what is umf?

UMF 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. Specific programs respond to the special needs of the handicapped, elderly, low-income and minority citizens of our community. More than 1,300 volunteers, ranging in age from 8 to 80, share their knowledge, their skills, their time and their concern.

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

what programs do we offer?

Community Education:

The Only 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 traditional folk arts of the rural Midwest. The curious will find it in the more than 1,000 courses coordinated by UMF 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 Kansas towns who are attempting to respond to these concerns through community-based education programs. Over 50 Kansas communities have implemented the UMF educational model.

The Needs of the Handicapped Adult

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

UMF on television

Learn about antiques, wildflowers, pocket billiards and other topics on Cable Channel #9, "This is UMF." This is a weekly television show featuring interviews with UMF teachers on their areas of expertise. It is aired every Tuesday at 6:30pm.

Said Oaks

UMF 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 UMF 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 DORAS 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.

THANK YOU

To Rebecca Browning who is leaving our staff after nearly three years. Good luck to Rebecca who has not only worked as a paid staffer but offered over 50 UMF classes as a volunteer.

This Organization is a Member of

THE LEARNING RESOURCES NETWORK (LERN)

a national organization in adult learning.

For more information about LERN, contact:

The Learning Resources Network (LERN)

1221 Thurston

Manhattan, Kansas 66502

Phone: 913-539-5376

K. S. U.

Campus

Anderson

Thurston

Bluemont

UMF is located at

1221 Thurston, on the east side of campus.
Pretty crafty

RIBBON WREATHS  FA-37
Susan Toy  537-2084
Section I: Saturday, 9:30am, Feb 2
Section II: Wednesday, 1pm, Feb 6 (one time each section)
Section III: Saturday, 9:30am, Feb 16
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $10.50, pay at class
Limit: 6/section

Twenty yards of ribbon - ones that match your color scheme are used in the production of this attractive decoration. Embellish it with delicate dried flowers or pine cones and you have completed a wreath for your door or wall. (Susan, owner of The Container, Etc., shares her skills with UPH participants, many local clubs and groups.)

PUNCHED AND CUT LAMP SHADE  FA-38
Susan Toy  537-2084
One Time: Wednesday, Jan, Feb 13
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $5.50, pay at class
Limit: 6

Have you seen them in the decorating magazines? The shade is 5"x6"x4" and is the perfect size for a bedside table or entry hall light. You choose the color and we will spend the afternoon creating one of the brightest new decorator items. All materials provided.

SPRING STRAWS HATS  FA-39
Susan Toy  537-2084
Section I: Saturday, 9:30am, March 2 (one time each section)
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $12.50, pay at class
Limit: 6/section

Learn to make silk flowers or choose dried natural flowers to adorn a straw hat that will be a fresh accent for your home. Choose flower and ribbon colors to match your entry, kitchen or bedroom. All materials provided.

PAINTED PICTURE ALBUM  FA-40
Susan Toy  537-2084
One Time: Wednesday, 9:30am, March 6
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $16.50, pay at class
Limit: 6

Now about one to pastels for the new baby, or stenciled to match your country decor or with lace for the bride to be! How ever you choose to decorate your album it will be the perfect holder for your most treasured photographs. The album will hold photos up to 11"x14". All materials provided.

LINED RIBBON BASKETS  FA-41
Susan Toy  537-2084
Section I: Monday, 9:30am, Feb 11
Section II: Wednesday, Jan, March 13 (one time each section)
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $8, pay at class
Limit: 6

Trimmid with a ruffle and bow, this 4-quart basket is large enough to be practical as well as decorative. It would make a perfect Easter basket for someone special. All materials provided.

Stenc il it!

CHILDREN'S STENCILING  FA-7
Nancy Lynch  537-2084
One Time: Saturday, 9-11:30am, Feb 2
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $6, pay at class
Limit: 6

Stenciling is an inexpensive craft that everyone, including kids, can learn easily. Each child will stencil their own personalized valentine cards and a wooden item. A reusable stencil is theirs to keep.

STENCILING  FA-6
Nancy Lynch
Section I: Wednesday, 7-9pm, Feb 6
Location: will be noted on your receipt
Class Fee: $4, each section, pay with registration
Materials Fee: $10, pay at class
Limit: 8

Stenciling is an inexpensive craft that is easy to learn. Learn the techniques of stenciling and practice on note paper, a wooden item and a fabric item. Nancy will provide a variety of stencils to use during class and a reusable one for you to keep. (Nancy is a KSU graduate student. She designs stencils and stenciled items which are available in Manhattan and Pennsylvania.)

STENCIL CUTTING  FA-8
Nancy Lynch
One Time: Thursday, 7-8:30pm, March 7
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $8, pay at class
Limit: 10

Learn how to cut your own stencils. You will learn how to design, transfer and cut stencils to create reusable stencils. If you have a wallpaper, china or other pattern you would like to make a stencil from, bring it to class. Please bring an exacto knife and several #11 blades with you.

Christy Myers, Age 10, Manhattan
Beginners Knitting
FA-28
Jean Johnston
776-3292
Wednesdays, 7-9pm
First Meeting: Feb 6
Length: 4 times
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Limit: 10

Knit, Purl, Knit, Purl. 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. The instructor will contact you with a list of materials needed. (Jean has been knitting for 20 years.)

Knitting Leg Warmers
FA-31
Jean Johnston
776-3292
Tuesdays, 7-9pm
Feb 5, 12 (2 times)
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Materials Fee: $1.75, pay at class
Limit: 10

Leg warmers are a great fashion accessory that are also practical. They can be expensive, though. Why buy? Jean will show you how to make your own. The pattern uses 2 to 3 skeins of yarn. Size 5 or 9 straight needles are used for leg warmers with a seam up the back or 2, 8 or 9 circular needles can be used for seamless leg warmers.

Custom Finishes for Children's Clothes
FA-13
Angela Ott
539-6335
Thursdays, 7-9pm
Feb 28, March 7
(2 times)
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Materials Fee: $25, pay at class
Limit: 10

Learn to add designer touches to home-spun children's clothes. Basic techniques for pocket design, machine applique, creative trim finishes, making bias tape, and more. This class is intended to inspire confidence and creativity in beginning and intermediate seamstresses. Bring a notebook to class. (Angela enjoys creating imaginative, sturdy, and inexpensive clothes for her preschooler, often using techniques learned in other craft areas.)

Beginning Weaving
FA-14
Susan Lala
539-9610
Section I: Wednesdays, 1-3pm
Feb 6, 14, 21, 28
Location: Will be noted on your receipt
Class Fee: $100/section, pay with registration
Materials Fee: $8/section, pay at class
Limit: 4/section

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. (Susan is a professional weaver, and currently president of the local weaver's guild.)

Open Weaving Time
FA-15
Susan Lala
537-9610
March 12-April 10
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Limit: 4
Know how to weave but have no loom? Looms in the UPN Weaving Studio will be available for your use. We also have warping boards and swifts. Plan your projects now. (No instruction is provided.) You can sign up for use of the green, table, or Masterloom.

Tatting
FA-11
Little Tryon
776-6749
Saturdays, 10-12am
March 23, 30
(2 times)
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Limit: 10

Tatting, like knitting, is an ancient needlecraft that has been practiced in Europe and the Far East for centuries. It is made with one or more shuttles or a needle and a ball. The shuttle with a sharp blade-like "pick" at one end and the most practical type. Please bring your own shuttle and #5 crochet thread. Little is a very experienced person in the art of tatting which she has enjoyed for the last 75 years. A very special person indeed.

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4 Fine Arts

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MARY LUCY LAMCHESTER

One Time: Tuesday, 7-8:30pm, Feb 19
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

How many times have you heard "Tell me a story?" This class will look at some of the instructor's favorite stories and some new ways of telling stories. Come prepared to have fun and participate. (Mary Lou, a mother of two children, substitute teaches at a preschool and does storytelling for preschools.)

THE MOVIE GAME
Dave Stewart

Saturdays, 6:30pm First Meeting: Feb 2 Length: 6 times
Location: Will be noted on your receipt
Class Fee: $20, pay with registration
Materials Fee: Price of movie tickets, pay at class

We will view selected movies or plays in the community and follow with discussion on what the experience tells us about the story. It's a way to get a variety of meanings, visions and questions. (Dave is a lover of movies and plays, who believes they reflect back to us a lot of messages about ourselves and our society.)

GREAT BOOKS
Doris Grosh

Second Sunday of each month beginning Feb 10, 7:30-9pm
Location: Will be noted on your receipt
Class Fee: $12, pay with registration
Materials Fee: $6.25, pay at class

This is the Great Books curriculum which grew out of Allen's classes at the University of Chicago years ago. Meetings provide lively discussions with other forty people who love to read. We will cover Series 10, which has short stories and essays by Fradus, Taylor, Allen, Smith, Mark, etc. We will choose books to be read from the list published by the leader from the Great Books Foundation. Since delivery is slow, the order will be placed ahead of time; call her to reserve your copy if you plan to enroll. (Doris loves to read.)

LA TRAVATA AND RIGOLETTO A NIGHT AT THE OPERA
Joel Jutkstein

Tuesdays, Feb 6, 13 (2 times)
Location: Will be noted on your receipt
Class Fee: $5, pay with registration

A brief introduction to opera for those who want to increase their appreciation of this great art form but who are not in the arts. Classes begin with discussions about the history of opera, its composers, and its influence on other forms of music. We will then introduce selected operas from the repertoire of the Metropolitan Opera in New York City, the Chicago Lyric Opera, the Lyric Opera of Los Angeles, and the Royal Opera House in London. The course is designed to provide an overview of the world of opera and to encourage further study and enjoyment of this art form.

THE THIRD ANNUAL UPM BLACK & WHITE PHOTO CONTEST

Prizes will be awarded. The Twelve winning black and white entrants will be published in the summer 1988 UPM catalog. They will be exhibited at the Manhattan Public Library April 22-May 4 and displayed in the K-State Union second floor lobby May 5-28. Judges are the judges (3) of the Great Books Foundation; Audrey Murphy, Manhattan Camera Shop; Miller Wills, The Manhattan Mercury; and Julie Costas, UPM.

RULES:
1. There is no entry fee.
2. Minimum size is 5x7 inches, maximum size 11x14 inches.
3. Entries should be mounted on matt board.
4. Judging committee will make all decisions as to entries selection or rejection. Any questions, please contact the judges.
5. Judges will select first, second, and third-place winners in each of the four categories. Selection of honorable mention entries will be made at the discretion of the judges.
6. On the back of the matt board write name, phone number, category and optional title.
7. Submit entries to UPM, 1221 Thurm Toron, Deadline is 4:30pm, Friday, April 12.
8. Non-winning entries may be picked up at UPM after May 6.
9. Winning entries may be picked up at UPM after June 17.

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VARNEY'S

FINE ARTS

5
A step in time

FLINT HILLS FOLK DANCERS
FA-22
Endi Cooke, Paul Weidlas
539-6036  539-4805
Fridays, 7:30pm, Feb 15, March 1
(2 times)
Location: will be on your receipt
Class Fee: $2, pay with registration
Join the Flint Hills Folkdancers in celebrating dances from many nations.
Two evenings of dancing will be held: an Israeli night Feb 15 and a barn
dance March 1. Partners are not necessary and beginners are always
welcome. (Endi and Paul have been enjoying the fun, fellowship, music,
and dance with this group for several years.)
BEGINNING SWING DANCE, TWO STEPS, TEN STEPS
FA-24
Kelll Parler, Larry Parler
776-2051
Mondays, 7-7:45pm, Feb 25, Mar 4
(2 times)
Location: will be on your receipt
Class Fee: $5, pay with registration
Limit: 12 couples
We will demonstrate and teach the basics of swing dance, two step
and ten step. No previous experience necessary -- this is for beginners --
so grab a partner and join us! Couples only. (Both Kelll and Larry are
experienced swing dancers.)
BREAK DANCING
FA-36
Terry Jones
537-0096
One Time: Monday, 7-10pm, March 11
Location: will be on your receipt
Class Fee: $4, pay with registration
Limit: 20
The two basic styles of street dancing are "break-ing," flashy
hypermoves performed classically on the ground like back spin, and "Electric
Boogie," fluid body movements like walking, popping, locking and the wave.
This is on one of the best dance floor that is sweeping the nation. (Terry is
one of the top local break dancers whose exciting style is pleasing
crowds at competitions.)

Looking back

TRACING YOUR ROOTS
FA-32
J. Harvey Littrell
539-2646
Mondays, 7-7:30pm, Feb 4, 11
(2 times)
Location: will be on your receipt
Class Fee: $5, pay with registration
Limit: 10
Where are the roots of your family tree? Do you know anything about your
ancestors back past your grandparents? Learn the tricks of the trade
as we find out where and how to research the elusive past. This class
is for beginners in Kansas and is a good place needed to make a genealogical
study of their families. We will go beyond just names and dates. Bring
the names and dates of ancestors you already possess. (Harvey is a retired
KSU professor. He is currently the president of the Riley County
Genealogical Society.)

DOMESTIC LIFE ON THE PLAINS CIRCA 1870
FA-33
Pt. Riley Historical Society
239-2737
Day, and date in Feb-March, 7-8:30pm to be announced
Location: will be on your receipt
Class Fee: $1, pay with registration
This class is a series of 3 lectures and films sponsored by the Pt. Riley Historical Society to aid them in training guides for the
Custer House. The information is general to Kansas focusing on Family
life and period furnishings. This class is open to anyone interested.
There is no obligation to participate as a guide. (Stephanie Keitel is
a Custer House guide.)

THE LOG HOME TRADITION IN KANSAS
FA-34
Bill Kach
532-6716
Sundays, 2-4pm, Feb 24 (one time)
Location: will be on your receipt
Class Fee: $4, pay with registration
Many thousands of Kansas built and lived in comfortable log houses.
Hundreds are still standing today - many were moved into town parks.
The session will cover types of log houses, types of corner timbering, tools
needed, etc. Handsouts, slides, poetry, and songs will be utilized to
show this tradition. Bill has studied and photographed over 100 log homes
still existing in Kansas, and has written on this subject. (Bill is
emeritus professor of English and Folklore, his latest book, Folklore
from Kansas, Customs, Ballads and Superstitions, has recently been released
in paperback.)

6 Fine Arts

Taking form

UM POTTERY STUDIO FACILITY
UM's pottery studio is equipped with a slabroller, two kickwheels and an
electric wheel. There is a large electric kiln, 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 Any Jo Gatsch, the pottery studio manager
at 776-3136.

UM POTTERY STUDIO CO-OP
FA-1
Any Jo Gatsch
776-3136
Thursday, 7-9pm, Jan 21, Mandalatory organizational meeting
Location: UM Pottery Studio
Membership in studio: $20, 8 weeks
30, 16 weeks
Limit: 6
40, 24 weeks
This is a cooperative studio-access class open to anyone with
experience in pottery who feels confident working alone. There
is no instruction provided. As a co-op member you will have ac-
cess to the studio for Four hours a week, 32 pots of clay,
plus all the recycled clay you produce, kiln space, and glazes.
UM has recently purchased a sophisticated slab roller for use
in sculptural handbuilding, and electric wheel to augment its
studio equipment. (Any is the pottery studio coordinator for UM.)

UM POTTERY GUILD
FA-2
Norm Lally
1-468-3996
The UM Potter's Guild is made of professional potters in the Manhattan
area. They hold two sales annually, one in May and one in December. If
you would like to participate, sign up and Norm will contact you. (Norm
is a professional potter from Glensburg and a member of the guild.)

BEGINNING CERAMICS
FA-4
Jennifer Anderson
539-1597
Tuesdays, 6:30-8:30pm, First Meeting: Feb 5
Length: 6 times
Location: will be on your receipt
Class Fee: $10, pay with registration
Materials Fee: $10, pay at class
Limit: 8
From raw clay to finished glazed pieces, learn to make your own hand-
built and wheel thrown pottery. Produce functional ware like mugs and
bowls or decorative sculptural forms. A variety of techniques will be
demonstrated and you will have the opportunity to work on projects
of your own choosing. (Jennifer is a new member in the UM pottery co-op
and enjoys teaching and meeting people.)

INTERMEDIATE CERAMICS
FA-5
Sharon Spilker
776-2363
Wednesdays, 7-9pm, First Meeting: Jan 30
Length: 6 times
Location: will be on your receipt
Class Fee: $10, pay with registration
Materials Fee: $10, pay at class
Limit: 6
This class is for those who have some experience in ceramics and want
further instruction to improve their craft. Students will work on projects
of their own choice in a studio which is well equipped to accommodate
the advanced potter's needs. (Sharon is currently a ceramics major at
K-State and is looking forward to sharing her expertise with her students.)

PLAY WITH CLAY (8-10 FL, 9-11)
FA-3
Zoraida Rivera
776-3512
Tuesdays, 4-5pm, Feb 5, 12, 19, 26
Length: 4 times
Location: will be on your receipt
Class Fee: $5, pay with registration
Materials Fee: $3, pay at class
Limit: 6
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 chimes, piggy
banks, animals or new plates for your room. Whatever we do we'll have fun!
(Zoraida has taught many adult ceramics classes for UM and is
anxious to teach children for a change.)

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West Bank
Downtown Bank
KSU Student Union
4th & Poyntz
TotalTellier
It's instrumental (mostly)

FLINT HILLS DULCIMER PLAYERS
Linda Teener 539-6337
Organizational Meeting: Thursday, 7-8:30pm, Feb 7
Location: Will be noted on your receipt
Length: Indefinite
Class Fee: $2, pay with registration

Mountain and dulcimer dulcimer players! Help get this organization back together! Let's find a time to play together, share tunes and learn new techniques. Come give us your input! (Linda plays both mountain and dulcimer dulcimer and has convened this group for six years.)

MAINTENANCE OF MUSICAL INSTRUMENTS
Christopher Banner 776-6502
One Time: Saturday, 10am, Feb 16
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

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

AUTOHARP WORKSHOP
Linda Teener 537-0508
One Time: Saturday, 1-3pm, Feb 16
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Do you have an autoharp gathering dust somewhere? You got it but never learned how to play? Come learn the basics. Tuning, use of finger picks, rhythm backup and picking melody lines are some of the topics to be covered in this class. We will also practice several strum patterns.

WOMEN OF THE HEARTLANDS
Christy Simpson 776-7573
You will be contacted for day, time and date
Class Fee: $1, pay with registration

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

FLAUSIONS
Bill Koch, Pat Killian 532-6716
One Time: Sunday, 2-4pm, March 24
Location: Will be noted on your receipt
Class Fee: $3, pay with registration

An afternoon of folksongs and anecdotes with emphasis on old-time historical and cowboy traditional songs such as "Old Paint," "Red River Valley," "Lone County Bachelor," "The Yellow Rose," "Beneath the Valley," "Fishing Alone," and more. Included also will be several humorous songs like "The Broken Leg," and "Lavender Cowboy." (Bill and Pat both play the guitar and sing. They encourage their audiences to sing along, clap, or cheer. No boozing allowed, not even at the Jokes.)

Calligraphy
Ernie Peck 537-9883

BEGINNING CALLIGRAPHY
Monday, 7-9pm First Meeting: Feb 4
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Materials Fee: $7.50, pay at class

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.)

ADVANCED CALLIGRAPHY
Wednesday, 7-9pm First Meeting: Feb 6
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Materials Fee: $7.50, pay at class

This course is not for beginners! Students must demonstrate proficiency in at least one alphabet. Emphasis on use and care of dip pens, fountain pens and other tools on a variety of surfaces. Lettering layout, illumination and flourishes will be demonstrated and practiced. Bring your lettering pens to the first session.

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Fine Arts 7
Skills for jobs

CAREERS IN TRAVEL

Thewa Garvin

One Time: Tuesday, 7-9pm, March 5
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class

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

INTRODUCTION TO COMPUTERS

Bill Jahveke

Thursday, 7-10pm, March 21 (one time)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

In the next few years small personal and business computers will become commonplace in many homes and offices. What can they do? Who can use them? Why do I need one? Come to this meeting and find out. (Bill is an avid Apple user and incorporates the Apple Computer in his home, school and his consulting engineering work. He also teaches computer application in the College of Architecture.)

RESUME WRITING

Steve Cunningham, Ph.D., Mary Lou Albracht

One Time: Thursday, 7-9pm, Feb 7
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class

This session is designed to help adults to: 1) identify a need for change or employment; 2) identify your personal skills and abilities; 3) locate potential employers; and 4) plan your job-seeking strategies. (As a faculty member of KU, Steve works with students on campus and graduate students on resume development each year. Mary Lou is the coordinator of the north central Kansas Displaced Homemaker Program at KU.)

RESUME WRITING

Patty Sloan

One Time: Saturday, 1-3pm, Feb 9
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class

The basics of resume writing will be presented with examples and helpful tips. Participants will work on a rough draft of their personal resume and receive feedback and suggestions on improving the resume quality. (Patty is a recent KU graduate who has done research in resume writing.)

AREAS IN REAL ESTATE: GETTNG LICENSED AND ENTERING BUSINESS

I. Fagerson

One Time: Thursday, 7-9pm, Feb 21
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Do I get a real estate license? How are commissions earned? How do I get a broker? The how-to and why of getting your real estate license will be discussed in this informative class. Hands on activities will be given out. (I.I. is a real estate broker with 11 years experience. He operates Fireside Realty, a multi-office firm.)

NEWSPAPER SKILLS

Steve Cunningham, Ph.D., Mary Lou Albracht

One Time: Thursday, 7-9pm, March 7
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class

This session is the most important step to getting hired. The interview is an irrevocable subjective process, but most jobs require one before hiring. However, you can greatly increase your chances of getting a job with a strong interview. This session will identify behaviors that win you a job offer.

Skills
MAKING A HOUSE A HOME - INTERIOR DECORATING

Kathy Covig

One Time: Wednesday, 6:30-8:30p.m., March 20
Location: Will be noted on your receipt
Class Fee: $3, pay with registration
Limit: 14

Learn to make your home a more cheerful place through color and accents (paint, wallpaper, pillows, plants, treasures). We will discuss how to use them. Bring ideas or samples of current colors in your home. Kathy is a local decorator who started by doing things for herself and friends and now helps others create the look they want.

BEGINNING BICYCLE MAINTENANCE

David Colburn

Section I: Tuesday, 7pm, Jan 29 & Wednesday, 7pm, Jan 30
Section II: Tuesday, 7pm, Feb 12 & Wednesday, 7pm, Feb 20
Location: Will be noted on your receipt
Class Fee: $3, pay with registration
Materials Fee: $1, pay at class
Limit: 10/section

We will identify all the parts of a bike, explain how those parts work together, and then running smoothly. Age limit of 14. (Dave has been riding and repairing bikes for 15 years. He is the assistant manager of The Pathfinder.)

CHAIR CANING

Barbara Poready

Tuesday, 3-6:30p.m. First Meeting: Feb 5 (6 times)
Location: Will be noted on your receipt
Class Fee: $3, pay with registration
Materials Fee: depends upon project size
Limit: 10

Do you have a chair that needs a new caning seat? Be innovative and try caning 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 caned many times before and is willing to share her skills and knowledge once again with those interested.)

BASIC AUTOMOBILE MAINTENANCE FOR WOMEN AND MEN

Joe Pistle

Section I: Monday, 7:30-9:30p.m., Feb 11
Section II: Tuesday, 7:30-9:30p.m., Feb 12
Location: Will be noted on your receipt
Class Fee: $3, pay with registration
Limit: 10/section

In these classes of mini and self-service, sometimes the very basics of auto maintenance are overlooked. Learn how to keep your auto in good shape. What should be checked every time you buy gas, when to have tune-ups and changes, and what to do when you have breakdowns. There will be time for lots of questions too. (Joe worked as a certified auto mechanic for 6 years. He currently works for the Division of Continuing Education-CU.)

A COMPLETE GUIDE TO PLANTING AND ENJOYING YOUR WEDDING

Christie Irvine

Section I: Wednesday, 7-9:30p.m., Feb 6
Section II: Wednesday, 7-9:30p.m., Feb 13
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Materials Fee: $5, pay at class
Limit: 25/section

The most lavish wedding to an informal ceremony your wedding must be budgeted. She will discuss the different styles of bridal gowns and emphasis on color coordinating. We will also discuss invitations, flowers, accessories, restaurants and expenses. (Christine has worked in the floral industry for three years designing silk wedding bouquets and doing coordinating and wedding planning.)

Broaden your horizons

EUROPE ON A BUDGET: LOW COST TRAVEL TIPS

One Time: Thursday, 7-30-9:30p.m., Feb 19
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 15

Travel to Europe on a budget. Learn to get to Europe, low-cost ways of traveling around Europe and how to plan your budget for the trip. (David and his wife own Creative Travel, a local travel agency. He has been in the travel business seven years.)

ELEMENTARY MAP READING

Richard Harris

One Time: Tuesday, 7:30-9pm, Feb 12
Location: Will be noted on your receipt
Class Fee: $3, pay with registration
Materials Fee: $1, pay at class

Do you feel inadequate trying to read a road map? Maybe you just never learned how. This class will teach basic map-reading skills, with an emphasis on road maps and a cursory look at other types of maps. (Richard has always loved maps and learned to read them almost before learning to read words.)

A PEACE CORPS EXPERIENCE IN AFRICA

Karen Barron and Dorothy Miller

One Time: Wednesday, 6-30p.m., Feb 20
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10

Would you like to learn more about the Peace Corps? Karen and Dorothy will discuss what it's like to live as a volunteer in Nigeria, West Africa, and Nepal. Karen lived in a mud house in the Sahara Desert, taught English to the children of the nomads, and helped to deliver a baby. She took over 500 slides (she doesn't have at least as many stories) and will share some. There will be time for questions about Africa, the Peace Corps, and the Peace Corps volunteer from 1965 to 1988. Dorothy was a Peace Corps worker in Nepal.

GERMAN FOR TOURISTS

Barbara McCaig

Wednesday, 7pm First Meeting: Feb 6 Length: 3 times
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Limit: 10

An introduction to German language and culture with an emphasis on greetings, hotel and restaurant vocabulary, currency and travel tips. This is a good opportunity to prepare for a trip or move to Germany, or to reminisce about a previous trip and brush up on your German (Barbara lived in Germany for three years when she worked for IBM. She taught German for the U.S. Army and to high school students in England and Virginia.)

CONVERSATION FOR SPEAKERS OF GERMAN - DEUTCH STAMMTISCH

Carine Ulken

Organizational Meeting: Tuesday, Feb 12 (time to be announced)
Location: Will be noted on your receipt
Length: continuing
Class Fee: $4, pay with registration
Limit: 8

How to Manhattan, Carine would like to keep up her German with others who also enjoy speaking German. The organizational meeting will be Tuesday, Feb 12. Further meeting times and places will be discussed at this meeting. The idea is to meet on a regular basis over a meal to "quatsch auf Deutsch." If you are unable to attend this meeting, please call and suggest times that would be best for you. (Carine spent the 1982-83 school year studying at Phillips-University in Marburg, West Germany.)

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Now insulate your windows in your choice of 48 designer colors!

And cut window heat loss up to 70%!

Pocket edging can be added to just about any window or door. See our window display in the Kansas Lumber Company's Showroom.

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- Foam rubber
- Seamless material
- Velcro

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HOMESTORE

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Skills 9
**Home Energy Audit**

**H-1**

Schoenert, Marvin Rodriguez

**776-6893**

Address: CallบำCall to schedule a free home energy audit. They will inspect your insulation, walls, heating, windows, weatherstripping, and caulking. Recommendations will be made and possible ways of financing will be discussed. (Bill and Marvin work at Kansas Power & Light Company.)

**HEAT: SAVING WINTER ENERGY DOLLARS**

**H-2**

Bagatelle

**539-3858**

**One Time: Thursday, 7-9pm, Feb 21**

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

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

Do you want to save up to $100 or more per year on your heat-energy bills? The low-cost technique for saving on your home will be included in our home conservation workshop. Weatherstripping, caulking, and installation techniques will be discussed. (This workshop will have a limited class size of 10, and each participant will receive an information kit. (Dennis works for the Home PR program.)

**INSULATION YOUR HOME**

**H-5**

Bruce Snedd

**732-6206**

**One Time: Thursday, 7:30pm, March 14**

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

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

**Limit: 15**

Learn why or should not insulate your floors, attics, and exterior walls of your home. Whether you choose to insulate your existing home or build a new one, the benefits of energy conservation are available, the costs involved and installation tips. Each participant will receive an information kit. (Bruce works for the Kansas Energy Service Extension.)

**MAINTAINING YOUR HOME FOUNDATION**

**H-6**

Tom Humes

**732-5908**

**One Time: Wednesday, 7-9pm, Feb 13**

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

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

**Limit: 15**

Learn how to save your foundation and take the appropriate steps to correct those that are at risk. (This workshop will have a limited class size of 10, and each participant will receive an information kit. (Tom has 11 years experience working with foundations and owns Second Life Restoration.)

**IT'S OVER YOUR HEAD - BASIC ROOF REPAIR**

**H-7**

Gerard Kellers

**732-5882**

**One Time: Saturday, 2-4pm, April 13**

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

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

**Limit: 20**

Courses will cover the basic steps and problems involved, while actual hands-on work is done to repair the different problems. (This workshop will have a limited class size of 10, and each participant will receive an information kit. (Gerard is a professional roofer.)

**BASIC ELECTRICAL WIRING**

**H-8**

Paul Burke

**537-9095**

**Wednesday, 7-9pm, First Meeting: Feb 27**

**Length:** 3 times

**Class Fee:** $8, pay with registration

**Limit: 15**

This class is for anyone who does their own electrical work. We will cover the basic electrical problems and how they can be solved. Supervised hands-on instruction and kits will be provided to solve the electrical problems. (This workshop will have a limited class size of 10, and each participant will receive an information kit. (Paul has over 10 years experience working in the US Lumber company.)

**BASIC PLUMBING REPAIRS**

**H-9**

Greg Copeland

**537-1340**

**One Time: Thursday, 7:30-9pm, Feb 14**

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

**Class Fee:** $5, pay with registration

**Limit: 20**

Learn how to do basic plumbing in your home. (This workshop will have a limited class size of 10, and each participant will receive an information kit. (Greg will provide individual information kits and will be available to answer any questions you have.)

**10 Skills**

**FINANCING YOUR DREAM HOME**

**H-3**

Jerry Lownes

**537-2298**

**One Time: Tuesday, 7-9pm, Feb 12**

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

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

Jerry will discuss methods available to finance acquisition and home improvement of older residential properties. Problem and purchasing techniques will be discussed. (Jerry has worked for the Manhattan Federal as a mortgage loan officer since 1966.)

**OLDER HOME RENOVATION**

**H-4**

Russell Reitz

**539-4773**

**One Time: Monday, 7-9pm, Feb 18**

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

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

Are you thinking of renovating an older home? Then you'll want to know more about the problems and solutions involved. This workshop will cover some of the problems and solutions involved. (Russell has worked for 25 older homes or apartment buildings - purchased, sold, or rented.)

**SOLAR HOMES TOUR**

**H-10**

Bill Dorsett, Dean Denner

**530-1956 776-5859**

**One Time: Saturday, 12-4pm, March 16**

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

**Class Fee:** $5, pay with registration

Bill and Dean will discuss the solar energy systems and building solar collectors in Manhattan for the past 6 years.

**SOLAR ENERGIES AND SUBSIDIES**

**H-11**

Bill Dorsett, Dean Denner

**776-5589 530-1956**

**One Time: Tuesday, 6-8pm, March 19**

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

**Class Fee:** $5, pay with registration

**Limit: 15**

By now you know that solar energy is a possible source of energy for your home. But how can you get the money to get started? This workshop will cover some of the different designs possible to best meet individual as well as energy needs.

**SOLAR SPACE HEATING COLLECTORS**

**H-12**

Bill Dorsett, Dean Denner

**530-1956 776-5859**

**One Time: Thursday, 6-8pm, March 21**

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

**Class Fee:** $5, pay with registration

**Limit: 15**

Bill and Dean will discuss the solar energy systems and building solar collectors in Manhattan for the past 6 years.

**SOLAR ROOM FOR YOUR HOME**

**H-13**

**HOME STAFF**

**532-5866**

**One Time: Wednesday, 7-9pm, Jan 30**

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

**Class Fee:** $5, pay with registration

**Limit: 15**

Are you planning a home addition? This informational meeting will explain the solar energy systems and building solar collectors in Manhattan for the past 6 years. This service includes a detailed design, contractor, and construction service. It is a valuable service and will be available for a limited time.

**UNDERGROUND HOMES**

**H-14**

Keith Christensen

**537-1581**

**One Time: Thursday, 7-9pm, March 7**

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

**Class Fee:** $5, pay with registration

With the potential of massive electrical power costs, earth-sheltered homes have become increasingly important to new and older homeowners. This brief discussion will cover a basic understanding of appropriate design and construction concepts, various types of problems/solutions that tend to occur and the new concept of earth-sheltered retirement communities. (Keith is located in the KSU Department of Architecture for 15 years and has lectured on earth-sheltered home design throughout the state through the KSU Extension Energy Service.)
Investigating Foods

Favorites for all

HAMBURGER FOR CHAMPAGNE TASTE

Nancy Kaler
One Time: Thursday, 7pm, Feb 28
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $4, pay at class
Limit: 7
We all get tired of the same old hamburger dishes. Nancy will help us broaden our repertoire with Netherland seatballs, mazzarella seatballs and... for exchange. Come hungry, and we'll eat what we make. (Nancy has taught cooking classes in Germany and enjoys sharing her skills with others.)

VALENTINE COOKIES

Nancy Kaler
One Time: Saturday, 11am, Feb 9
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
Limit: 7
It’s that season of the year. Come to this class prepared to take home sweets for your sweet. We’ll bake and decorate a variety of Valentine goodies. (Nancy taught a Christmas cookie class and is back by popular demand.)

WINE APPRECIATION

Michael Goldschmidt
Tuesdays, 7-9pm First Class: Feb 6 Length: 5 times
Class Fee: $10, pay with registration
Materials Fee: $5, pay at class
Feel embarrassed in restaurants when you don’t know which wines are appropriate? Have trouble reading wines in their native languages? This world wine regions, and other aspects of the world of finer wines. Each evening you will get to taste several wines of the world. Please bring a glass, as we will be tasting in your laps or on your lap. (Mike has studied wine for 3 years and is a member of many wine organizations.)

INTRODUCTION TO WINE

Lloyd Davenport
Fridays, 7-9:30pm First Meeting: Feb 1 Length: 4
Class Fee: $10, pay with registration
Materials Fee: $5, pay at Class
Limit: 14
Meeting February 1 is a short session to allow discussion of class structure and collect material fees. Meeting dates can be changed if class desires. A study of wine from vine to glass — this will include foreign and domestic wines. Bring an all purpose wine glass to all KSHU. He tends a small experimental vineyard, is a winemaker and a member of the Society of Wine Educators.)

HOMEMADE NOODLES

Larry Shubert
One Time: Saturday, 1-3:30pm, Feb 2
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $5, pay at Class
Limit: 8
Tired of bland store noodles? Homemade noodles are so much better and are easy to make. We will each make a batch and cook then in turkey and beef broth. You will be sent a list of kitchen utensils to bring including 2 1-2 oz containers to carry some home. In. (Larry learned to make homemade noodles from his mother-in-law.)

MARVELOUS MUFFINS

Eileen Schofield Barkley
One Time: Thursday, 7-9pm, Feb 21
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $1.50, pay at class
Limit: 10
Are you tired of the tasteless muffins sold in stores? Here’s a chance to learn how quick and easy it is to make your own muffins. We will cook and decorate. G rowing up in New England, Eileen learned to appreciate hot, homemade muffins on a cold winter day and would like to share her enthusiasm.

CARIBBEAN DELIGHTS

Svetla Martinez-Mazur and Alexander Skautlartz
Saturday, 2pm, March 9
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $4, pay at class
Limit: 7
In this class you will learn the secrets of Caribbean-style food. Well-seasoned but never hot, sometimes exotic, this cuisine will excite any cook, puree, and bitters and a special dessert custard with coconut and rice. If there is interest, a second class will be scheduled. If the meeting time is not convenient for you, please contact USM and we will try to schedule another class. (Svetla is a native of Puerto Rico. Alexander, her husband is from Germany and has learned the fine points of Caribbean cuisine from his wife.)

CHINESE COOKING CLASSES

Lee Shih Wu
All Classes meet Friday, 6:30-9pm
Class Fee: $4, pay with registration
Materials Fee: $2 for each class, pay at class
Class 1: Exploration of the many types of Chinese cooking and methods used in each. You can learn ways to use the whole chicken, make fresh tofu, try new seafood, all from a native who graduated from the Chinese Cooking Institute in Taiwan.
Sweet and sour chicken with pineapple and sweet and sour pork with green peppers
Fried crab legs (wheat) with golden mushrooms
Fried squid with dried fungus (a mushroom)
Using egg roll skins - stuffed won ton
Deep fried egg roll
March 1. Materials Fee: $4.50
Shredded chicken breast with sweet corn
Rong pow chicken with hot seasonings
March 15. Materials Fee: $4.50
Fried beef with garlic and celery
Fried beef with oyster sauce
March 29. Materials Fee: $5
Making tofu, using tofu with stir fried Chinese cabbage with fried bean thread
April 5. Materials Fee: $4.50
Stir fried shrimp with cashew nuts
Steamed seasoned fish
April 5. Materials Fee: $6
Chickens legs with fresh mushroom mix-stir fried
Steamed chicken thighs with green onion and ginger
May 3. Materials Fee: $4.50
Shredded pork loin with red bean paste
Steamed pork balls (ground pork with sweet rice)
May 10. Materials Fee: $4.50
Egg roll skin wrapped around egg, rice, brown sauce mixture - a traditional dish
Stir fried noodles with a variety of vegetables
May 17. Materials Fee: $4

Sandra Stewart, Age 8, Hangno
IT'S YOUR MONEY: A FINANCIAL SERIES
Sheri Freed
357-3700

Whether you want to know how stocks and bonds, mutual funds and money market funds work on Wall Street or how IRA's and Keogh's can supplement retirement income, chances are you will find your answer in this series.

Location: Will be noted on your receipt
Class Fee: $4/season (please indicate those you plan to attend)
Investment Basics
C-15
One Time: Tuesday, 7:30-9:30pm, March 21
Back by popular demand, this is your opportunity to begin forming the foundation of investment fundamentals necessary for effective financial planning. Topics discussed will include money market funds, stocks, bonds, mutual funds and other investment opportunities.

Investing for Income Today
C-16
One Time: Thursday, 7:30-9:30pm, March 28
"What will give me income now?" For those who ask this question we will discuss money market funds, bonds (corporate, government and municipal), income stocks, income-producing real estate and other alternatives.

Investing for Growth and/or Retirement
C-17
One Time: Tuesday, 7:30-9:30pm, April 4
Inflation and taxes - both are major considerations. Discussions will cover: investing for income tax reduction through real estate, oil and gas, as well as equipment leasing; retirement plans such as Keogh's and IRA's and growth through various investment vehicles. (Sheri is a registered representative of a N.Y. Stock Exchange member firm with offices in Manhattan.)

PERSONAL AND FAMILY FINANCIAL PLANNING
C-23
E. Sahl
539-9960

One Time: Thursday, 7-9:30pm, March 21
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
A potent source of all learning is family or peer modeling; and the financial practices of many families are poor models. This class emphasizes the many means of obtaining financial resources; activities for developing plans; and examines specific elements such as spending and borrowing, saving and investing, and protecting and using financial resources in ways that contribute to family stability and personal fulfillment. (Sahl has taught personal finance on the college level.)

YOUR BEST YEARS: HOW TO PLAN (ALL AGES)
Darlene Jorgensen
537-1098 537-0567

Location: Will be noted on your receipt
Statistics show that unprecedented numbers of Americans are enjoying or anticipating their retirement years. Whether you intend to start a second career, travel, or simply pursue new interests, experts agree that careful pre-retirement planning is important to maximize your enjoyment of these years. In this class we will examine the number of ways which you should plan, insurance needs, and investment opportunities for increased financial security. Clips from Martin Perkins and Helen Hayes will be shown. (Darlene is an agent with Mutual of Omaha and an expert on retirement planning.)

IN YOUR BEST INTEREST: MAKING THE MOST OF YOUR SAVINGS
Donna Edwards
776-0888

One Time: Monday, 7-9pm, Feb 15
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
Limit: 8

Is your savings earning the most for you? Confused about interest rates, financial charges and when interest is paid? This class will demonstrate how to use a financial calculator to verify checking and saving accounts and discuss what questions to ask when opening an account. You will also learn how to determine which interest rates will give you the best return on your savings. (Donna is a graduate student in Family Economics and works as an assistant with the Displaced Homemaker Program at K-State.)

INCOME MANAGEMENT SEMINAR
C-19
Fred Freedy
537-4505

Section I: Tuesday, 7:30pm, Feb 5
Section II: Tuesday, 7:30pm, Feb 12 (one time each section)
Section III: Tuesday, 7:30pm, Feb 19
Location: Will be noted on your receipt
Class Fee: None
The time is gone when providing for tomorrow's needs meant simply working hard and putting a little bit away each month. Financial planning is important for everyone, regardless of income. Subjects to be covered include: tax shelters, setting financial goals, investment opportunities, retirement planning, money market funds, IRA's and Keogh. (Fred is division manager of Waddell & Reed.)

IRA'S (INDIVIDUAL RETIREMENT ACCOUNTS)
C-12
Allan Elliott, CLU
776-0576

One Time: Wednesday, 7-9pm, Feb 13
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 15

Will you have enough money when you retire? What is an IRA? What is meant by "tax sheltered"? How can one qualify? What if I need the money before I retire? This course is for all wage earners, whether you have already established an IRA or not.

INDIVIDUAL INCOME TAX ASSISTANCE
C-9
E. Sahl
539-9960

Wednesdays, 7-9pm, Feb 13, 20, 27, Mar 6, 13, 20, 27, Apr 3, 10
Location: Will be noted on your receipt
(Class meeting each date)
Class Fee: $5, pay with registration
This class will provide assistance to enable you to accurately prepare your individual federal (Forms 1040, 1040A, 1040EZ) and state income tax returns for 1984. It will point out what is new in the law this year, answer your questions, and whatever else you need. Bring your 1983 tax records. (Sahl is certified by IRS as a tax preparer.)
STARTING YOUR OWN BUSINESS
C-25
Terry Ray, Billi Edison
One Time: Tuesday, 7pm, Feb 12
Class Fee: $4, pay with registration

Do you dream of being your own boss? Are you really ready to start your own business? Lots of people think so. In fact, thousands of new first-time businesses open every month. A lot of them fail within the first year. The problem is that most folks don't stop to consider what a successful business will be. You will cover the problems that can hurt new businesses, covering topics such as business plan, finance, and making it work.

Investing
C-20
Greg Baron
Tuesday, 7pm, First Meeting: Feb 25
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Learn how to construct an investment portfolio to meet your specific needs and goals. We will discuss stocks, bonds, mutual funds, and other investments.

Investment Portfolio Planning
C-18
Kelly Edgar
Tuesday, 7:30-9pm, Feb 5, 12
Location: Will be noted on your receipt
Class Fee: $8, pay with registration

Learn how to construct an investment portfolio to meet your specific needs and goals. We will discuss stocks, bonds, mutual funds, and other investments.

How to Invest Your Tax Dollars
C-14
Homes S. Parish
Thursday, 7:30-9pm, Feb 12, 21
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Learn how to construct an investment portfolio to meet your specific needs and goals. We will discuss stocks, bonds, mutual funds, and other investments.

Home Buyer's Seminar
C-14
Duane McLain
One Time, Monday, 7-9pm, March 25
Location: Will be noted on your receipt
Class Fee: $5, pay with registration

This is a seminar designed for the first-time homebuyer or the homeseller who wants to make a change. You will learn about different options for home financing, tax implications, and the home buying process.

Women in Transition: Career/Life Planning Group
SK-22
Susan Scott-Ingne
Monday, 3:30-5:30pm, First Meeting: Feb 4
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Women in Transition: Career/Life Planning Group is designed for women who want to re-enter the job market or change careers. It is a group session where you will learn about life transitions as a lifelong process in which all experiences are meaningful and changes may be of interest in the special career development needs of women.

Women of the Heartlands
FA-21
Christy Stimpson
Wednesday, 1:30-4pm, First Meeting: Feb 6
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

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

WOMEN IN TRANSITION - CAREER/LIFE PLANNING GROUP
SK-22
Susan Scott-Ingne
Monday, 3:30-5:30pm, First Meeting: Feb 4
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Women in Transition: Career/Life Planning Group is designed for women who want to re-enter the job market or change careers. It is a group session where you will learn about life transitions as a lifelong process in which all experiences are meaningful and changes may be of interest in the special career development needs of women.

Men for Women Support Group
S-24
Jennifer Randall
Wednesday, 1:30-4pm, First Meeting: Feb 6
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

A non-profit organization for men and women to work because you have to or because you want to. Discussion of our unique problems, solutions, getting the maximum time with our families, setting priorities, finding good care, coping with our feelings and coping with others. Bring a friend who works and who would like to meet other new women who need support on their decision to work.
LET’S STOP HUNGER

C-7

Lynn Ellen Dixon

One Time: Tuesday, 7-11 pm, Feb 12
Location: Will be noted on your receipt

The briefing is a 3-hour presentation about the facts of hunger and an examination of the assumptions that most of us have grown up with about why hunger persists. In summary:

* Hunger exists: 12-18 million people die each year as a consequence of hunger; 35,000 each day, 24 per minute, 18 of whom are children.
* It doesn’t need us. We now have the resources and technology to end hunger on the planet.
* Individual commitment is the key to ending hunger.

(Lynn is active in the Hunger Project and undertook a rigorous training program to be certified to lead this briefing.)

FAITH AND ECONOMICS

C-8

Don Wissman and Dave Stewart

Dates: See below

Times: 11:30 am

Location: KSU Union

The purpose of these discussions is to explore ways in which faith and economics inform and interact with each other and to challenge concerns and ideas that increase our understanding of these two critically important areas of human experience.

Wednesday, Jan 9: Rich Nations and Poor Nations — Wayne Nafziger

Wednesday, Jan 23: Economics, Faith and the Family — Mary Clarke

Wednesday, Feb 6: Aid and Development — Pat Geraley

Wednesday, Feb 20: Economics and Faith in the United States — Barry Flitchbaugh

Wednesday, March 6: Faith and Economics: Let’s Be Practical — Lloyd Huibert

Thursday, April 3: Faith and Economics in the Business Community — Barry Flitchbaugh

Tuesday, April 17: Faith, Economics and the Future —

FROM YUPPIES TO YUPPIDES

C-1

Instructors: Julie Coates and Dave Stewart

Fridays: 1:30-5:30 pm, Feb 15, 22, March 1

Location: UFM House, 1221 Thurstom

Time Magazine says that those of us who were activists in the ’60s are now more conservative, more committed to social change, more concerned with tradition and measures of success. Where have you been since the sixties? What has happened to the visions and motivation you had then? Where are you now? Where are you going in the eighties and nineties? Julie and Dave are interested in bringing folks together to see if Time’s assessment is accurate. This will be a reunion of the activists of the sixties to reflect on what has happened in their journeys since those days. Bring your own refreshments in the UFM living room on Fridays, February 15, 22, March 1 at 3:30-5:30 pm. No limit — Julie, a UFM staff member and Dave, a campus minister, remember well the chaos and the creativity of the sixties.

THE DRINKING AGE: SHOULD IT BE INCREASED?

C-20

Brett Lambert

One Time: Monday, 7-10:00 pm, Feb 4

Location: KSU Union, Ro 206

In the early 1970’s hundreds of thousands of young people gathered, many forfeiting their own freedom to fight for the passage of the 20th amendment to the constitution which was to give 18-year-olds the right to vote. Since that time 18-year-olds have been both treated as adults and held responsible as the same in every area but one — drinking. The Congress of the United States passed a bill this year which all but forces states of this union to raise their legal drinking age. Do they have the right to do this? Was it fair and well thought out? What are the ramifications of their actions? These are the questions this forum hopes to address. We will also help those of you who wish to contact your legislator about this important issue. (Brett is a junior in political science and history this year. He has been campus director of the Associated Students of Kansas which led the fight for the maintenance of the drinking age at 18.)

14 Community
Lou Douglas Series

LOU DOUGLAS LECTURES ON PUBLIC AFFAIRES

The Lou Douglas Lecture Series is a fitting tribute to the late Louis H. Douglas, in a time of social upheaval and change. Our country, Lou stood firmly on the side of human rights, equality, and the democratic process. A distinguished professor of political science, Lou's contribution to the political legislative processes in our state and community have had a lasting impact.

1988 LOU DOUGLAS SERIES

The Lou Douglas Series has emerged as a significant forum on such topics as human rights, the economy, international arms control and U.S. policy to central America.

The 1988 Series, Standing Tall: US Interests and Global Realities will examine U.S. policy as it relates to international political, social, and economic order.

Speakers include:

Feb 19. Selig Harrison--U.S. Foreign Policy and Third World Nationalism


Feb 25. Hyman Minsky--U.S. Banks, Latin American Debt and the End of Latteco-Faire

Professor Minsky is a professor of Economics and author of books and articles on government policy, the banking system and capitalist instability.

March 5. Esther Peterson--U.S. Companies and International Consumerism

Esther Peterson, President, Organization of Consumer Unions representative to the United Nations, former Assistant Secretary of Labor; Special Assistant for Consumer Affairs to Presidents Johnson and Carter, served with Eleanor Roosevelt on the renowned "Status of Women" report.

March 26. Pat Misch--The End of Foreign Policy: The Beginning of Earth Policy

Pat Misch, author of Toward A Human World Order: Beyond the National Security State (latest: Director of Institute on Education for Peace, Justice and Human Value.

All Lectures are in Forum Hall at KSU Union at 7:30pm.

Lisa Lala, Age II, Manhattan

Helping & sharing

HELPING YOUNG PEOPLE

E. Salk

Tuesdays, 7-8:30pm, April 9, 16, 23, 30 (4 times)

Location: H411, not on your receipt

Class fee: $1, pay with registration

If you are a volunteer, 4-h and scout leader, school teacher or parent of young people ages ten and over, these classes are for you. A series of color TV/Film programs, together with a written text, are designed to help you help students understand their place in our market and economic system. A booklet on teaching techniques will also be provided. The material is recommended and provided by Dr. W. J. Freeman of K-State. Class topics will be: How to make choices; a producer, you are; what do you do with what you produce; who is the government and what does it do? (Salk is an experienced 4-college teacher of social studies.)

OVEREATERS ANONYMOUS INTRODUCTORY WORKSHOP

C-6

Mary

Sunday evening, Feb 10

Location: St. Mary's Hospital Ground Floor Meeting Rm

Is food a problem, eating too much or too little, for you or a loved one? Do you counsel people for their weight problems? Have you lost weight only to gain it back? This introductory workshop of Overeaters Anonymous will help you understand what is meant by "compulsive overeating." You'll see an OA film "One Day at a Time" and hear members of Overeaters Anonymous. (David and Carolyn are 2 people who have wrestled with these questions and want to share their experience.)

HOME GROWN KIDS

C-5

David and Carolyn James

Tuesday, 7pm, Feb 12

Location: will be noted on your receipt

Class fee: $2, pay with registration

Teach your child at home? What are the advantages and disadvantages? How long should home schooling continue? What about state trunacy tests? Can a parent be an adequate teacher and is home schooling for everyone? (David and Carolyn are 2 people who have wrestled with these questions and want to share their experience.)

FLINT HILLS BREADKAST

C-4

Atina Henna

One Time: Saturday, 10am, Mar 10

Location: will be noted on your receipt

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

CLOSE TO HOME: TOURIST ATTRACTIONS IN YOUR OWN BACKYARD

C-11

Owen R. Jones

One Time: Wednesday, 7pm, March 20

Location: will be noted on your receipt

Class fee: $3, pay with registration

It is the time of year to identify attractive places to visit in and around Manhattan. After two years of exploring such places in the three county area around Tuttle Creek dam, an evening of sharing such information is in order. This will be the first in a series. (Owen has been picking up brochures about places to see since becoming a Kansas State Historical Society member a year ago.)

TOUR OF THE MCCALL PATTERN COMPANY

C-24

Sherri

Section I: Monday, 10-11am, March 11

Section II: Tuesday, 1-2pm, March 14

Location: will be noted on your receipt

Class fee: $1, pay with registration

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

Valentines 50's PARTY

C-27

Friday, Feb 8

Location: UFM Firelace Rm

UFM is sponsoring an authentic 50's sock-hop for Valentine's Day. We'll have REAL 50's music and decor. Bring your favorite party snack and be prepared to meet some people and have a be-hopping good time. Especially geared toward singles, you're invited to come in charismatic 50's suit and shoes or in more "contemporary" style. Non-alcoholic beverages will be provided.

Amercian Baptist Campus Ministry

BAPTIST CAMPUS CENTER

1801 ANDERSON

359-3051

Weekly worship, Spiritual guidance, Bible study. UFM Classes Call for specific times and dates

CAMPUS MINISTER -- DAVE STEWART

Community 15
Toll free numbers

Automobile Recall information ........................................ 1-800-424-3933
Child Abuse Hotline .................................................... 1-800-332-6578
Consumer Assistance .................................................... 1-800-327-5140
Consumer Product Safety Commission ................................ 1-800-638-2772
Consumer Safety Information Line .................................... 1-800-638-5000
Federal Government Grant Information Service ............... 1-800-242-8770
Food Consumer Health Services ...................................... 1-800-347-0999
Health Insurance ......................................................... 1-800-634-0630
Housing and Urban Development .................................... 1-800-634-7917
Manhattan Area ........................................................... 718-292-2924
Medical Assistance Information Line .............................. 1-800-634-7917
Newspaper Article ........................................................ 1-800-725-3021
Pathways to Housing .................................................... 1-800-877-7192
State Government Assistance Programs .......................... 1-800-424-3933
VoIP Service ............................................................... 1-800-432-5111
Women's Resource Centers .......................................... 1-800-338-5888
Youth Information ....................................................... 1-800-338-5888

LET'S HIRE QUALIFIED DISABLED EMPLOYEES

Nancy Westling 776-4011

Would you like to save dollars for your business? Nancy can inform employers of the benefits of hiring qualified workers who are disabled. Projects with Industry (PWI) has a pool of disabled job-ready clients who may be an asset to your company. (Nancy is a Job Specialist for Projects with Industry, a division of Kansas Elks Training Center for the handicapped. Call her for more information.)

WOMEN'S RESOURCE CENTER OF KSU 532-6432

WRI has resource materials, information for personal and class use related to women's issues. Contact Caroline Pelme for more information.

UNIVERSITY LEARNING ENHANCEMENT AND RESOURCE NETWORK

Holtan Hall 22 532-6442

U-Learn (the University Learning Enhancement and Resource Network) is a unique center offering personal and phone-in assistance to K-State students and faculty. Operated entirely by trained students, U-Learn is the place to contact for information on any subject.

Although we try to answer all questions, our knowledge is concentrated in five major areas: career exploration, wellness, sexuality, study skills and general information.

U-Learn staff members also present programs by request. In addition, the following classes will be presented at 12:00 pm in room 218 of the K-State Union, free of charge.

Feb 14: Stress Management: Learning to cope with daily stressors and the activities in school

March 21: How to turn those midterm grades around

April 11: Being prepared for finals: Test anxiety management

Hours: Phone Lines, 8am-10pm, Monday through Friday 10am-5, Saturday

Resource Center: 10am-4pm, Monday through Friday

EDUCATIONAL PROGRAMS

Supported by Pawnee Mental Health Services

Perusing Your Prosperity

This six week class focuses on the special joys, needs and frustrations of parenting children under six years of age. Topics covered include physical, emotional and intellectual development, discipline, establishing communication, family activities and other related topics. The class will begin January 29 from 7-9:30pm. Contact Linda Teener, 539-5337.

Stress Management

These workshops are scheduled regularly and meet for eight weeks. Recognizing personal sources of stress and finding ways to cope more effectively are the primary goals. Practice of relaxation skills is also included. For more information, contact Linda Teener, 539-5337.

Supportive Communication

This six week workshop explores ways to communicate more directly and effectively with other people. Topics include avoiding defensiveness, saying what you want without anger and giving positive feedback. For more information, call Linda Teener at 539-5337.

PET HOTLINE

Beverly Hashagen 537-7440

A 24-hour free service that handles all facets concerning pets and their problems.

UNITED WAY OF RILEY COUNTY

413 Poyntz, Manhattan, Kansas 66502 (913) 776-3799.

Voluntary organization which raises, administers and distributes funds for human service agencies, and plans for community needs.

VOLUNTEER CLEARING HOUSE

413 Poyntz, In the Matl, P.O. Box 922, Manhattan, Kansas 66502 (913) 776-3779

Register the needs of not-for-profit agencies and individuals, recruits and places the volunteers to meet those needs, and promote a positive image for volunteerism in the community. Any individual wanting to 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. Hooper, Volunteer Coordinator, Deb Volsky.

WORLD FRIENDSHIP

World Friendship is a non-discriminatory organization devoted to establishing relationships between American and International women of Manhattan.

Meetings are held each Tuesday morning from 9:30-11:00 at the First Presbyterian Church at 8th and Lebanon. A nursery and transportation are provided. Activities include: English classes, sewing, International cooking, crafts and exercise. Any interested individuals in American women are eligible to join. For more information, please call 776-2138 or 539-6044.

Meeting: September 11

GAY AND LESBIAN RESOURCE CENTER

Lea message at 537-8235 or write to 70 Poyntz, Manhattan, ks, 66502

We are a service-oriented organization providing peer counseling, educational presentations for groups and classes, support groups, information referral and a series of issues in social activism. Supportive and confidential atmosphere. Gay men and women and others who are supportive of alternative lifestyles are welcome to join us occasionally or on a regular basis. Mondays, 6-8pm. Call 537-8235 for information.

16 Community Bulletin Board
**YOGA**  
Rob Sheridan  
S-1  
776-6849

Monday, 5:30-7pm  
First Meeting: Feb 4  
Length: 4 times  
Location: Will be noted on your receipt  
Class Fee: $12, pay with registration  
Materials Fee: $5, pay at class  
Limit: 6

The daily practice of yoga improves the quality of one's life. In this class we will practice basic asanas (postures) and pranayama (breathing techniques) and learn earth element sadhana.  

**YOGA**  
Bert Franklin  
S-2  
539-0985

Tuesdays, 5:30-6:30pm  
First Meeting: Feb 5  
Length: 4 times  
Location: Will be noted on your receipt  
Class Fee: $12, pay with registration  
Materials Fee: $5, pay at class  
Limit: 10

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

**INTRODUCTION TO ZEN MEDITATION PRACTICE**  
At Potter and Leon Rappaport  
S-3  
532-6850

Wednesdays, 7-9pm  
First Meeting: Feb 12  
Length: 3 times  
Location: Will be noted on your receipt  
Class Fee: $4, pay with registration

The aim of this course is to have two meetings within which some preliminary discussion of Buddhist tradition will be held as well as introduction to the Soto style of Zen practice. It is recommended that the participants wear loose-fitting clothing and please bring a cushion or medium sized pillow to sit on. Those who have a general interest or questions are welcome to participate. (At and Leon have been studying Zen meditation at the Kurokawa Zen Center for over 5 years.)

**INTRODUCTION TO THE PHILOSOPHY OF GURDJIEFF AND GUSSENSKY**  
David Seamen  
S-4  
532-5953

Wednesdays, 7:30-9pm  
First Meeting: Feb 6  
Length: 6 times  
Location: Will be noted on your receipt  
Class Fee: $4, pay with registration  
Materials Fee: $5, pay at class  
Limit: 15

This class explores the psychological system of the two Russian philosophers and teachers, Gurdjieff and Gussensky. Their philosophy seeks to merge Eastern traditions with Western needs. This Eastern system of self-development grounded in verification through personal experience. Classes will include psychological exercises, discussion, and reading aloud from Gurdjieff's 'Psychology of Man's Possible Evolution.' (David has been involved in the Gurdjieff/Gussensky work for several years. He has studied with John G. Bennett, who worked directly with both Gussensky and Gurdjieff.)

**SACK LUNCH THEOLOGY: FOLLOWING CHRIST IN A CONSUMER SOCIETY**  
Dave Swanson  
S-5  
529-3061

Mondays, 11:30am-1pm  
First Meeting: Feb 11  
Length: ongoing  
Location: Will be noted on your receipt  
Class Fee: $5, pay with registration  
Materials Fee: $6.50, pay at class  
Limit: 15

There is a tendency to equate faith either with a deeply held belief system or with doing acts of justice. The result is a one-sided, decontextualized Christianity that becomes a tool of cultural tools. Christianity calls us to both a deeply rooted faith and to activism for justice. We will explore how we resist our culture's tendency to falsely separate faith from justice and how we may integrate a faith that expresses itself in acts of justice and an activism that grounds itself in the vision of faith. (Sue is a campus minister at C-State who has led many snack lunch theology discussions.)

**TIME IN YOUR SPIRITUAL GUIDANCE**  
Reid and Dorothy Barnett  
S-6  
776-7274

Thursdays, 7-9pm  
First Meeting: Jan 31  
Length: 13 times  
Location: Will be noted on your receipt  
Class Fee: $10, pay with registration  
Limit: 12

Become acquainted with your personal spiritual guidance. Learn how to receive answers for your spiritual growth and everyday decisions. (Reid and Dorothy have been working together for 8 years developing methods of receiving guidance, are practicing saint-trance channels and ministers in the Universal Light of the Cross Church.)

**GUIDED INNER QUESTING**  
Brian Tucker  
S-7  
539-7296

Wednesdays, 7-9pm  
First Meeting: Jan 30  
Length: Indefinite  
Location: Will be noted on your receipt  
Class Fee: $4, pay with registration  
Limit: 6

Inner questioning, a natural part of being/becoming more fully human, is experienced daily through dreams, meditations, time alone, etc. Emphasis here will be on using holographic music, imagery exercises, and others to guide participants towards discovering their own unique quest. (Brian works with the Conscious Living Foundation and is currently directing its inner quest and hopes to encourage others to continue with theirs.)

**Sufi ZIKIR**  
Alladin Othenger, Shankar Harritt  
S-8  
539-2717

One Time: Saturday, 7:30-9:30pm, March 23  
Location: Will be noted on your receipt  
Class Fee: $4, pay with registration  
"Zikir" means remembrance of God. We will use meditation, singing, concentration and sound to take us beyond our separateness from God. "The only sin in life is a breath taken without remembrance of God: the only virtue is a breath taken with the remembrance of God." (Alladin has been leading and studying the sufi zikir in Kansas City for the past four years.)

**Sufi DANCING**  
Nabuddin Olsen, Shankar Harritt  
S-9  
539-2717

One Time: Thursday, 7:30-9:30pm, March 14  
Location: Will be noted on your receipt  
Class Fee: $4, pay with registration  
Sufi dancing or Dances of Universal Peace are group meditations involving song, simple dance steps and the breath. Phrases from many of the world's sacred religious traditions are used to kindle a consciousness of love and oneness. (Shankar and Nabuddin have studied sufi for over 8 years.)
Support groups

PARENTS ANONYMOUS
Don and Irmiie Fallon
Wednesday, 7-9pm First Meeting: Jan 30
Location: Will be noted on your receipt
Class Fee: $1, pay with registration

Even good parents lose their temper with their children or sometimes set children on fire for fear of losing control. Irritability can lead to physical wish to cope with such feelings and prevent damaging relationships be-
 tween themselves and their children. Skills will be shared that help
express anger and love feelings, to reduce stress and to aim at a
more self-worth. Trust, confidentiality, anonymity, and caring will be
enhanced. Register by first name only and phone number and you will
be contacted. (Supported by Manhattan Family Council.) Don and Irmiie are
a kindergarten teacher with experience and graduate work in parent-
child relationships.

ADOPTIVE PARENT SUPPORT GROUP
Martie Steele, Linda Teener
Organizational Meeting: Monday, 7pm, Feb 4
Location: Will be noted on your receipt
Class Fee: $3, pay with registration

This group will provide opportunities for adoptive parents to share
their joys and frustrations of adopting children. Acceptance by others, work,
and potential discussion topics at the first meeting we will decide
on. Martie and Linda have adopted 2 older children and Martie has a racially mixed family.

WRITINGMOM'S SUPPORT GROUP
Barbara Kendall
Tuesday, 11:30am-1pm First Meeting: Feb 5
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

A noon hour get-together for moms and nones-to-be who work because
you have to or because you want to. Discussion of our unique problems,
relationships, getting the maximum time with our families, putting priorities,
finding good care, coping with our feelings and coping with others. Bring
your lunch. Kids are optional. [Jennifer and a new mom, Libbyn is 8 months, and
Marc's works and would love to meet other new moms who need support in
their decision to work.]

LOCATIONS
... are provided on your receipt. You should receive it in the mail or when you register in person at UFM.
Health & well-being

QUICK-MIN EXERCISE AND NUTRITION STRATEGIES FOR HEALTH  S-22
Dave Danskis  532-6827
One Time: Wednesday, 4-5:30pm, March 6
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Exercise and nutrition are more important for health and productivity than most realize. However, many of us do not get involved at the level recommended by experts. We can begin by learning to integrate small changes in exercise and nutrition into our daily lives.

FIRST AID (RED CROSS MULTI-MEDIA)  S-26
Nell Schaner  539-7666
One Time: Saturday, 9am-6pm, March 2
Location: Will be noted on your receipt
Materials Fee: $10, pay at class
Limit: 14
This is the American Red Cross Instructional System, featuring filmed demonstrations, guided practice sessions, and programmed workbooks. The student is certified as a standard First-Aider upon successful completion of the course. There is a fee of $10, which covers materials, workbooks and text. If you have the Red Cross Standard First Aid and Personal Safety Textbook (the blue book), the fee will be $25. (Nell is a certified Red Cross First Aid Instructor."

FIRST AID  S-27
Dan White
Tuesdays, Thursdays, 7-10pm First Meeting: April 2, Long: 6 weeks
Location: Will be noted on your receipt
Materials Fee: Will vary with price of texts
Limit: 20
Times are changing! The American Red Cross knew that vital first aid knowledge was still desired by the American people. However, circumstances and the restrictions often prevented anyone from going to courses. So the Red Cross changed its fee policy and went to a MODULAR system. Now you can select the topics you want to know about! Come the first night and take over the materials and talk with our instructors to design your course.

LANCASTER EDUCATION - "ALONE AT HOME"  S-28
Tim McHenry, Darrell Marr, Lynda Frey  537-2100
Section I: Saturday, 9am-12pm, April 13 [K-2nd grade]
Section II: Saturday, 9am-12pm, April 27  [3rd-5th grades]
Limit: 12/session
Recognizing the fact that parents are often frustrated by day care choices, and that many children are living "self care" on a regular basis, the Red Cross is providing education to those latchkey families. The 3-hour course deals with personal safety and emergency procedures, first aid, and suggests "home rules" which parents and kids work on together.

RED CROSS BABYSITTING  S-29
Tim McHenry, Darrell Marr, Lynda Frey  537-2100
Saturdays, 9am-12pm, March 23, 30
(2 times)
Location: Will be noted on your receipt
Materials Fee: $2, pay at class
Limit: 20
The Red Cross babysitting course helps parents learn to use a job description, interview for a job, and develop job skills. Babysitting is a job, and a good one. Babysitters learn safety and games, assisting children, feeding, and dressing infants. NOTE: Students must attend both sessions in order to receive a certification of completion. (Lynda is Executive Director of the Red Cross at Riley County. Darrell is a certified instructor in first aid, Tim is staff person for Big Brothers/Big Sisters in Manhattan.)

RELAXATION TECHNIQUES FOR HEALTH AND STRESS MANAGEMENT  S-21
Dave Danskis  532-6827
One Time: Thursday, 7-8:30pm, Feb 14
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Research and experience are demonstrating that being more relaxed actually improves school or job performance and keeps us healthier. Learn at least 8 techniques for achieving deeper levels of relaxation we all need. We'll practice several and you'll learn what's best for you.

STRESS AND ANXIETY RELIEF  S-16
Don Felton  529-4411
One Time: Saturday, 9am-4pm, Feb 16
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Stress is a fact of life; studies, exams, relationships, jobs, finances, our whole fear of failure, loss of the future, illness and depression. Our whole person is affected physically, emotionally, intellectually, socially, spiritually. We will focus on evaluating our lifestyle and shaping a practical strategy for coping with stress.

STRESS MANAGEMENT  S-17
Michael Weilbenberg, PhD  539-7777
Monday & Wednesday, 7:30pm, Feb 18, 20
Location: Will be noted on your receipt
Class Fee: $6, 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. We will share with you alternative ways of thinking and behaving that can efficiently diminish stress in your life. (Michael is a nationally certified counselor. He has a Masters Degree in Family and Child Development, a PhD in Adult Education and 16 years experience in the mental health profession.)

PLAYS YOUR FAVORITES
MANHATTAN'S KF PLAYS THE "ROCK"
Look at you!

THE POWER OF COLOR IN DEPTH IMAGE WORKSHOP

Lin Broccolo 776-4455

One Time: Wednesday, 8am, March 27
Location: Will be noted on your receipt
Class Fee: $15, pay with registration
Limit: 10

Color what you should 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 maximize your natural coloring. This "Power of Color" workshop will show you how the colors you wear have an incredible affect upon your appearance and help you make the most of your best features, eye color, size and hair color. Each participant will also receive a packet containing her best colors. This workshop will be conducted by Lin Broccolo and Debbie Mistlough, trained beauty consultants.

THE RIGHT LOOK FOR YOUR FACIAL SHAPE

Hair Experts 776-4455

One Time: Wednesday, 8am, Feb 20
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 we can discuss the best hair styles and accessories to accent your best features and camouflage the less pleasing features. Starting charges sometimes occur through a simple change. (The Hair Experts are expert at designing their hair cuts to fit the individual.)

COLOR CONTROL FOR WOMEN

Bonnie Hansen 776-3438

One Time: Thursday, 7:30pm, Feb 7
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Limit: 8

Which colors put you in control of your wardrobe and enhance your personal image? Which colors are just the right messages about you? Find out at this exciting COLOR Class. Each person will have her colors analyzed, each will create a Four Season concept and also have a complete makeup makeover. Styles and fashions will also be discussed.

HAIR AND MAKE-UP FOR THE BOYS

Alitca and Company 537-9625

One Time: Tuesday, 7pm, Feb 12
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 the most of your good looks and have fun at the same time! We’ll do five "before and after" demonstrations and each participant will have time to ask questions concerning her own personal hairstyle and makeup.

HAIR AND MAKEUP MAKEOVERS

Crispin Salon 539-7621

One Time: Saturday, 7-9pm, Feb 6
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 12

Looking good is important for success in the '80's. If you’re not sure what makeup and hairstyling techniques are correct for your facial shape, come in for an evening of "before & after" demonstration and personal consultation. Some class participants will be used as models. Stylists at Crispin’s have recently completed training in the hair and makeup trends for spring.

HAIRDRESSING

Crispin Salon 539-7621

One Time: Wednesday, 7-9am, March 6
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 your hair. Professional hair stylists will demonstrate different types of braid and knotting, using some participants as models. Learn the newest techniques and some old favorites.

JUST FOR TEENS

Deanna Pierson and Hair Dimensions 485-2790 539-8920

One Time: Saturday, 2-5:30pm, Feb 23
Location: Will be noted on your receipt
Class Fee: $30, pay with registration
Limit: 8

Are you looking for a total makeover in one afternoon? No sweat with our "Teen" workshop! We will first color analyze and give a packet of their best 30 colors. Next, a new look makeup look, hair cut if desired, and hair style to complement your face. Bunching tips will be included and we’ll also discuss posture and charm.

THE EYES HAVE IT

Deanna Pierson, Verma Lee Hayen and Linda Eisenbise 539-8920 485-2790

One Time: Saturday, 4:30-6:30pm, March 2
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
Limit: 10

Have you always wanted to have those gorgeous eyes we see on models in magazines? Everyone will learn how to enhance her eyes for a variety of day and evening looks. (Deanna, Verma and Linda are trained in makeup artistry by Beauty for All Seasons.)

MAKERS: WOMEN ONLY

Deanna Pierson and Hair Dimensions 539-8920 485-2790

One Time: Thursday, 6:30-9:30pm, Feb 21
Location: Will be noted on your receipt
Class Fee: $35, pay with registration
Limit: 10

A very in-depth workshop that includes a total makeover for each participant. Discover which your best colors are first. Then comes a fresh new makeup look and hairstyle (cut optional) to complement your facial shape. We will also discuss your best colors for business and leisure. All will receive a color packet of 30 switches to take home. (Deanna Pierson, Verma Hayen, and Linda Eisenbise are coordinating this workshop.)

COLOR FOR MEN

Bonnie Hansen 776-3438

One Time: Thursday, 7:30pm, March 7
Location: Will be noted on your receipt
Class Fee: $15, pay with registration
Limit: 8

Learn which colors make your look your very best using the Carol Jackson method of Four Season Analysis. Learn how to select your professional as well as casual clothes in colors which send just the right massages about you! Each participant will have his colors analyzed and learn more about dressing for success. (Bonnie is a professional certified Color Consultant and has taught color concepts for over 17 years. She has given numerous workshops in Dress for Success and Image Awareness.)

INDEPTH IMAGE WORKSHOP: MEN ONLY

Deanna Pierson & Hair Dimensions 485-2790 539-8920

One Time: Tuesday, 6:30-9:30pm, March 5
Location: Will be noted on your receipt
Class Fee: $35, pay with registration
Limit: 10

Where are you now and where do you want to be 10 years from now? Whether you’re just starting out in your career or working your way up to the top, you need to know how to look and dress successfully. Let us help you learn how to choose the colors right for you and coordinate your business and personal wardrobe. All men will be color analyzed, receive a packet of their personal 30 colors, and have their hair styled (cut is optional.)

PARKING

For classes meeting at KUS, visitor’s permits are required for parking before 7:00 p.m. Acquire one at visitor’s booth in the south lot of the KUS Union.

20 Inner Self
ICE SKATING

Terry Ostaszewski

776-7468

One Time: Wednesday 8-9pm, Feb 6
Location: will be noted on your receipt
Class Fee: $4.00, pay with registration
Materials Fee: $1.00/session

Limit: 20

Terry will teach basic ice skating skills including proper starting, stops, skating forwards, skating backwards and some basic figure skating moves. If interest warrants, future sessions will be scheduled. Ice skates of all sizes will be available at no cost. (Terry grew up in Northern Minnesota and took figure skating lessons there for over 10 years. She also has over 2 years teaching experience.)

CROSS COUNTRY SKIING

Gregg Scircle

776-7693

R-3

Tuesday, 7pm, Feb 12 (one time + outings)
Location: will be noted on your receipt
Class Fee: $4.00, pay with registration

You will learn about planning, equipment, clothing, camping, cooking and skiing techniques, all of which are needed for enjoyable ski trips. Experience is not required, just a desire to learn. If you wish to go on the outings, some equipment will be needed. Skis can be rented from the Patagonia in Appleville. The dates of the outings will depend on the availability of snow.

CROSS-COUNTRY SKIING

GREGG SCIRCLE

776-7693

R-2

Tuesday, 7:30pm, Feb 5 (one time + outings)
Location: will be noted on your receipt
Class Fee: $4.00, pay with registration

This class will teach basic cross-country ski techniques. Clothing, boots and skis will be discussed and be provided for inspection and comparison. The group will plan and participate in an outdoor hands-on skiing class on a snow day later in February. Other outings will be planned. This is a good chance to be prepared for that spring break ski trip. (Gregg has led numerous groups on skiing, cycling, backpacking and rockclimbing trips since the early 70's.)

DANGER

THE ARTILLERY WILL NOT PLAINLY STAND BASE

Chris Stroh, Age 7, Manchester

SAFE FROM THE WEATHER

R-36

Doris Gosh

537-7804

One Time: Friday, 7:30am, Feb 1
Location: will be noted on your receipt
Class Fee: $4.00, pay with registration

Two topics will be discussed. Topic 1: The Broadcast Band. Learn about the short wave bands which carry non-commercial broadcasts from around the world in both English and foreign languages: BBC, NBC, Deutsche-Welle, Australian Broadcasting, BBC, CNN, and many, many more. Perfect for improving foreign language ability as well as supplementing our U.S. news programs. A wonderful hobby for those who want to inform bodies and lively minds. Consumer information will be available and a couple of short wave radios displayed. Topic 2: Amateur ("Hams") Radio. Learn about the rules for running your own 2-meter radio station for talking with other "Hams" across town or across the country. There will be a brief visit to the campus ham station. If there is sufficient interest, a class could be organized for helping prospective hams pass the license test for the Novice Class. (Doris has enjoyed listening to her all-band radio for several years and has recently become an amateur radio operator.)

STAMP COLLECTING

Tim Lindemuth

532-6415

R-39

Mondays, 7:30-9pm First Meeting: April 8 Length: 3 times
Location: will be noted on your receipt
Class Fee: $2.00, pay with registration
Materials Fee: $5.00, pay at class

This class is for beginners, intermediate and advanced stamp collectors of all ages. A Saturday field trip to the Wichita Spring Festival Stamp Show is planned. Three slide 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 grade, buy and sell stamps. Each class will last 2 to 3 hours each. (For a collector for 29 years, Tim is a long-time member of the American Philatelic Society and the local Flint Hills Stamp Club.)

MINIATURE AUTO RACING AND TRACK CONSTRUCTION

Gregg Scircle

776-7693

R-37

Saturdays, 12-2pm First Meeting: Feb 2 Length: Ongoing
Location: will be noted on your receipt
Class Fee: $2.00, pay with registration

This class will build and race miniature cars (HO scale) and learn track construction techniques, scenery design. We will hold races and with enough interest I will form a miniature racing club and hold competitive events with other HO racing groups in the Kansas area. This class is for kids of all ages: 8-12. (Gregg has been building and racing model cars since 1962. He has built four plot car tracks.)

BEGINNING COIN COLLECTING

R-38

Chris Sidorofsky

537-1249

One Time: Friday, 7:30-9pm, Feb 1
Location: will be noted on your receipt
Class Fee: $2.00, pay with registration

This class is for those of all ages who have never seen a coin minted before 1960 or just need a refresher in basic collecting knowledge. Enrollment in the class also includes a half-year membership in the Manhattan Coin Club. (Chris, age 14, has been collecting coins for about 4 years and is a member of the Manhattan Coin Club.)

TRIVIAL PURSUIT

R-35

Ann Hanna

532-6235

Organizational Meeting: Wednesday, 7:30pm, Feb 6 Length: Indefinite
Location: will be noted on your receipt
Class Fee: $0.00, pay with registration

If you're interested in testing your knowledge of trivia, this is the class for you. Trivial Pursuit is a board game in which participants answer trivia questions in entertainment, sports, history, literature, science and geography categories. There are 6,000 questions. The purpose of the game is not to win, but to have fun. All ages are welcome. (Ann has played with family and friends and would like to get a Manhattan group going.)

VOLUNTEER AT UFM

Call Julie Coates — 532-5866
Games for everyone

INDOOR-Handball
R-17
Bob Weber
539-5337
Mondays, 7-9pm, First Meeting: Feb 4 Length: 3 times
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
Limit: 10
Learn basic stroke technique, shot selection, and rules of handball by playing it. Men and women, ages 8 to 90, experienced players to those who’ve never seen a handball are welcome. Bring a glove and ball if you have them. If you are not a KSU student or do not have a KSU facility use card, a $2.50 fee per class is required. (Bob has been playing handball for over six years.)

BEGINNING TENNIS
R-15
Judy Sasse
Sundays, 8-10am First Meeting: March 31 Length: 6 times
Location: will be noted on your receipt (no class April 7)
Class Fee: $6, pay with registration
Limit: 20
Tennis lessons for the beginner will teach forehand, backhand, serves, court tactics, equipment selection and game rules. Bring a can of marked balls and a racquet. (Judy is an avid tennis player.)

POCKET BILLIARDS FOR BEGINNERS
R-34
Jerry Riggs
776-6338
Saturdays, 10:30am First Meeting: Feb 2 Length: 6 times
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 stance, aiming, English, and control. The different games – 8-ball, 9-ball and snooker will be covered as well as the theory and mental game. Also, we will watch a video tape shot trick demonstration and championship match. (Jerry has played in several World Pocket Billiards Championships in New York City, finishing 32nd in 1976, 16th in 1980 and 20th in 1981.)

Swimming

Swimming LESSONS - ALL CLASSES:
Location: will be noted on your receipt
Class Fee: $3, pay with registration
Teachers are Red Cross Certified Water Safety Instructors
Classes will not be held March 9-10, 16-17, April 6-7

CHILDREN’S BEGINNING SWIMMING (AGE 6 AND OVER)
R-23
Laurie Shepherd
537-1074
Sundays, 11am-12n, Feb 3-Apr 14 Length: 8 times Limit: 10

ADULT BEGINNING SWIMMING
R-24
Neil Schanker
532-5866
Sundays, 10am-12n, Feb 3-Feb 24 Length: 4 times Limit: 10

TINY TOT SWIMMING (PARENT AND CHILD)
R-22
Laurie Shepherd
537-1074
Section 1: Sundays 12-12:30pm, Feb 3-April 14
Section 2: Sundays 12:30pm, Feb 3-April 14 (8 times each section)
Location: will be noted on your receipt
Class Fee: $8 per parent-child pair/session
Limit: 20/session (April 7)
This class will deal with methods of teaching the very young child the basics of swimming and personal water safety. For example, back-floating and survival floating, emphasis will be placed on parent and child relaxing and enjoying the water. Activities will include blowing bubbles, going under, dipping, torpedoed, jumping, floating and others. Important tips and do’s and don’ts will be covered. A parent must accompany each child to the water. This is a good primer for ages 18 months to 3 years. Laurie has been an instructor or instructor aide in tiny tot swimming for six years. She is a Red Cross Certified Water Safety Instructor.

v

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22 Recreation

RACQUETBALL FOR BEGINNERS
R-16
Bill Shater
539-7195
Sundays, 10am First Meeting: March 31 Length: 5 times
Location: will be noted on your receipt (no class April 7)
Class Fee: $6, pay with registration
Limit: 16
Join one of the most popular up and coming sports. Racquetball is good for developing cardiovascular fitness, muscular endurance, controlling weight and is a lifetime activity. This class will emphasize basic rules and fundamentals of the game including scoring, backhand, forehand and serving. Bring a racquet and two balls. (Bill has been playing racquetball for years.)

HORSEBACK RIDING FOR MENTALLY RETARDED YOUNG PEOPLE
R-30
KSU Horsemen’s Association
Saturday (times to be announced) Feb 23
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10
Basic horseback riding will be taught and will include listening and co-ordination exercises. Grooming and horse diet will also be covered. At registration, please designate your age. Participants of past sessions have really enjoyed and benefited from this class and some have gone on to advanced horseback riding and rodeo. (The KSU Horseman’s Association has held this class for the past four years.)

VOLLEYBALL FOR FUN (16 AND OVER)
R-29
Lois Morales
539-8667
Tuesdays, Thursdays, 6:30-8:30pm First Meeting: Jan 29
Location: will be noted on your receipt
Length: All semester
Class Fee: $4, pay with registration
Materials Fee: $4 (adult class)
Indoor volleyball can provide low-key competition, exercise and a great time for beginners and those advanced. Nets and balls will be furnished. (Lois has played in JRRM volleyball for years.)

DUAL-A-PARTNER/TENNIS/RACQUETBALL/INDOOR GAMES
R-18
Neil Schanker
532-5866
Location: A list will be mailed to you
Class Fee: $1, pay with registration
Are you new and looking for a partner for sports? This is an opportunity for you to get some challenging experience and to meet new faces. At registration, indicate the game, your skill level (beginner, intermediate or advanced), days and times available, and JRRM will compile a list which may be mailed to you. (Neil has coordinated this class for several years.)

LEARN TO SWIM BETTER
R-33
Jack Connaughton
532-6591
Saturdays, 8:30-10am, Feb 2, 9, 16 (3 times)
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $4 (adult class)
Wet suit rental is free
Limit: 25
This class is designed for any bowler that desires to increase their overall knowledge of the game of bowling. A bowler should have the basic 4 or 5 step approach, but does not have to possess a high average. (Jack is a former member of the Professional Bowlers Association; 11 sanctioned 300 games and high series of 824.)

WEDNESDAY MORNING PLAY GROUP
R-40
Linda Irwin, Barb Stark
537-1094 539-1379
Wednesdays, 10am-11am First Meeting: Jan 30 Length: Ongoing
Location: will be noted on your receipt
Class Fee: $2/family, pay with registration
This is an ongoing “Support Group” for at-home mothers and their preschool-age children. A “Mother’s Morning In” with children playing and newspaper reading while other adults or others 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. (Linda and Barb are mothers of young children.)
Grace & form

TANG SOO DO KARATE

Joel Cederberg, Richard Barnes 537-7090 539-6570
Location: Will be noted on your receipt
Length: All semester
Class Fee: $10, pay with registration
Materials Fee: $5, pay at class
This course will cover the basics and is for those who don't know anything about karate but really want to learn. Karate is not easy and requires hard work, practice, patience, and perseverance. If you stay with it you will test for your first belt rank at the end of the course. Come wearing loose clothing that you don't mind getting sweaty. You are encouraged to consider buying a uniform, which will be available from the instructor. (Joel) is a second degree black belt with eight years experience and has been teaching for four years locally. Richard is a first degree black belt.

Y AGH NA KEMPO KARATE

Mark Buono 537-2967
Tuesdays and Thursdays, 6:30-8:00pm First Meeting: Jan 29 Length: All semester
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Karate is an exercise and great self-defense. No previous martial art experience needed. Wear comfortable clothing. (Mark has a first degree black belt with over two years teaching experience.)

KUNG-FU (PAI TE LUNG STYLE)

Stan Wilson 539-7723
Tuesdays and Thursdays, 7pm First Meeting: Jan 29 Location: Indefinite
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Materials Fee: $5, semester, pay at class
Get a good workout and learn some self-defense! At the same time. The Chinese counterpart of Japanese karate, kung-fu involves lots of aerobic exercise and practical self-defense. Participants will learn kicking, punching, striking, unarmed techniques, and soft style. Stan will teach the Pai Te Lung style (white dragon style).

JUJUTSU FOR BEGINNERS

Stan Wilson 539-7723
Sundays, 7pm First Meeting: Feb 3 Location: Indefinite
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Materials Fee: $5/semester, pay at class
Jujutsu is the parent art of judo. Japanese in origin, jujutsu stresses hand-to-hand combat featuring throwing, bowing kicks and wrist and neck locking. The class will include the hako yu basicaza form which is self-defense oriented, not exercise oriented. Participants must be age 15 or over. (Stan has a black belt in jujutsu and has taught martial arts for six years.)

TAI CHI CH’I’H’UAN FOR HEALTH AND SELF-DEFENSE

Mrs. We and Verna Rites 456-2670
Section I: Wednesdays, 7pm First Meeting: Jan 30 Length: All semester
Section II: Saturdays, 9:30am First Meeting: Feb 2 Location: Will be noted on your receipt
Class Fee: $10/section, pay with registration
Materials Fee: $5, pay at class
Tai chi ch’i’huun is a very slow moving series of classic Chinese postures which enable the practitioner to develop grace, poise, and inner strength. This is a popular exercise practice in Taiwan by all age groups. Section I is the Basic 108 Form and Section II is the Slap-Hands Form. (Mrs. Wu 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 with tai chi for about three years.)

INTERMEDIATE FENCING

Doug Barney 539-1510
Wednesdays, 7:30-9:00pm First Meeting: Jan 30 Length: All semester
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Improve your fencing skills with foil, epee or saber. Footwork, conditioning and blade play will be emphasized in the first classes followed by practice bouts. We will prepare for the Kansas division tournaments. It is preferred that you have your own weapon. Other equipment will be provided. (Doug has been fencing for three years and is a member of the USAF.)

Welcome students for the fall!

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FUNDAMENTALS OF KAYAKING (AMERICAN RED CROSS)  R-19
Paul Saddamann, Rex Replogle, T.J. Hittle
Sundays, 9am-1pm Feb 3, 10, 17, 24 Length: 4 times
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Materials Fee: $10, pay at class
Limit: 20
Experience the challenge of kayaking through video films, demonstrations, lectures, and lots of hands-on experience. We will study equipment, paddle techniques, fast water maneuvers, and practice American Red Cross water safety techniques. The class meets in an indoor pool. All handouts, textbooks, and equipment are provided. (Paul, Rex and T.J. are certified Red Cross instructors.)

INTERMEDIATE KAYAKING WORKSHOPS  R-20
Paul Saddamann
Sundays, 9am-12m Jan 20, 27 Length: 2 times
Location: Will be noted on your receipt
Class Fee: $20, each Sunday, pay at class
These workshops are for those kayakers with some experience who desire to improve their skills. Informal critiques will be provided on rolls and strokes in indoor pools. Boats are available for rent at the pool or you can bring your own. Come as many times as you want and pay $2.50 per Sunday at the class. (Paul is director of the Kansas Chapter of the Kansas Canoe Association and is a Red Cross Instructor for Instructors.)

FRIENDLY KANSAS CANOEING  R-21
Bob Forestry
Organizational Meeting: Wednesday, 7:30-8pm, March 20
Sundays, 1-2pm - dates to be announced at organizational meeting
Location: Will be noted on your receipt
Length: 6-8 times
Class Fee: $4, pay with registration
Limit: 20
Basic canoeing techniques will be incorporated into trips to nearby lakes, streams and rivers. You'll have a chance to learn/relearn canoeing techniques as we explore this spring. Participants will be responsible for providing canoes, paddles, life jackets, etc. The spring schedule will be set at the March meeting at which time partners and rental locations will be found. This class will be accessible to individuals and families. (Bob is a certified Red Cross canoeing instructor.)

Fearless flying

LEARN TO FLY AT LOW RATES  R-31
Hugh T. Jones
Saturdays, 9-10:30am First Meeting: Jan 26 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 in particular. Options available for general flight training in the Manhattan area will be discussed. If there is enough interest, 4 or 5 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  R-32
J. Van Swamy
Tuesday and Wednesday, 7pm, Feb 19 and 25 Length: (2 times)
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 physics, 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.)

Imagine that!

ADULT DUNGEONS AND DRAGONS  R-41
Mark Bergman, Mike Finney, Nancy Vekhcoef
Tuesdays, 7:30-9:30pm First Meeting: Feb 5 Length: All semester
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 8
Looking for ADVENTURE? Unlimited treasures! Fun young people will laugh! It's okay. We're looking for a few good adults with or without experience willing to think around in dark corridors and face un-expectable terror. Join us! It is rumored that these people are over thirty and still adventuring!

DUNGEONS AND DRAGONS  R-42
Bob Argento
Wednesdays, 6-9:30pm First Meeting: Feb 6 Length: 5 times
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
Limit: 8
Experience epic adventure! You've heard of Dungeons and Dragons, but did you know it's a game of skill and imagination played by some 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 6 years and has taught the game at other universities.)

INTRODUCTION TO FANTASY ROLE PLAYING  R-43
Shane Soeken
1-494-2822
Saturdays, 12-2pm First Meeting: Jan 26 Length: 5 times
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
Limit: 10
Come to the organizational meeting Jan 26 and get ready to play Taveler's World, Call of Cthulhu, Morrow Project and Dungeons and Dragons. Participants are welcome to stay after 2pm for the Starriders opening room in which all indoor games can be played. (Shane, a member of Starriders for three years, has played many role playing games.)

FUTURISTIC ROLE PLAYING GAMES  R-44
David Chase
Saturdays, 9am First Meeting: Jan 26 Length: 9 times
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
Limit: 20
Are you tired of Dungeons and Dragons and want to try something else? Have you bought a science fiction role playing game that after reading all the instructions, you were totally lost? If so, enroll now for futuristic role playing games. Over 55 games are at our disposal and class members will decide each week what to play. (David has been role playing for about four years and has played or read about every popular game that is out.)

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Lisa Lala, Age 11, Manhattan
Cats Are People Too: Care and Appreciation of Cats

Maxine Potter

One Time: Wednesday, 7:30pm, March 6
Location: Will be noted on your receipt
Class Fee: $4, pay by check

We will discuss the history of domesticated cats, basic care and health problems, and a brief description of all breeds of pedigreed cats. Also, we will cover how to care for them, and to take care of proper grooming and a question and answer period. This class will help you prepare for the annual pedigreed and household cat show. 100-150 cats will be competing March 23-24 from 9am-5pm at Potteri Hall in CFCF Park. (Maxine has been a cat breeder and exhibitor for 27 years. She has been a Judge throughout the U.S., Canada, and Japan.)

CARE OF THE FELINE

Will Novak, Allen Myers

One Time: Monday, 7-9pm, Jan 28
Location: Will be noted on your receipt
Class Fee: $4, pay by check
Materials Fee: $1, pay at class

Will and Allen will cover general and health care of the cat. Topics include general care, nutrition, vaccination and selected diseases. (Will and Allen are junior veterinary students.)

BEGINNING PET CARE/BEHAVIOR

Aline McCarthy, Dave Garnetshelm

One Time: Tuesday, 7-9pm, Feb 12
Location: Will be noted on your receipt
Class Fee: $4, pay by registration

How do I choose a dog or cat? What happens at the veterinarian's office? Aline and Dave will answer these questions and discuss basic care health for cats and dogs, immunization, grooming and surgical procedures. Also covered will be pets act funny including quills, idiocracies and how to cope with them. (Aline and Dave are third-year veterinary students, interested in small animal medicine and training dogs.)

PREPARING YOUR DOG FOR SHOW

Kelly L. Park

One Time: Saturday, 10am-12pm, Feb 23
Location: Will be noted on your receipt
Class Fee: $4, pay by registration
Materials Fee: $2, pay at class
Limit: 10

This class is for the ages of 8-18. It will teach how to prepare your dog for show in the areas of conformation and showmanship. Areas to be covered include grooming, ring procedure and handling. Each individual will an amed to bring their dog since time will be provided to work with their dog. (Kelly has shown Australian Shepherds for nine years and was the winner of several junior handler awards. She was a judge of Junior Showmanship.)

CANINE HEARTWORM: PREVENTION AND TREATMENT

Marc Davis

One Time: Thursday, 7-8:30pm, March 14
Location: Will be noted on your receipt
Class Fee: $4, pay by registration

Marc will discuss current methods of prevention and treatment of canine heart worms. (Marc is a junior veterinary student at KSU. He also has a B.S. in microbiology from the University of Ky.)

NUTRITION FOR DOGS

Dave Allen

One Time: Tuesday, 7-8:30pm, Jan 22
Location: Will be noted on your receipt
Class Fee: $4, pay by registration

Dave will discuss proper nutrition for the pet dog, breeding dog, and puppy. Bring your questions. (Dave is currently a junior in veterinary medicine with an interest in small animals.)

TOURS OF KSU VETERINARY MEDICAL HOSPITAL

Ruby Coats

Day, time and date by appointment

Guided tours of the KSU Veterinary Medical Hospital will be given to interested organizations and school groups. We will see the modern facility and advanced equipment used in the medical treatment of animals today.

Birds in the Field

"Swannie" Swansom, John Gilman, Larry Hodge

Organizational Meeting: Sunday, 3pm, Feb 17
Length: 3 times
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Get a bird on dog puns and want to get off on the right foot? Want to teach an older dog some new tricks? Come to the organizational meeting to arrange some dates for running birds on pen-raised quail at nearby farms. We'll also cover training, conditioning and general dog care. (Swannie has hunted with bird dogs for over 40 years and writes an outdoor column for The Manhattan Mercury.)

BIRDY POULTRY KEEPING

A. H. Adams

One Time: Tuesday, 7-9pm, March 5
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 20

The class will cover the selection of proper types of poultry, sources of stocks, feeding, diseases, basic equipment, and management practices. The marketing of eggs and poultry meat will be discussed and the class content will be directed toward the small, urban flock. (A.H. is an extension specialist in poultry science with over 30 years experience in the poultry industry.)

BASIC CARE OF THE HORSE

Forrest Landbury

Thursdays, 7:30-9pm, Feb 14, 21
(2 times)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 20

Horses demand a considerable amount of attention to keep them healthy and productive. This course will address many facets of horse care including nutrition, vaccination, parasite control and hoof care. (Forrest is a junior veterinary medical student at KSU. Horses have always been a significant part of his life while growing up and now as part of his veterinary medical curriculum.)

HISTORY AND BREEDS OF HORSES

Curt J. Mann

Wednesdays, 7-8:30pm, Jan 30 & Feb 6
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 20

The common U.S. breeds will be emphasized. A general exposure to the various breeds, their historical purpose and functions will be covered. (Curt is a third-year veterinary student studying large animals with a special interest in horses.)

ADAPTATION: A HOBBY FOR EVERYONE

Mike Mehta

Tuesdays, 7-10pm, Feb 12, 19
(2 times)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 8

Establish a beautiful aquarium in your own home! We will cover important aspects of maintaining a healthy freshwater aquarium including water, filtration, lighting, plants and decorations, compatible fish species, disease control and breeding. Salt water aquaria will also be discussed. (Mike has kept and bred many types of fresh water tropical fish for a number of years.)

PEA AND TICK CONTROL

Ruby Coats

One Time: Tuesday, 7-8pm, Feb 19
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Ruby and Don will discuss flea/tick lifecycles and discuss products available to control them. We will talk about the pros and cons of powders, shampoos, dips, sprays, oral tablets, house breezes, yard and kennel sprays, etc., and design a selection program for your pet. Bring your questions. (Ruby and Don are junior veterinary students.)

KSU VETERINARY MEDICAL OPEN HOUSE

Saturday, all day, March 30

There will be a variety of displays, tours, and other activities all day long. Come see the advanced technology used in animal health care today. The SCAMU auxiliary will have their annual children's petting zoo.
WILD FRIENDS & NEIGHBORS

EAGLES
Perry Conway
One Time: Wednesday, 7:30pm, April 17
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

Catch the flavor of Africa with a slide presentation of birds, crocodiles, hippos, bats and other wildlife occurring in southern Sudan, along tributaries to the White Nile. The natural history and habitat of birds such as the saddle billed stork, sun bird, bee eater, red bishop and other exciting species will be included. The entire family will enjoy this Northern Flint Hills Audubon Society presentation. (Laura collected birds, mammals, reptiles and amphibians in southern Sudan while working with a medical parasitology research group studying river blindness.)

AFRICAN WILDLIFE
Don Wilson
One Time: Wednesday, 7:30pm, Feb 13
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

Conducted slides taken on a safari to Kenya in east Africa that was sponsored by Sunset Zoo in June of 1984. As we view the wildlife slides, we will hear of the protective measures being attempted in order to avoid extinction of a number of animal species. We will also learn about the cultures of the people and will gain an appreciation of the beauty of the land. Families are especially welcome to attend this monthly meeting of the Northern Flint Hills Audubon Society. (Don is the education director of Sunset Zoo.)

WILDLIFE AND THE INDIAN OF THE PLAINS
Thomas Witty, Jr.
One Time: Tuesday, 7:30pm, March 20
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

Join Thomas Witty, Jr., as he shows us with the aid of colored slides how the prehistoric and early historic Indians of the Great Plains interacted with the birds and animals they encountered. The program will deal with the artifacts made from bone and shell as they are recovered from archeological dig sites in Kansas, and will reveal how these diggings can be used to interpret the dependency of the Indians on the wildlife of the area. This is a monthly meeting of the Northern Flint Hills Audubon Society. (Thomas is the State Archeologist and is employed with the Kansas State Historical Society in Topeka. He is also an adjunct professor at Washburn University.)

EARLY MIGRATORY BIRDS FIELD TRIP
Audubon Society Members
One Time: Saturday, 6:45am-12n, March 23
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

Late March can be winter-like or spring-like depending on the year's trend, but to migratory birds, its always a time to be heading south. Some of the early migrants have made it as far as Manhattan by the end of March and we'll go out to find them. Emphasis will be on water birds including comorants, geese and mergansers, but we'll look for songbirds too. Dress for the weather.

WILDLIFE IN WINTER
Audubon Society Members
One Time: Saturday, 7:30am-12n, Feb 16
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

While humans can retreat to their heated buildings in winter, those wild animals that don't migrate from our area must find ways to adapt to the weather. We'll visit a nearby area with grassy, wooded and marsh habitats to see what signs of wildlife activity can be found. With luck we will see evidence of muskrats, beavers, wood rats, squirrels, cottontails and many birds. Track identification in snow or mud will be attempted. Dress warmly!

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HAPPY TRAILS

KANSAS TRAILS COUNCIL TRAIL CLEARING (1) AND SUPER OUTDOOR WEEKEND (1)

Richard Dubbitt
316/342-5508 1-2

Weekends: Section I: March and April - Lake Perry
Section II: April 20-21 - Elk City Lake (Outlet Campground)
The Kansas Trails Council is an organization dedicated to bringing together all those who want to enjoy their sports right here at home in Kansas. Since organizing in 1974 we have built 100 miles of trails in Kansas, and have helped and encouraged hikers, bikers, canoeists, horseback riders, and educators. The determined trail users who make up the Kansas Trails Council have become a uniting voice, capable of setting goals, cooperating with state, federal, and private agencies, and organizing volunteers and putting them all to work. Volunteers are currently needed to help extend the 14-mile Lake Perry hiking trail into a 30-mile loop. The purpose of the Super Outdoor Weekend is to give all users of outdoor recreation facilities a chance to get acquainted. Register and you will be given more information. (Richard is the editor of the Kansas Trails Council newsletter.)

HIKING TRAILS IN KANSAS

Jim Highamoger
532-5762

One Time: Wednesday, 7:30pm, April 10
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
This spring, hike the beautiful hills and valleys of Kansas. We will discuss what Kansas has to offer in the way of hiking opportunities. Emphasis will be on trail locations and their unique features. Information and guides will be available for handout. Foot trails will be emphasized and canoe trails will be mentioned. (Jim has taught this popular class before.)

TUTTLE CREEK NATURE HIKE

Paul Welhausen
539-8511

One Time: Saturday, 8am-12n, March 16
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
While Tuttle Creek Reservoir isn't a natural lake, there are many different natural areas along its shoreline that support a diversity of native plants and animals. We'll have a short slide program and then go outside for some hiking around the lake. Dress for the weather. (Paul has been a park ranger at Tuttle Creek Lake for over four years. He is a Northern Flint Hills Audubon Society member.)

COMMAS ABBEY

E-14
Ed Link

Mondays, 9:30am First Meeting: April 1 Location: Will be noted on your receipt Length: Continuing Limit: 13
Now, a special place for people who have visited other planets and want to meet others of the same bent. Participants must have actually been on another planet. The moon does not count. (Ed's just kind of an ordinary guy.)

GEM AND FOSSIL FIELD TRIP IN POTTOWATOMIE COUNTY

E-12
F. C. Lanning
537-7559

One Time: Saturday, 8:45am-3pm, March 22 (Rain date March 30)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Make Fee: $5, pay at class
Driving the roads west of Pottawatomie County, we'll find quartzite and Lake Superior agates that were deposited by the glaciers. Local names, including Jasper and Blue Jay agates will be found along with calcite, the pie-making stone of the Plains Indians. Fossils will include geodetic wood and marine invertebrates. This trip will cover areas not visited during last summer's UMR class. We will be meeting in the eastern part of the county. (Dr. Lanning is a long-time member of the Manhattan Minerals, Gem & Fossil Club which is leading this tour.)

OZARK UNDERGROUND LABORATORY

E-13
Ed Pemberton
537-4386

Saturday, Sunday, Monday, 8am, March 9, 10,11
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Materials Fee: $1.50 (plus gas and food)
The Ozark Underground Laboratory consists of 286 acres of Ozark Hill land in Missouri overlooking the 10,000 feet of known passage at Tunneling Creek. The cave is a designated National Natural Landmark primarily because the fauna is the most diverse known for any U.S. cave west of the Mississippi. An above ground orientation will include hydrology and geology as it pertains to cave formation. The underground experience will stress ecology and geology. You will be contacted as to details and what to bring. (Ed works for the National Audubon Society.)

KANSAS WILDFLOWERS

E-6
Craig Freeman
532-6619

One Time: Wednesday, 7:30pm, Jan 16
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Wildflowers in January? What better time could there be to think wildflowers than during these bleak winter days? John Craig as he takes us by color slides of his typical season of wildflowers in the Flint Hills of Kansas. Don't miss this monthly meeting of the Northern Flint Hills Audubon Society. (Craig is a K-State biology student completing his docorate degree in plant systematics.)

WILDFLOWERS OF MILFORD LAKE

E-4
Gregory J. Haurst

One Time: Wednesday, 7:30pm, April 17
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Limit: 15
Join us at Greg's Manhattan home as we learn about prairie anemone, violets, indigo, spiderwort and many other wildflowers. (Greg has been interested in wildflowers ever since he was too cheap to buy florists' products for his fiancée, now his wife.)

MILFORD LAKE TOUR

E-3
Gregory J. Haurst

One Time: Saturday, 8am-5pm, May 18
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Limit: 5
Milford is only 26 miles from Manhattan. Learn all about the fishing, hunting, recreation facilities, new hatchery and anything you need to know. Lunch will be tailored to the wants of the participants. Transportation for the tour will be provided. (Greg has 7 years of being a ranger at Milford to draw on for this tour.)

NEXT SESSION BEGINS APRIL 3.
Deadline for class descriptions is Feb. 25.
Spring is springing

ALL ABOUT THE HERBARIUM E-6
Ted Barkley, Eileen ScheffIELD Barkley 532-6619
One Time: Tuesday, 7:30pm, April 2
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Limit: 20
Do you know what a herbarium is? Would you like to learn how to press and preserve plants? This tour of the KSU Herbarium, plus a slide show, will take you behind the scenes of plant research and answer all your questions. (Ted is curator of the KSU Herbarium; Eileen was supervisor of the Herbarium at New York Botanical Garden for 9 years.)

INDOOR PLANTS E-7
Michael Schnel E, Lynne Teaford 539-0379
Sat, April 10, 1:30pm, Feb 2, 9 (2 times)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10
For health reasons, interior houseplants, the care and maintenance of indoor plants will be discussed. Included topics will be lighting, growing media, watering, fertilizing, insect pests, diseases and propagation. All types of indoor plants including ferns, succulents and tropicals will be discussed. (Lynne and Mike are both graduate students in the Department of Horticulture, KSU, with experience in greenhouse gardening.)

GARDENING THE ORGANIC WAY E-8
Doug Way E
Sat, April 22, 10:00am, First Meeting: Feb 2
Length: Indefinite
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
A gardener known throughout the Manhattan area, Doug will share his secrets of successful vegetable growing. Using a modified French intensive deep bed approach, Doug grows many vegetables, herbs and flowers, all from seed. Core learn about cold frames, compost piles, mulching and many other gardening tools as the gardening season progresses. (Feb is not too early to be planting seeds indoors and organizing your garden!) (Doug has been gardening for over eight years. He always tries something new each season.)

VEGETABLE GARDENING E-9
Keith Dickerson 537-8895
One Time: Tuesday, 6:30-9pm, March 5
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 25
Want some expert advice before you plant your spring or summer garden? Keith will discuss preparation of the soil, fertilizers, vegetable varieties, planting, weed and insect control, harvest and storage. Bring your questions. (Keith is a senior at K-State in Horticulture with 7 years experience in commercial growing and 10 years as a private gardener.)

RAISING SPRING FLOWERING BULBS E-10
Tim Limdahl 532-6415
One Time: Saturday, 1-3pm, April 13 (reinstate April 20)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 30
Look over more than 1,000 flowering tulips, daffodils and hyacinths at the peak of the blooming season. Learn how to plant and care for spring bulbs in your yard. What bulb varieties will be discussed. (Tim has done home gardening for a number of years and has received Manhattan's Yard-of-the-Week award twice.)

FIDDLE LEAFAGE LANDSCAPE: INTERNSHIPS AND VOLUNTEER PROGRAM E-11
UMF Staff 532-5866
One Time: April 16, 7:30pm
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 25
Learn the secrets of keeping a tree or shrub looking its best year-round! (No prior experience necessary.)

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</tbody>
</table>
Index

SECTIONS
COMMUNITY (Finance, Politics, Issues, Events in Marvin) 12-15
EARTH (Gardening, Conservation, Energy, Animals) 25-28
FINE ARTS (Writing, Photography, Weaving, Ceramics, Music, Dance, Crafts) 3-7
FOODS 11
INNER-SELF (Self Awareness, Eastern Thought, Health, Stress Management, Personal Image) 17-20
RECREATION (Sports, Water Sports, Recreation, Games) 21-24
SKILLS (Job Skills, Practical Skills, Home Repair, Woodworking) 8-9
HOME 10
COMMUNITY BULLETIN BOARD 16

A
Adoptive Parent Support Group 18
Aerodynamics, Adv. 23
African Wildlife 26
Appropriate Technology Tour Guides 28
Aquariums: A Hobby For Everyone 28
Auto Maintenance for Women and Men 25
Autoharp Workshop 22

B
Basket, Lined ribbon 3
Bicycle Maintenance 9
Billiards for Beginners 22
Bird Attracting 22
Birds: and Wildlife of Sudan 26
Books: Great Book Series 22
Bowl Better, Learn To Break Dancing 22

C
Calligraphy: beginning, advanced 7
Canine Heartworms: Prevention and Treatment 25
Canoeing, Friendly Ks. 25
Careers in Real Estate: Getting Licensed and Entering Business 24
Careers in Travel 8
Caribbean cooking 11
Cats are People Too: Care and Appreciation 11
Ceramics 25
Chair Caning 6
Cheap Heat: Saving Winter Energy Dollars 9
Chinese Cooking 10
Coin Collecting (Beginning) 11
Color Control for Women 21
Color for Men 20
Confrontation Training 20
Conversation for Speakers of German -- Deutsch Sprachkurs 13
Cooking, Valentine 11
Cosmos Abbey 21
Cross Country Ski Camping 21
Cross Country Skiing 21

D
denstorm 5
Dial-A-Partner/Tennis/Racquetball/Indoor Games 22
Divorce - How to Stop Feeling Like a Victim 18
Divorce: Pain and Growth 18
Dog for Show, Preparing Tour 25
Dog Nutrition 25
Dog in the Field 25
Ducks: Learn to Fly 25
Dungeons and Dragons 24
Dungeons and Dragons for Adults 24

E
Eagle Watch Field Trip 26
Eagles: Wings on the Wind 26
Edible Landscape: Internships and Volunteer Program 26
Electrical Wiring 10
Emergency Preparation 10
Europe on a Budget: Low Cost Travel Tips 10
Eyes Have It 20

F
Fantasy Role Playing, Intro. to 24
Fellini, Care of the 24
Fencing, Int. 21
Financing Your Dream Home 23
First Aid 3
First Aid (Red Cross Multi-Media) 11
Fitness Experiences and Music: Aerobic Exercise for Everyone 23
Fitness for Ladies in the 80's 23
Floor and Tile Control 21
Flowering Bulbs 25
Fly at Low Rates, Learn to Folkdances, folk Hills 24
Folksinging 24
Frontier Life 6
Futuristic Role Playing Games 24

G
Garden Planning by Computer 24
Gardening the Organic Way 24
Gen and Fossil Field Trip in Pottawatomie County 27
German for tourists 6
Guided Inner Questing 17

H
Hair and Make-up for the 80's 20
Hair and Makeup Makeovers 20
Hair Braiding 20
Hair Braiding (For Chapagne tastes) 24
Handball, Indoor 11
Herbs: All About the High Blood Pressure, It's Up to Me 24
Hiking Trails in Kansas 24
Horse Care 17
Horse History and Breeds 25
Horseshoe Riding for Mentally Retarded Young People 22

I
Ice Skating 21
I'm OK-You're OK Workshop 21
Intaglio Image Workshop: Men Only 23
Interviewing Your Home 23
Interviewing Skills 23

J
Job Search Techniques 8
Journal: A Way of Facing It Together 18
Jujitsu for Beginners 23
Just for Teens -- Makeovers 20

K
Karate, Tang Soo Do 23
Karate, Vahlke Kemp 23
Kayaking, Fundamentals of Kayaking Workshops, Int. 24
Kids Clothes, Custom Finishing 4
Knitting: Beginning, Lap warmers 4
Kung-Fu (MAELE LUNG STYLE) 23

L
Landscapes, cut and punched 3
Larchley Education - "Alone at Home" 19
Log Homes 6

M
Maintaining Your House Foundation 10
Makeovers: Women Only 20
Making A House A Home - Interior Decorating 20
Map Reading 9
Midwifery 24
Migratory Birds Field Trip 26
Milford Lake Tour 26
Miniature Auto Racing & Track Construction 20
Movie Guides 21
Muffins, Marvelous 5
Musical Instrument Maintenance 7

N
Noodles, Homemade 11

O
Older Home Renovation 10
Oprera 5
Ozark Underground Laboratory 27

P
Parents Anonymous 18
Peace Corps Experience in Africa 9
Pet Care/Rehabilitation, Beginning 25
Philosophy of Sageduff and Ospensky 17
Photography 17
Picture Album, pared 9
Pilot Ground School 11
Play with Clay 28
Plumbing Repairs 6
Pottery 16
Poultry Keeping, Backyard 25
Power of Color, Intaglio Image workshop 20
Pre-Heritage T.A. Workshop 18
Psychotherapy Without Tears 18

30 Index
Index 31

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**CLASS EVALUATIONS**

UFM is 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 consumers protectors. Read class descriptions carefully. If your expectations are not being met, please let the teacher known. Let us know through class evaluations of any improvements we can make or phone Julie Cates at 532-5866 with your suggestions.

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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.
Mid Spring 1985

The Great Outdoors

WILDLIFE TRAILS IN KANSAS
MS-15
Jim Nyfling

One Time: Wednesday, 7:30pm, April 10
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
This spring, hike the beautiful hills and valleys of Kansas. We will discuss what Kansas has to offer in the way of hiking opportunities. Emphasis will be on trail locations and their unique features. Information and guides will be available for handout. Foot trails will be emphasized and bicycle trails will be mentioned. (Jim has taught this popular class before.)

STARFINDING
MS-16
Chris Sorensen

One Time: Tuesday, 7:30pm, April 16 (rain/cloud date: April 18)
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Limit: 15
We’ll look at planets, stars and constellations including Perseus, Orion, Gemini, Cancer, Leo the Lion, Virgo, Draco the dragon and many more. Emphasis will be on stars you can observe with the naked eye or binoculars. Telescopes will be provided. Dress warmly and bring binoculars and a flashlight if possible. If you’ve been raised/cared out of previous UM stargazing classes, please register – clear skies have been ordered in advance. Supplied reading: JAY & TELESCOPE MAGAZINE or ASTRONOMY MAGAZINE. Those both have monthly sky maps. (Chris is a physics professor at KU.)

A VISIT TO ST. KILDA
MS-17
Joseph Orme

One Time: Thursday, 7:30pm, April 3
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Get a taste of a remote North Atlantic archipelago west of Scotland’s Outer Hebrides. This slide presentation concentrates on nesting seabirds, including fulmars, gannets, and puffins, but also shows island scenery, endemic wildlife, and a deserted village. (Joe visited St. Kilda with a work party of the National Trust for Scotland.)

KANSAS WILDLIFE REHABILITATION
MS-18
Mike Ebanks

One Time: Thursday, 7:30pm, April 4
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Missed this spring of hunters and atropes, petting of wildlife often result in injured and abused animals. As a wildlife rehabilitator, Mike helps injured wild animals back to health so they can return to the wild. He will discuss how he provides proper diet and adequate exercise to wildlife and will present a slide show on animals he’s worked with. (Mike has been rehabilitating wildlife for nine years and has worked with most animals native to Kansas.)

FISHING FOR WALLEYE IN KANSAS
MS-19
Paul Miller

One Time: Wednesday, 7:30-9:30pm, April 17
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 20
Did you know that the Kansas record walleye (13 lbs 1 oz) was caught at Rock Ford fishing area in Manhattan? Although walleye can be caught year-round, April is a good time to go after “Big Bugeye.” A native fish, walleye have been stocked in most Kansas reservoirs and provide a good fight and fine meal. According to experts, Milford Lake is “chock full of walleye” and Tuttle has lots of two to 3 pounders. As walleye get larger, they become harder to catch. Paul will share his knowledge of where and when to walleye fish and what baits are effective. (Paul has fished for walleye for many years and is willing to share his skills with you.)

KERNER PRAIRIE CHICKEN ROOM
MS-20
Auburn Society Members

Section I: Saturday, 4:30am, April 6
Section II: Sunday, 4:30am, April 20
Location: Will be noted on your receipt
Class Fee: $4/section, pay with registration
Limit: 5/section
The courting ritual “booming” of the greater prairie chicken is one of the most interesting displays in nature. Manhattan is in the center of this species’ range, and facilities at Korna Prairie allow close observation of a large group of booming males and the attentive females. Get to bed early, bring binoculars, cameras and a thermos of hot drink, and expect to see an event you’ll remember forever.

WINGS ON THE WIND: EAGLES
MS-21
Perry Conway

One Time: Wednesday, 7:30pm, April 17
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Come soar with the eagles in the Chilkat Valley of Alaska. Although bald eagles are endangered in 43 states, the Chilkat River has the world’s largest congregation of these grand birds. Enjoy Alaskan and Rocky Mountain scenery as you get a close-up view of the daily lives of golden and bald eagles - their portraits taken by Perry Conway, a professional photographer from Boulder, Colorado. Perry’s multi-projection presentation is sponsored by Northern Flint Hills Audubon Society. (Perry is a nationally published photographer. We are lucky to have him visit our area.)

PRAIRIE RAPTOR PROJECT FIELD TRIP
MS-22
Terry Campbell

One Time: Saturday, 12-6pm, April 27
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Eagles, hawks and owls are raptors. 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. Please bring a sack lunch. (Terry is a veterinarian with five years experience in raptor rehabilitation and has been the director of the raptor rehabilitation program at K.S.U. for the past two years.)

EASTERN KANSAS SPRING BIRD MIGRATION TRIP
MS-23
Duane Kerr

Saturday & Sunday (weekends) Rae, May 4 & 5
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Accompany members of the Northern Flint Hills Audubon Society on a weekend trip to a wooded area in extreme eastern Kansas. The emphasis of the trip will be location and identification of songbirds, especially warblers and vireos, but waterfowl and hawks should also be sighted. This is a good chance for beginners and experts to see some species that aren’t commonly seen in our area. Plan to provide your own camping gear and food and to split transportation costs.

CIMMARON BIRD SAFARI
MS-24
Audubon Society Members

Saturday, Sunday, Monday, 8am, May 10, 19, 20
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
The Cimmaron National Grassland in extreme southwestern Kansas is suitable habitat for a large number of western bird species that are seldom, if ever, seen near Manhattan. A group of Northern Flint Hills Audubon Society members is travelling to the Cimmaron area to find scaled quail, roadrunners, magpies, lesser prairie chickens and numerous other residents and migrants. The group will carpool, the expenses being divided. Plan to provide your own camping gear and food.
MORE OUTDOORS

NATIVE WOODLAND WILDFLOWERS

John Sjo 532-6703
 Register and you will be contacted for exact date and time (mid-April)
 Location: You will be contacted.
 Class Fee: $4, pay with registration.
 Limit: 15

Woodland wildflowers bloom when conditions are “just right” and only
 continue for a few days. Many Kansasans are not even aware that we have
 bluebells, trillium, Dutchman’s breeches, hepatica, poke, mayapple, trillium
 and others. Join us as we take a wildflower walk through Joes’s property.
 Some early prairie wildflowers will also be encountered. (Using the
 natural ecosystems created by a stream, a bog, open prairie, wet wood-
 lands and dry woodlands, John has successfully grown more than 100
 species of wild flowering plants on his 10-acre tract near Manhattan.)

PLORA OF HACKEBERG GLEN

Ted Barkley 532-6619
 One Time: Saturday, 1-6pm, April 13
 Location: Will be noted on your receipt.
 Class Fee: $2, pay with registration.
 Limit: 10

Since the 1970’s Hackeberg Glen has been a field laboratory for KSU
 biology students and an important site for natural history studies.
 Privately owned, access to Hackeborg Glen is open only by permission
 of the owners. Join us as we explore the elusive walking fern, flowering
 pawpaw trees and other interesting plants. (Ted is a professor in the
 KSU biology department and is curator of one KSU Herbarium.)

WILDFLOWERS OF MILFORD LAKE

Gregory J. Mort 532-5865
 One Time: Wednesday, 7-30pm, April 17
 Location: Will be noted on your receipt.
 Class Fee: $2, pay with registration.
 Limit: 15

Join us at Greg’s Milford Lake home where we will learn about prairie
 anemone, verbena, indigo, spiderwort and many other wild flowers. (Greg
 is interested in wildflowers ever since he was too cheap to buy florists’
 products for his fiancé, now his wife.)

PRAIRIE FESTIVAL AT THE LABORATORY OF NATURAL SCIENCES

Neta and Dana Jackson 532-6619
 Saturday & Sunday, June 1-2 (all weekend)
 Location: Will be noted on your receipt.
 Class Fee: $2, pay with registration.

“Patterns and Tradition” is the theme for the 1995 Prairie Festival,
 June 1 and 2, at The Lab Institute. This will be our seventh annual
 celebration of the prairie ecosystem and prairie folk. The featured
 speakers will be Gary Snyder and Noma Logan. During the two-day event,
 there will be nature walks, workshops and discussions. There will be
 art features, music, and prairie-related activities. (Neta and Dana run
 The Hand Institute, a place where students and other credit for participating in art projects with windmills, solar
 collectors, earth houses, and composting toilets in the search for sus-
 tainable alternatives in agriculture, energy, shelter and waste manis-
 tement.)

LAWNMAWER SAFETY AND OPERATION (FOR YOUNG PEOPLE 8 YEARS AND OLDER)

Lyman Doxon 532-5865
 One Time: Saturday, 1-3pm, April 20
 Location: Will be noted on your receipt.
 Class Fee: $2, pay with registration.

Learn the safe way to start, stop and use a lawn mower, minor lawn-
 mower maintenance and clearing, plus tips on how to maintain a neighborhood
 lawn mowing service. Participants are invited to bring their own lawn mower to
 learn about adjustments and maintenance of that particular model.

STRAWBERRY BED PLANTING AND RENOVATION

Lyman Doxon 532-5866
 One Time: Tuesday, 6-9pm, June 18
 Location: Will be noted on your receipt.
 Class Fee: $2, pay with registration.

Learn the best varieties of strawberries for Kansas, bed preparation,
 proper planting techniques and how to maintain the bed over several
 years. Hands-on experience in the UFM strawberry bed will teach you
 how to increase soil productivity. Everyone will go home with enough
citrus to start a small bed and tins on how to nurture them through the summer.

KONTA PRARIE WILDFLOWERS

Craig G. Freeman 532-6619
 One Time: Saturday, 1-30pm-4:30pm, May 11 (rain date May 12)
 Location: Will be noted on your receipt.
 Class Fee: $2, pay with registration.
 Limit: 20

Take a walk on Konza Prairie and get acquainted with some of the flowering
 plants such as prairie coneflower, coreopsis, plains larkspur,
 blue wild indigo and many more. Learn a little botany as we enjoy
 the beautiful Prarie Hills this spring. (Craig will receive his doctoral degree
 in botany from KSU this spring.)

ALL ABOUT THE HERBARIUM

Ted Barkley, Eileen Schofield Barkley 532-6619
 One Time: Tuesday, 7-30pm, April 2
 Location: Will be noted on your receipt.
 Class Fee: $2, pay with registration.
 Limit: 15

Do you know what a herbarium is? Would you like to know how to press
 and preserve plants? This tour of the KSU Herbarium, plus a slide show,
 will take you behind the scenes of plant research and answer all your
 questions. (Ted is curator of the KSU Herbarium; Eileen was supervisor
 of the Herbarium at Kansas State University for 9 years.)

RAISING SPENDING FLORERING BULBS

Tim Lindemuth 532-6415
 One Time: Saturday, 1-3pm, April 13 (raindate April 20)
 Location: Will be noted on your receipt.
 Class Fee: $4, pay with registration.
 Limit: 20

Look over more than 1,000 flowering bulbs, daffodils and narcissus
 at the peak of the blooming season. Learn how to plant and care for shrub
 bulbs in your yard. Numerous bulb varieties will be discussed. (Tim has
 done home gardening for more than 20 years and has received Manhattan’s
 Yard-of-the-week award twice.)

VEGETABLE GARDENING FOR THE APARTMENT SHELTER

Lynn Doxon 532-5866
 One Time: Saturday, 1-3pm, May 4
 Location: Will be noted on your receipt.
 Class Fee: $2, pay with registration.
 Materials Fee: $4, pay at class.

Learn about steroids and hanging gardens, container gardens and other
 techniques for gardening in small spaces. See new, smaller varieties
 of many vegetables, plant a container or hanging basket to take home,
 to make your patio or balcony into a vegetable or herb garden. (Lynn is the
 coordinator of the UFM edible landscapes.

EDIBLE LANDSCAPING FOR THE HOMEOWNER

Lynn Doxon 532-5866
 One Time: Saturday, 1-3pm, May 11
 Location: Will be noted on your receipt.
 Class Fee: $2, pay with registration.
 Materials Fee: $2, pay at class.

No place for a vegetable garden? Too many trees in the back yard? Learn
 ways to make attractive and productive beds mixing fruit, vegetables and
 flowers. Any yard can produce both food and flowers all summer long.

CHILDREN’S GARDENING

Richard Mattson 532-6170
 Classes will be held in the evenings from April through fall. Register
 and you will be contacted for places. Children of ages 5-12 will be assigned individual and group gardens. They will
 learn planting, soil preparation, feeding, harvesting and other cultural
 practices throughout the gardening season. (Click is a professor of horti-
 culture at KSU.)

EDIBLE LANDSCAPE: INTERNSHIPS AND VOLUNTEER PROGRAM

UPM Staff 532-5866
 Day, time and date to be announced

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

UNIQUELY APPROPRIATE TECHNOLOGY TOUR GUIDES

UPM Staff 532-5866
 Day, time and date to be announced

Are you interested in appropriate technologies, solar energy or edible
 landscaping? UFM is looking for people to serve as A.T. tour guides for
 those visiting a solar energy and landscape demonstrations. Participa-
 tive guides, after receiving information and orientation, will lead pre-
 scheduled tours and receive a minimum of $4 per hour. Internships
 and scholarships are the only requirements.
Hobbies

STAMP COLLECTING
Tim Lindemuth
Class: $10, pay with registration
Location: Will be noted on your receipt
Mailing Materials Fee: $10, pay by check
This class is for the beginning, intermediate, and advanced stamp collectors of all ages. A Saturday field trip to the Wichita Spring Festival Stamp collecting, how to grade centering and cancellations, and how to use full of stamps and will be accompanied by a local Philatelic Society and the local Philatelic Stamp Club.

MINIATURE AUTO RACING AND TRACK CONSTRUCTION
Gregg Scurle
Location: Will be noted on your receipt
Class: $10, pay with registration
This class will build and race miniature cars (HO scale) and learn track construction techniques. We will hold races with and interest enough will form a miniature racing club and hold competitive events for kids of all ages. A $30.00 entry fee is required for participation in this event. (Jehans holds a B.S. degree in dance and has instructed in dance clubs and studios for the past four years.)

Getting In Shape

BODY DYNAMICS
Jessen Leboche-Ruiz
Location: Will be noted on your receipt
Class: $10, pay with registration
Body dynamics centers on the health and vibration of the human body. Each class will include a minimum of 45 minutes of aerobic-exercise to music. This is for anyone interested in keeping in shape. (Jehans holds a B.S. degree in dance and has instructed in dance clubs and studios for the past four years.)

JAZZERCISE
Julie Watson
Location: Will be noted on your receipt
Class: $10, pay with registration
JAZZERCISE is a dance-fitness program utilizing joyful jazz dance movements, choreographed to all kinds of music. It’s fun and a workout that will condition you totally. (Dance and Aerobic franchise with JAZZERCISE, Inc. Julie has five years experience.)

KUMON KENDO KARATE
Mark Ruona
Location: Will be noted on your receipt
Class: $10, pay with registration
Karate is good exercise and great self-defense. No previous martial art experience needed. Wear comfortable clothing. Mark has a first degree black belt with over two years teaching experience.

TAI CHI CH’UAN FOR HEALTH AND SELF-DEFENSE
Mrs. Xu and Yerna Rites
Location: Will be noted on your receipt
Class: $10, pay registration
Mrs. Xu is from Taiwan and has taught her art from her mother. She has been associated with this class for over a year. Yerna has been involved with tai chi for about three years.

FENCING FOR BEGINNERS
Doug Varney, Bright Area
Location: Will be noted on your receipt
Class: $10, pay with registration
Learn fencing skills with foil, epee, or saber. Footwork, conditioning and blade play will be emphasized in the first classes followed by practice bouts. We will hold for rent of all needed equipment. Intermediate and advanced fencers are welcome to join this class as well as beginners. (Doug and Bright have both been fencing for several years.)
**Baskets & Such**

**SPRING STEAM HATS** MS-47 527-2204
Susan Toy

Section 1: Wednesday, 9:30am, April 3 (one tire each section)
Section 11: Thursday, 7pm, April 23
Location: Will be noted on your receipt
Class Fee: $45, space allocation with registration
Materials Fee: $12.50, pay at class
Limit: 6

Learn to make silk and dried flowers or choose dried natural flowers to adorn a straw hat that will be a fresh accent for your home. Choose flowers and ribbon colors to match your entry, kitchen or bedroom. All materials provided.

**REBON WREATHS** MS-48 527-2204
Susan Toy

One Time: Thursday, 7pm, April 18
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $21, pay at class
Limit: 6

Twenty yards of ribbon - ones that match your color scheme are used in the production of this attractive decoration. Embellish it with delicate dried flowers or wire cones and you have completed a wreath for your door or wall. (Susan, owner of The Container, Etc., shares her skills with UPM participants, many local clubs and groups.)

**STENCIL** MS-49 527-2204
Susan Toy

One Time: Monday, 9:30am, April 19
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $3, pay at class
Limit: 6

Stenciling is an inexpensive craft that is easy to learn. Learn the techniques of stenciling and practice on note paper, a wooden item or a fabric item. Susan will provide a variety of stencils to use during class and a reusable one for you to keep. Please bring the item you wish to stencil, such as stationary, rugs, lampshade, hats, or country wood items.

**WOOD RIBBON BASKETS** MS-50 527-2204
Susan Toy

One Time: Monday, 10am, May 6
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $38, pay at class
Limit: 6

Trimmed with a ruffle and bow this 4-quart basket is large enough to be practical as well as decorative. It would make a perfect Mother's Day gift. All materials provided.

**BUNCHED AND CUT JAM SHAPES** MS-46 527-2204
Susan Toy

One Time: Monday, 1pm, April 15
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $5.50, pay at class
Limit: 6

How you see them in the decorating magazines? The shape is 4"x4",4" and is the perfect size for a bedside table or entry hall. You choose the color and we'll spend the afternoon creating one of the brightest new decorator items. All materials provided.

**STITCH AND STUFF**

Mary Ann Moody 238-8379

Section 1: Saturday, April 20 11am-3pm
Section 11: Friday, May 17 7:30-9:30pm (Junction City)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
Limit: 8

Trampoula stitching is a unique and easy craft. Beginning and experienced stitcher alike will enjoy learning to make these 3-dimensional kits. We will also frame your finished project. (Mary is a representative of Creative Circle."

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**Just For Kids**

**INTRODUCTION TO PHOTOGRAPHY FOR YOUNG PEOPLE** MS-59 776-4240
Audrey Murphy, Rebecca Brow of

Section 1: Saturdays 4-6pm, May 25, 30 and June 1 (9 years and up)
Location: Will be noted on your receipt
Class Fee: $45, space allocation with registration
Class Fee: $10, pay at class

Want your kids to experience photography but cringe at the idea of little fingers destroying your costly camera set-up? With the inexpensive "Sun- pet" children can learn the basics: film loading, camera handling and picture taking. Saturday, on location, we will discuss how a camera works and take pictures of a variety of subjects. Two weeks later, we will discuss and enjoy the pictures. Materials Fee includes: "Sunpet" camera (to keep), film processing and printing. (Audrey has been involved with photography and darkroom work for years and Rebecca is a zoo docent at Sunset Zoo.)

**CLAY MAY BASKETS FOR KIDS (7-10 YEARS)** MS-55 776-3135
Amy Gatzsch

On Mondays, 4:30-6:30pm, May 27, 4, 11, 18, 25, June 1, 8, 15, and June 22 (5-9 years old)
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Materials Fee: $3, pay at class
Limit: 6

Surprise someone and celebrate spring with a handmade May basket. We'll learn about the tradition of May baskets and work with clay at the same time. (The very nature of the materials and methods has taught several UPM classes and hopes this new class will be as much fun as those of the past.)

**PLAY WITH CLAY (7-10 YEARS)** MS-59 527-4769
Bill Higgins

Tuesdays, 4:30-6:30pm, May 7, 14, 21
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Materials Fee: $3, pay at class
Limit: 6

Don't get dirty and not get in trouble! Then let's play with clay! We'll do several projects which have in the past included chimneys, piggy banks, animals or name plates for your room. Whatever we do we'll have fun! (Bill has enjoyed teaching this class before and is looking forward to doing it again.)

**KEY BASKETS** MS-42 539-6964
Margaret Davenport

One Time: Monday, 7:30pm, April 22
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
Limit: 10

Remember the tradition when you were young, to hang a key basket on a special friend's door, ring the bell and run? Martha has fun each spring making baskets for her neighbors. Learn how to make "fair castle" of tissue paper and a basket of woven construction paper and surprise a friend on May Day! Bring a sharp pair of scissors. (Margaret learned to make these baskets from her mother and is now real popular with the neighborhood kids!)
Photography

UVP PHOTOGRAPHY DARKROOM COOPERATIVE (BLACK & WHITE & COLOR) MS-66

Organizational Meeting: Monday, 5:30-9:30 pm, April 1 (or by individual appointment)

Location: Will be noted on your receipt

Located just one block east of campus in the UMP House, the UMP Darkroom is available to anyone who needs access to a well-equipped facility. Equipment is capable of handling up to 3 x 4 prints and Emmicrome negatives at 11 x 14 size. The fee includes everything you need except the paper. For those who need instruction in darkroom techniques, UMP is offering a course titled "Beginning Darkroom" where you have your questions answered.

Black & White: Only 11 x 14: 8 weeks $20, new members $25, renewals $20.

1 semester 35, new members 35, renewals 25 (with pay registration)
2 semester 60, new members 45, renewals 35 (with pay registration)
3 semester 95, new members 50, renewals 45 (with pay registration)

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

Black & White & Color: 8 weeks $25, new members $20, renewals $15

1 semester 35, new members 35, renewals 20 (with pay registration)
2 semester 60, new members 45, renewals 35 (with pay registration)
3 semester 95, new members 50, renewals 45 (with pay registration)

The color equipment enables you to develop film or slides and to make prints from negatives or from slides (Contact Prints). There is no additional hourly use charge. For those who wish to use the darkroom but who do not wish to purchase a membership, space is available at the rate of $2/hr. (Neil is coordinator of the UPM darkroom.)

BLACK & WHITE DARKROOM MS-66

John Kent 539-1333

Section I: Wednesdays, 5:30-9:30 pm, April 1, 2, 3
Section II: Wednesdays, 7:30-9:30 pm, April 11, 12
Location: Will be noted on your receipt
Class fee: $37/section, pay with registration
Materials Fee: $5/section, pay at class
Limit: 6/section

This is a basic hands-on class that will familiarize you with essential darkroom processes. You will develop your own black and white film, prepare a contact sheet and make several prints. Bring an exposed roll of black and white film. Newcomers will receive chemicals and a paper. John was a professional photographer for 5 years in Kansas City. This is a great introduction to the profession or photo lab for 2 years and has 10 years black and white darkroom experience.

BEGINNING PHOTOGRAPHY MS-67

Emrie Pelc 582-5982 537-9833

Tuesday, Wednesday, Thursday, 7pm, June 4, 5, 6
Shooting: Saturday, 8:30am-1:00pm, June 8
Critical Review: Thursday, 7pm, June 11
Location: Will be noted on your receipt
Class fee: $30, pay with registration
Limit: 12
Materials Fee: $25, pay at class
Four evenings and full day of instruction on how to operate and care for a 35mm camera, film, processing, handouts, and a camera are furnished. The camera is returned when you leave, and the rest is yours to keep. (Emrie has taught this many times with great success.)

BEGINNING DARKROOM MS-66

Audrey Murray 776-4240

Tuesdays, 7-12pm, April 16, 23 (2 times)
Location: Will be noted on your receipt
Class fee: $20, pay with registration
Limit: 3

A basic darkroom class covering black & white film development, contact sheets and negative printing. Bring an exposed roll of Kodak or Ilford black and white film and a package (25 sheets) of Kodak or Ilford Multigrade II 8x10 paper to class. (Audrey has years of darkroom experience and works for Manhattan Studios.)

Arts Potpourri

FOOLFESTIVAL: MAY 4 MS-63

The Kansas FoolFestival will be May 4 at Ahearn Complex on the K-State campus. It will feature 60 Kansans demonstrating traditional crafts, foods, and occupational skills and music. Everyone being entertained, people who come to the Festival are invited to take the time to learn new skills from festival artists and musicians. Children under 6 are admitted free. Children 6-12, $1, senior citizens and K-State students, $2.00.

WALKING TOUR OF KSU ART COLLECTION MS-64

Jessica Reichman 539-6605

One Time: Saturday, 11am-12pm, May 25
Location: Will be noted on your receipt
Class fee: $25, pay with registration
Limit: 15

On this tour we will be viewing works of art by John Stuart Curry, Thomas Hart Benton, Birger Sandzen, and many others that are housed in campus buildings. Wear your comfortable walking shoes and join us for an hour of art viewing. (Jessica is the curator of the KSU art collection.)

Art DEPRESSION GLASS COLLECTION MS-45

Pat Casey 776-4818

One Time: Wednesday, 7pm, April 10
Location: Will be noted on your receipt
Class fee: $20, pay with registration

Let's get together and discuss patterns, colors and ways of collecting Depression glass. The instructor will display numerous patterns and share ideas for displaying, using, and completing a collection by purchasing through various available publications. (Pat and his husband Scott have been collecting Depression glass for 10 years and are interested in meeting others who share this hobby.)

FLINT HILLS FOLK DANCERS MS-63

Endy Cockey, Paul Wethers 539-6306 539-4405

Friday, 7-10:30-9:30pm, April 19
Location: Will be noted on your receipt
Class fee: $25, pay with registration

In its fifth year, the Flint Hills Folk Dancers is a small but active group of townspeople and students who love to dance. We typically dance from 6 to 9 pm, and are willing to dance with or without live music. With experienced folk dancers, we hold weekly workshops and guest workshops as part of Flint Hills Folk Festival. All dance styles are welcome, from traditional Irish to contemporary footwork. We are particularly interested in welcoming and encouraging dancers of all skill levels, from beginners to advanced dancers. Endy and Paul are also enthusiastic folk dancers. This page needs to be triple checked, as the images are not properly formatted.
H.O.M.E.
The Home Owner's Maintenance and Energy (HOME) Program is sponsored by the U.S. Department of Housing & Urban Development and the City of Manhattan. It's purpose is to help homeowners address their needs through low-cost education, technical assistance and volunteer action. The following classes/workshops are offered by HOME through UPM. For more information, call HOME at 532-5866.

IT'S OVER YOUR HEAD - BASIC ROOF REPAIR

**MS-01**
Gerald Walters
One Time: Saturday, 9-4pm, April 13 Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 20
How can a homeowner tell if it's time to take its own repairs? Learn roofing and guttering basics through hands-on training. Two 1/2 hour roof and gutter projects will be supervised by a professional. (Gerald works as Keys Roofing & Insulation Co., as the Roofing Department Foreman.)

MAINTAINING YOUR HOUSE FOUNDATION

**MS-02**
Tom Hames
One Time: Wednesday, 7-8:30pm, April 17 Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 15
Learn how to assess your foundation and take the appropriate steps to preserve it or make needed repairs. Questions about basement and other problems will be discussed. Tom has 12 years experience working with foundations and owns Second Life Restoration.

UNDERGROUND HOMES TOUR

**MS-40**
Bruce Sneed
One Time: Saturday, 12-4pm, April 20 Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Limit: 10
Earth sheltered home design is one energy conservation strategy in home building. Several designs are in the construction process or have already been built within the Manhattan area and are available to visit. This tour will feature 4 different designs with some owners and designers/builders showcasing the projects. Free brochures will be given to each participant. (Bruce works for the Kansas Energy Extension Service.)

A SOLAR ROOM FOR YOUR HOME

**MS-41**
Dan Boyett
One Time: Thursday, 7-9pm, April 4 Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Limit: 15
Are you planning a home addition? This informational meeting will explain the HOME Solar Design Service which provides free custom-solar plans for Manhattan homeowners. This service includes a detailed design, cost estimates, site monitoring and construction advice. It is a valuable service and will only be available for a limited time.

Woodworking

WOODCARVING WORKSHOP

**MS-53**
Glenn Lusika
Tuesdays: 7-10pm, April 23, 30 (2 times)
location: Will be noted on your receipt
Class Fee: $6, pay with registration
Limit: 15
A class in basic wood carving techniques for beginning wood carvers and covering materials and techniques through advanced carving, types of wood, tools, sharpening techniques, carving, and patterns for carving will be covered. (Glenn is a master wood carver, will be assisted by Wilbur Coffee, Duane Higgins, and Larry Wisdom, local woodcarvers.)

INTRODUCTORY WOODWORKING

**MS-54**
Lynn Miller
Saturdays: 1:30-4:30pm, April 13, 20, 27 (3 times)
Location: Will be noted on your receipt
Class Fee: $12, pay with registration
Materials Fee: $2, pay at class
Limit: 6
Meet 3 consecutive Saturday afternoons to learn about and use hand tools, the electric sander and belt sander while making small projects. All ages 14 and older welcome. (Lynn, a KSU student, is an experienced woodworker.)

UPM WOODSHOP CO-OP

**MS-65**
Dan Brebeck
Saturday: 1:30-6pm, April 6, Required organizational meeting
Location: Will be noted on your receipt
Membership Fee: $3 for 4 months, $5 refundable deposit
Get started on your spring projects. A work area with hand tools, table saw, and other power tools, and limited storage space will be available. Covers wear and tear on equipment and utilities. For those interested in teaching woodworking, teaching can be exchanged for a reduction in co-op membership fees. (Dan is the UPM woodshop coordinator.)

Images

HAIRBRIDGING

**MS-70**
Crepidas Salon
One Time: Monday, 7-9pm, May 6 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 your hair. Professional hair stylists will demonstrate different types of braiding and knotting, using some participants as models. Come learn the newest techniques and some old favorites.

HAIR AND MAKEUP MAKERS

**MS-71**
Crepidas Salon
One Time: Monday, 7-9pm, May 20 Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 12
Looking good is important for success in the '80's. If you're not sure what makeup and hair styling techniques correct for your facial shape, join us for an evening of 'before' and 'after' demonstration and personal consultation. Some class participants will be used as models. (Stylists at Crepidas have recently completed training in the hair and makeup trends for spring.)

IMAGE CONSULTING: A NEW CAREER!

**MS-72**
Deanna Pierson and Vera Hayen
One Time: Thursday, 8pm, April 30 Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Limit: 8
Are you looking for a part-time job? A change of pace, a new career, or are you just curious about the possibilities of being an image consultant? The image field offers a variety of services from color analysis, wardrobe consulting, fitness consultation, personal shopping, or personal image management. The future is bright as we get in this business, cash outlay for start-ups, and problems to anticipate. (Deanna is a beauty consultant with Beauty for All Seasons, operates a professional image business.)

MAKERS: WOMEN ONLY

**MS-73**
Deanna Pierson and Vera Hayen
One Time: Thursday, 8pm, April 30 Location: Will be noted on your receipt
Class Fee: $5, 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 two best basic colors, darkest and lightest, for job interviews, the best style for your individual figure, correct makeup for your particular skin tone, and most flattering hairstyle and accessories. Instruction 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 Diet Center and a trained, certified color analyst with Beauty for All Seasons. She is an expert on personal image management.

DRESS TO WIN: INDIEPHD IMAGE WORKSHOP

**MS-74**
Bonnie Hansen
One Time: Thursday, 7:30-9:30pm, April 18 Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Materials Fee: $1, pay at class
Limit: 8
This special workshop is designed to be an individual analysis of the best professional look for you. Your most authoritative look will be determined, with your two best basic colors, darkest and lightest, for job interviews, the best style for your individual figure, correct makeup for your particular skin tone, and most flattering hairstyle and accessories. Instruction 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 Diet Center and a trained, certified color analyst with Beauty for All Seasons. She is an expert on personal image management.

COLOR ANALYSIS CO-OP

**MS-75**
Bonnie Hansen
Section 1: Wednesday, 10am-12pm, April 10 Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Limit: 8
Section 2: Wednesday, 1:30-3:30pm, April 10 Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Limit: 4
Section 3: Wednesday, 7:30-9:30pm, April 10 Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Limit: 4
Which colors are in control of your wardrobe and enhance your own personal beauty which trend just the right messages about you? Find out at this exciting class! Each person will have their colors analyzed using the FID-2006 color concept and also have a complete makeup make-over. Styles and fashions will also be discussed.
People

TRACING YOUR ROOTS

J. Harvey Littlefill

Mondays, 7-9pm, April 15, 22 (2 times)
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Limit: 10

Where are the roots of your family tree? Do you know anything about your ancestors past your grandparents? Learn the tricks of the trade as we sort out what and how to research the elusive past. This class is for beginners who want the basic knowledge needed to make a genealogical study of their family histories. We will go beyond just names and dates, bringing the names and dates of ancestors you already possess. (Harvey is a retired KSU professor. He is currently the president of the Riley County Genealogical Society.)

STRESS MANAGEMENT

Michael Weinberg, PhD

MS-77

539-7758

Monday & Wednesday, 7:30pm, April 22, 24
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10

There are many ways to overcome the stresses put on us by ourselves and others. We will explore and practice the techniques for dealing with stress. You will be given many ways to help you identify and deal with stress in an effective manner.

INTRODUCTION TO THE PHILOSOPHY OF GURDJIEFF AND OUSPENSKY

David Sanzen

MS-78

532-5953

Wednesdays, 7:30-9pm First Meeting: April 3 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: $1, pay with registration
Limit: 15

This class explores the psychological system of the two Russian philosophers and teachers, Gurdjieff and Ouspensky. Their philosophy seeks to join Eastern traditions with Western needs, emphasizing a system of self-development grounded in verification through personal experience. Classes will include practical exercises, discussion, and reading aloud from Ouspensky's A Psychology of Man's Possible Evolution. (David has been involved in the Gurdjieff/Ouspensky work for several years. He has studied with John G. Bennett, who worked directly both with Ouspensky and Gurdjieff.)

ADOPTIVE PARENT SUPPORT GROUP

Harrieta Steele, Linda Teener

MS-79

539-5537

You will be contacted for time and date
Location: Will be noted on your receipt
Class Fee: $1, pay with registration
Limit: Indefinite

This group will provide opportunities for adoptive parents to share the joys and frustrations of adopting children. Acceptance by others, work, or school, and the change of roles and spouse relationships are potential discussion topics. At the first meeting we will decide when and how often to meet. Childcare will be provided. (Linda has adopted 2 older children and Harrieta has a racially mixed family.)

Spring Treats

CHINESE COOKING CLASSES

Lee Shih Wu

All classes meet Friday, 6:30-8:30
Class Fee: $4/class, pay with registration
Materials Fee listed with each class, pay at class

An exploration of the many types of Chinese cooking and methods used in each. You can learn ways to use the whole chicken, make fresh tofu, try new seafood, all from a native who graduated from the Chinese Cooking Institute in Taiwan.

Fried beef with garlic and celery
MS-89

Fried beef with oyster sauce
March 29
Materials Fee: $5

Making tofu, using tofu with stir-fried Chinese cabbage with fried bean threads
April 5
Materials Fee: $4.50

Stir-fried shrimp with cashew nuts
April 10
Materials Fee: $6

Chicken legs with fresh mushroom and stir-fried
May 3
Materials Fee: $4.50

Stir-fried pork with sweet rice
May 10
Materials Fee: $4.50

Egg roll skin wrapped around egg, rice, brown sauce mixture - a traditional snack
May 17
Materials Fee: $4

MONEY MANAGEMENT SEMINAR

Fred Freeby

Section I: Monday, 7:30pm, April 15
Class Fee: None

Section II: Monday, 7:30pm, April 22
(one time each section)
Class Fee: None

OPPORTUNITIES OF ALL LIFE: THEORY AND PRACTICE

Sharon Powers

MS-85

539-0416

Length: 8 times
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

This class is recommended for spiritual seekers who are not satisfied by traditional religious teachings and who want to change the consciousness of planet earth from war and poverty and sickness to peace, prosperity and happiness. We start from the premise that spiritually we are all one. You are one with all your brothers and sisters on planet earth, and your consciousness can make a big difference! Come and learn how. (Sharon has studied metaphysics in Washington, D.C., and Michigan.)

NICARAGUA SLIDE SHOW

Julie Costales, Bill Drake

MS-84

532-5966

One time: Thursday, 7:30pm, April 10
Location: Will be noted on your receipt
Class Fee: $1, pay with registration

This slide show includes slides shot in Nicaragua by the presenter. The Nicaraguan revolution of 1979 has caused him to take a personal interest in the situation.

LATCHKEY EDUCATION - "ALONE AT HOME"

Tim McHenry, Darrell Marr, Lynda Frey

MS-85

537-2180

Section I: Saturday, 8:15am-12:30, April 13 (3rd grade)
Location: Will be noted on your receipt
Limit: 12/section

Section II: Saturday, 8:15am-12:30, April 27 (4th-6th grades)
Location: Will be noted on your receipt
Limit: 12/section

HELP! As working parents, what do we do with the kids after school? Recognizing the fact that parents are often frustrated by day care choices, and that many children are "in self-care" on a regular basis, The Red Cross Center is now providing education to these latchkey families. The 3-hour course deals with personal safety and emergency procedures, first aid, and suggestions for "home rules" which parents and kids work on together. (Tim, Darrell and Lynda work with the Red Cross.)

HOMEPAGE NOODLES

Larry Stuber

MS-88

537-6743

One Time: Saturday, 7-9pm, April 6
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $3.50, pay at class

Served with a salad and a beverage
Limit: 12

Tired of bland store noodles? Homemade noodles are SO much better and are easy to make. We will each make a batch and cook them in turkey and beef broth. You will be sent a list of kitchen utensils to bring including 2, 2-quart containers to carry some home in. (Larry learned to make homende made noodles from a "mother-in-law".)

CHERRY DROPS AND OTHER DELIGHTS

Nancy Kaler

MS-86

539-9510

One Time: Saturday, 7pm, April 13
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $4, pay at class

Tired of the same old Christmas desserts? Learn how to make a variety of traditional and non-traditional cookies.

REDUCED PRICE: $4

1-2-3 cookies (coconut sugar cookies) brownie rounds, brown sugar cookies, oatmeal gingers, rockie road cookies, snickerdoodles and chocolate cherry drops. Just a few of the zillion of cookie recipes Nancy has in her repertoire. Come and learn some new baking delights. (Nancy has taught cookie classes for UFM before and is back by popular demand.)
Registration Form

NAME PRINT  ONE FORM PER PERSON

Name ____________________________ Apt. # ________

Street ____________________________ Zip.

City ____________________________ Work Phone ________

Home Phone _________________________ Work Phone ________

SURVEY—Please check all that apply:

I am a

☑ Student (current KSU student)

☑ Student Spouse

☑ KSU Faculty/Staff

☑ Faculty/Staff Spouse

☑ Public School Age

☑ Senior Citizen

☑ Handicapped

Check here if you require class to meet in handicap-accessible space. ☐

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

I am interested in teaching for UFM. ☐

I would like to see offered next term: ☐

Please indicate where you obtained catalog:

☑ If KSU student, list ID# ______

CLASS # SECURITY # TITLE CLASS FEE

1. ☐

2. ☐

3. ☐

4. ☐

5. ☐

6. ☐

PLUS $2.00 REGISTRATION FEE

(Two Exemptions) $2.00

TOTAL DUE

Have you taken a UFM class before? ☐

I hereby authorize the use of my Visa/MasterCard:

Card # ____________

Expiration Date ____________

UFM—913-532-5866

1221 Thrupton • Manhattan, Kansas 66502

Priority Registration Period: March 18-29

Registrations after March 29 accepted on a space-available basis.

WALK-IN:

Monday March 18 UFM House 9am-7pm

Tuesday March 19 Public Library 9am-5pm

Wednesday March 20 KSU Union 9am-4pm

Sunday March 23 Kell-Hart 2pm-5pm

Tuesday March 26 KSU Union 9am-5pm

Wednesday March 27 KSU Union 9am-2pm

Thursday March 28 Public Library 11am-2pm

Thursday March 28 Public Library 9am-5pm

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 Thrupton, Manhattan, KS 66502 (a stamped, self-addressed envelope is appreciated)

C. PHONE-IN: For 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 canceled 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.

GIFT CERTIFICATE

This certificate may be used toward UFM class fees.

We hope to show you the gift of learning.

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

VISA

MasterCard

SAVINGS

Spend your UFM class fees up to $50.00

SEX

NAME PRINT  ONE FORM PER PERSON

Name ____________________________ Apt. # ________

Street ____________________________ Zip.

City ____________________________ Work Phone ________

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SAVINGS

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SEX