FREE CATALOG
Over 200 courses
- Job Skills
- Fitness
- Gardening
- Personal Image
- Arts and Crafts
- Health
- Self-Awareness
- Children's Activities
what is UPM?

UPM is a private, non-profit community learning network linking resources with needs, volunteers with programs and creative solutions with community problems. Some 10,000 participants enroll annually in more than 1,000 courses. Specific programs respond to the special needs of the handicapped, elderly, low-income and minority citizens of our community. More than 1,000 volunteers, ranging in age from 8 to 85, share their knowledge, their skills, their time and their concern.

"The philosophy behind UPM'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 Iyana Yoga, concerns with community development, the basics of home buying and investments or continuing the traditional folk arts of the rural Midwest, the courses will find it in the more than 1,000 courses coordinated by UPM annually.

Appropriate Technology: Conserving Our Energy and Resources

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

Outreach: Preserving the Rural Community

Kansas 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 UPM educational model.

The Needs of the Handicapped Adult

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

UPM on television

Learn about antiques, wildflowers, pocket billiards and other topics on Cable Channel 8 TV. This is UPM is a weekly television show featuring interviews with UPM teachers on their areas of expertise. It is aired every Tuesday at 6:30pm.

Scapefitti:

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

And Much More:

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

LOW DOUGLAS LECTURE 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.

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)
1323 Thurston
Manhattan, Kansas 66502
Phone: 913-539-5376
**Language Arts**

**BEGINNING FRENCH**

**FA-62**

Kathy Hall Foster

Tuesdays, Thursdays, 7-8:30PM, June 25-July 18

Length: 8 times

Location: will be noted on your receipt

Class Fee: $10, pay with registration

Materials Fee: $5, pay at class

Limit: 20

The class will cover beginning French grammar with an emphasis on essential elements for getting along while travelling abroad. (Kathy has lived abroad is more enjoyable when you can communicate in the language of the country you are visiting.)

**GERMAN FOR TOURISTS**

Barbara McHurt

**FA-63**

Wednesdays, 7PM, June 12, 19, July 17, 24

Length: 4 times

Location: will be noted on your receipt

Class Fee: $6, pay with registration

Materials Fee: $3, pay at class

Limit: 10

This class will give you an introduction to German language and culture with an emphasis on pronunciations including: hotel and restaurant vocabulary, trip or move to Germany, or to refresh your knowledge of a trip you take on your German! (Barbara lived in Germany for three years, taught German for the U.S. Army and 60 high school students.)

**CONVERSATION FOR GERMAN SPEAKERS**

Caroline Ullom

**FA-64**

Mondays, 7-8PM, First Meeting: June 24 Length: Ongoing

Class Fee: $4, pay with registration

Limit: 10

We met last summer in Last Chance in Appletown- now to continue our practice up on the German we’ve learned come when you can, stay as long as you like. (Caroline spent the 1992-93 school year in studying in West Germany.)

**WHAT TO SEE IN BRITAIN**

Miranda Mortlock

**FA-65**

One Time: Thursday, July 25

Location: will be noted on your receipt

Class Fee: $14, pay with registration

Planning to visit the British Isles? Here’s an informal discussion of some things you might like to see and ideas on what the British like to and would like to answer questions for those going to England/UK with

**EXPLORING FAMOUS PEOPLE IN BLACK HISTORY THROUGH DRAMA**

Cindy Klayton

**FA-18**

One Time: Saturday, 10am-12pm, July 13

Location: will be noted on your receipt

Class Fee: $4, pay with registration

Limit: 12

We will explore the characters of: Sojourner Truth, Harriet Tubman, Martin Luther King, Paul Robison and others through drama and song, no previous drama experience necessary.

**FEMINIST WRITERS SUPPORT GROUP**

Natalya Hall

**FA-19**

Register and you will be contacted for date, time and place

Location: will be noted on your receipt

Class Fee: $2, pay with registration

We are women who write journals, letters, poems, stories, plays... who find our friends' criticism and encouragement; we will divide when and how often to meet at our first meeting and go from there, aiming towards an ongoing group. (Natalya has always loved to write, to share her writing, and to connect with others who write in a supportive environment.)

**NEXT SESSION BEGINS SEPTEMBER 11.**

The fee for class descriptions is July 26.
From Sheep To Yarn

FOR THE "SIMMERFISH" WOOL, FLEECES TO FABRIC
Cliff Speeth, Don Erickson
One Time: Saturday, Jan 12, July 15
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $3, pay at class
Limit: 20
This class will include a display of different types and grades of wool taken from different breeds of sheep, a discussion of the major characteristics that affect wool value, a review of the major processes wool undergoes during milling, and a sheep shearing demonstration. (Cliff is an extension specialist in sheep production, Don has an MS in wool from Australia and is an economist.)

BASIC SPINNING
Ron Sosik
Saturday, Sunday, 10am-1pm, June 22 & 23
Length: 2 times
Location: Will be noted on your receipt
Class Fee: $8, pay with registration
Materials Fee: $7, pay at class
Limit: 6
Learn to spin from A to Z! We will prepare the wool for spinning including dyeing, washing, combing and carding. Then you will learn the techniques to spin both fine and heavy yarn, maybe plying too. If you have a spinning wheel, we'll discuss care of the spinning wheel and trouble-shoot problems such as over-spinning, spun yarns, art shows and senior citizen programs. She was a winner in a national wool show and is currently a member of the Weaver's Fancy Guild.

NAURAL DYE WORKSHOP
Judy Love
One Time: Saturday, Jan 26, June 29
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $4, pay at class
Limit: 10
Natural dyes give a soft, subdued color to wool. We will use locally gathered plants, flowers and weeds with a variety of different dyes. Discussion will include what plant material produces which colors and whether the dyes are available commercially. If one wants to purchase natural dyes, suppliers should bring their own white wool divided into 2 yards per skein. Judy will tell you where to find any. (Judy teaches a weaving and university.)

4/Fine Arts
DANCE IMPROVISATION

FA-13
Maria F. Bode

Mondays, 5:30-7:30, June 24
Location:will be noted on your receipt
Class Fee: $10, pay with registration
Length: 6 times
Limit: 15

Learn the fundamentals of movement improvisation. Experienced and inexperienced dancers are welcome. Wear dance clothes or clothing comfortable to work in. (Maria is a KSu dance department graduate currently teaching and studying in Manhattan.)

DANCE WORKSHOP

FA-66
Randi and Susan Dale

Section I: Wednesday, 4-12 year olds, 6:30-7:15pm, June 19
Section II: Wednesday, 13 year old and up, 7-7:45pm, June 19
Location: will be on your receipt
Class Fee: $12, pay with registration

This will be both a dance workshop in which various dance steps will be introduced and practiced including ballet, tap and jazz and a demonstration during which different dance styles by practiced dancers will be performed. 4 to 12 year olds will practice dancing from 6:30-7:15 The 12 year olds and up will practice dancing from 7:15-7:45. (Randi has taught dance for the past 24 years, and her daughter Susan has danced all her life and is currently on dance scholarship at K-State.)

RENAISSANCE EVOLUTION OF FUN AND DANCE

FA-12
Linda Hurl-Weisz

One Time: Wednesday, 7:15-9:00, June 19
Location: will be on your receipt
Class Fee: $4, pay with registration

If you enjoy the simple grace of Renaissance movement and music, come join Linda for an evening of outdoor instruction and fun. BringPipers and hand drums if you play them and we'll make music and dance. (Linda is dance instructor and choreographer at K-State. She is leaving soon, so enjoy her while you can!)

SWING DANCE

FA-66
Art Clark

Fridays, 5-30-6:30, First Meeting: July 5 Length: 4 times
Location: will be on your receipt
Class Fee: $10/person, pay with registration
Limit: 20 persons

Don't hold yourself back when you hear that hot fiddle playing! Round up your friends to learn the simple moves, elts, spins, turns and slides done in country western swing and get down to some hot tunes. (Art has taught swing dance for many years.)

ADULT DANCE CLASS

FA-14
Maria F. Bode

Wednesdays, 5:30-7:30, June 26
Location: will be noted on your receipt
Class Fee: $10, pay with registration
Length: 6 times

Introduction to dance geared toward adult participants. We will cover ballet, modern dance, jazz and improvisation styles of dance. Wear comfortable clothes to move in.

FLINT HILLS FOLK DANCERS

FA-16
Sandra Coker/Paul Williams

Saturdays, 7-30-9-30pm First Meeting: June 22
Location: will be on your receipt
Class Fee: $2, pay with registration

In its fifth year, the Flint Hills Folk Dancers are a small but active group of townspeople and students who hear to folk music from all over. If you can walk, you can dance. All are welcome, from beginners to advanced dancers. (End and Paul danced before they could walk.)

BREAK DANCERS

FA-15
Terry Jones/City Rockers

Monday, Thursday, 7-8:30pm, June 24, 27, July 1, 8, 11 (8 times)
Location: will be on your receipt
Class Fee: $10, pay with registration

The two basic styles of street dancing are "breaking," flash dance and "breaking." Flashy gymnastic moves performed close to the ground like the back spin, and electric boogie," fluid body movements like spinning, popping, locking and the wave. Get in on this newest dance form that is sweeping the nation. The City Rockers are one of the top local break dance groups whose exciting style is pleasing crowds at competitions.)

BOOK SHOP

Books  Magazines  Pipes & Tobacco

Village Plaza Shopping Center
537-8025

We welcome special orders. If you need it, we’ll try to get it for you.

Fine Arts/5
All Kinds Of Crafts

FABRIC PAINTING
Beth Sourlock
Monday, Thursday, 7pm, June 24, 27, July 1, 8, 15 (2 times)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 15
Turn a naked t-shirt into a work of art. It's very easy and you don't have to be an artist to accomplish some extremely attractive finery! First session, bring yourself. Second session, bring a t-shirt along. Don't worry about supplies; Beth will share her paints with you. (Beth has taught this class before and has been painting shirts for over a decade.)

DECORATING STROM HATS
Susan Toy 537-2084
One Time: Wednesday, Jan, June 19
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1.25, pay at class
Limit: 5
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 flower and ribbon colors to match your entry, kitchen or bedroom. All materials provided. (Susan is owner of The Container, a local arts and crafts shop.)

SUMMER WREATHS
Susan Toy 537-2084
One Time: Tuesday, July 7
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
Limit: 6
Enjoy warm weather wreaths made out of ribbons or grapexine and decorated with a work: will be noted on your receipt. Animals like she or ducks or how about a scotta-dog wreath? Your imagination is the limit. We have ribbons to match the colors of every season and to fit every decor.

MAKING LACE, SILK AND RIBBON FLOWERS
Susan Toy 537-2084
Section 1: Wednesday, 9:30am, June 26
Section 11: Monday, 9:30am, July 15
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $6.50, pay at class
Limit: 6/section
Decorate your home with lace, silk and ribbon flowers. There will be a variety of many colors and types of ribbons and flowers from which you may choose to make a bouquet that you can take home with you.

SILK FLOWER ARRANGEMENTS AND DECORATING TIPS
Barbara Beck 1-789-2393
Friday, Tuesday, Thursday, 7pm, June 21, 25, 27 (3 times)
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $5, pay at class
Limit: 20
Each person will make lace, ribbon and a wicker basket with silk floral arrangements. We will also discuss decorating ideas for the home. (Barbara has attended training and seminars on wall decorating arrangements and silk floral arrangements.)

DRIVING WILD FLOWERS DEMONSTRATION
Kathy Coley
One Time: Saturday, 8:30-11am, July 20
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $4, pay at class
Limit: 15
Preserve those summer wild flowers all year long! We will cover what kinds of flowers to dry and how to dry the different types with various techniques. We will also touch on flower arranging. This is a demonstration so you can learn how and then dry flowers all summer long. (Kathy enjoys wildflowers.)

WHEAT HEATING
Paulette Schaller 776-0177
Tuesdays, 7-9pm, July 9, 16 (2 times)
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $8, pay at class
Limit: 8
The revival of this ancient craft has sparked a lot of interest in Kansas. This basic class will teach you how to select wheat and preserve it. Learn a variety of weave patterns while making hearts, flowers, candles and dolls. Brings small scissors (old), if you don't bring your own, wheat will be available at the class Fee for additional $2. (Paulette has been wheat weaving for over 3 years. She attends workshops annually to learn new varieties and techniques.)

MACHINE KNITTING DEMONSTRATION
Carole Schultz
One Time: Tuesday, 7-9pm, July 9
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10
The basics of machine knitting will be covered in this class. With basic techniques, any garment can be made quickly and easily. You can machine knit a vest in 60 minutes and a sweater in 3 hours. (Carol has been machine knitting for 3 years with very little hand knitting experience and with 5 children under-foot.)

CROCHETING DOLLIES
Sharon Tassendorf 1-456-7412
Tuesdays, Thursdays, 7-9pm June 25, July 9, 19, 27 (4 times)
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Materials Fee: $8
Crochet a lovely "olive-fresh" looking dollstoy. Beginners are welcome and will be learning a basic pattern and experienced crocheters will earn a more involved pattern. If you have a different pattern you'd like to try and make - please bring it to work on. Bring a size I aluminum crochet hook and mercerized cotton size 30. (Sharon has been a 40+ crocheting and knitting instructor and has crocheted herself as long as she can remember.)

CROCHETING RAG RUGS FOR BEGINNERS
Georgia Becker 537-1987
You will be contacted for day, time and date
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $9, pay at class
Limit: 6
We will discuss different approaches to crocheted rag rug making and proceed according to your interests. Bring scissors, needle, thread, a large crochet hook (size J is size J) and odds and ends of cloth. We will press and sew strips of cloth and get started on your rug. (Georgia learned to crochet rag rugs from her mother way back in the '30's. After many years, she took up this skill again this past year and has been bustly making rugs for her family.)

STENCILING COLONIAL FLOOR-CLOTHS
Susan Toy 537-2084
One Time: Friday, 9:30am, June 21
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $5, pay at class
Limit: 6
Step back into time about 200 years and you'll see the stately beauty of the Colonial times. We intend to do just that in this class, looking to some of the old colonial designs to pattern on our floor cloths. A floor cloth is made out of canvas about 48" on which we will paint and stencil colonial designs. Some in comfortable work clothes.

CREATE A PUNCHED AND CUT OUT LUMBERJACK
Herschel Owelt 537-8766
Section 1: Saturday, 9-12pm, July 6
Section 11: Saturday, 9-12pm, July 27
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $5, 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 one of the brightest new decorator items. All materials provided.

SOFT SCULPTURE DOLLS
Marcia Owen
Section 1: Saturday, 9-12pm, July 6
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 6
Learn how to make a cute, cuddly soft-sculpture doll. This class will include how to make the sculpting stitches step-by-step. Several dolls will be available for show. (Marcia has had years of experience making soft-sculpture dolls.)

MAKING DOLL HOUSES
Miranda Wetlock
One Time: Saturday, 9am, August 20
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
Limit: 15
Make a box doll house. The house is made from a cardboard box, fabric and paper, suitable for your children 4-6 years old. They are fun for mothers to make and for children to help decorate. (Miranda saw this idea in a craft fair, and thought it was easy and fun to make.)

SOAP MAKING
Ray A. Keen
One Time: Thursday, 7pm, June 20
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
"...take time enough..." Jan-22, 1825. Soap making was a household art until a century ago. Clean fat reacts with lye to make a cold bath soap with one glycerine in every bath. Every bath is different, some may take an hour to react. (Grandma had to make soap. Dad made "Grandpa's Everlasting Soap" for our kids. Ray makes soap for fun and to prevent waste.)

6/Fine Arts
**Dark Secrets**

**UFP PHOTOGRAPHY DARKROOM COOPERATIVE (BLACK & WHITE & COLOR)**

**FA-49**

Nell Schenker

532-5865

Organizational Meeting: Monday, 5:50-6:30pm, June 17 (or by individual appointment)

Located just one block east of the UFP House, the darkroom is available to anyone who needs access to a well-equipped facility.

Cost: $1 per hour

Black & White Only:

- Fees: 8 weeks, $20, new members for new members
- 1 semester: $20, $25, transfers
- 2 semesters: $40, $45, renewals

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

**BLACK & WHITE & COLOR:**

- Fees: 8 weeks, 85c, new members for new members
- 1 semester: 35c, new members
- 2 semesters: 20c, new members

The color equipment enables you to develop film or slides and make prints from negatives or from slides (Cibachrome). There is no additional hourly use charge. For those who wish to use the darkroom but do not wish to purchase a membership, space is available at the rate of $6/hr. (Nell is coordinator of the UFP darkroom.)

**BEGINNING 35MM PHOTOGRAPHY**

**FA-44**

David Adae

539-4078

Monday, Thursday, 7:30-9:30pm, July 10, 18

Location: will be noted on your receipt

Class Fee: $6, pay with registration

This class is geared for beginners and those preferably edible, cameras.

- The first session: we'll view a slide tape presentation on basic photography techniques and composition to familiarize participants with their cameras. Between sessions, participants will be asked to shoot a roll of film using available light and have it processed before the second session, when we will critique the photos and discuss ways in which you can improve your skills.

- Bring your camera manuals if you have them. (David is a medical photographer at the KU College of veterinary medicine and is a certified professional photographer in medicine, portraiture and wedding photography.)

**COLOR DARKROOM PRINTING**

**FA-46**

Gayle Stone

776-4240

Monday-Friday, 7:30-9:30pm, June 24-28 (5 times)

Location: will be noted on your receipt

Class Fee: $10, pay with registration

- Cibachrome is a special type of process that is archival for one thousand years or more. If stored properly, (standard process fades within about 5 years.), and gives you gallery quality prints. Bring a few of your favorite slides and we'll choose the best ones to make cibachromes from.

- Techniques learned in class will include burning and dodging and how to analyze the print for correct color and exposure. (Gayle enjoys the artistic side of photography and works at Mannheimer Camera.)

**DEMONSTRATION OF DEVELOPING COLOR SLIDES**

**FA-45**

Ron Hoffman

537-8379

Thursdays, 7-9pm, July 28, 31 (2 times)

Location: will be noted on your receipt

Class Fee: $4, pay with registration

Materials Fee: $2, pay at class

Limits: 6

This will be an introduction to color darkroom. Ron will be giving a demonstration and explanation of developing slides using the ES process (a process which can only be done in your own kitchen or bathroom well almost.) Bring a roll of exposed color slide film, not Kodachrome and we'll develop it together. (Ron is the director of the media center at K-State and a professional photographer.)

**BLACK & WHITE DARKROOM**

**FA-47**

Audrey Murphy

776-4240

Tuesdays (in July) specific day and time to be announced (2 times)

Location: will be noted on your receipt

Class Fee: $7/section

Materials Fee: $3/section

Limits: 6/section

A basic darkroom course covering black and white film development, contact sheets and negative printing, bring an exposed roll of kodak (Pan-X, Plus-X or Tri-X) black and white film to class. All other supplies are provided. (Audrey has been involved in photography and darkroom work for years and is employed at Mannheimer Camera.)

**BLACK & WHITE DARKROOM PRINTING**

**FA-48**

Ron Hoffman

537-8379

Section I: Thursdays, June 20, July 4, 11

Section II: Mondays, July 1, 8

Location: will be noted on your receipt

Class Fee: $7/section

Limits: 6/section

This is an introductory class to familiarize you with the basic techniques of the darkroom including exposure of prints, contrast control and dodging and burning. Bring your 35mm black and white negatives and your own glassy, polycontrast or Milford ultra-grade paper. All other supplies are provided.

**Play With Clay**

**RAACU**

**FA-40**

Laura Staint

537-8787

Thursdays, 4-6pm, July 25, Saturday, 12-2pm, Aug 3

Location: will be noted on your receipt

Class Fee: $6, pay with registration

Materials Fee: $6, pay at class

Limits: 6

Raku pottery and firing technique originated in Japan. It is a favorite for those who appreciate an art form which is simple, quick, and spontaneous. Experience clay from its raw state through a firing process which yields exciting and sometimes unexpected results. (Laura became interested in Raku at K-State and thinks she'll only teaching the technique to others.)

**UFP POTTERY STUDIO FACILITY**

**FA-61**

Sharon Spiller

776-2363

Spiller'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, you may work together with clay, you may rent kiln space for your use and use our glazes at an extremely reasonable price.

For more information call Sharon Spiller, the pottery studio manager at 776-2363.

We will cover marketing strategies to improve promotions, targeting communications to reach desired audiences, and preparing promotional pieces that communicate effectively. A review of appropriate do's and don'ts essential for successful promotion and a review of a variety of techniques which can create effective yet inexpensive results. (Lisa is an associate professor of marketing at K-State who has worked previously as a marketing research analyst in Stanford, Conn.)

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**TREMENDOUS SELECTION OF BOOKS**

**Both Paper and Hardback**

All popular categories including:

- **Cooking**
- **Arts and Crafts**
- **Do It Yourself** (including wood and toy building and Collecting)

**BEGINNING CERAMICS**

**FA-39**

Sara Tolbert

539-8990

Mondays, 7-9pm First Meeting: June 24

Length: 6 times

Location: will be noted on your receipt

Class Fee: $30, pay with registration

Materials Fee: $10, pay at class

Limits: 6

From raw clay to finished glazed pieces, learn to make your own hand-built and wheel-thrown pottery. The class will allow you to work on projects of your own choice as they functional objects or those which are purely decorative. (Sara has been involved with ceramics for several years and enjoys the endless possibilities when working with clay.)

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**FINE ARTS/7**
Skills Sampler

UPH WORKSHOP CO-OP  SK-20  776-2731  537-0459
Dan Braebe
Saturday, 1:30pm, June 22, required organizational meeting
Location: Will be noted on your receipt
Membership Fee: $39 for 4 months, $3 refundable deposit
Get started on your spring projects. A work area with hand tools, cable saw, and other power tools, and limited storage space available. Cost 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 charges. (Dan is the UPH woodshop coordinator.)

BICYCLE REPAIR DEMYSTIFIED  SK-21  539-5639
Donald Graber
One Time: Tuesday, 7-9pm, July 16
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 20
The class will cover basic repair and maintenance of the bicycle, including lubrication, flat repair, adjustment of brakes and derailleurs, and, especially becoming aware of mechanical problems. The class will not include hands-on experience. (Don is a bike mechanic at The Pathfinder.)

MANHATTAN AMC ENTHUSIASTS  SK-22  539-6492
Scott Rutherford
Tuesdays, 7:30pm First Meeting: July 9
Length: Ongoing
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
This will be a fairly informal meeting to discuss experiences with our cars and share a common interest. Scott will bring some slides of midwest AMC’s charger cars as well as some from the street machine rats. Any AMC fan is welcome and we’ll discuss starting a Manhattan AMC Club. (Scott has had his Javelin for 2 years and is a member of Midwest AMC in Topeka.)

PERSONAL COMPUTER OVERVIEW SK-16  532-5866
Ellen Gehring
One Time: Wednesday, 7-9pm, June 19
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
We will discuss what questions should be asked about a computer before the computer is bought. Topics that will be included: price, software, hardware, usage, and what to look for in a computer. (Ellen was a data processing major at Hutchinson Community College.)

THE BASICS  SK-17  532-5866
Ellen Gehring
One Time: Thursday, 1-5pm, July 18
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $10, pay at class
Limit: 6
This class is to familiarize people with the BASIC language. It is usually the first language learned and most all personal computers have the capability of being programmed in BASIC. There will be hands-on experience available.

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

WHEAT WEAVING  FA-28  776-7017
Paullette Schaller
Tuesdays, 7-9pm, July 9, 16 (2 times)
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $2, pay at class
Limit: 8
The revival of this ancient craft has sparked a lot of interest in Kansas. This basic class will teach you how to select wheat and prepare it. Learn a variety of ways to make hearts, flowers, candles and dolls. Bring small scissors (5½). If you don’t bring your own wheat, wheat will be available at the class for an additional $2. (Paullette has been wheat weaving for over 5 years. She attends workshops annually to learn new weaves and techniques.)

Alan Hobson  2nd in Architecture "Nicholas Gymnasium"
**All In A Day's Work**

**JOB SEARCH**

**SK-1**

John Akin

One Time: Wednesday, 7:30pm, July 10

Location: Will be noted on your receipt

Class Fee: $4, pay with registration

Materials Fee: $2, pay at class

*We will discuss how to look for a job and apply this information in job hunting.*

**CHANGING CAREERS**

**SK-2**

Mary Lou Albrecht, Steve Cunningham

Thursday, 7-9pm, July 18, 25 (2 times)

Location: Will be noted on your receipt

Class Fee: $4, pay with registration

Materials Fee: $2, pay at class

*This workshop is designed to assist you in evaluating your past career and setting goals for your future.*

**RESUME WRITING**

**SK-3**

Steve Cunningham, PhD, Mary Lou Albrecht

One Time: Thursday, 7-9pm, July 11

Location: Will be noted on your receipt

Class Fee: $4, pay with registration

Materials Fee: $2, pay at class

*You are thinking about a career change? If the answer is yes, then it may be helpful for you to assess where you are right now and where you want to go. You can plan a strategy for maximizing your career options.*

**INTERVIEWS**

**SK-4**

Bob Weber

One Time: Tuesday, 6:30pm, July 9

Location: Will be noted on your receipt

Class Fee: $4, pay with registration

Materials Fee: $2, pay at class

*We will cover interview skills - expressing interest, emphasizing your strengths and skills, appearance, and how to behave at an interview.*

**DEALING WITH DIFFICULT PEOPLE AT WORK**

**SK-10**

Ron Downey, PhD

One Time: Friday, 12-2pm, July 26

Location: Will be noted on your receipt

Class Fee: $4, pay with registration

Materials Fee: $3, pay at class

*This class will discuss and understand your difficulties with "difficult" people.*

**COPING WITH BURNOUT**

**SK-11**

Larry Peak, PhD

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

Location: Will be noted on your receipt

Class Fee: $4, pay with registration

*This class will discuss and understand your problems with "burnout" related to your career or job.*

**CAREERS IN REAL ESTATE**

**SK-5**

Bill Parkerson

One Time: Thursday, 7-9pm, June 27

Location: Will be noted on your receipt

Class Fee: $4, pay with registration

*How do I get a real estate license? Where are commissions earned? How do I affiliate with a broker? How to and purposes of getting your real estate license will be discussed in this class. Handouts on licensing will be given out.*

**LAYOUT FOR ANYONE**

**SK-15**

Natalye Hall

Registration: $10, you will be contacted for day, time and date (one class)

Location: Will be noted on your receipt

Class Fee: $4, pay with registration

*This is for small businesses and organizations that need to know basic mechanics, types, etc. We will discuss design and layout skills for newsletters, brochures, reports, letters, flyers, forms, etc.*

**SO YOU WANT TO BE A STOCKBROKER**

**SK-7**

Greg Berron

One Time: Tuesday, 7-9pm, June 25

Location: Will be noted on your receipt

Class Fee: $4, pay with registration

*Learn the various career areas in the investment field including stocks, bonds, real estate, personal investments and commodities. Training and placement for 19 years old. He is the director of this program.*

**WAIF/PAY SYSTEMS**

**SK-8**

Ron Downey, PhD

One Time: Friday, 12-2pm, Aug 9

Location: Will be noted on your receipt

Class Fee: $4, pay with registration

Materials Fee: $3, pay at class

*What should you pay a person? What should you be paid? What is the market for a person? What about a woman? We will explore the equity and comparable worth issues.*

**OFFICE ETIQUETTE**

**SK-9**

Ron Downey, PhD

One Time: Friday, 12-2pm, July 12

Location: Will be noted on your receipt

Class Fee: $4, pay with registration

Materials Fee: $3, pay at class

*The average person is expected to spend 1/3 of his waking life in the office. This workshop will focus on the understanding of the principles of rules.*

**CAREERS IN TRAVEL**

**SK-6**

Tom Gervin

One Time: Monday, 7-9pm, July 11

Location: Will be noted on your receipt

Class Fee: $4, pay with registration

Materials Fee: $3, pay at class

*This is an introduction to tourism.*

**WRITING GRANT PROPOSALS**

**SK-13**

Jan Hauser

One Time: Tuesday, 7-9pm, July 30

Location: Will be noted on your receipt

Class Fee: $5, pay with registration

Materials Fee: $1, pay at class

*We will discuss how to write a successful grant proposal.*

**ADVERTISING STRATEGIES FOR THE SMALL BUSINESS AND NON-PROFIT ORGANIZATION**

**SK-14**

Joe Bellizzi, PhD

One Time: Tuesday, 7-9:30pm, June 25

Location: Will be noted on your receipt

Class Fee: $5, pay with registration

Materials Fee: $1, pay at class

*We will cover analyzing markets to improve promotional efficiency, targeting communications to reach desired audiences, and preparing promotional pieces that communicate effectively.*

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BOOKS BY AND ABOUT WOMEN

FA-20
Lorraine Cross

WEDNESDAYS, 7:30-9PM  FIRST MEETING: JUNE 26  LENGTH: ONGOING
LOCATION: WILL BE NOTED ON YOUR RECEIPT
CLASS FEE: $4, PAY WITH REGISTRATION
Women writers say special things. Women readers often hear them. This class provides time for women to talk with each other about novels, non-fiction works, humor and satire. Dimensions of self-image shaped by literary models are examined as we discuss books selected by group members. Suggested books for this summer are: "Daughters of Earth," Agnes Smedley; "The Color Purple," Alice Walker; "A Diary of a Good Neighbor," Jane Sommers; "The Dollmaker," Harriet Beecher Stowe. We will decide on future meeting dates at the first meeting. (Lorraine has been a member of this informal reading group since 1978.)

A SUN CURE FOR COMPUTERPHOBIA: AN INTRODUCTORY CLASS FOR WOMEN ONLY (SK-24)

Jane M. Lomel

CLASS FEE: $4, PAY WITH REGISTRATION
MATERIALS FEE: $5, PAY AT CLASS
LIMIT: 20

THE PURPOSE OF THIS WORKSHOP IS TO ELABORATE ON THE FEAR OF TECHNOLOGY THAT IS ACQUIRED BY MANY WOMEN DURING CHILDHOOD. HANDS-ON EXPERIENCE WILL BE PROVIDED AND WE WILL DISCUSS THE ROLE OF THE COMPUTER IN THE HOME, FOR KIDS AND IN THE WORKPLACE. (Jane has taught teachers, parents, and kids about the potential of the computer in their lives.)

AM / EATING RIGHT / NUTRITION FOR WOMEN

Mary Clarke, PhD

CLASS FEE: $4, PAY WITH REGISTRATION
MATERIALS FEE: $5, PAY AT CLASS
LIMIT: 20

This will be a one-time class on women's nutritional needs. Besides learning how nutrition affects our fitness and health, we will explore how to improve our food habits permanently. (Mary, an associate professor and registered dietitian, is an extension specialist in nutrition for Kansas Cooperative Extension Service at KSU.)

ARE YOU FIT?

Pat & Deanna Prisner

CLASS FEE: $4, PAY WITH REGISTRATION
MATERIALS FEE: $5, PAY AT CLASS
LIMIT: 20

BEING fit is more than being able to run a marathon. It is the combination of good nutritional habits, exercise, and a healthy lifestyle. We will assess some of your habits using written exercises and open discussion. (Pat & Deanna are certified consultants with Fitness For All Seasons.)

SELF-DEFENSE FOR WOMEN

Christy Simpson and Mary Half

CLASS FEE: $4, PAY WITH REGISTRATION
LIMIT: 15

Regardless of age, race, social class or lifestyle, all women are potential targets of violence. Women rarely receive any training for their own defense. This class will introduce simple but effective self-defense skills taught by women for women. Be sure to wear loose, comfortable clothing. (Christy and Mary have taught "Self-defense for Women," one of KU's most popular classes, for several years.)

STRESS MANAGEMENT FOR WOMEN

Susan Scott Angle

CLASS FEE: $4, PAY WITH REGISTRATION
LIMIT: 15

The basic causes and "cures" of stress will be presented and discussed. Emphasis will be placed on women's unique stress. An introduction to biofeedback will also be presented. (Susan is a counselor at KU's Counseling Center and is a private practitioner in the community. She has a special interest in the health needs of women.)

WOMEN'S ROLE IN CONFLICT

Betty Suther

CLASS FEE: $4, PAY WITH REGISTRATION

WOMEN begin to take a more active role in the modern church, there is widespread confusion as to the Bible's message concerning male-female roles. In this session we will study various Scripture texts in the light of feminism and the belief that the Bible is God's inspired word to our time and to every time. Bring Bible. Optional book: "WOMEN, MEN, AND THE BIBLE" by Virginia Hollenkleine. (Betty is campus minister at St. Isidore's Catholic Student Center and enjoys discussing women's role in the church.)

PREMENSTRUAL SYNDROME

Susan Boswell

CLASS FEE: $4, PAY WITH REGISTRATION
LIMIT: 30

PREMENSTRUAL SYNDROME will discuss the problems PMS can create a woman and explore ways to deal with them. The information presented includes what the instructor learned at a two-day workshop on PMS at Brigham Young University. Names and addresses of support organizations will also be provided, and there will be time for questions. (Susan is a doctoral candidate in counseling psychology and has a special interest in women's issues.)
CHILDREN

MUSIC & RHYTHM FOR 4 AND 5 YEAR OLDS
FA-51
Nancy Storer
Saturday: 10:30-11:30am, June 15, 22 (2 times)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
Limit: 8
Children love to move and sing together. We'll gather to sing some
clapping moving songs and do rhythm games. (Nancy enjoys all kinds of
music and likes to share it with others.)

HOME-MADE PAINTS (CHILDREN 4-8)
FA-52
Lela Brown
One Time: Monday, June 3, June 10
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
Limit: 10
Nothing to do on a rainy day? Learn how to make your own paints with
duff from your own kitchen, we will make paints in our class and then
explore creative ways to use them. Parents welcome! Participants need to
bring 4 small jars or cans. (Lela has a young child and enjoys doing
creative activities with her.)

HOME-MADE PLAY DOUGH (CHILDREN 4-8)
FA-53
Lela Brown
One Time: Monday, June 10
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
Limit: 10
In this class children can learn an easy recipe for making their own non-
toxic clay at home. Measuring skills and creative sculpting methods
will be introduced and practiced. Parents welcome.

STRING SCULPTURES (CHILDREN 4-8)
FA-54
Lela Brown
One Time: Monday, June 17
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
Limit: 10
What do strings and balloons have in common? They go together in a
creative way to make sculptures. Children will learn the basic
techniques and make one from and then their imagination is their limit!
Parents welcome.

OCEAN IN A BOTTLE (CHILDREN 4-8)
FA-55
Lela Brown
One Time: Monday, June 24
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
Limit: 10
Create your own seashell in a bottle! This science project is not only
a lot of fun, but is educational as well. Children will learn about
separation properties of different substances when mixed together.

CREATIVE ACTIVITIES FOR 2-3 YEAR OLDS
SK-44
Paula Boyd
Saturdays: 10am, July 13, 20 (2 times)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
Limit: 8
Songs, fingerplays, crafts, activities for little ones. Please wear
washable clothes or paint smock. Raincoats will be provided. (Paula is a
fun loving mother of two who likes to collect fun things for little
children to do.)

NUTRITION AND EXERCISE FOR CHILDREN
SK-39
Gin Toulbert
Tuesday & Thursday, 7:30-8, June 25, 27 (2 times)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2/family, pay at class
Limit: 10
For the enthusiastic! Why not discuss health of children and families.
Emphasis on family involvement in nutrition and exercise for kids.
Topics will include: basic nutrition, nutritional snacks, weight control,
and family-oriented activities and exercise programs. (Gin has a B.S. in
foods and nutrition from UCI. She has taught weight reduction courses
and has done fitness testing.)

PLAY WITH CLAY (AGES 5-8)
FA-57
Kathy Slisson
Wednesday: 10-11am, June 26, July 3, 10, 17 (4 times)
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $2, 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 clowns, piggy
banks, animals on a name plate frame so we'll have fun! (Kathy has been working with clay for several years and is hoping to
have a good time teaching children.)

BASIC PAPER-MAKING FOR CHILDREN (OVER 7 YEARS)
FA-58
Karen Barron
One Time: Wednesday, 7-9pm, July 10
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
Limit: 6
Learn to make your own paper! We will be using different types of plant
fibers and skills to create different textures and types of papers.
Come ready to work and have fun! You may bring home you favorite-
natural material to make paper from if you like! (Karen enjoys working
with nature to create various natural products.)

LINOLEUM PRINTING FOR KIDS (AGES 7-10)
FA-59
Ellen Gehring
One Time: Wednesday, 2-4pm, June 26
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $3, pay at class
Limit: 10
This will be a demonstration and hands-on experience with linoleum block
printing. Everyone will be able to choose a design to cut in their linning and
will be able to take all artworks home. This could become very messy so
please wear old clothes. (Ellen has been a teachers' helper and worked in
church camps as crafts director.)

CHILDREN'S STENCILING (OVER 8 YEARS)
FA-60
Susan Toy
Monday, June, June 24 (One time)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $3, pay at class
Limit: 10
Stenciling is both fun and easy! We will practice cutting a stencil and
then find out how to apply the design. Bring a pre-washed sheet of stencil
to stencil on. All other materials provided.

POTATO PRINTS FOR KIDS
FA-61
Lynn Ooxon
One Time: Tuesday, 7-9pm, July 9
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $3, pay at class
Limit: 10
A special treat for grandparents, uncles and aunts. Children will design
colorful potato prints and use it to make greeting cards and wrapping
paper. Prints will also be made with other fruits and vegetables. Be sure
to wear painting clothes and come prepared for fun. (Lynn is the
horticulturist at UCI and enjoys working with potatoes and kids.)
Fabulous Foods

BAKELAVIA F-6
Farriden Tavakol/Karen Barron
One Time: Friday, 10:11:30am, June 21
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
Limit: 7

Bakelava is a middle-eastern dessert made of thin pastry, nuts and honey. In this class participants will learn the easiest method of preparing bakelava and enjoy sampling it too! Pastries will be handed out at the end of the class. (Farriden is from Iran and has made home-made Bakelava since she was a child. Karen loves bakelava.)

EAT TO RUN (NUTRITION FOR RUNNERS) F-5
Mindy Atkinson
One Time: Thursday, 7-9pm, June 27
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 20

The nutritional needs of the jogger/runner will be addressed in this session, following the format of "Run for Your Life" by Doctor Art McClean. Effects of improper nutrition will be addressed as they affect performance. Class directed at non-competitors. (Mindy has a personal interest in running, since it has become vital to her well-being.)

SCIENCE EXPERIMENTS YOU CAN EAT (5-10 YEARS) F-7
Cindy Ehlers 776-7366
One Time: Thursday, 9-11am, June 27
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
Limit: 10

Science is fun! Explore science through science experiments you can create and eat in your own kitchen. This will be a hands-on class so come prepared for a science experiment and a snack!

HOME BREW AND WINE LAB F-4
Ralph McDonley 293-6764 537-4750
Wednesdays, 6-8pm, June 19 (2 or 3 times)
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Limit: 20

Learn a simple, non-scientific method of making home brew and home made wine. No chemicals, no science, no secrets. The first session will be a lecture and lab on making home brew and wine. The second session will cover when and how to bottle the beer and wine. (Ralph has had 43 years experience in making and drinking home brew and home made wine.)

ZUCCHINI RECIPE CONTEST F-1
Betsy Smith 776-6378
Saturday, 2am, July 20
For one hundred and one uses for a Fine zucchini ... enter the zucchini recipe contest! Bring your favorite zucchini recipe and your prepared product and dazzle the panel of judges with your zucchini taste sensation. The winner will receive copies of all the recipes entered and maybe your mug in The Murniture! All non-winning entries will receive copies of all recipes entered. Those of us on the winning recipe (Betsy the and the entire panel of judges are professional tasters from the Sensory Education Center at Kansas State University.)

AN ICE CREAM EATING EVENT FOR CHILDREN F-2
Greg Taylor 537-3999
One Time: Monday, 9-11am, July 15
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 25

Dive into a bowl of yummy ice cream at Egge’s, Manhattan’s newest restaurant and ice-creamery! First, you’ll see how the ice cream is made during a special tour just for you with Egge’s staff. Next, you’ll see how Egge’s make their scrumptious sundaes and then you get to create your own super sundae and enjoy every last cool, sweet bite of it. (Greg loves ice cream!)

FOR CHOCOLATE LOVERS ONLY: FROZEN CHOCOLATE PIE F-3
Ellen Gehrig 532-0586
One Time: Tuesday, 10-12am, June 22
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 5

Chocolate lovers unite! This will be a gathering to trade chocolate pie recipes, to make a couple of new chocolate frozen delights and to sample the following selectables summer treats: mud pie, jumble sundae pie, Hershey pie, ice cream pie and possibly more! (Ellen is a connoisseur of fine frozen pies.)

EDIBLE WILD PLANTS F-8
Max Miller 539-3460
One Time: Wednesday, 7-3pm, June 19
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 12

Learn to operate several types of small gas stoves, cook and sample a variety of freeze-dried foods and "from scratch" foods. This class includes recipes for homemade pilot biscuits and other foods oriented to backpacking. This will be a "hands-on" class. (Even is very experienced in backcountry cooking for children and adults. Susan is a freeze-dried fan. Both work at The Pathfinder.)

OUTDOOR COOKING F-9
Erma Allay and Susan Keelicker 539-5639
One Time: Wednesday, 7-9pm, July 10
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 12

Learn to operate several types of small gas stoves, cook and sample a variety of freeze-dried foods and "from scratch" foods. This class includes recipes for homemade pilot biscuits and other foods oriented to backpacking. This will be a "hands-on" class. (Even is very experienced in backcountry cooking for children and adults. Susan is a freeze-dried fan. Both work at The Pathfinder.)

SUMMER SALADS F-10
Keith Dickerson
One Time: Thursday, 7-9:30pm, June 20
Location: Will be noted on your recipe
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
Limit: 10

To help cool down those hot summer days, I will share with you several salad creations. They range from the main course to a side dish or even just a snack. All the salads will be constructed before your eyes and available for taste testing. (Keith has been making summer salads for about eight years and was a student of his mum for many more.)

Joan Caldwell Untitled

12/Foods
Planning Ahead

INVESTING IN THE COMMODITY FUTURES MARKET
Jim Buchman
One Time: Wednesday, 7:30-9:30am, June 19
Location: You will be notified on your receipt. Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
Limited: 20
This course will cover: 1) the basics of how the futures market works; 2) how to formulate a trading plan with profit objectives and risk limitation.
Jimm has been a co-manager of Melofoods Commodities, Inc. for 8 years.

WMD
C-11
Rudy T. Hault, M.D.
One Time: Tuesday, June 27
Location: Class will be held at your local WMD office. Class Fee: $2, pay with registration
The class will cover what a Health Maintenance Organization (WMD) is and how it differs from traditional health insurance plans. We will also address some other innovations in alternative health care plans. (Rudy is an obstetrician-gynecologist practicing in Manhattan for 24 years and is affiliated with both local WMD’s.)

FRUIT SOUP AND GAZPACHO
Doris Swartz
F-14
One Time: Wednesday, 7pm, June 28
Location: Will be noted on your receipt. Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
Limited: 12
This course will cover the art of making soups and gazpacho. You will learn the basic ingredients that go into making these delicious dishes.

TEMPURA
Lee Shih Wu
F-15
One Time: Saturday, 6:30-8pm, August 16
Location: Class will be held at your local WMD office. Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
Limited: 12
Tempr is not only a Japanese style of cooking but also a Chinese style of cooking. In this class, you will learn how to make this dish.

RETURNING TO COLLEGE
Beverly Laskowski
SK-48
Wednesday: 7-9:30pm, June 21, 24, July 1 (3 times)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limited: 10
This course will cover the basics of how to return to college after an extended period of time.

LATCHKEY EDUCATION - "ALONE AT HOME" (ELEMENTARY SCHOOL AGE)
Lynda Frey
SK-42
Friday: 7-9:30pm, Aug 16
Location: Class will be held at your local WMD office. Class Fee: $4, pay with registration
Limited: 15
Help! As working parents, what do we do with the kids after school? Exploring the fact that parents are often frustrated by after-school care, and that many children are in "self care" on a regular basis, the Red Cross is providing education to these latchkey families. This 3-hour course deals with personal safety and emergency procedures, first aid, and suggests "home rules" which parents and kids work on together.

SELECTING A PRESCHOOL
Margorie Stith
C-2
One Time: Thursday, 7-9:30pm, June 20
Location: Class will be held at your local WMD office. Class Fee: $2, pay with registration
Limited: 20
This course will cover the basics of how to select a preschool for your child. You will learn about the different types of preschools and how to choose the best one for your child.

CHINESE COOKING CLASSES
Lee Shih Wu
F-17
These classes will be held on Friday, 6:30-8pm
Location: Will be held at your local WMD office. Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
Limited: 12
The class will cover the basics of how to make traditional Chinese dishes. You will learn how to use the right tools and techniques to make these delicious dishes.

MADAME'S GROCERY: TENTH ANNIVERSARY CELEBRATION
Lynne K. Birninger/Janine Link
F-18
One Time: Saturday, 5-7pm, June 11
Location: Class will be held at your local WMD office. Class Fee: $4, pay with registration
Limited: 12
This course will cover the history of Madame’s Grocery and how it has evolved over the years.

MANHATTAN’S FOOD COP-OP
Mary K. Birninger/Janine Link
F-19
One Time: Saturday, 9am, June 29
Location: Class will be held at your local WMD office. Class Fee: $4, pay with registration
Limited: 12
This course will cover the basics of how to start a food co-op and how it can benefit your community.

VEGETARIAN COOKING
Mary K. Birninger/Julie Coates
F-20
One Time: Saturday, 9am, June 29
Location: Class will be held at your local WMD office. Class Fee: $4, pay with registration
Limited: 12
This course will cover the basics of how to cook vegetarian dishes and how to incorporate them into your diet.

Foods/13
Around Our Town

TOUR OF THE RILEY COUNTY HISTORICAL MUSEUM
Edna Williams
One Time: Tuesday, 2pm, July 16
Location: Will be noted on your receipt
Class Fee: $1, pay with registration
The museum features exhibits of items used by early residents of Riley County. Exhibits are changed periodically but always relate to area history. (Edna is a tour guide at the historical museum.)

TOUR OF THE WOLF-BUTTERFIELD HOUSE
Edna Williams
One Time: Saturday, June 22
Location: Will be noted on your receipt
Class Fee: $1, pay with registration
The Wolf-Butterfield house is a two-story native limestone building built in 1865 as a hillside Overland Packet in 1865. Visitors have a chance to learn the history of the Butterfield-Overland and to tour the house with its fine examples of period furniture.

TOUR OF THE KSU VETERINARY COMPLEX
Marylin Scruggles
One Time: Thursday, 2pm, June 27
Location: Will be noted on your receipt
Class Fee: $1, pay with registration
Come and see the small and large animal examination rooms and possibly the surgery facilities. A discussion will follow. Children must be 8 years of age or above to be admitted. (Marylin works for the KSU Veterinary School.)

TOUR OF THE MANHATTAN MERCURY
David Hacker
One Time: Thursday, 10am, July 11
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
This tour will show you each department and describe each person’s duties. The tour will also be explained including advertising, photography, layout and printing. This would be extremely interesting for children. (David is the editor of The Manhattan Mercury.)

TOUR OF THE MANHATTAN FIRE STATION
Staff
One Time: Tuesday, 9:30am, July 23
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Come for a tour through the fire station. You will see tools and equipment that the firemen use. You can learn about fire prevention and rules ofchimp on fire safety.

TOUR OF KNMV/KRFY
Lowell Jack
One Time: Tuesday, 1:30pm, June 25
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
This will be a complete tour of KNMV/KRFY’s broadcast facilities. Included will be a demonstration of how various radio equipment is used and how a local broadcast station is organized. Special emphasis will be given to the way news is gathered. (Lowell is manager of KNMV/KRFY.)

SUPERMARKET TOUR: SPECIALTIES AND BEHIND THE SCENES
Virgil Smith
One Time: Monday, 2pm, July 8
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Have you been down the gourmet, health food and specialty aisles of your local food stores and wondered what in the world you would do with what you see or do you just pass those aisles by? This is your chance to find out about these and other departments in a local grocery store. We will be going behind the scenes to visit the produce department, fish and seafood section, meat cutting, deli and bakery. Find out how your food is handled from truck to display shelf. (Virgil) manager of the Walldorff Dillon’s store is looking forward to expanding your knowledge of the food industry.

14/Community

ZUCCHINI RECIPE CONTEST
Betsy Smith
Saturday, 2pm, July 20
For one hundred and one uses for a live zucchini... enter the zucchini recipe contest! Bring your favorite zucchini recipe and your prepared product and dazzle the panel of judges and the audience. The winner will receive copies of all the recipes entered and maybe your recipe will be added to The Mercury. Ten non-winning entries will receive copies of all the recipes entered. Including the winning recipe! (Betsy and the entire panel of judges represent the Sensory Education Program.)

TOUR OF GODFATHER’S PIZZA
Tony Snover
One Time: Saturday, 3:30pm, July 2
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
You will be making your own pizza on this tour of a popular Manhattan pizza parlor. You will also tour the kitchen, learn how dough is made, and receive a certificate as a genuine certified pizza expert. Participants must be over 5 years old. (Tony works for Godfather’s Pizza.)

TOUR OF THE KSU NUCLEAR REACTOR
Jack Higgins
One Time: Wednesday, 3pm, July 17
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Tour the KU reactor facility while Jack discusses the research and training uses of the reactor. (Jack is the Reactor Supervisor at KSU.)

RILEY COUNTY POLICE STATION TOUR
Steve Custer
One Time: Wednesday, 7pm, June 26
Location: Will be noted on your receipt
Class Fee: $3, pay with registration
In this tour you will see the communications center and the different offices, see inside the patrol cars and look at their equipment. At the finish we will have a question and answer period. There will be about 45 minutes so bring your mind and your questions to visit Steve at the police station.

OUTDOOR COOKING
Erma Riley and Susan Koelker
One Time: Thursday, 6pm, July 10
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Included will be a demonstration of how various cooking methods are used and a variety of foods are being prepared. Several dozen local plants will be reviewed and displayed for the class and we'll take a short walk to discover what's available in town. If you have a favorite edible plant or wild food plant, please bring a specimen to share with the class. (Erma is a horticulturist and has taught edible plants classes for years.)

PICKER SALADS
With Dickerson
One Time: Thursday, 7-9pm, June 20
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
A help cook down those hot summer days, I will share with you several salad preparations. We will take from the main course to a side dish or even a sauce for some more refreshing. All the salads will be constructed before your eyes and available for tasting at the end. (Keith has been making summer salads for about eight years and is a student of his for many more.)
Planning Ahead

INVESTING IN THE COMMODITY FUTURES MARKET C-9 776-1313
Joe Buchanan
One Time: Wednesday, 7:30-9:30p.m., June 19
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Materials Fee: $5, pay at class
Limit: 20
This course will cover: 1) the basics of how the futures market works; 2) how to formulate a trading plan with profit objectives and risk limitations. (Joe has been co-owner-manager of Novello Commodities, Inc. for 8 years.)

Estate Planning for You C-6 776-4873
611 Sabatka
Mondays, 7:30-8p.m., July 15, 22, 29
(3 times)
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
This 4-part course will explore the unique purposes of financial planning with special emphasis on estate planning. 1) Tax reduction; during life and at death by postponing, reducing, and shifting of Federal income, estate, and gift taxes. 2) Retirement: investment management; 3) Protection: from personal risk; 4) Estate planning principals. (Jim is a graduate of Kansas State University, with a degree in business administration.)

RESIDENTIAL REAL ESTATE: INVESTING WITH LIMITED FUNDS C-7 537-2151
611 Forsgren
One Time: Thursday, 7:30-9p.m., Aug 8
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Not a "get rich quick" program, but logical, legal and ethical methods for the small investor to buy and operate residential real estate profitably. (Bill is a licensed real estate broker in two states who is experienced in investment counseling and syndication of real estate projects.)

INTRODUCTION TO INVESTING C-8 776-4921
Jeff Lewis
Mondays & Thursdays, 7-8:30p.m., First Meeting: July 8
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Limit: 15
This course offers a chance for the beginning investor to obtain a firm understanding of different investment opportunities. This course will include sections on defining and understanding investment terms, how to locate profitable stocks, when to buy and sell for maximum profit, how to make money in precious metals, and more. Also included will be a section on learning to forecast market and stock trends. (Jeff has been actively investing and studying for a number of years.)

MONEY MANAGEMENT SEMINAR C-10 537-4505
Fred Freeby
Section 1: Monday, 7:30p.m., June 24
Section 2: Thursday, 7:30p.m., June 27
Location: Will be noted on your receipt
Class Fee: None
The time is now when providing for tomorrow's needs means simply working hard and putting a little bit aside every 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 Keoghs. (Fred is division manager of Western and Reid.)

It's Educational

WEDNESDAY MORNING PLAY GROUP R-17 537-1048 530-1579
Linda Irwin, Barb Stork
Wednesdays, 10a.m.-12p.m., First Meeting: June 19
Location: Will be noted on your receipt
Class Fee: $3/family, pay with registration
This is an ongoing "Support Group" for home mothers and their pre-school-age children. A "Mother's Morning In" with coffee playing and moms visiting with other adults. Mothers are responsible for their own children, no separation necessary. During nice weather we will meet 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.)

RETURNING TO COLLEGE SK-46 532-6432
Beverly Leskey
Wednesday, 2-Mondays, 7-9:30p.m., June 10, 24, July 1
(3 times)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Have you thought about starting or returning to college after being out of school for several years? Are you wondering whether you have the time, energy, ability or physical energy to do it? Will your family and friends think of you doing the educational institution confuse you and do you have any concerns with others, including children who have survived the experience? (Beverly was formerly director of admissions and records and a financial aid officer, as well as advisor to international students. Presently, she is a member of the Ferris Office staff.)

LATCHKEY EDUCATION- "MOM AT HOME" (ELEMENTARY SCHOOL AGE) SK-42 537-2180
Lynda Frey
Friday, 1:30-4:30p.m., Aug 16
Location: Will be noted on your receipt
Limit: 15
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 is providing education to these latch key 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.

SELECTING A PRESCHOOL C-2 532-5510
Marjorie Stith
One Time: Thursday, 7-8:30p.m., June 20
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Selecting alternative care for your child can be confusing and difficult. The right pre-school for one child might be wrong for another. In this class, we will talk about how to evaluate options, philosophy and program of different types of pre-schools to help you in making the best choice for you and your family. (Marjorie is head of the Early Childhood Laboratory at CCU.)

ADVERTISE WITH UFM
Call 532-5866.
Options and Opinions

VICTIM ASSISTANCE
C-3
Kris Kalmeyer
776-1084

Section I: Thursday, June 20
Section II: Thursday, July 11
Location: Will be noted on your receipt

What resources are there for victims of violence or crime? This class answers that question and provides information on techniques useful in helping loved ones in a time of crisis. (Kris has worked with victims services in a large metropolitan area.)

LONGTERM CARE OPTIONS FOR THE ELDERLY
S-22
Clyde Jones
532-6296

One Time: Wednesday, July 18
Location: Will be noted on your receipt
Class Fee: $6, pay with registration

This will be a view of longterm care programs for the elderly in terms of accessibility and effectiveness. There will be time for questions from the participants. (Clyde, professor of Management, College of Business Administration, is currently chairman of the Riley County Long-Term Care Task Force.)

Home Sweet Home

HOW TO BUY A HOME
C-28
Kathie Gehr
537-7496

One Time: Thursday, June 20
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Buying a house is probably every family's largest investment. Because it is, there are certain things the buyer needs to be aware of and certain physical aspects of the home that need to be considered. The use of a professional realtor has certain definite advantages in this process of looking for a home. (Kathie is a full-time professional realtor associated with D & A Real Estate, Inc., and is very familiar with this area and its property values.)

GLEANING REVITALIZATION
C-12
Barbara Anderson
537-9603

One Time: Thursday, June 27
Location: Will be noted on your receipt

The Manhattan Design Project is modeled after the National Main Street program. A comprehensive approach to downtown revitalization through promotion, preservation, and economic restructuring. Barbara will show slides and discuss the National Main Street Center and Manhattan's revitalization program. Come and talk about the future of our downtown. (Barbara has been a local coordinator for the last two years.)

LAND/USE/TENANT RELATIONS
C-13
David Tropp
1-762-2210

One Time: Monday, July 8
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

Have you been down the gourmet, health food and specialty aisles of your local food store and wondered what in the world you would do with what you see, or, do you just pass those aisles by? This is your chance to find out about these and other departments in a local grocery store. We will be going behind the scenes to visit the produce department, fish and seafood section, meat cutting, deli and bakery. Find out how your food is handled from truck to display shelf. (Virgil, manager of the westloop Dill's store is looking forward to expanding your knowledge of the food industry.)

14/Community

EMPLOYMENT NEEDS OF LONG-TERM MENTALLY ILL
SK-12
Marty Steele
539-5337

One Time: Thursday, July 18
Location: Will be noted on your receipt
Class Fee: $5, pay with registration

The class will address the employment needs of the long-term mentally ill including existing programs to facilitate rehabilitation and vocational training. Suggestions for employers will be discussed concerning how to incorporate long-term mentally ill into the work force. Persons suffering from this as well as their families and potential employers would benefit from this class. (Marty has worked with the long-term mentally ill for about 10 years.)

TRACKING YOUR ROOTS
SK-19
J. Harvey Littrell
539-2646

Mondays, June 24 and July 1
Location: Will be noted on your receipt
Class Fee: $6, pay with registration

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 who want the basic knowledge 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 K-State professor. He is currently the president of the Riley County Genealogical Society.)

STAR WARS: FANTRY IN A FALLACY
C-5
Ken Kiley
532-5985

One Time: Tuesday, July 23
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Star Wars. How will it affect us? In this class we will look at some technical aspects of this system. We will consider how it affects disarmament and examine its effects in terms of old treaties and future agreements. We will consider whether it is a stabilizing or destabilizing factor in arms balances. Possible future class dates will be discussed. (Ken is very knowledgeable about the subject of Star Wars.)

THE DISAPPEARING FAMILY FARM
C-4
Sister Sheila Carroll
532-5666

One Time: Tuesday, June 25
Location: Will be noted on your receipt
Class Fee: $1, pay with registration

There is no farm crisis. There is a national crisis - a crisis of culture, values and economy. The situation in rural America will have far reaching effects on all of us. The "farm crisis" will not only lead to the disappearance of people from the land (especially, 15% of the people own over 50% of the land in our country), but potentially will cause food prices to rise to such a point or more. Displaced farmers will compete for jobs from urban workers and more. Some forums on how to discuss this at community level.

manhattan mepponite
Weekly Worship Services
CPR Fellowship

fellowship
Weekly Worship Services

1211 Thurston
Manhattan, Kansas 66502
Telephone: 913/539-4079
Home: 913/539-6481
Dorothy Nickel Friesen, Pastor
Worship 10:45

108 NORTH 4TH ST. MANHATTAN, KS.
Jim Rhine • Roberta Surs • Norma Nordgren

UNIVERSAL
Insurance Services
COMMERCIAL • BONDS

AUTO • HOME

TELEPHONE 776-4825

held at
1021 Denison
Sunday School 9:30
Worship 10:45
Toll free numbers

Automotive Recall Information .................................................. 1-800-426-9293
Child Abuse Hotline ................................................................. 1-800-222-5555
Consumer Assistance for the Aging ........................................... 1-800-447-9586
Consumer Product Safety Commission Hotline ............................ 1-800-638-2772
Educational Grants Hotline ....................................................... 1-800-653-6500
Fair Housing & Equal Opportunity Hotline ............................... 1-800-624-9899
Fast Track Education Clearinghouse .......................................... 1-800-365-2085
Federal Tax Information & Assistance ........................................ 1-800-829-1040
Interstate Commerce Commission (Moving Hotline/Rogers Office) .. 1-817-236-2796
Lawyer Referral Service ......................................................... 1-800-423-3533

Runaway Children
(If runaways want to contact their parents, a recorded message will be
taken and relayed free of charge) ................................................. 1-800-222-5555
Veteran Administration Benefits Information Assistance ............... 1-800-233-9446

Used clothing
Used Clothing, Household Goods, etc.

Home & School Shop, 728 Colorado, Mon-Sat, 1-4pm
Before Shoppes, 421 Paseo .......................... 537-7425
Salvation Army (Junction City - will pick up) .................................. 1-238-7875

Local recycling programs
Campbell Distributors, Inc. (collect aluminum) .......................... 776-2337
Junction City Distribution Company (collects aluminum cans in
the Westloop parking lot on lst, 2nd & 4th Wednesdays of each
month from 3-5pm)
Refuse Control Company (provides deposit bins for newspapers
in parking lots of Wal-Mart, Dutch Melt Stores, Mercury,
Westloop Skelly Service Station)
Riley County 4-4 Club (sponsors newspaper drives) .................. 776-4781

KANSAS CHILDREN'S SERVICE LEAGUE
Kim Menard .......................................................... 539-3103

Kansas Children's Service League has opened a local office to better
terse the Manhattan community. The mission of Kansas Children's Service
League is caring about children. We offer four types of services:

Emergency Foster Care - short-term placement for children, 0-17 years,
who are removed from their homes because of abuse and neglect or behavioral
problems. This program is offered in conjunction with SRS

Temporary Foster Care - short-term placement for children, 0-17 years,
when the parents must be away for some length of time, due to illness or a
crisis in the family.

Respite Foster Care - planned short-term family living for handicapped
children whose parents need a relief from their care. Parents must meet
the family's home before the actual stay of the child.

Pregnancy Counseling - decision making exercises and case management
services for parents-to-be on an individualized basis.

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

PET HOTLINE
Beverly Hashagen ............................................. 537-7430

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

GODWIN MUSEUM AND HISTORICAL SITE
Glen Loja, 2224 Stone Post Rd ..................................... 539-3731

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

Volunteer Clearing House

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

Registers the needs of for-profit agencies and individuals, recruits
and places the volunteers to meet those needs, and promotes a positive
image for volunteers in the community. Any individual wanting to do
volunteer work is encouraged to call or stop by our office. We will match
your skills and interests with a current need. Someone in Manhattan
needs you and we can tell you what.

Staff: Program Administrator, Karen 
L. Hooker; Volunteer Coordinator, Joe Volek.

Let's Hire Qualified Disabled Employees

Nancy Westing ............................................. 776-4011

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

K-State Women's Resource Center

Horizon Mall 111 ............................................. 528-4422

The Women's Resource Center is a focal point on campus for information
(books, articles, films) on issues affecting women, the changing roles
of women and men, community events and resources for women.

Summer hours: 10am-5pm through Friday.
Contact Susan Boswell for more information.

The Children's Academy: summer and fall academic enrichment programs
for 4-6 year olds; summer day care program for 2-3 year olds. Michael
Cody: 537-0294 or 539-8667.

Ending Hunger: comprehensive program on the issues and in-
ventions required to end world hunger. Lynn Ellen Dungan, 537-0938
(Edith Sunkel), 776-3624/332-9945. Audiovisual materials also avail-
able to groups for shorter presentations.

Manhattan Friends of Education: an opportunity for all educational
organizations and programs to share resources, discuss issues, and expend
community awareness. David Stewart, 539-3051.

Manhattan Day Care provides day care for toddlers and pre-school
children on a sliding-fee scale. This service is primarily for limited
income families. Contact: Manhattan Day Care at 776-2071 or visit the
centers at 121 6th. or 901 Tyme. Manhattan Day Care is supported by
the city of Manhattan, United way and parent fees.

ARES/RACES Disaster Preparation Plan for Riley County

For more information, contact: Dr. Myron A. Callstrom, W0BY, ARES/RACES
Coordinator, 2001 Dunbar Road, Manhattan, KS. 66502. Phone: 539-4159(home) 535-6500(work).

Volunteers — We Need Your Help

UFM's Program Planning Committee

needs a few good workers to help in any
and all phases of program planning.
No experience necessary.

Call Julie at 532-5866.
Seeking Within

YOGA
Rob Sheridan

Mondays, 6-5pm, First Meeting: June 24 Length: 4 times
Location: Will be noted on your receipt
Class Fee: $20, pay with registration
Materials Fees: $5, pay at class
Limit: 10

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). Please wear comfortable clothing (shorts, T-shirts, etc.) and come on an empty stomach. (Rob has been studying yoga with Dr. Albert Franklin since 1974.)

INTRODUCTION TO ZEN MEDITATION PRACTICE
Leon Rauswart

Wednesdays, 7:30pm, June 26, July 3, 10 (3 times)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

The aim of this course is to have three meetings within which some preliminary discussion of Buddhist tradition will be held as well as instruction in the Zen way of 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. (Leon has been practicing Zen for years.)

SACK LUNCH THEOLOGY
Dave Stewart

Mondays, 11:30am-1:30pm, May 23-July 22 (10 times)
Location: Will be noted on your receipt
Class Fee: $1, pay with registration
Materials Fee: $7.50, pay at class (for book)
Limit: 15

The Sack Lunch Theology Class, which has been a tradition for years, will continue through the summer with a study of The Road Less Traveled by M. Scott Peck. The class will continue to feature learning through open dialogue among participants, as well as consideration of the salient points of the text. (Dave is a casual minister who has been eating sack lunches and chewing on theology for several years.)

PERSEVERANCE PARTNERS
Natasha Hall

Register and you will be contacted for day, time and date.
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10

Perseverance is an ancient Chinese book of wisdom that is used as an oracle. It is often being obscure and mystical, when approached with a proper attitude it can be a very practical tool in getting to know your inner self, as well as a creative and intuitive approach to decision making. (Natasha has been throwing the Oracle for about 6 years and has gained a lot of insight into herself and others.)

Self Improvement

STRESS MANAGEMENT
Michael Weinberg, PhD

Monday & Wednesday, 7:30pm, July 1 & 3
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 the motivation for our behaviors when dealing with stress. Michael will share with you alternative ways of thinking and behaving that can efficiently diminish stress in your life. (Michael is a nationally certified counselor. He has a Master's Degree in Family and Child Development, a PhD in Adult Education and 14 years experience in the mental health profession.)

SELF-CONFIDENCE - THE AGONY & THE EUSTACY
Anne Beng

Tuesday, Thursday, Tuesday, 7-9pm, July 9, 11, 16
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 15

Self-confidence is an art, an attitude and a sense of self-worth. This course will concentrate on self-confidence building skills, some of the "whys and why nots" of this elusive trait, the times we may feel like an "imposter" and the development of self-trust. (Anne is currently the Chief Executive Officer of Memorial Hospital and affiliated with a large multi-hospital system. She has a background in public speaking and has given class presentations elsewhere in the past.)

AVOIDING PROcrastination
Kay Stewart

Tuesdays, 7:30pm, June 26
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10

A practical approach to managing time better, to make more opportunities to enjoy your work, your home, your friends. This class will explore possibilities for positive changes and new directions. (Kay is assistant to the Dean and Director, Student Personnel Services in the College of Business Administration. She has conducted many professional growth seminars.)

QUICK-WIN STRESS MANAGEMENT STRATEGIES
Cliff Schutte

One Time: Tuesday, 7-9pm, June 26
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10

Come dressed comfortably as you will be practicing and learning some stress management strategies. You will also be learning how each of us over-stresses yourself 100 or more times each day, what your own unique stress pattern is, how to integrate mini-strategies for managing those stresses into daily activity; and have some fun doing it. (Cliff is an assistant professor, works in the Psychology Counseling Center conducting training in stress management, biofeedback and wellness training for students.)
Incredible Edibles

FOOD PRESERVATION

Kayann Neely
F-11
Fridays, 9-11am, June 28, July 12
Class Fee: $4, pay with registration
Location: Will be on your receipt
Everyone is doing it! Food Preservation! If you are new to preservation or just need a refresher, come and view the videos and ask questions. We will cover canning and freezing of fruits and vegetables, making pickles (extension home economist).

MAILING MAKING

Julia Mattews
F-12
One Time: Tuesday, 10am, August 6
Location: Will be on your receipt
Class Fee: $4, pay with registration
Materials Fee: $0, pay at class
Linda will teach the basics of making jelly in an hour or less, we will be using the interrelationship between families and conflict resolution skills to teach about families and issues that are relevant both now and in the future. This one-time class will provide an opportunity for family members to learn about making jelly for their families' current and future needs. (Linda is a doctoral student in Family Life Education at KSU and has coordinated statewide programs for teens for Nebraska 4-H.)

Holly Spencer "Brothers"

... Our Selves

MARRIAGE ENRICHMENT

Larry M. Peak, PhD
S-8
One Time: Thursday, 7-9pm, July 16
Location: Will be on your receipt
Class Fee: $4, pay with registration
There will be a general description of the most frequent marital problems and suggestions for enhancing the marital relationship. There will be time for group discussion and individual questions. (Larry has a private mental health practice offering marital therapy.)

DIVORCE: HOW TO STOP FEELING LIKE A VICTIM

Michael Weinberg, PhD
S-9
One Time: Monday & Wednesday, 7-9pm, June 24, 26
Location: Will be on your receipt
Class Fee: $4, pay with registration
Limit: 10
Dinner is often an emotional and devastating experience that reinforces the feeling of being victimized. We will discuss the options available actions that build emotional strength.

WRITING WITH OUR DESIRES FOR AND FEAR OF INTIMACY

Rix Salterine
S-10
One Time: Wednesday, 7-9pm, June 26
Location: Will be on your receipt
Class Fee: $4, pay with registration
Many of us have trouble handling our feelings of intimacy in a constructive and helpful way. This session will examine ways of understanding our intimate needs, yet maintaining our sense of identity as an individual. (Rix is a psychiatric social worker in private practice services.)

SIMPLE AGAIN -- ALONE, BUT NOT LONELY

Jan Copeland
S-11
One Time: Tuesday, 7-9pm, June 25
Location: Will be on your receipt
Class Fee: $4, pay with registration
Materials Fee: $0, pay at class
Adjusting to life after marriage can cause loneliness as well as alienation. We will learn the difference between the two and how to value each state. (Jan has offered this workshop to many singles (groups throughout the state.)

NON-EXISTENT CHILD HEARING

Linda Thorson
S-14
One Time: Wednesday, 6-8pm, July 10
Location: Will be on your receipt
Class Fee: $4, pay with registration
This class is for those who have children living with them who may be victims of various forms of child abuse. In addition, information will be shared as to the responsibilities for reporting who have been abused and families who need help to improve their parenting difficulties.

VALENCY AND THE SINGLE PARENT

Sjurrin Jurek
S-17
One Time: Monday, 7-9pm, July 22
Location: Will be on your receipt
Class Fee: $4, pay with registration
Sjurrin will teach the needs, barriers, and joys of occupancy when you are a single parent. There will be a question and answer period the second hour.

LIVING WITH YOUR TEEN

Bill Sundhausen
S-15
Thursdays, 7-9pm, June 19 & 27
Location: Will be on your receipt
Class Fee: $4, pay with registration
Materials Fee: $0, pay at class
Limit: 15
This will be an educational seminar designed to help parents deal with some of the common problems and conflicts of adolescence. Emphasis will be given to conflict resolution, and communication skills. (Bill is a psychology major, high school and a part-time consultant for Purneau Mental Health. He has been working with adolescents for over 10 years.)

SUCCESSFUL SINGLE PARENTING

Jan Copeland
S-16
One Time: Thursday, 7-9pm, July 11
Location: Will be on your receipt
Class Fee: $4, pay with registration
Materials Fee: $0, pay at class
This is an opportunity for those going alone as a single parent to discuss their success stories or problems and offer support over the challenges. "Part-time parents" or those in shared custody arrangements are welcome. (Jan is a doctoral candidate in KSU's Department of Family & Child Development and has been single parenting four youngers for over 5 years.)

PREPARATION FOR REMARRIAGE WITH CHILDREN

S-18
Jan Copeland
One Time: Thursday, 7-9pm, July 30
Location: Will be on your receipt
Class Fee: $4, pay with registration
Materials Fee: $0, pay at class
This will be a discussion group for those contemplating marriage as a "package deal" and want complete with a built-in family. We'll consider the emotional and financial aspects of bringing children into your family. Participants will have the option of continuing their remarriage preparation by utilizing the PREPARE-MC Remarriage (Childless) Children Inventory.

ADOPTIVE PARENT SUPPORT GROUP

Marty Steele, Linda Tenen
S-19
You will be contacted for time and date Location: Indefinite
Class Fee: $4, pay with registration
This group will provide opportunities for adoptive parents to share the joys and frustrations of adopting children. Acceptance by others, work, childcare, legal issues, and the change of role and re唔 relationships are important 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 Marty has a racially mixed family.)

CABEGIVER WORKSHOP

Lynda Freny
S-20
One Time: Tuesday, 1-3pm, August 8
Location: Will be on your receipt
Class Fee: $4, pay with registration
Limit: 15
Do you care for children in your home? Let us help you improve your skills and confidence. This workshop will offer basic information regarding development of kids, first aid for emergencies, and other issues caregivers routinely deal with. Upon completion of the workshop Red Cross certificates will be issued. (Lynda works for the American Red Cross.)

PRE-SCHOOL TEACHERS RESPONSE TO CHILD ABUSE

Sandy Stitt
S-21
One Time: Thursday, 7-9pm, June 20
Location: Will be on your receipt
Class Fee: $4, pay with registration
This workshop will help preschool teachers and daycare providers identify children who may be victims of various forms of child abuse. In addition, information will be shared as to the responsibilities for reporting who have been abused and families who need help to improve their parenting difficulties.

Inner Self/19
Image Conscious

HAIRCOLORING AND NEW HAIR COLOR IDEAS

Rhonda Reeves, Linda Ellistone
Section I: Wednesday, 7:30pm, June 5
Section II: Wednesday, 7:30pm, June 12
Section III: Wednesday, 7:30pm, June 19
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, section, pay at class
Limit: 10/session
We'll discuss new hair color ideas including body lights, line looks, and color combinations. We'll demonstrate French braiding and basket weaving. (Rhonda and Linda are with Hair Dimensions and enjoy sharing their expertise with others.)

THE RIGHT LOOK FOR YOUR FACIAL SHAPE

Liz Broccoli and Hair Experts
Section I: Monday, 6pm, June 17
Section II: Monday, 6pm, July 15
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10/session
Round, heart-shaped, square or oval - what is your facial shape? Knowing ours we can choose the best hair styles and accessories to accent your best features and camouflage the less pleasing features. Starting changes sometimes occur through a simple change. (The hair experts are expert at designing their hair cuts to fit the individual.)

PROFESSIONAL MANICURES

Judy Goodson
One Time: Monday, 7pm, Aug 5
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 8
Pamper yourself! Here's your chance to achieve the long, beautiful, and healthy nails that you've always admired but didn't think possible for yourself. Will - it is. A professional manicurist will demonstrate and help you with actual hands-on experience. You'll discuss techniques involved in giving a professional manicure, hand care problems, safety precautions, and use of equipment. Treat yourself and feel great when you leave! (Judy owns Van's Hair Fashion and is both a trained manicurist and hair stylist.)

FUN OF COLOR WORKSHOP

Nancy Brown and Judy Goodson
One Time: Saturday, 9am, June 15
Location: Will be noted on your receipt
Class Fee: $16, pay with registration
Limit: 5
COLOR is very important to the way you look and feel! Our system of color analysis is fun, not complicated! Each person will be color analyzed, given a fresh, updated makeup with Lady Finelle's water-based products, and receive a color swatchbook plus trial size products. Nancy first used color collors in teaching home economics 25 years ago, and now has over 20 years experience in skincare with fashion. Fashion Twenty and Lady Finelle. Judy has been a licensed cosmetologist for over 15 years, owns Van's Hair Fashion, and gives color analysis make-ups for Lady Finelle Cosmetics.

COLOR CONTROL FOR WOMEN

Bonnie Hansen
Section I: Wednesday, 7:30-9pm, July 10
Section II: Thursday, 7:30-9pm, July 11
Location: Will be noted on your receipt
Class Fee: $35, section, pay with registration
Limit: 4/session
Which colors put you in control of your wardrobe and enhance your personal beauty? Which colors send just the right message about you? Find out at this exciting COLOR class! Each person will have her colors analyzed using the Four Season concept and also have a complete wardrobe make-over. Styles and fashions will also be discussed. (Bonnie is a certified color consultant with Beauty For All Seasons.)

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CABING FOR ENDURANCE
Elizabeth Addington

Section 1: Thursday, 7:30pm, July 18
Location: will be noted on your receipt
Class Fee: $6, pay at class
Limit: 15

Have you ever 'hit the wall?' as a runner, or have you ever felt like your legs just didn't want to go in circles anymore while swimming? Well maybe it's because of your nutrition or eating habits. Join Corna in learning the current concepts and practices about eating for long distance, endurance activities. (This lecture is working on her thesis in nutrition and exercise and is a recreational long-distance bicyclist.)

RACE FOR LIFE - CPR
Joyce Haverson

Tuesday, Thursday, 6:30-8:30pm, June 25, 27 [2 times]
Location: will be noted on your receipt
Materials Fee: $10, pay at class
Limit: 10

CPR is a combination of artificial respiration and artificial circulation. It can save many lives (for instance, if started within 1 minute, it can save 92% of heart attack victims). However, it can cause serious harm if administered improperly and can even harm a Red Cross Certification. The fee will cover book costs. Joyce is an experienced CPR instructor.

RED CROSS CPR
Darrell Har

Tuesday & Thursday, 6:30-8:30pm, July 9 & 11 [2 times]
Location: will be noted on your receipt
Materials Fee: $10, pay at class
Limit: 15

CPR is serious business. When someone suffers a cardiac arrest, immediate aid is essential. In this course the Red Cross gives training in mouth to mouth and cardiac compressions as well as emergency techniques for helping choking victims. You'll get together with other students to work through illustrated handouts and practice CPR techniques on the special manikin. The fee will cover book costs. (Darrell is a certified instructor in first aid and CPR.)

BASIC FIRST AID FOR YOUNG PEOPLE
Lynda Frey, Darrell Frey

Monday, Wednesday, Friday, 1:30-3:30pm, July 22, 24, 26
Location: will be noted on your receipt
Materials Fee: $15, pay at class
Limit: 12
Parents, have your kids introduced to the basics of first aid. General first aid and accident prevention are stressed--the skills and information needed in daily life. They'll learn to restore breathing, control bleeding, care for fractures, and treat poison, burns, and insect bites. The course is self-paced so they can work at their own speed. The fee will cover book costs. (Lynda is executive director of the Red Cross in Riley County, and Darrell is a certified instructor in Basic First Aid.)

RED CROSS BABYSITTING
Tim McHenry, Darrell Har, Lynda Frey

Saturday, 8am-10pm, June 22, 29 [2 times]
Location: will be noted on your receipt
Materials Fee: $20, pay at class
Limit: 20

The Red Cross babysitting class helps youth learn to use a job description, interview for a job, and develop job skills. Babysitting is a responsible job that involves handling emergencies, selecting safe toys and games, supervising children, feeding, and dressing infants. NOTE: Students will need to be at least 16 years old in order to receive a certification of completion. (Lynda is executive director of the Red Cross in Riley County, Darrell is a certified instructor in first aid, and Lynda is a staff person for Big Brothers/Big Sisters in Manhattan.)

EMERGENCY! CAN YOU HELP?
Sue Shrum, R.N.C.E.M.

One Time: Tuesday, 7:30pm, July 17
Location: will be noted on your receipt
Class Fee: $4, pay with registration

Your little girl has just pulled a pot of boiling water down onto herself. What do you do? How do you treat it on your turkey dinner. What do you do? What do you do to the emergency room or call a doctor? Can you handle some emergencies at home? We'll cover common home emergencies and their initial treatment. There will be time for questions. (Sue is a certified emergency nurse who has conducted various courses and lectures in nursing.)

FATS AND FADS: WHO OWNS THE PROBLEM
Bonnie Hansen

One Time: Tuesday, 10:30am, July 9
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $5, pay at class
Limit: 10

We will discuss diets, types of fats, the soy-oy syndrome, various causes of being overweight, making commitments for weight control, and setting goals. There will be videos and class participation. (As the owner of the Manhattan Diet Center, Bonnie has studied nutrition extensively and seen over 4 million dieters in the last ten years.)

WEIGHT CONTROL
Dianna Ellis

One Time: Wednesday, 7:30pm, June 26
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 30

Are you tired of all those fad diets that are impossible to stick to? Would you like to find a weight control method that you can stick to for life and that may improve your health at the same time? Then this is the class for you. We will discuss some of the popular fad diets and their alternative weight control methods that are proven successful on a long-term basis. Exercise as a means of weight control will be included. (Dianna is a graduate student in foods and nutrition who is very interested in weight control. She has emphasized nutrition and exercise in her graduate program.)

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BACKPACKING
Alan Sink
One Time: Tuesday, 7pm, June 6
Location: will be noted on your receipt
Class Fee: $2, pay with registration

A sneak of backp...
Getting In Shape

GENERAL FITNESS EXERCISES TO MUSIC: AEROBIC EXERCISE FOR EVERYONE  R-4
Susan Greco  776-9574

Mondays, Tuesdays, Wednesdays, Thursdays, Fridays, 5-6pm
Location: will be noted on your receipt
First Meeting: June 19
Class Fee: $10, pay with registration
Length: All semester
One to three days a week or only a couple, whatever fits your schedule.
Exercises include jogging and steps to music to increase the heart rate, and stretching and firming exercises done slowly and with partners. Continuous activity is stressed, and will increase in intensity toward the end of the semester.
(Susan learned this course in West Germany and taught it professionally at the Dancasus, Syrma Sheraton Hotel.)

FITNESS FOR LADIES IN THE 80's  R-5
Karen McAdams  539-7752

Sundays, 7-8:30pm, June 23-July 14
Length: 4 times
Location: will be noted on your receipt
Class Fee: $6, pay with registration
Length: All semester
The first class will be an introduction to weight training and its benefits (including enhancing a woman's femininity). The second and third classes will include personalized programs with individualized instruction for your goals and desired results. The final class will cover diet and the role of nutrition as an exercise program for the optimal results. (Karen has been weight training for five years and competitive body building for three years. She has been in several contests including the Kansas State Powerlifting Championships of 1980 and 1981 and the Midwest Bodybuilding Championships. She is manager of Workout Irons Gym.)

WEIGHT TRAINING FOR MEN (1) AND FOR WOMEN (1)  R-6
Tony Hooper  539-1039

Section I: Tuesdays, 7:30pm, June 28, 29
Section II: Wednesdays, 7:30pm, June 19, 20
Location: will be noted on your receipt
Class Fee: $6/section, pay with registration
Length: 4 times
Terry will introduce you to weight training exercises as a method of developing muscular strength, endurance and a healthy body. Techniques will be taught on how to train with gym equipment and with items found in the home. Learn how to condition yourself while doing everyday activities. All participants will be given a program designed to develop all the major muscles and an opportunity to try the gym equipment. (Terry was the 1983 Colorado Powerlifting Champion, 1982 Rocky Mountain Powerlifting Champion and 1982 Midwest USA Powerlifting Champion. He has years of experience in training men and women for powerlifting and body-building competitions. Terry is the manager and owner of Mr. T's Powerhouse.)

To Your Health

EATING FOR ENDURANCE  SK-36
Elizabeth Addington  532-6508

Section I: Thursdays, 7-9pm, July 12
Section II: Tuesdays, 7-9pm, July 23
Location: will be noted on your receipt
Class Fee: $6, pay with registration
Length: 4 times
You have ever "hit the wall" as a runner, or have you ever felt like your legs just didn't want you to go any more? How many miles can you go? It's because you didn't eat. (Learn the current concepts and practices about eating for long distance endurance activities.)

NUTRITION AND EXERCISE FOR CHILDREN  SK-39
Gina Tomerli

Tuesday & Thursday, 7:30pm, June 25, 27
Location: will be noted on your receipt
Class Fee: $6, pay with registration
Length: 20 times
For the enthusiastic we'll discuss health of children and families. Emphasis is on family involvement in nutrition and exercise for kids. Topics will include nutrition, exercise, nutrition, health and growth, weight control, and family-oriented activities and exercise programs. Gina has a B.S. in foods and nutrition from ISU. She has taught weight reduction courses and has done fitness testing.

COMMON FOOT INJURIES IN SPORTS  R-14
Dr. Joe Svedoba  539-1863

One Time: Wednesday, June 19
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Skin splints, falling arches, pronation, knee problems - all 800 news. Joe will discuss common foot injuries in all sports, from jogging to soccer to court sports. And most importantly, Joe will tell you how to treat and avoid foot problems. (Joe is a sports podiatrist, runner and consultant to the ISU Athletic Department.)

ARE YOU FIT?  SK-26
Pat & Donna Plumer

One Time: Monday, July 8
Location: will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $5, pay at class
Limit: 10
Being fit is more than being able to run a marathon. It is the combination of good nutritional habits, exercise, and a healthy lifestyle. We will assess some of your habits using written exercises and open discussions. Pat & Donna are certified consultants with Fitness for All Seasons.)

GAT TO RUN (NUTRITION FOR RUNNERS)  F-5
Mindy Wilson

One Time: Thursday, July 27
Location: will be noted on your receipt
Class Fee: $6, pay with registration
The nutritional needs of the runner will be addressed in this session, following the format of "Run for Your Life" by Howard H. Mellen. Effects of improper nutrition will be addressed, as well as performance. Class directed at non-competitors. (Mindy has a personal interest in running, since it has become vital to her well-being.)

MINIMAL INCESSION AND LASER SURGERY ON THE EYES  R-15
Dr. Joe Svedoba  539-7664

One Time: Monday, June 24
Location: will be noted on your receipt
Class Fee: $4, pay with registration
New techniques of minimal traumatic surgery on the foot that does not disable the patient and may be performed in the office will be discussed. Bring your questions.

Ray Hall Jr. 2nd in Animals Untitled
Fun and Games

RAQUETBALL FOR BEGINNERS R-11  539-6255
Ron Pavelka
Sundays, 8-10am  First Meeting: June 30  Length: 3 times
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Limit: 16
Join one of the most popular and coming sports. Raquetball is good for developing cardiovascular fitness, muscular endurance, controlling weight and is a lifetime activity. This class will emphasize basic rules and fundamentals of the game including scoring, backhand, forehand and serving. Bring a racquet and two balls. (Ron has been playing raquetball for years.)

DIAL-A-METEOR/ TENNIS/RAQUETBALL/INDOOR GAMES R-12  532-5866
Neil Schambek
Location: A list will be mailed to you
Class Fee: $3, pay with registration
Want some new partners for sports? This is an opportunity for you to get some challenging experience and to meet new faces. At registration, dictate the game, your skill level (beginner, intermediate or advanced), days and times available, and USM will compile a list which will be mailed to you. (Neil has coordinated this class for several years.)

OUTDOOR HARDBALL R-13  539-5337
Bob Weber
Mondays, 7-9pm  First Meeting: June 24  Length: 3 times
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, $5, $10
Limit: 10
Learn basic stroke technique, shot selection, and rules of hardball by playing it. Men and women, ages 8 to 98, experienced players to those who've never seen a hardball will welcome. Bring a glove and belt if you have them. (Bob has been playing hardball for over six years.)

VOLLEYBALL FOR FUN (16 AND OVER) R-16  539-8867
Lois Moreles
Tuesdays, Thursdays, 6:30-8:30pm  First Meeting: June 18
Location: Will be noted on your receipt
Length: Ongoing
Class Fee: $4, pay with registration
Materials Fee: $1, $4 at class
Outdoor volleyball can promote low-key competition, exercise and a great time for beginners to those advanced. Nets and balls will be furnished. (Lois has played volleyball for years.)

Form and Motion

ALL STYLE KARATE WORKOUT R-38  1-485-2480
Richard Barnes
Mondays, Wednesdays, Fridays, 8-9:30am  First Meeting: June 19
Location: Will be noted on your receipt
Length: Ongoing
Class Fee: $10, pay with registration
Materials Fee: $2, pay at class
Have a little extra time and want to work out with fellow enthusiasts? All styles welcome. Join us!

TANG SOO DO KARATE R-7  1-485-2480
Richard Barnes
Mondays, Wednesdays, Fridays, 6:30-8pm  First Meeting: June 19
Location: Will be noted on your receipt
Length: All semester
Class Fee: $10, pay with registration
Materials Fee: $2, pay at class
Limit: 25
This course will cover the basics and is for those who don't know anything about karate but really want to learn. Karate is not easy and requires much hard work, practice, patience, and perseverance. If you stay with it you will test for your first belt rank at the end of the course. Come wearing loose clothing that you don't mind getting sweaty. You are encouraged to consider buying a uniform, which will be available from the instructor. (Richard is a first degree black belt.)

VAHNA KEMPO KARATE (FOR EXPERIENCED) R-8  537-2567
Mark Bueno
Tuesdays, and Thursdays, 6-7:30pm  First Meeting: June 20
Location: Will be noted on your receipt
Length: Ongoing
Class Fee: $10, pay with registration
Limit: 25/experienced
Karate is good exercise and great self-defense. 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 R-8  530-7841
Mrs. Wu
Section I: Wednesdays, 7pm  First Meeting: June 19
Length: Ongoing
Section II: Saturdays, 9am  First Meeting: June 22
Location: Will be noted on your receipt
Class Fee: $10/session, pay with registration
Materials Fee: $10, pay at class
Tai chi ch'uan is a slow moving series of classic Chinese postures which enable the practitioner to develop grace, poise, and inner strength. This is a very popular exercise practiced in Taiwan by all age groups. Section I is the Basic 10 Form and Section II is the Slow-mo 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.)

24/Recreation

SUMMER SOCCER R-17  532-6121 539-4760
Charles Hedgcock
Sundays, 9:30-10:30am  First Meeting: June 23
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
For the novice and the experienced player from 15 - 77. No practices - just matches for fun among ourselves and other area teams. Classes will run through Aug 4. (Charles has been involved in soccer for more than 10 years and is a coach, player and referee.)

GOLF FOR BEGINNERS R-18  539-1041
Jim Gregory
Thursdays, 6-7pm  June 20, 27, July 11  (3 times)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
For those who have little or no experience, Jim will cover fundamentals of the: 1) full swing; 2) short game - pitching and chipping; 3) putting. Bring a wood, 3-iron and putter. If you don't have any clubs, they will be provided free of charge. Here's a good chance to find out if golf is the sport for you. (Jim is a PGA Golf Professional and is the golf professional at Stage Hill Golf Course.)

ULTIMATE FRISBEE R-19  539-1104
Scott Dexter
Tuesdays & Thursdays, 6-8pm  First Meeting: June 18
Length: Ongoing
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Members of the USU Frisbee club, Aerial Wizards, will be teaching the basics of ultimate frisbee on a low-key recreational level. Men and women, ages 14 and up, and experienced players to those who've never seen a frisbee are welcome. Bring a frisbee if you have one and wear running shoes and sweats. (Scott has been frisbee throwing since 1977.)

REHEARSAL TUNES R-10  539-4250
Julie Koldenberg
Sundays, 8-10am  First Meeting: June 23
Length: 6 times
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Limit: 20
Fencing for Beginners R-20  539-1510 539-8615
Doug Varnay, Brigitt Amos
Wednesdays, 7:30-9:30pm  First Meeting: June 19
Length: Ongoing
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Materials Fee: $10, pay at class
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 prepare for the Kansas division tournaments. The materials fee pays for rental of all needed equipment. Intermediate and advanced fencers are welcome to join this class as well as beginner. (Doug and Brigitt have both been fencing for several years.)

L. Huber Untitled
For All Ages and Interests

BEGINNING BRIDGE
R-32
Art Clark
255-5343
Fridays, 7pm, June 21 - July 12 (4 times)
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Limit: 16
Don’t trust your partner’s ace! Learn basic bidding and play from an expert. A brief introduction to tennis will be included. This is the place to make mistakes, so that in four weeks, you’ll be ready to play with friends or strangers. No previous bridge experience is required. (Art has been playing bridge since infancy.)

BASEBALL
R-34
Jason Kevin
539-9168
Saturdays, 1-3pm, June 22, 29, July 6 (3 times)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10
“Chess is no mere game,” once explained a past world champion. This class, designed to explain the game, will teach the rules and fundamentals and enter the fascinating world of the sixty-four squares. The class will teach the very basic rules and strategies of chess to the novice player. Please bring a chess set. (Jason is an occasional chess player and has taught beginning chess in the Praxis Project in Tulsa.)

MODEL RICYCLO AND MODELING
R-26
David Weir
532-6766
Thursdays, 7pm, June 20, 27 (2 times)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
David will discuss how to build and fly model rockets from kits and scratch. He’ll also cover models. David says, “When you complete one and you’ve done your best to make it look real, it can really come alive!” This class is for kids of all ages. With enough interest, a club might be started. (David likes to build and fly large scale rockets and to build and collect model tanks, etc.)

MINIATURE AUTO RACING AND TRACK CONSTRUCTION
R-36
Gregg Schricle
756-7923
Saturdays, 12-4pm First Meeting: June 22 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
This class will build and race miniature cars (1:43 scale) and learn track construction techniques and scenery design. We will hold races and with enough interest will form a miniature racing club and hold competitive events with other 1:43 racing groups in the Kansas area. This class is for kids of all ages: 8-80. (Gregg has been building and racing model cars since 1962. He has built four slot car tracks.)

WEDNESDAY MORNING PLAY GROUP
R-37
Linda Irwin, Barie Store
537-1084 537-1379
Wednesdays, 10am-11pm First Meeting: June 19 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
This is an ongoing “Support Group” for at-home mothers and their preschool-age children, a “Mother’s Morning Out” with children playing and being visited with other adults. Parents are responsible for their own children, no separation necessary. During nice weather we will be meeting outside and during inclement weather we will meet in homes of participants. The group has been in existence for about nine years. (Linda and Barie are mothers of young children.)

ADULT DUNGEONS AND DRAGONS
R-30
Mark Bergums, Mike Finnon, Nancy Vedhast
539-3029
Saturdays, 7:30-9:30pm First Meeting: June 22 Length: Ongoing
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 8
Looking for ADVENTURE! Unlimited treasures! Afraid young people will laugh? It’s okay, we’re looking for a few good adults with or without experience willing to stalk around in dark corridors and face impossible horror. Join us! (It is rumored that these people are over thirty and still adventurous!)

TRIVIAL PURSUIT
R-32
Ron Pavelka
539-6235
Organizational Meeting: Wednesday, 6pm, June 26 Length: Indefinite
Location: Will be noted on your receipt
Class Fee: $2, 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 are asked trivia questions in entertainment, sports, history, literature, science and geography categories. There are 6,000 questions. The purpose of the game is not necessarily to win, but to have fun. All ages are welcome. (Ron has played with family and friends and has gotten this Manhattan group going.)

LEARN TO FLY AT LOW RATES
R-28
Hugh Irwin
532-0311 539-3289
Saturdays, 9-10:30am First Meeting: June 22 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 ground school and for flight training in the Manhattan area will be discussed. If there is enough interest, 6 to 8 free group tutoring sessions may be scheduled to help those who decide to study for the FAA written examination using self-instructional courses. Introductory flight lessons and/or short sight-seeing flights at minimum cost will also be scheduled at the first meeting. (Hugh is a FAA Certified Flight Instructor and a member of the K-State Flying Club.)

JUGGLING
R-29
Charles Green
537-9630
Wednesday, Thursday, Friday, 7-8:30pm, July 24, 25, 26
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 30
Juggling can be a relaxing art as well as a wonderful learning experience. The art of juggling develops a good feel for hand-eye coordination. The only requirement is that you must have three tennis balls. Some experience can be helpful but is not required. Juggling is for the young and the old, so come join the fun! (Charles has been juggling since 1980. He has been a featured performer in many children’s birthday parties, Manhattan’s Eureka Fun Festival and Manhattan Civic Theater’s presentation of Chaucer’s Canterbury Tales.)

POCKET BILLIARDS FOR BEGINNERS
R-31
Jerry Riggs
778-5338
Saturdays, 10:30am First Meeting: June 22 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 trick shot demonstration and can even do a catch. (Jerry has played in several World Pocket Billiard Championships in New York City, finishing third in 1979, 16th in 1980 and 20th in 1981.)

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HORSEBACK RIDING

Susan Goldschmidt

E-8

Tuesdays, Fridays, 6:30pm, June 21, 25, 28, July 2, 9, 12
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $10, pay at class
Limit: 10

This is a beginning horse course for city slickers and other horse Towers. Written materials will cover feeding, care, riding, caring for and other horse management principles. We'll meet at a farm stable so we'll have lots of exposure to horses. All ages are welcome, but children under age eight must bring a parent or guardian. (Gold has ridden since age four and graduated from the Berry School of Horsemanship in Pleasantville, Ohio in saddle seat instruction and basic horse training.)

HORSESHOEING

Greg Barron

E-9

One Time: Saturday, 9-11am, July 27
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $10, pay at class
Limit: 8

This will be a beginning cold-horseshoeing class aimed at people who have had no experience in horseshoeing. Use of horseshoeing tools and care of the horses will be covered. Each participant will also get hands-on experience if desired. (Greg has shod his horses and horses for others for ten years.)

LOVINGBIRDS, COCKTAILS, PARASITES, AND OTHER SMALL PARASITES

Don Nelson

E-10

One Time: Thursday, 7-9pm, July 11
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 20

This class is for anyone who has or wants a small pet. It will cover general care, housing, breeding, care, mutations and their inheritance, and questions and answers session. Afterwards there will be a tour of the avairy. (Don is a breeder of lovebirds, cockatiels, and parakeets, and has over 100 birds in his avairy.)

DOG OBEDIENCE

Renee Nell

E-7

One Time: Mondays, 6-730pm, July 9-29 (4 times)
Location: will be noted on your receipt
Class Fee: $10, pay with registration
Limit: 20

Teach your dog to sit, stand, stay, come, heel and be obedient to the master. Renee will show you and your dog what to do so you can practice during class and at home. Bring a chewhachin, leash, and your dog. Please don't feed Fido right before class. Renee has trained dogs for over five years and won a 4-H state award in dog obedience.

FOR THE "SHEEPISH"-WEEK: FLEECES TO FABRIC

Cliff Specht, Don Erickson

FA-6

One Time: Saturday, 9am-12m, July 13
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $2, pay at class
Limit: 20

This class will include a display of different types and grades of wool taken from different breeds of sheep, a discussion of the major characteristics that affect wool value, a review of the major processes wool undergoes during spinning, and a sheep shearing demonstration. (Cliff is an expert at sheep production. Don has an M.S. in wool from Australia and is an economist.)

NATURAL DYE WORKSHOP

Judy Love

FA-10

One Time: Saturday, 10am, June 29
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $4, pay at class
Limit: 12

Natural dyes give a soft, subdued color to wool. We will be using locally gathered plants, flowers and weeds with a variety of different dyes. Discussion will include what plants naturally produce which colors and what is available commercially if one wants to purchase natural dyes. Participants should bring their own white wool divided into strips of about 1-2 inches long. (Judy will sell you some white wool if you are unable to find any.) (Judy teaches weaving and spinning classes at Kansas State University.)

26/Earth

. . . Feathered Friends

GREAT BLUE HERON ROOKERY EXCURSION

Marie DeLenn

E-11

One Time: Saturday, 8-11am, June 1
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Great blue herons, those big wading water birds, gather their young nests in the highest reaches of sycamore trees along streams. We will watch the herons in flight and in care of their eggs and young. Marie will guide us to two rookeries; one at Stockdale, the other northwest of Randolph. Be prepared for two short hikes, bring binoculars, cameras, snacks and sack lunch. (Marie has been a 4-H project leader in Birds around you, Wildlife Conservation and other various and assorted projects for at least 20 years.)

CHEYENNE BOTTOMS IN SUMMER

Diane Kerr

E-12

One Time: Saturday, 6-9pm, June 15
Location: will be noted on your receipt
Class Fee: $2, pay with registration
Cheyenne Bottoms, the endangered wetland near Great Bend, has had enough rain this spring to provide a fair amount of nesting habitat for the wide diversity of water birds that have traditionally spent the summer there. At this time of year we might see ten species of ducks with young as well as the spectacular white-faced ibis, avocet and many other species. We'll also be able to see firsthand and discuss the problems that Cheyenne Bottoms is facing, bring a sack lunch, binoculars and your camera. (Diane is president of the Northern Hills Audubon Society.)

FLIGHT OF THE SNAPPING CRANE

National Geographic Society Film

E-13

One Time: Wednesday, 7-9pm, June 19
Location: will be noted on your receipt
Class Fee: $2, pay with registration
In hour color film produced by the National Geographic Society, it describes the 1,300-mile migration of this endangered species from the Texas Gulf to its nesting grounds in Northern Canada. It also documents the efforts of scientists to increase the thick population of this bird from about a hundred individuals, by transplanting its eggs to sandhill crane nests in Iowa. Join the Northern Hills Audubon Society for this beautiful film.

BIRDWATCHING IN SOUTHEAST ARIZONA

Dave Ricketts

E-14

One Time: Wednesday, 7-9pm, July 17
Location: will be noted on your receipt
Class Fee: $2, pay with registration
Dave will present a slide show on the birdlife of southeast Arizona, as he and others experimented it in a KSU internship course during the spring of 1984. His slides will also illustrate the scenic beauty and the spring wildflowers of the area. (Dave is a professor in the KSU division of biology.)
The Earth Around Us

GET TO KNOW MILFORD LAKE
Greg Ward 776-3532
One Time: Sunday, 9am, July 21
Location: Will be noted on your receipt
Class fee: $2, pay with registration
Limit: 6
Let an experienced ranger show you Milford’s popular fishing holes, camp sites and attractions, including the new fish hatchery. The tour will be adapted to meet the interests of the participants. You will be driven in a Corps of Engineers’ vehicle. (Greg has been a ranger at Milford for six years and knows the lake inside and out.)

FISHING IN KANSAS: DISCUSSION AND FIELD TRIP
Don Keys 776-3636
One Time: Saturday, 1-5pm, June 26
Location: Will be noted on your receipt
Class fee: $4, pay with registration
Don will talk about which rigs and baits catch which fish. Learn about jigs, spoons, spinners, plastic worms and spinbait plus lots of tidbit information gathered from over 40 years of fishing. After the talk, join Don in a fishing field trip to a nearby area. Don’s specialty is river fishing and he plans to show what he knows. (Don has a native Kansas, has fished all over the state and all his life.)

PUBLIC ARCHAEOLOGY
Pat O’Brien 532-0865
One Time: Thursday, 7:30-9pm, June 20
Location: Will be noted on your receipt
Class fee: $4, pay with registration
Want to know how to find arrowheads? Found some Indian artifacts and want to learn more about them? Interested in Plains Indian culture? If so, this class is for you! The nature of public archaeology will be outlined including the role of the archaeologist. The Kansas Archaeological Association and the 4-H Arrowhead project will be discussed. (Pat is a KSU professor of archeology and has been involved with many archeological digs.)

TUTTLE CREEK NATURE Hike
Paul Wellman 539-8511
One Time: Saturday, 8:30am-12n, July 13
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 five years.)

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

Appropriate Energy

A SOLAR ROOM FOR YOUR HOME
Danny deaartists 532-5866
One Time: Thursday, 7-9pm, June 20
Location: Will be noted on your receipt
Class fee: $2, pay with registration
Limit: 3
An introduction to the advantages of solar energy will be presented.

ENERGY CONSERVING WINDOW TREATMENTS
Kathy Burns 532-5780
One Time: Wednesday, 6:30-8:30pm, June 26
Location: Will be noted on your receipt
Class fee: $4, pay with registration
Limit: 15
Keep your house cool and beautiful this summer with decorative energy-efficient window coverings. Kathy will discuss fiberglass screens, roller shades, insulated Roman shades and insulated shutters and provide instructions for those interested in making their own. (Kathy is the state extension interior design specialist and has been involved in cutting-edge conservation for 10 years.)

WIND TUNES
Gerry Mayer 532-5885
One Time: Tuesday, 7-9pm, July 16
Location: Will be noted on your receipt
Class fee: $4, pay with registration
Limit: 15
Would you like to get a check from KPL instead of getting a bill? Electrical wind-generators offer many opportunities for self-sufficiency in electrical energy. Gene will discuss how to evaluate the potential that electrical wind power could have for your individual needs, the various systems available for different publications, and provide an informational packet. (Gene has been working for the last 5 years as an extension specialist in small business energy for extension outreach programs.)

PRAIRIE FESTIVAL AT THE LAND INSTITUTE IN SALINA
Wes and Dana Jackson 532-8066
Saturday & Sunday, June 1-2 (all weekend)
Location: Will be noted on your receipt
Class fee: $4, pay with registration
"Pattern and Tradition" is the theme for the 1985 Prairie Festival, June 1 and 2 at The Land Institute. This will be our seventh annual celebration of the prairie ecosystem and prairie folk. The featured speakers will be Gary Snyder and Gene Logsdon. During the two-day event, there will be many other speakers, plus panels, workshops and discussions. There will be art features, music, and prairie-related activities. Meals and residence in the Institute are available at a low cost. (Wes and Dana are a place where institutions and individuals can work to learn how to work with nature in the search for sustainable alternatives in agriculture, energy, shelter and waste management.)

WANTED: APPROPRIATE TECHNOLOGY GUN GUIDES
UFM Staff 532-5885
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. Gun guides for groups visiting our solar energy and landscape demonstrations. Prospective guides, after receiving information and orientation, will lead pre-scheduled tours and receive a minimum of $4 per hour. Interest and enthusiasm are the only requirements.

HANSEN NUTRITION CENTER
537-4571
9:30-6:00 p.m. Mon.-Sat.
3112 Anderson Avenue
Across from Village Plaza

Foods for special diets, dehydrators, yoghurt makers, juicers, nuts, seeds, whole grain products, skin care products, vitamins and minerals, books, Weider products. STOP BY TODAY!
Plants At Home

GARDEN PLANNING
E-21
Keith Dickerson

One Time: Saturday, 1-3pm, July 20
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

The Manhattan Community Gardens offers a variety of styles in gardening. We will tour the gardens and discuss the different types and styles of gardening as well as looking at mulching, insect control and fertilizing. The program is for all levels and won a national award in 1984. (Keith is coordinator of the Manhattan Community Gardens.)

OPEN HOUSE AT THE MANHATTAN COMMUNITY GARDENS
E-22
MCS Board Directors

One Time: Saturday, 11am-2pm, June 20
Location: Will be noted on your receipt

We will have an open house at the gardens for anyone who would like to see our seven-state regional admittance and national runner-up gardens. Hot dogs and iced tea will be provided. Come join us and see what Manhattan gardeners are doing. Canceled if rain.

CHILDREN’S GARDENING
E-23
Richard Nettson

Saturday: First Meeting: June 22
Location: Will be noted on your receipt
Children of ages 5-12 will be assigned individual and group gardens.

PLANTS AFIELD

PRAYER WILDFLOWERS
E-1
Gene Tonne

One Time: Saturday, 10am, June 22 (rain date Tuesday, June 25, 6pm)
Location: Will be noted on your receipt
Class Fee: $1, pay with registration

Would you like to know the inner truths of edible landscaping, solar energy, or a renewable plant? Come to our plants. We are looking for a few people to participate with us in learning and sharing our knowledge. We require a commitment of time and interest. Come to the table and volunteer meeting and find out what you can learn or how you can help.

PRAYER GRASSES
E-2
Gene Tonne

One Time: Monday, June 24 (rain date: Wednesday, June 26, 6pm)
Location: Will be noted on your receipt
Class Fee: $1, pay with registration

All grasses are not alike! After this class you will be able to identify big bluestem, Indian grass, switch grass and other common grasses. The effects of burning and grazing will be discussed. Immerse yourself in the Flint Hills “sea of grass” with this prize tour. Bring your walking shoes.

EDIBLE WILD PLANTS
F-8
Max Miller

One Time: Wednesday, 7-8:30am, June 19
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Before you pull or spray that weed, why not find out if it can be enjoyed cuisinerte style. Many unweeded or overlooked plants have excellent food value. Several of local plants will be reviewed and displayed for the class and we’ll take a short walk to discover what’s available in town.

If you have a favorite edible plant, please bring a specimen to share with the class. (Max is a horticulturist and has taught edible plants classes for years.)

WILDFLOWERS DEMONSTRATION
FA-25
Kathy Galvagno

One Time: Saturday, 9-11am, July 20
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Materials Fee: $1, pay at class
Preserve those summer wildflowers all year long! We will cover what kinds of flowers to dry and how to do it using a variety of methods. We will also touch on flower arranging. This is a demonstration so you can learn how and then dry flowers all summer long. (Kathy enjoys wildflowers.)

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RAISED BED GARDENING
E-29
Sheri Kenzel & Lynn Dorson

Wednesday, 1-3pm, June 19
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

Physically limited residents of Manhattan are invited to plant, tend and harvest their own gardens in raised beds at UFM. Plants and assistance will be provided. It is an excellent cut flower bed while employing the fresh air. (Sheri and Lynn are both horticultural therapists from KSH.)

FARMING A 1-1 ACRE REGENERATIVE FARM
E-24
Jack Overholtzer

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

Jack has been operating a 1,100 acre regenerative (fringe quantities of nertisities) farm using crop rotation alone as a means of building fertility. He purchased the top dryland corn and soybean yields in Marshall County in 1984. No sprays, discs,/worms, hormones, ear tags, foils, or, four-ours are used on the cattle and they are the "fattest around" according to Jack. Come see his video and join Jack for an interesting discussion. (Jack is very proud of his farm and wants to show his secrets.)

WEB CULTURE AND USES
E-15
Barbara White

Section 1: Thursday, 10am-12pm, June 20 (rain date June 27)
Section 2: Saturday, 10am-12pm, June 22 (rain date June 29)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
Limit: 15

Learn the basics of color, form and mood of traditional flower arranging. We will use flowers and other plant material in the UFM edible landscape to make arrangements. Participants are responsible for providing containers and any special flowers or plant material from home which they would like to include in arrangements.

SHARING OF OPPORTUNITIES
E-19
Lynn Dorson

One Time: Saturday, 1-3pm, Sept 21
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

Participants in the UFM yard which need to be divided will be dug and split among the participants. Iris, irises, Egyptian onion, elderberry, and others will be available. Participants are also encouraged to bring plant materials from their gardens to share with other participants.

This Organization is a Member of THE LEARNING RESOURCES NETWORK (LEARN), a national organization in adult learning.

For more information about LEARN, contact:
The Learning Resources Network (LEARN)
1221 Thurstøn
Kansas City, Kansas 66602
Phone: 913-539-5376
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. Its purpose is to help homeowners address their home repair needs through low-cost education, technical assistance and volunteer action. The following classes/workshops are offered by HOME through UMF. For more information, call HOME at 532-5866.

HOME SKILLS EXCHANGE CO-OP

HOME Program - Class Fee: $1, pay with registration

Are you skilled at dry-walling, but know nothing of plumbing? Do you enjoy laying carpet, but hate painting? If you have skills you would like to share in return for getting work done in your home, this co-op is for you! The HOME Program will compile a directory of people, skills, and needs for distribution to registrants. (No registration leave a note of your skills and needs with the UMF staff.)

TILE AND CERAMICS

Burt Coursey
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 15
Do you want to put new tile or replace old tile in your bathroom/kitchen? This class will provide instructions on how to properly apply available materials, discuss short-cuts that tend to create problems, and answer individual questions brought in. (Burt owns Burt's Paint Store and has been involved in building and remodeling trades for 10 years.)

BASIC PLUMBING REPAIRS

Greg Stahl
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 15
Are you interested in less plumbing - but would like to learn how to repair basic plumbing problems that occur in the average home? Such topics as descriptions and usage of tools, different types of pipes, faucet repair and hookup, drain repair and cleaning, clogged pipe, and answers to some of the most common plumbing queries will be discussed. (Greg works at Myers True Value Hardware Store as head of the plumbing department.)

WALLPAPERING FOR BEGINNERS

Doug Williams
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 15
Learn the basics of how to hang wallpaper. Discussion will cover the different types of wallpaper, walls, various heights, lengths and matches that cause problems to occur, correct adhesives, and the necessary equipment involved in the proper application to avoid possible problems. (Doug is the manager of the Crown Decorating Store and works daily with major wallpaper representatives.)

OLDER HOME RESTORATION

Russell Reitz
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 15
Are you interested in renovating an older home? Then you'll need to know some of the problems and solutions involved. We'll discuss the usual work required to renovate and answer individual cases and give you some encouragement. (Russell has renovated 25 older homes or apartments rebuilds - sold or rented.)

BASIC CRYSTAL (SHEETROCK)

Larry Budensky
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Limit: 8
You will gain first hand experience on installing and finishing gypsum drywall. We will discuss tools, materials and techniques and then try out. Wear clothes appropriate for working around the house! (Larry has extensive experience in remodeling and sheetrocking.)

A SOLAR ROOM FOR YOUR HOME

Danny Barstight
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Limit: 3
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 the best opportunity to take advantage of this valuable service. (Danny is the technical consultant for the HOME Program.)

ENERGY CONSERVING WINDOW TREATMENTS

Kathy Burke
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 15
Keep your house cool and beautiful this summer with decorative energy-efficient window coverings. Kathy will discuss fiberglass screens, roller shades, insulated Roman shades and insulated shutters and provide instructions for those interested in making their own. (Kathy is the State Extension Interior Design Specialist and has been involved in creative energy conservation for 10 years.)

WIND POWER

Gene Meyer
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 15
Would you like to put a check on your electric bill? Electrical wind generators offer many opportunities for self-sufficiency in electrical energy. Gene will discuss how to evaluate the potential that electrical wind power could have for your individual needs, the various systems available for different financial investments, and provide an informational packet. (Gene has been working for the last 4 years as Extension Specialist in Small Business Energy for extension outreach programs.)

Would you like to share a special hobby or interest with others? Teach for UMF! Deadline for the next catalog is July 26.
Adaptive Parent Support Group
Advertising/79 Stret, Small Business & WRO
AIC Technical Services
An. Institute of Baking Tour
Asphalt and Trail Designers
Appropriate Technology Tour Guides
Arts, Culture, Public
Archaeology
Backpacking
BAKING
Bicycle Repair Demostrated
Bicycle Touring & Camping
Billiards, Pocket
Black History Thrug Drama
Black History Through Drama
Blues Night Music Jam Session
Boarding, Intro, To
Books By & About Men
Drum Dancing
Bridge, Reg.
Britain, To See In
Bundler Proof Home
Burnout, Coping With
Calligraphy, Intro, To
Calorie/Day Chart
Carnival, Changing
Careers Workshop
Carpenters, Beginning
Chemistry, Basic
Chemistry, Bottoms in Summer
Child Abuse
Child Rearing, Non-Existent
Chinese Cooking
Chocolate Lovers, Frozen Chocolate Pies
College, Returning To
Color Analysis & Makeup
Color Control for Women
Color Darkroom Printing
Color Workshop
Community Gardens, Open House
Computer Basics
Computer Overview
Computer Photos (Known Only)
Cooking, One-dish Meals
CPA
Creative Activities for 2-3 Yr. Olds
Dancing Classes
Dancing Classes, Beginners
Dance Class, Adult
Dance Depression
Dance Workshop
Darkroom, 8 & W
Darkroom Printing, 8 & W
Dancing with Differing People
Developing Color Sliders
Deleting Your Partner/Companion/Beattle/Indoor Games
Divorce, How To Stop Feeling Like A Victim
Dog Obedience
Dog Shows, Making
Downtown Revitalization
Eat To Run (Nutrition for Runners)
Eating for Endurance
Eating Landscape: Internships and Volunteer Program
Eating-Smarter Smaller Packages
Elderly, Care Options
Emergency, Can You Care?
Employee Wage Systems
Employ, Clin Need of Long-Term-Med. II
Energy Conservation Window Treatment
Estate Planning and You
Fabric Painting
Factory Farm
Farming a 1000 Acre Regenerative Farm
Fats & Fads: Who Runs the Problem
Feminist Writers' Support Group
Fencing for Beginners
Fire Station Tour
First Aid, Basic
Fishing in Kansas: Discussion & Field Trip
Fit, Are You?
Fitness Exercise to Music: Aerobic Exercise for Everyone
Friends for Ladies in the 60's
Flower Arranging, Basic
Flower Arranging, Ikebana
Fly Fishing for Beginners
Folks Dancers, Flint Hills
Food Co-op
Food Preservation
Food Injuries in Sports
Foot Surgery
French Rehearsal
French, Beginning
Frenchmen, Simple
Frisbee, Ultimate
Fruit Soup & Gazpacho
Gardening Planning
Gardening, Children's
Gardening, Raised Bed
German for Tourists
German Speakers, Conversation for
Goofin's Plate Tour
Golf For Beginners
Grant Proposals, Writing
Grass, Prairie
Great Blue Heron Rookery Excursion
Guitar, Beginning
Hair Braiding & New Hair Color Ideas
Handball, Outdoor
Harmonica, Beginning
Heads Culture & Uses
Hiking Trips, Six City Lake
Historical Museum Tour
HMS & L
Hold the Line on Aging
Home Brew & Wine Lab
How to Buy A
Housing Around
Horseshoeing
Ice Cream Eating Event for Children
Interviewing
Intimacy
Investing, Intro, To
Investing with Limited Funds
Irish Music, Traditional
Jelly Making
Job Search
Juggling
Karate, Tang Soo Do
Karate, Wushu Kempo
Karate Kentucky
KAMK/KAMK Tour
Lace, Silk & Ribbon Flowers
Lampshades, Create a
Landlord/Tenant Relations
Latin for Education "Alone at Home"
Layout for Anyone
Linoleum Printing for Kids (Ages 7-10)
Lip Synch
Machine Knitting Demonstration
Makers: Women Only
Manhattan Mercantile Tour
Manicures, Professional
Marketing, Some Of
McCall Pattern Co., Tour
Mid-Summer's Eve Singing & Whistling Around the Campfire
Milford Lake, Open To Tour
Minaret Bus
Minaret Bus Tours
Money Management Seminar
Music & Rhythms for 4-6 Yr. Olds
Nutrition Workshop
Nutrition & Exercise for Children
Nutrition for Women
Ocean in a Bottle (Children 4-8)
Office Etiquette
Older Home Renovation
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<td>Victim Assistance</td>
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<tr>
<td>50</td>
<td>Volleyball For Fun (16 &amp; Over)</td>
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<td>51</td>
<td>Wallower, Beginning</td>
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<td>Water Color Days</td>
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<td>53</td>
<td>Weight Control</td>
</tr>
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<td>54</td>
<td>Weight Training For Man (1) &amp; For Women (1)</td>
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<td>55</td>
<td>Wheat Weaving</td>
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<td>Wheat, From Grinding The Wheat To Getting The Bread</td>
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<td>Whopping Cranes, Flight Of The Wildflowers, Prairie</td>
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<td>Women's Role In Conflict</td>
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<td>Woodman Games</td>
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<td>Wool: Fleece To Fabric</td>
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<td>Wreath, Summer</td>
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<td>Yoga</td>
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<td>65</td>
<td>Zen, Med. Practice</td>
</tr>
<tr>
<td>66</td>
<td>Zucchinri Recipe Contest</td>
</tr>
</tbody>
</table>

Note: The page numbers in the original list correspond to the index entries, not the pagination of the document.
## Registration Form

**PLEASE PRINT **

<table>
<thead>
<tr>
<th>ONE FORM PER PERSON</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
</tr>
<tr>
<td>Street</td>
</tr>
<tr>
<td>Apt.</td>
</tr>
<tr>
<td>City</td>
</tr>
<tr>
<td>Zip</td>
</tr>
<tr>
<td>Home Phone</td>
</tr>
<tr>
<td>Work Phone</td>
</tr>
</tbody>
</table>

**SURVEY—Please check all that apply.**

- [ ] KSU Student (_____ credit hours this semester)
- [ ] Student Spouse  
  - [ ] Forestry Personnel
  - [ ] KSU Faculty/Staff  
    - [ ] Townsperson (non-KSU)
  - [ ] Faculty/Staff Spouse  
    - [ ] Rural Riley County
  - [ ] Public School Age  
    - [ ] Creasy or Pott. County
  - [ ] Senior Citizen  
    - [ ] Handicapped

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

- [ ] I would like to volunteer my skills in exchange for registration discounts.
- [ ] I am interested in teaching for UFM.
- [ ] I would like to see offered next term:
  - Please indicate where you obtained catalog:
    - KSU student, list ID #

---

**CLASS EVALUATIONS**

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

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

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

---

**GIFT CERTIFICATE**

This certificate may be used toward UFM class fees. We hope you enjoy your gift of learning!

**CLASS**  
**SEC.**  
**TITLE**  
**FEE**

1.   
2.   
3.   
4.   
5.   
6.   

**TOTAL DUE**

- [ ] PLUS $2.00 REGISTRATION FEE (See Exemptions)

---

**CLASSIFICATIONS**

- [ ] Have you taken a UFM class before? ______
- [ ] I hereby authorize the use of my Visa/MasterCard Card # _____
  - [ ] Visa  
  - [ ] MC

Expiration Date: ______

UFM—913-532-5866  
1221 Thurston • Manhattan, Kansas 66502

---

**WALK-IN:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>May 20</td>
<td>5pm-7pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>June 7</td>
<td>5pm-7pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>June 10</td>
<td>9am-2pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>June 11</td>
<td>9am-2pm</td>
</tr>
<tr>
<td>Monday</td>
<td>June 13</td>
<td>5pm-7pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>June 13</td>
<td>9am-2pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>June 13</td>
<td>11am-2pm</td>
</tr>
</tbody>
</table>

---

**THREE WAYS TO REGISTER:**

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

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

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

Late registrations accepted on space-available basis.

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

**RECEIPTS:**

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

**CLASS LOCATIONS:**

When you receive your receipt, the locations of your classes will be included.

**REGISTRATION FEE EXEMPTIONS:**

- The following are exempt from the $2.00 registration fee (but not class fees):
  - 1. under 13 years of age
  - 2. over 60 years of age
  - 3. handicapped
  - 4. full-time KSU students (an annual SCA allocation supports student participation)

**REFUND POLICY:**

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

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

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

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

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

**DISCOUNTS FOR VOLUNTEERS:**

You may work for UFM in exchange for fee discounts. Arrangements will be made on an individual basis. Call UFM at 913-532-5866.

**UFM TEACHER CREDIT:**

All current UFM teachers are entitled to fee discounts when enrolling in UFM classes in either this catalog or in the future. UFM teacher credit will be mailed to our current instructors. This is one way for you to say "thank you" for being a part of UFM.