your chance to visit Mt. Fuji, National Park and other areas of Japan where birdwatching is excellent. The Japanese crane will be the feature of the evening. You will also see many species rare to the U.S. (seen only in Alaska or the Alaskan islands), but common in Japan! This is the October meeting of Northern Flint Hills Audubon Society. Dr. Hiroaki Aoki was President of the Bird Protection Society of Japan and enjoys birding here.

BIRDWATCHING FOR BEGINNERS: FROM HOUSE WREN TO BALD EAGLES
E-23
Northern Flint Hills Audubon Society
One Time: Thursday, 7pm, Oct 18; Saturday, 7:30-10am, Oct 20.
Location: Will be noted on your receipt.
Class Fee: $2, pay with registration.
Quick: Is a bluebird or bluejay? How do you tell a mockingbird from a shrub? Golden eagle from turkey vulture? Thursday evening we'll show you how to use binoculars, the different yard birders, and pointers on bird identification. Then on Saturday morning we'll take you on a field trip to find the wildlings. Expect an enjoyable hobby, which you are certain to enjoy. Bring binoculars, camera, bird guides and tape recorders if you have them. If you think cattails have whiskeys, this class is for you. (Todd Measures, who took the Eagle Watching Class last year said, "I used to think birdwatchers sat on a stump in the woods and nobody could say a word ... I was wrong.")

26 Earth
Prairie Wildflowers

Gene Towne

One Time: Saturday, 10am, Sept 15 (rain date Monday, Sept 17, 6pm)
Location: Will be added on your receipt
Class Fee: $1, pay with registration

Would you know compass plant, gayfeather or goldrod 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

Gene Towne

One Time: Saturday, 10am, Sept 22 (rain date: Monday, Sept 24, 6pm)
Location: Will be added on your receipt
Class Fee: $1, pay with registration

With our substantial spring rains, this has been a bummer year for native grasses. All grasses are not alike! After this class, you too will be able to identify big bluestem, Indian grass, switch grass and other common species. The effects of burning and grazing will be discussed. Immers yourself in the Flint Hills "sea of grass" with this prairie tour. Bring your walking shoes.

Fall Wildflowers of Konza Prairie

Craig C. Freeman

Section I: Saturday, 9am-12noon, Sept 29 (rain date: Sept 30)
Location: Will be noted on your receipt
Class Fee: $2 per section
Limit: 20 per section

September finds the Kansas prairie sporting a blanket of asters, goldenrods and abundant lesser-known wildflowers. Take a leisurely walk on Konza Prairie and get acquainted with some of these autumn species and examine the products of this year’s grazing season on the prairie. (Craig is a graduate student in botany at Kansas State University.)

Konza Prairie Visiting Days

KSU Division of Biology

One Time: Saturday, 9am-4pm, Sept 22
Location: Konza Prairie Research Natural Area, McAllister Creek Rd.

Become familiar with one of Kansas' Prairie Research Natural Areas - participate in guided tours of the prairie. Find out about the plants and animals. Attend demonstrations of current ecological research, discover the purposes of this premier, prairie preserve.

Exploring Under Rocks (for Children and Adults)

Stephen Hoffman

Saturday, 9-10am, Oct 6 (rain date Oct 13)
Location: Will be noted on your receipt
Class Fee: $4, 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.)

Love Those Lakes

Tuttle Creek Tour

Paul Woldness

One Time: Saturday, 9:30-11am, Oct 14
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Limit: 40

Discover how much Tuttle Creek Lake has to offer. A corps park ranger will present a slide show, answer your questions, and take you on a tour of the lake. (Paul has been a park ranger at Tuttle Creek Lake for five years.)

Getting to Know Milford Lake

Gregory Wurst

One Time: Saturday, 10am-1pm, Sept 15
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Limit: 5

Let an experienced ranger from Milford’s popular fishing holes, camp sites and attractions. 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.)

Lakes of Kansas

Gregory Wurst

One Time: Monday, 7-8:30pm, Sept 17
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

Greg has made an audio/slides presentation of 22 major lakes in Kansas. They show highlights, points of interest and useful information about each lake. Greg, a ranger, will have literature available and answer questions. People who fish, hunt or camp should not miss this opportunity.

Woodstalk

John Strickler

One Time: Saturday, 8am-12pm, Sept 15
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

Did you think that Kansas was flat as a pancake and completely covered with wheat? Believe it or not, there are forests, in Kansas! We will visit a nearby wooded area (between Wamego and St. George) and learn to identify hickories, walnuts, basswoods, hawthorn, hawberries, dogwoods, sumacs, and a multitude of wild berries. John will discuss wildlife, ecology and forestry problems like weed management and black walnut production. Dress appropriately and prepare for a rigorous hike through successional and climax forest areas. Afterwards, participants may take a short tour of KSU’s Forestry building and facilities. (John is a professor of forestry at KSU.)

Nature Photography: Stalking Wildlife in Natural Light

Lawrence Johnson

Thursday, 7:30-9pm, Oct 31
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

A classroom session and field trip will introduce you to the basics of nature photography. Camera basics will be discussed during the Thursday session - lenses, shutter speeds, f-stops, depth of field and guides to picture taking with natural light. A field trip on Saturday will put classroom learning to the real test - taking photos. A 35mm camera is desirable but not essential for this class. (Lawrence is a member of the Flint Hills Audubon Society, especially enjoys bird photography.)

Mammals of Konza Prairie: Slide Presentation and Field Trip

Don Keuffer

Wednesday, 7:30-9pm, Nov 14; Saturday, 8:45am-12:30pm, Nov 17
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Limit: 20

The occurrence and habitat distribution of small mammals Konza Prairie Research Natural Area will be discussed using a slide presentation, museum specimens and a prairie wildlife field trip (about a 2-mile walk). Special emphasis will be placed on the effects of prairie fires on rodents and shrews. Don, a professional biologist at KSU, has been involved in research on the ecology of small mammals in both tall and mixed grass prairies of Kansas.

Natural Kansas!

Dr. Joseph T. Collins

One Time: Wednesday, 7:30-9pm, Sept 9
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

Pronghorn antelope, wolf, mule deer, prairie chickens, cottonwood trees, prairie rattlers ... 
Come celebrate the beauty and richness of natural Kansas. Northern Flint Hills Audubon is delighted to sponsor this two-projector slide presentation with background music. Dr. Collins will highlight those plants and animals native to the Sunflower State. Northern Kansas is the title of a forthcoming book by Dr. Collins. (Joseph Collins is a vertebrate ecologist with the State Museum of Natural History and has written six books and over 100 articles on fish, amphibians and reptiles.)

 Flint Hills Reptiles and Amphibians

Mark Heinrich

One Time: Saturday, 8am-12pm, Sept 29
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

Collared lizards, skinks, prairie king snakes, toads, box turtles, garter snakes, and many other reptiles and amphibians are residents of the Flint Hills. We will visit a nearby rocky, wooded area and find these cold-blooded critters. All specimens will be identified and released. Bring a pillowcase or cloth bag if you have one. Families are welcome. (Mark was awarded a master's degree for his research on reptiles of Konza Prairies.)
LAND INSTITUTE VISITORS' DAY

E -41

Wes and Dena Jaccaci
Sunday, Oct 7 - campus at 12 noon (maps will be provided) program at 1:30-4:30 pm
Location: Will be noted on your receipt
Class Fee: $1, payable with registration. The Land Institute is a place where students receive college credit for participating in alternative projects with winemakers, solar collectors, alternative design for agriculture, energy, shelter and waste management. Anyone interested in learning more about The Land Institute is invited to attend. The program will include tours of various projects and a lecture/discussion.

EDIBLE LANDSCAPE TOUR

E - 35

Ira Harritt
352-5866

Date: Tuesday, Sept 14, Time: 1:00 pm Location: Will be noted on your receipt
Class Fee: $4, payable with registration. See UMF's demonstration landscape, strawberry and herb gardens, currant, blackberry, blackberry, apricot, hop, and crab apple. Learn how to use the most abundant and nutritious plants and how to prepare them. All proceeds will be used for maintenance of the facility. For UMF students and staff members, please check with your department for reimbursement information.

SOLAR SPACE HEATING COLLECTORS

E - 39

Dean Decker, Bill Dorsett 776-5599 539-1956

Date: Wednesday, Sept 17, Time: 1:00 pm Location: Will be noted on your receipt
Class Fee: $4, payable with registration. Discussing the importance of using solar energy for space heating and cooling. The presentation will be followed by a discussion on the different types of solar heating systems available. Materials Fee: $2.25, payable at class. Limited to 12.

HANDS-ON PLANTS

E - 31

Carol Ebert
466-2184

Section I: Monday, 3:30-5:30 pm, Oct 10 Location: Will be noted on your receipt
Class Fee: $4, payable with registration. Materials Fee: $1, payable at class
Limited to 12.

POTTING MIX

E - 32

Kathy Colvig
293-4415

Date: Saturday, Oct 18, Location: Will be noted on your receipt
Class Fee: $4, payable with registration. Materials Fee: $1, payable at class
Limited to 10.

FERN WEATHER

E - 33

Kathy Colvig
293-4415

Date: Saturday, Oct 18, Location: Will be noted on your receipt
Class Fee: $4, payable with registration. Materials Fee: $1, payable at class
Limited to 10.

ACCESSIBLE GARDENING PROGRAM FOR THE PHYSICALLY DISABLED

E - 34

Lynn Oxen
537-0056 ext. 266

Date: August 1-Oct frost 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, Manhattan Community Garden provides a low-cost, individualized and group garden space. There is instruction and supervision provided along with seeds, bedding plants and tools. Participants will also have the opportunity to have garden beds constructed at their homes. (Lynn is a Master's degree student in horticulture therapy at KSU.)

TOMORROW'S HARVEST

E - 30

Dave Kendall
749-0523

Date: Wednesday, Oct 14, Location: Manhattan Public Library Auditorium
An open forum centered on the presentation of a newly produced documentary film on farming in Kansas. Funded through a grant from the Kansas Community Foundation, this program originates from KU's TV/Channel 11 in Topeka. (Dave, producer and director of this documentary, grew up on a farm near Harrison, Kansas.)

EDIBLE LANDSCAPE: INTERNSHIPS AND VOLUNTEER PROGRAM

E - 36

Ira Harritt
352-5866

Date: Monday, Oct 13, Time: 1:00 pm Location: Will be noted on your receipt
Class Fee: $4, payable with registration. Would you really like to know the inner truths of edible landscaping and solar greenhouses and annual and perennial plants care? Here is your chance. We are looking for a few people to participate with us in learning and caring for our demonstration site. We require a commitment of time and interest. Come to our interest and volunteer meeting and find out what you can learn or how you can help.

WRITE YOUR APPROPRIATE TECHNOLOGY TOUR GUIDES

E - 37

Ira Harritt
352-5866

Date: Tuesday, Oct 14, Time: 1:00 pm Location: Will be noted on your receipt
Class Fee: $4, payable with registration. 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 per hour. Interest and enthusiasm are the only requirements.

SOLAR HOT WATER HEATING

E - 40

Dean Denner, Bill Dorsett 776-5599 539-1956

Date: Monday, Oct 19, Time: 1:00 pm Location: Will be noted on your receipt
Class Fee: $4, payable with registration. Passive "breezbox" or "bush box" solar hot water heaters are known for their simplicity and low maintenance. We'll discuss how you can design and construct your own and will look at a manufactured version. A 705 solar tax credit is available until Dec 31, 1985, so take this class and get some cheap hot water.

SOLAR GREENHOUSES AND SUNSPACES

E - 38

Dean Denner, Bill Dorsett 776-5599 539-1956

Date: Monday, Oct 19, Time: 1:00 pm Location: Will be noted on your receipt
Class Fee: $4, payable with registration. If your family can use additional living space, the capability to grow food in winter, and/or supplemental solar heat, a solar greenhouse or sunspace may fill your needs. Numerous local examples will be used to explain how to design and build such a space to best meet individual needs. Houses is a major part of Dean and Bill's work as Sunwrights of Manhattan.

COUNTRY RITZ

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# Registration Form

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PLUS $2.00 REGISTRATION FEE (See Exemptions)

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IF KSU student, list ID #

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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 Coates at 932-5866 with your suggestions.

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# Great gift idea! Encourage others to learn at UFM by giving our gift certificates!

[Image of gift certificate]

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# Registration

**Priority Registration Period:** August 20—September 7

Registrations after September 7 accepted on a space-available basis.

**WALK-IN:**

- **Tuesday Aug 21** Public Library 5pm-7pm
- **Thursday Aug 23** UFM House 7am-9am
- **Thursday Aug 23** KSU Union 9am-5pm
- **Friday Aug 24** The Palace-Applique 11:30am-1:00pm
- **Saturday Aug 25** Wal-Mart 11am-11pm
- **Saturday Aug 25** Westloop Dillons 1pm-7pm
- **Monday Aug 27** KSU Union 9am-5pm
- **Tuesday Aug 28** KSU Union 9am-5pm
- **Saturday Sept 1** Wal-Mart 11am-11pm
- **Saturday Sept 1** Westloop Dillons 1pm-7pm
- **Wednesday Sept 5** KSU Union 9am-5pm
- **Thursday Sept 6** Public Library 11am-7pm
- **Thursday Sept 6** Public Library 5pm-7pm

Registration at Westloop Dillons and The Palace 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 in with check, money order, or Visa/Mastercard number to:
  - UFM, 1221 Thurston, Manhattan, KS 66502 (a stamped, self-addressed envelope is appreciated)
- **C. PHONE-IN:** With Visa or Mastercard only, you may call 932-5866 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 SCA 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 cancelled
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 932-5866.

**DISCOUNTS FOR VOLUNTEERS:**

You may work for UFM in exchange for fee discounts. Arrangements will be made on an individual basis. Call UFM at 932-5866.

**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.
CHRISTMAS TINPLATE ORNAMENTS
Judge: Judy

One Time: Thursday, 7:30pm, Nov 18
Location: Will be noted on your receipt
Class Fee: $3, pay with registration
Materials Fee: $2.50, pay at class
Limit: 10
Learn the very old art of tin punching, which is often seen on pie safes, Mexican ornaments, or lanterns but has many other uses as well. Tin a flower, bird, block of wood and a "scratch all." (The last is available at local craft stores.) Judy is a new resident in Manhattan who enjoys sharing her craft skills.

PAINTED COST HANGERS
Janet Chamberlain

One Time: Tuesday, 7-9pm, Nov 27
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2.50, pay at class
Limit: 6
Painted hangers are a note of luxury to your closet and extend the life of your clothes. They take only a short time to make and are easy gifts. Bring 3 yards of cotton cloth and we will provide the other materials needed. Gift for every occasion.

SOFT SCULPTURE DOLLS
Marcia Goebel

One Time: Thursday, 7pm, Nov 17
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2.50, pay at class
Limit: 6
Cuddle soft dolls were so popular last Christmas they were difficult to find. Look no further. Now you can make your own - simply sew down to their disheveled knees and pudgy toes. Marcia will show dolls of various sizes, shapes and sizes needed to bring out their personalities. (Marcia has been doing soft sculpture for several years and sometimes finds herself creating.)

SNACKS AND CRAFTS
Audrey Murphy and Friends

Section I: Dec 12; Section II: Dec 13; Section III: Dec 16, Section IV: Dec 16, Section V: Dec 16. Each session meets from 9am-12pm on Saturdays. For 4-6 years old.
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2.50, pay at class
Limit: 6
Do you think you might need some time away from your young ones at Christmas time? Come! Join us to do some Christmas crafts and let the kids have some fun! We will have a variety of crafts to do, some are creative for the kids to make and enjoy.

GIFT WRAPPING
Susan Toy

Section I: Thursday, 7pm, Nov 15 (one time each section)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 6/section
Twenty yards of ribbon - ones that match your color scheme or rich Embellish them with delicate ribbon flowers, ribbon cones and holiday ornaments. Attend the first session, and you'll learn how to make a festive, holiday gift wrap that you can dress up as you wish.

MID-FALL SPECIAL
CHRISTMAS CREATIONS

CLAY CHRISTMAS ORNAMENTS
Amy Gatschet

Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Materials Fee: $3, pay at class
Limit: 8
Handmade Christmas ornaments are as traditional as Christmas itself. Try your hand at it this year. We will make simple attractive tree trimmings for past and present years. Amy has taught this class for the past two years and has anxious to try out her new ideas this Christmas.

CHRISTMAS PANORAMA
Kayanne Hennig

Location: Potters Hall
Class Fee: None
There will be 3 demonstrations: "Home Accessories with a Loving Touch" - "Holiday Microwave Treats" - "Creative Clothing".
This class is sponsored by the Riley County Extension Office.

SWEDISH WEAVING
Fran Derby

Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Materials Fee: $1, pay at class
Limit: 10
Swedish weaving is the art of using a blunt needle to weave embroidery thread through the floating yarn of buck twining to create various designs. This craft is not difficult to learn and many beautiful items can be made. (Fran has been doing Swedish weaving for 16 years and has exhibited her work at the county fair.)

STENCILING
Nancy Lynch

Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Materials Fee: $6, pay at class
Limit: 8
Make personalized Christmas cards this year. Stenciling is quick and easy to learn. It can be used to decorate wood, fabric, paper, and even walls. In class you will decorate a wooden box and Christmas cards or note cards, whatever you choose to keep. (Nancy is a KSU graduate student. She designs stencils and specialized items which are available in Manhattan and Pennsylvania.)

BEARS, BEARS, BEARS
Denise M. Steig

Section I: Monday, 7-9pm, Nov 26
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $3, pay at class
Limit: 10/section
Stuffed bears are the rage and can be found in every shop and size (all prices too). Why not make your own? It is simple and easy. You need a needle and thread, a pattern and some materials. You can buy one or have one made. We will discuss bears of all sizes and shapes - making them is a hobby. She is a senior in Life Sciences.

DECORATING GRAPE STRAW WREATHS
Susan Toy

Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $8.75, pay at class
Limit: 10
Grape vine wreaths add a touch of country to your door. Dried flowers, ribbon or holiday materials - use your imagination to decorate a one-of-a-kind wreath for the holiday season or use year round.
**Pottery studio**

**UPM POTTERY STUDIO FACILITY** MF-37

UPM's pottery studio is equipped with a slabroller, two kick wheels and an electric wheel. There are also large electric kilns, a portable gas kiln and a variety of glazes available for use. If you are a leader of a scout group or a special art class working with clay, you may rent kiln space to fire your pots and use our glazes at an extremely reasonable price. For more information contact Amy Jo Gatschet, the pottery studio manager at 776-3135.

**UPM POTTERY STUDIO CO-OP** MF-36

Amy Jo Gatschet
776-3135

*Wednesday, 7-8pm, Nov 21, Mandatory organizational meeting*

*Location: UPM Pottery Studio*

*Membership in studio: $20, 8 weeks* $15, 16 weeks

This is a cooperative studio-access open to anyone with experience in pottery who feels confident working alone. There is no instruction provided. As a co-op member you will have access to the studio for four hours a week, 139 pounds of clay, plus all the recycled clay you produce, kiln space, and glaze. UPM has recently purchased a sophisticated slab roller for use in sculptural handbuilding, and electric wheel to augment its studio equipment. (Amy is the pottery studio coordinator for UPM.)

**PLAY WITH CLAY (6-7 YEARS)** MF-34

Janet Chamberlain
776-8133

*Saturday, 10-11am First Meeting: Nov 17, Length: 5 times*

*Location: Will be noted on your receipt*

*Class Fee: $20, pay with registration* Materials Fee: $2, pay at class

Want to get dirty and not get in trouble? Then let's play with clay! We'll do several projects which have in the past included clowns, animals or name plates for your room. Whatever we do we'll have fun! (Janet enjoys working with clay as much as she enjoys children.)

**BEGINNING CERAMICS** MF-35

Barb Rutherford
776-3757

*Thursday, 7-9pm First Meeting: Nov 15, Length: 6 times*

*Location: Will be noted on your receipt*

*Class Fee: $20, pay with registration* Materials Fee: $10, pay at class

From raw clay to finished glazed piece, learn to make your own handmade and wheel thrown pottery. Produce functional mugs, bowls, lidded containers or sculptural forms. A variety of techniques will be demonstrated and there will be the opportunity to work on projects of your own choosing. (Barb has done ceramics as a hobby for years and is looking forward to teaching this class.)

**UPM POTTERY'S GUILD** MF-38

Nora Lally
1-488-3696

*Monday, Nov 12, 7-8pm Location: UPM Pottery Studio*

The UPM Potter's Guild is made up of professional potters in the Manatee area. Their exhibits and sales will be held on December 13 and 14, 1984. (If you would like to participate, sign up and contact you.) (Nora is a professional potter in Olsburg and a member of the Guild.)

**Etcetera**

**MAKING A HOUSE A HOME - INTERIOR DECORATING** MF-47

Kathy Colvig
293-5383

*One Time: Wednesday, 7-9:30pm, Nov 14 Location: Will be noted on your receipt*

*Class Fee: $4, pay with registration* Limit: 10

Winter is approaching and soon you will be spending lots of time in your home. Learn to make it more cheerful and less drab. We'll discuss how to begin. Can you do the work yourself? How to find someone reputable to help. Bring ideas or samples of current colors in your home. (Kathy is a decorator who started doing things for herself and friends and now helps others create the look they want.)

**ORIGAMI** MF-43

Aki Noma
532-5970

*One Time: Thursday, 7-9pm, Dec 6 Location: Will be noted on your receipt Class Fee: $4, pay with registration* Limit: 8

*Origa - the Japanese art of paper folding - is a craft with such tradition, skills, boxes and decorations are made from all sorts of paper. Simple folds are first taught to children when they reach school age. We will make several animals in this class. (Art, a native of Japan, learned this art at a very young age and enjoys sharing his skill.)*

**Darkroom**

**UPM PHOTOGRAPHY DARKROOM COOPERATIVE (BLACK & WHITE & COLOR)** MF-39

Schneider
532-9886

*Organizational Meeting: Monday, 5-6:30pm, Nov 19 (or by individual)*

*Location: Will be noted on your receipt appointment*

Located just one block east of campus in the UPM House, the UPM darkroom is available to anyone who needs access to a well-equipped facility. Equipment is capable of handling up to 11x14 prints and includes negatives from 35mm to 4x5. The fee includes everything but paper. For those who need instruction in darkroom techniques, UPM is offering a course "Beginning Darkroom" where you can have your questions answered.

**Black & White Only:**

*Fees: 6 weeks $15, new members $20, renewals 1 semester $25, new members $30, renewals* 2 semesters $35, new members 3 semesters 40, new members 40, renewals

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

**Black & White & Color:**

*Fees: 6 weeks $20, new members $25, renewals 1 semester $30, new members 2 semesters $40, new members 3 semesters 50, new members 50, renewals*

*SAY IT WITH PICTURES - AN INTRODUCTION TO PHOTOGRAPHY** MF-44

Dents Hancock
776-3546

*One Time: Tuesday, 7-9pm, Nov 27 Location: Will be noted on your receipt Class Fee: $4, pay with registration Limit: 18*

Are your holiday photos of family and friends fuzzy? Do they turn out with half of dear auntie’s head missing? Do you have a super camera but can’t quite turn out super photos? Surprise yourself and others this year with your camera know-how by taking this basic class in photography. You’ll learn how your camera works, how to handle it, how to use existing light, and how to compose interesting pictures. (Dents is a biologist and a photographer who has taught beginning photography to students in Sterling and Tangleeck, Kansas.)

**Weaving**

**UPM WEAVER’S STUDIO - OPEN WEAVING TIME** MF-40

Susan Lala
537-9610

*December-January Location: Will be noted on your receipt Class Fee: $10, pay with registration Limit: 4*

Know how to weave and yearn for a place to weave? UPM's weaving studio has raw, 2-harness table looms. Accessories include warping boards and swift. Looms will be available in December and January for your use. No instruction is provided. You will sign up for use of the green, light or navy loom.

**Woodshop**

**UPM WOODSHOP CO-OP** MF-41

Dan Brabec
537-0459

*Wednesday, 3-6:30pm, Nov 14, Mandatory organizational* Location: Will be noted on your receipt Membership Fee: $39 for 4 months. $5 refundable deposit.

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

**CO-OP FOR BEGINNING WOODWORKERS** MF-42

Dan Brabec
537-0459

*Tuesdays, 7-9pm, First Meeting: Nov 13 Length: 10 times Location: Will be noted on your receipt Class Fee: $35, pay with registration (Refundable deposit: $5)*

Co-op members can work on a project of their choice. The woodshop coordinator will be available to provide assistance and answer questions. A beginning co-op member is one who is familiar with hand tools and/or basic electric tools, and has some experience using power tools, the regular co-op is available.
**CHRISTMAS TREATS**

**MICROWAVE COOKIE SWAP**

Michael Cody

One Time: Thursday, 8pm, Dec 20
Location: will be noted on your receipt
Class Fee: $3.00, pay with registration
Materials Fee: $2.00, pay with registration
Make sure to bring yout favorite cookies and to swap with others. You will be given 3 new cookies and you will be a new cookie person.

**MINIATURE HOLIDAY TREATS**

Jean Krahm Nickell, Myrna Bartel

One Time: Monday, 7:30-9am, Nov 28
Location: will be noted on your receipt
Class Fee: $4.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 10
Enjoy the traditional holiday treats of the Minniebar this Christmas cookie. This class will prepare the raisin fritter cookie and the ever-popular peppermint. We will then enjoy the fritters of learning to make them now, in the traditional way. (Jean & Myrna have prepared these treats for their families.)

**PUMPKIN SEED ROAST FOR KIDS**

Jason Costes, Matthew Brinker

One Time: Saturday, 10:30-11:30am, Dec 1
Location: will be noted on your receipt
Class Fee: $2.00, pay with registration
Limit: 6
Peter, Peter pumpkin eater — pies are neat, but seeds are nastier! Enjoy the nutritious snack. We will roast the seeds, and your own if you like. We will have a good recipe for roasted seeds, as we got them from kindergarten this year, and Matthew loves to help roast and eat them.

**CHRISTMAS COOKIES**

Nancy Kales

One Time: Tuesday, 7-9pm, Nov 30
Location: will be noted on your receipt
Class Fee: $4.00, pay with registration
Limit: 4
This class will be an opportunity to test out new recipes for all those who love baking and eating. We will review new recipes for cookies and, if time permits, make and taste some. (Nancy is the director of the Alcohol and Other Drug Education Services at KU.)

**FOOD CO-OP**

Mary K. Brinker

Saturday, 9:30-10:30am, Nov 17 & 24, 6:30pm, Nov 19 (2 times)
Location: will be noted on your receipt
Class Fee: $2.00, pay with registration
Limit: 4
We have timed this class near the holiday so participants can enjoy the sights, tastes, and scents of Christmas in our Country Store. We will have more than 100 new recipes for our herbs and floral display, craft and gift ideas, bourbon recipes and cooking tips. We'll share our excellent roasting, smoking and preserving ideas and sources for herbs and flowers for your home and garden. (Carol & Mary K. have spent many years selling herbs and flowers for the holidays.)

**HOLIDAY PARTY PLANNING**

Elaine Spencer Carver

One Time: Thursday, 7-9pm, Nov 27
Location: will be noted on your receipt
Class Fee: $1.00, pay with registration
Limit: 4
This class will be an opportunity to learn about party planning and recipe ideas. We will discuss how to plan an effective planning of food covered. Class members will receive recipes for their parties and ideas for planning and recipes. (Elaine is the director of the Alcohol and Other Drug Education Services at KU.)

**DEEP AND DARK**

John Sokolow, Tim Rapp, Jim Sabatke

Wednesday, 7pm, Nov 30
Location: will be noted on your receipt
Class Fee: $4.00, pay with registration
Limit: 4
This class will be an opportunity to learn about the deep and dark world of chocolate and its many flavors. We will learn to make your own chocolate bars and enjoy them with friends.

**CREAM OF BROCCOLI SOUP**

Dan Kreiser

Saturday, 10am, Dec 4
Location: will be noted on your receipt
Class Fee: $4.00, pay with registration
Limit: 4
This class will be a great chance to make this easy and delicious soup. (Dan is a chef at the Holiday Inn and helps to share his skills.)

**CARAMEL APPLE MUFFINS**

Julie and Merian

Section I: Saturday, 11am-7, Nov 17
Section II: Saturday, 1am-7, Dec 8
Location: will be noted on your receipt
Class Fee: $4.00, pay with registration
Materials Fee: $1.00, pay at class
Limit: 4/section
Make your own gifts of candy for those special friends and family this holiday season. From divinity, peanut brittle, fudge and peanut butter candyymaking and have fun too. (Merian and Julie are candy making and

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Materials Fee: $1.00, pay at class
Limit: 4/section
Make your own gifts of candy for those special friends and family this holiday season. From divinity, peanut brittle, fudge and peanut butter candyymaking and have fun too. (Merian and Julie are candy making and
Next session begins Jan. 30. Deadline for class descriptions is Dec. 7.
JUGGLING
Charles Green
Tuesday, 7pm, Nov 27
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 30
Juggling can be a relaxing art as well as a wonderful learning experience. This class will cover the basics of juggling, including how to juggle with three balls, and how to perform simple tricks.

MINIATURE AUTO RACING AND TRACK CONSTRUCTION
Gregg Scircle
Every other Tuesday and some Saturday races
First Meeting: Nov 20
Location: Will be noted on your receipt
Length: Ongoing
Class Fee: $2, pay with registration
Limit: 20
This class will cover the basics of miniature racing and track construction, including how to build and maintain a track, and how to perform races.

SUFI DANCING
Shankar Harriss, Natakilua Nelson
One Time: Thursday, 7:30-9:30pm, Nov 29
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10
Sufi dancing is a form of meditation that combines dance, music, and chanting. This class will focus on the spiritual aspects of Sufi dancing, including how to connect with the divine and find inner peace.

KANSAS CITY TOUR AND HOLIDAY EXCURSION
ND-26
Judy Fortuna
One Time: Wednesday, 9am-3:30pm, Nov 28
Location: Will be noted on your receipt
Class Fee: $16, pay with registration
Limit: 46
The tour will include visits to some of the city's most famous landmarks, including the Liberty Memorial, the Kansas City Zoo, and the World War I Museum.

Survival now...

EXPLORING WITH THE HOLIDAY BUDDIES
Michael Wehnsberg, PhD
Wednesday, Dec 12, 19, 26
Location: Will be noted on your receipt
Class Fee: $3, pay with registration
Limit: 10
This class will focus on how to prepare for the holiday season, including how to handle stress, and how to find ways to relax and de-stress.

STRESS MANAGEMENT
Michael Wehnsberg, PhD
Monday, Tuesday, 7:30-9:30pm, Nov 19, 20
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10
This class will cover various stress management techniques, including how to relax and de-stress.

TAI CHI CH’U’AN FOR HEALTH AND SELF-DEFENSE
Mrs. Wu and Wen Rites
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Limit: 50
This class will focus on the health benefits of tai chi ch’uan, including how it can improve your flexibility, balance, and overall health.

TANNING AMBAL SKIN
Ron Paul
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 50
This class will cover the basics of tanning, including how to prepare your skin and how to prevent sun damage.

WEIGHT TRAINING FOR WOMEN
Terry Harper
Location: Will be noted on your receipt
Class Fee: $4 per section, pay with registration
Limit: 20
This class will focus on weight training for women, including how to develop muscular strength and endurance.

AUTHENTIC ENCAMPMENT OF EARLY DAYS MINTERS AND SETTLERS
Silen Loka
Saturday & Sunday, Nov 3 & 4 (all weekend)
Location: Will be noted on your receipt
Class Fee: $2, pay at class
Limit: 40
This encampment will provide a taste of what life was like for early day minters and settlers, including how they lived, how they worked, and how they celebrated.

VOLLEYBALL FOR FUN (ALL LEVELS)
Lois Moore
Location: Will be noted on your receipt
Class Fee: $3, pay with registration
Limit: 30
This class will focus on how to play volleyball, including basic rules and strategies.

YADA KENDO KARATE
Mark Bunu
Thursday, 7-9:30pm, First Meeting: Nov 15
Location: Will be noted on your receipt
Class Fee: $2 per month, pay at class
Limit: 30
This class will focus on the martial art of kendo, including how to hold a sword and how to move.

WEIGHT TRAINING FOR MEN
Terry Harper
Location: Will be noted on your receipt
Class Fee: $4 per section, pay with registration
Limit: 20
This class will focus on weight training for men, including how to develop muscular strength and endurance.

WEIGHT TRAINING FOR WOMEN
Terry Harper
Location: Will be noted on your receipt
Class Fee: $4 per section, pay with registration
Limit: 20
This class will focus on weight training for women, including how to develop muscular strength and endurance.

Then...

...and then

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The tour will include visits to some of the city's most famous landmarks, including the Liberty Memorial, the Kansas City Zoo, and the World War I Museum.
Savings money

BASIC PRINCIPLES OF BUSINESS MANAGEMENT

Steve Balukens

One Time: Thursday, 7:30pm, Nov 15
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration

This class will provide an overview of the basic principles of business management. You will learn about the different types of businesses, how to start and operate a business, and how to manage personnel. The class will also cover bookkeeping and basic accounting principles.

188A's HOW TO REDUCE YOUR TAXES

Sandy Bowers

One Time: Tuesday, 7:30pm, Nov 20
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration

This class will provide information on how to reduce your taxes. You will learn about the different tax deduction strategies and how to maximize your tax refunds. The class will also cover the basics of tax preparation and filing.

188A INCOME TAXES AND YOU

Gil Gilcrease

One Time: Wednesday, Dec 5
Location: Will be noted on your receipt
Class Fee: $4.00, pay with registration

This class will provide an overview of income taxes and how they affect your personal finances. You will learn about the different types of income, how to file your taxes, and how to maximize your tax refunds.

MONEY MANAGEMENT STRATEGIES

Fred Freeby

Section 1: Tuesday, 7:30-9:30pm, Nov 27
Section 2: Saturday, 10-12:30pm, Nov 24
Section 3: Tuesday, 7:30-9:30pm, Nov 27

(One time each section)

There is no fee for this class.

Location: Will be noted on your receipt

Financial planning is important for everyone, regardless of income. This class will cover topics such as budgeting, saving, investing, and retirement planning. You will learn how to create a personalized financial plan to meet your goals.

MACROECONOMICS

Mohamed Arafat

Tuesdays and Thursdays, 5-6pm, Nov 15, 20, 27

Class Fee: $4.00, pay with registration

This class will provide an overview of macroeconomics. You will learn about the economy as a whole, including topics such as inflation, unemployment, and growth. You will also learn how to analyze economic data and interpret economic indicators.

SavIng Energy

WOODSTOVES, HOOK-UPS, CHIMNEYS: CHIMNEY CLEANING AND FIREWOOD

Larry Muckle

One Time: Thursday, 7pm, Nov 29

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

Thinking about burning wood this winter? Come and learn about wood stoves, hook-ups, chimneys, chimney cleaning and firewood. This seminar will cover everything you need to know to keep your fireplace clean and safe. You will learn about the different types of wood, the best practices for burning, and how to properly maintain your chimney.

FREE HOME ENERGY AUDIT

Stacy Coates, Marvin Rodriguez

One Time: Monday, 6:30-8pm, Dec 3

Location: Will be noted on your receipt

This class will provide a free home energy audit. You will learn about the different ways to conserve energy in your home, including lighting, heating, and cooling. You will also learn how to save money on your energy bills.

ENERGY CONSERVING WOODSTOVES

Kathy Burke

One Time: Monday, 6:30-8pm, Dec 3

Location: Will be noted on your receipt

A typical home can lose 15 to 50% of its heated air through the windows. Learn about the energy conserving value of various window treatments and how you can improve your energy efficiency. You will also learn about the latest products and technologies available to help you conserve energy.

CheAP HEAT: SAVING WINTER HEATERY DOLLARS

Martha Kennedy

One Time: Wednesday, 7-9pm, Nov 14

Location: Will be noted on your receipt
Class Fee: $4, pay with registration

With the knowledge gained from this class and an investment of $10-$15, you can save up to $300 or more per year! This class will cover the latest tips and strategies for saving on energy costs, including how to improve your home's insulation and weatherstripping.

WANTED: APPROPRIATE TECHNOLOGY TOUR GUIDES

Ira Harriffs

Day, time and date to be announced

If you are interested in appropriate technologies, solar energy or edible landscaping, we need your help. If you are interested in serving as a guide, you will be responsible for setting up and hosting a home tour. You will be provided with a guidebook and a kit of tools to help you prepare for your tour.

EDEIBLE LANDSCAPE: INTERNSHIPS AND VOLUNTEER PROGRAM

Ira Harriffs
Day, time and date to be announced

If you are interested in food production and sustainable living, we need your help. If you are interested in serving as a guide, you will be responsible for setting up and hosting a home tour. You will be provided with a guidebook and a kit of tools to help you prepare for your tour.
COLOR FOR COUPLES
MF-60
Deanna Pierson, Linda Eisenhower, Verne Lee Hayen
One Time: Thursday, 7-9:30pm, Nov 29
Location: will be noted on your receipt
Class Fee: $8/couple, pay with registration
Limit: 4 couples
Are the two of you ready to make the upward move in your respective jobs? Or are you just ready for a change? Everyone will be color analyzed and given a list of the colors that maximize their appearance and natural coloring. Men have the option of getting a new hair style. Women get a cosmetic makeover if they desire. We will also discuss general hairdressing hints including business and professional clothing. (Linda and Verne are registered cosmetologists. All three are certified consultants with Beauty for All Seasons.)

MAKING THE MOST OF YOU
MF-61
Deanna Pierson, Linda Eisenhower, Verne Lee Hayen
One Time: Thursday, 7pm, Nov 15
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 8
A few class members will have total makeovers to demonstrate how the correct hair styling and makeup can dramatically alter your image for the better. Everyone will have something done - some may have a semi-color (8-week washout) applied, a new hair style or makeup. Learn how to make the most of your good looks.

HAIR AND MAKEUP MAKEOVERS
MF-62
Crispers Salon
350-7621
One Time: Monday, 7-9pm, Nov 26
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 12
Looking good is important for success in the '80s. If you're not sure what makeup and hairstyling techniques are correct for your facial shape, style and career, a 'Crispers' demonstration and personal consultation. Some class participants will be used as models. (The hairstylists at Crispers enjoy teaching this class, one of the most popular at UPM.)

HOLIDAY HAIRBRADING
MF-63
Crispers Salon
350-7621
One Time: Monday, 7-9pm, Dec 10
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 12
Creatively braided hair - a neat and stylish way to wear hair for the holidays. Professional hair stylists will demonstrate different types of braiding and knotting, using some participants as models. Come learn the neat techniques and use old favorites. (The hairstylists at Crispers enjoy teaching this class, one of the most popular at UPM.)

DRESS TO WIN - INDEPTH IMAGE WORKSHOP
MF-58
Bonnie Hansen
776-3439
One Time: Thursday, 7:30-10pm, Nov 15
Location: will be noted on your receipt
Class Fee: $15, pay with registration
Limit: 8
This special workshop is designed to be an individual analysis of the best professional rage for you. Your most outstanding looks will be determined, including your two best basic colors, darkest and lightest, for job interviews. The best colors for your household and individual makeup for your particular skin tone, and most flattering hairstyle and accessories. Instruction will be given in walking, standing, and sitting. This will be a limited press run so get yours today! She is an expert on personal image management.

DETERMINING YOUR SEASON - INDEPTH IMAGE WORKSHOP
MF-59
Deanna Pierson
350-8920
One Time: Thursday, 7-9pm, Dec 6
Location: will be noted on your receipt
Class Fee: $30, pay with registration
Limit: 8
In a two-hour session, we will individually dress you with colors and 'Determine Your Season.' Learn which colors make you look your best and which colors you avoid. You will learn your total seasonal list of 36 colors and receive a list of this spectrum. We will also discuss color and how it affects you and tell you which popular books are the most credible. (Deanna is a consultant in beauty and image consultant, will be leading this workshop.)

Hidden Places Calendar
An 8 x 11 inch calendar exploring wistful yet little known places in Kansas. A look into our history and a chance to examine ourselves in the light of the past. The calendar doesn't cover all the places, but it's a start. It's a box of history, price is $5.00 plus $1.00 postage and handling. This will be a limited press run so get yours today! For more information contact Rebecca at UPM, 532-5886.

COMMUNITY EDUCATION FAIR
MF-76
Sunday, 1:30-5:30pm, Nov 22
City Auditorium
What's good about education in Manhattan? Come to the fair and find out. Over 30 groups involved with all aspects of education will have booths, displays and demonstrations of learning in Manhattan. Try a personal computer, browse through a display of children's art, participate in a dialog with leading educators on the directions of education in the 80s. Weaving demonstrations, music, a puppet theatre, and much more will be available. Bring the whole family! For more information call 532-5886.

BASIC AUTO MAINTENANCE FOR WOMEN AND MEN
MF-67
Joe Nettie
350-1860
One Time: Monday, 7-9pm, Dec 3
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 12
In these days of mini and self-service, sometimes the very basics of auto upkeep are overlooked. Come learn how to keep your auto in good shape, what should be checked every time you buy gas, when to have tuneups and change filters. We'll change a tire, identify what's under the hood and how things operate as a unit. And we'll learn what you can do yourself and what are the symptoms of serious problems to get help. There will be time for lots of questions, too. (Joe worked as a certified auto mechanic for 40 years. He currently works for the Division of Continuing Education-KSU.)

BOOKS BY AND ABOUT WOMEN
MF-69
Lorrie Cross
539-9337
Wednesdays, 7:30pm First Meeting: Nov 14 Length: Ongoing
Location: will be noted on your receipt
Class Fee: $1.00, pay with registration
We meet informally to discuss books that are serious, humorous, or satisfying. We read both fiction and non-fiction. The choice of books depends on the preference of the group. Recent books read include: Out on a Limb by Mary Roach, The Ascent of Woman by Robert Yerxa, and South to the Cros of the Archbishop by Willa Cather. (Lorrie has been a member of the group since 1970 and is interested in women's issues.)

BIRTHRIGHT
MF-67
Joy Thompson
539-3856
One Time: Tuesday, 7pm, Nov 27
Location: will be noted on your receipt
Class Fee: $2.00, pay with registration
Birthright provides a variety of services for women who seek alternatives to abortion. In this class we will discuss the services Birthright provides and the philosophy behind Birthright's pro-life position. (Joy is the director of Birthright.)

Next session begins Jan. 30.
Deadline for class descriptions is Dec. 7.

Sweet sounds
SYNTHESIZERS AND COMPUTERS - MIDI LAND
MF-53
Curt Gunther, David Riat, Kevin Mullin
776-9911
One Time: Sunday, 6-9pm, Nov 18
Location: will be noted on your receipt
Class Fee: $4, pay with registration
An introduction. New Directions in electronic music with the MIDI (musical instrument digital interface) and computers. MIDI-equipped synthesizers and electronic keyboards open new worlds to the performing and composing musician and teacher with the assistance of computers and music software. This class is for performers, teachers, composers, arrangers and the idly curious. (Curt is a Radio-TV production major whose most recent project was the KGB "Live Shots" program. He is a part-time DJ at the Avalon, guitar teacher and member of the rock band "South 3." David is a music major at K-State and will demonstrate keyboard playing. Kevin is an electronic wizard and will assist this presentation with his computer knowlege.)

USE OF GUITAR EFFECTS
MF-54
Curt Gunther
776-9911
One Time: Thursday, 7-9:30pm, Nov 22
Location: will be noted on your receipt
Class Fee: $4, pay with registration
A brief exploration of the use and types of effects pedals and other sound modification devices for guitar and other amplified instruments, and answers to specific questions or problems.

PATS', IMPS', HICKS AND SOUND SYSTEMS
MF-55
Curt Gunther
776-9911
One Time: Sunday, 2pm, Dec 8
Location: will be noted on your receipt
Class Fee: $4, pay with registration
This session is for people who have questions or want to learn about the use of equipment in amplified music performances (acoustic or electric instruments), PA, tape-up, microphones, mixing, recording your ideas, making demo tapes, etc. Please indicate on registration form your primary interest.
Registration Form

Priority Registration Period: October 29 to November 10. Registrations after November 10 accepted on a space-available basis.

WALK-IN: Monday Oct 29 UFM House 5pm-7pm Tuesday Oct 30 Public Library 11am-2pm Tuesday Oct 30 Public Library 8pm-7pm Thursday Nov 1 UFM House 7am-8am Thursday Nov 1 KSU Union 9am-4pm Tuesday Nov 6 KSU Union 9am-2pm Wednesday Nov 7 KSU Union 9am-2pm Thursday Nov 8 Public Library 11am-2pm Thursday Nov 8 Public Library 5pm-7pm Saturday Nov 10 Wall-Mart 10am-12n

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 Thurston, 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 SCA 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.