Why Would You Like UFM?
You know what classroom learning can be like: grades, tests, tuition, credits. But UFM is free from all that. And, we provide you with the opportunity to learn a wide variety of things you won't find elsewhere—like bicycle maintenance, money management, martial arts, cooking, crafts, and sports, to name a few.
Want to learn—in one evening—how to deal with pre-exam stress or how to make homemade noodles? UFM can teach you.

SPECIAL PROJECTS

UFM has grown over the years but one of its main goals is still to make learning experiences available that might not be offered in regular classroom settings. UFM continues to bring new services and projects to KSU and to rely on volunteers to maintain these programs.

• Community Gardens—makes over 100 plots available for dorm and apartment dwellers and others lacking garden space.

• Lou Douglas Lectures—honors the late Lou Douglas of the KSU Political Science Department and brings nationally recognized speakers to campus.

• Appropriate Technology—promotes self-reliance in the areas of energy, food, shelter, and waste management through classes, tours, demonstrations, and workshops.

UFM
Where you can learn to . . .
• cook a strudel
• start a hobby
• watch a star
• manage your money

UFM
1221 Thurston
Manhattan, KS 66502
**Registration Form**

**PLEASE PRINT**

**ONE FORM PER PERSON**

<table>
<thead>
<tr>
<th>Name</th>
<th>Street</th>
<th>Apt.</th>
<th>City</th>
<th>Zip</th>
<th>Home Phone</th>
<th>Work Phone</th>
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<th>Survey: Please check all that apply.</th>
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<tbody>
<tr>
<td>☐ KSU Student [____] credit hours this semester</td>
</tr>
<tr>
<td>☐ Student Spouse</td>
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<tr>
<td>☐ KSU Faculty/Staff</td>
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<td>☐ Townsperson (non-KSU)</td>
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<td>☐ Faculty/Staff Spouse</td>
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<td>☐ Rural Riley County</td>
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<td>☐ Public School Age</td>
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<td>☐ City or Pott. County</td>
</tr>
<tr>
<td>☐ Senior Citizen</td>
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<td>☐ Handicapped</td>
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</tbody>
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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:

IF KSU student, list ID: ____________

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### CLASS # | SEC. # | TITLE | FEE
---|---|---|---
1. | | | |
2. | | | |
3. | | | |
4. | | | |
5. | | | |
6. | | | |

**PLUS $2.00 REGISTRATION FEE** (See Exemptions) $2.00

**TOTAL DUE**

Have you taken a UFM class before? ________

I hereby authorize the use of my Visa/MasterCard Card: ____________

Expiration Date: ____________

**UFM — 913-532-5866**

1221 Thurstton • Manhattan, Kansas 66502

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### Registration

**Priority Registration Period:** Jan 6-24, After Jan 24, you can still register if available.

**WALK-IN:**

- Tuesday: Jan 7 Public Library 8am-7pm
- Sunday: Jan 12 Wal-Mart 2pm-6pm
- Wednesday: Jan 15 KSU Union 9am-3pm
- Thursday: Jan 16 KSU Union 9am-2pm
- Saturday: Jan 19 Wal-Mart 2pm-6pm
- Monday: Jan 20 KSU Union 9am-3pm
- Thursday: Jan 23 KSU Union 9am-2pm
- Friday: Jan 23 Public Library 11am-7pm
- Thursday: Jan 23 Public Library 8pm-7pm

**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 Thurstton, Manhattan, KS 66502 (a stamped, self-addressed envelope is appreciated!)
- **C. PHONE-IN:** With Visa or MasterCard only, you may call 913-532-5866 during business hours to register (minimum: $5.00)

Late registrations accepted on space-available basis.

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

**RECEIPTS:**

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

**CLASS LOCATIONS:**

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

**REGISTRATION FEE EXEMPTIONS:**

The following are exempt from the $2.00 registration fee (but not class fees):
1. Under 13 years of age
2. Over 60 years of age
3. Handicapped
4. Full-time KSU students (an annual SGA allocation supports student participation)

**REFUND POLICY:**

UFM will only give a REFUND voucher (redeemable for cash) in these instances:
1. The limited class you paid for has been filled
2. The class you paid for has been cancelled or significantly changed
3. You have overpaid

UFM will only give a CREDIT voucher (redeemable for UFM classes) in these instances:
1. You are unable to attend a class and you have notified UFM and the teacher a minimum of three days before the first meeting
2. You earn credit by teaching or volunteering for UFM

If you have problems with UFM, please call us at 913-532-5866.
PARKING
For classes meeting at KSU, visitor's permits are required for parked cars before 7:00 a.m. Acquire one at visitor's booth in the south lot of the KSU Union.

THE FOURTH ANNUAL UPM BLACK & WHITE PHOTO CONTEST — KANSAS ON KANSAS

Rules:
1. There is no entry fee.
2. Minimum size is 5x7 inches, maximum size 8x10 inches.
3. Entries should be mounted on 11x14 board.
4. The contest theme is Kansans On Kansas.
5. Photos may be mounted on black and white or color paper.
6. Judging will be on a first, second, third, and honorable mention basis.
7. All entries will be displayed for the duration of the contest.
8. All entries must be submitted by June 23.

BLACK & WHITE DARKROOM

John Kelle

Section I: Wednesdays, 7-10pm, Feb 20, Mar 20

Section II: Wednesdays, 7-10pm, Apr 17

Class Fee: $40, pay with registration

Color Darkroom

Cory Kersenbrock

Registration will be by mail.

Location: Will be on your receipt.

Class Fee: $50, pay with registration

Materials Fee: To be determined

Use the greyscale to have one person also process your color film, slides, and paper. Our darkroom processing capabilities will be discussed during the class. The use of developing chemicals in the darkroom is prohibited. All prints will be fully processed in the darkroom.

Basic Color Darkroom

Class Fee: $25, pay with registration

Materials Fee: To be determined

Use the color darkroom to process one print, one slide, and one yearbook. The use of developing chemicals in the darkroom is prohibited. All prints will be fully processed in the darkroom.

COLOR DARKROOM

Cory Kersenbrock

Registration will be by mail.

Location: Will be on your receipt.

Class Fee: $50, pay with registration

Materials Fee: To be determined

Use the color darkroom to process one print, one slide, and one yearbook. The use of developing chemicals in the darkroom is prohibited. All prints will be fully processed in the darkroom.

The Art of Making Lace

Jessie Foxxeaux

Section I: Mondays-Sundays, Feb 5, Mar 17, Apr 17

Section II: Tuesdays, Wednesdays, Thursdays, Fridays, Saturdays, Sundays, Jan 17, Feb 17

Class Fee: $25, pay with registration

Limit: 15

Tattooing—The Art of Making Lace

Section I: Mondays-Sundays, Feb 5, Mar 17, Apr 17

Section II: Tuesdays, Wednesdays, Thursdays, Fridays, Saturdays, Sundays, Jan 17, Feb 17

Class Fee: $25, pay with registration

Limit: 15

Basic Weaving

Susan Lyla

Location: Wednesdays, 6:15-8:00pm, Feb 20, Apr 17, 26, May 10, 17

Class Fee: $25, pay with registration

Materials Fee: To be determined

Learn how to weave! You will learn how to get a loom ready for weaving and then practice a variety of weaving techniques. Compete for one of the prizes: a loom, weaving materials, and a weaving book.

World Totebag

Susan Lyla

Location: Wednesdays, 6:15-8:00pm, Feb 20, Apr 17, 26, May 10, 17

Class Fee: $25, pay with registration

Materials Fee: To be determined

Learn how to weave! You will learn how to get a loom ready for weaving and then practice a variety of weaving techniques. Compete for one of the prizes: a loom, weaving materials, and a weaving book.
FURNITURE RESTORATION AND REFINISHING

FA-39
Brian Hobbs
St. Louis, MO 63174

Organizational Meeting: Monday, 7pm, FA
Location: Will be noted on your receipt
Class Fee: $35, pay at class
Length: 6 months
Limit: 10

Do you have a piece of furniture that needs repair? You can learn to repair and refinish furniture in this class—from antique to contemporary—and gain knowledge and skills that will be valuable in the organizational meeting and will go from there.

BEGINNING LATER

FA-40
Rick Johnson
1-466-3662
Tuesday & Thursday, 7-8ampm, Feb 6 & 18 (2 times)
Location: Will be noted on your receipt
Class Fee: $35, pay at class
Materials Fee: $5, pay at class
Limit: 10

A later is a machine that relates pieces of wood so that one can apply sharp tools to dough and cylinders. Rick will demonstrate, and you will be able to complete a project, either a rolling pin or small tray. Rick has been working with the lathe for 15 years.

UFP WOODSHOP CO-OP

FA-44
Brian Hobbs, Woodshop Coordinator
St. Louis, MO 63174

Mandatory Organizational Mtg.: Monday, 7pm, Jan 27
Location: Will be noted on your receipt
Membership Fee: $10 for 4 months

Located in the UFM solar addition, the woodshop is equipped with a wide variety of power and hand tools, including a radial arm saw, table saw, jointer, planer, band saw, and many other woodworking tools. The membership fee is for equipment and facility use only. No rentals are included. The mandatory organizational meeting will include instruction in safe equipment use and conduct in the woodshop. (Free is a woodworking instructor at a local high school.)

LOCATIONS

FA-42
Larry Wisdom, Dwayne Higgens
St. Louis, MO 63174

Wednesday, 7:30-9:30pm, First Mtg: Feb 5
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Materials Fee: $5, pay at class
Limit: 15

Introduction to basic wood carving will include "relief carving" and "carving in the round." Carving tools and carving tools will be furnished. A $5 charge will be made for these fees. (Larry has assisted in teaching two previous UFM wood carving classes. He is a member and Kansas vice president of the National Woodcarving Society.)

CONTEMPORARY PRODUCT DESIGN WORKSHOP

Rod Tregler
FA-38
St. Louis, MO 63174

Wednesday, 7pm, Jan 29 — organizational meeting
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $10, pay at class
Limit: 8

This is a workshop class to design and build a small scale project. Approximately the first 3/4 of the class will concentrate on developing each student's original design idea. The last 1/4 will be spent on building a working prototype of the designed item. Will: students must supply their own construction material (e.g., wood, glass.) (Rod is a furniture designer and builder since 1972 and teaches furniture and product design in interior architecture at O.U.)

Clay Creations

FA-37
Ann Marchin
St. Louis, MO 63174

UFP POTTERY STUDIO CO-OP

FA-38
Sharon Spiller
St. Louis, MO 63174

FA-33
Sharon Spiller
St. Louis, MO 63174

Wednesdays, 7-9pm, First Mtg: Jan 29 (4 times)
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Materials Fee: $10, pay at class
Limit: 8

From 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 be they functional objects or those which are purely decorative.

UFP POTTERY STUDIO FACILITY

FA-36
St. Louis, MO 63174

UFP's pottery studio is equipped with a slabroller, two kickwheels and an electric wheel. There is a large electric kiln, a portable gas kiln and a variety of glazes available for use. If you are a leader of a scout group or a special art class, you may rent the studio for a fee of $5 per hour. For more information contact Sharon Spiller, the pottery studio manager.

Thursday, 7-9pm, Jan 30, mandatory organizational meeting: Will be noted on your receipt (meeting Membership in studio: $25. 8 weeks.)

FA-35
R. Steven Johnson
St. Louis, MO 63174

CERAMIC MASK MAKING

Thursday, 7-9pm, First Mtg: Feb 6 (4 times)
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Materials Fee: $5, pay at class
Limit: 8

Make a mask this year! This class will cover basic sculptural techniques in ceramics, emphasizing individual creativity through various mask-making projects. (Steve has shared and sculpted his own masks for years and enjoys teaching this class for UFM.)

Duran's Mexican Restaurant

1600 Calcium, St. Louis, MO 63166

St. Louis, MO 63166

314-539-3966

Authentic Homestyle Mexican Food and Steaks at great prices.
No membership required for food & 3.2 beer. Open everyday.
* Duran's—Come Celebrate!*
You will be contacted for day, time and date location will be noted on your receipt. Class Fee: $4, pay with registration. Limit: 6
We will discuss different approaches to crocheted rug making and proceed according to your interests. Please bring scissors, needle, thread, a large crochet hook (size 8 or 10) and odd ends of cloth. We will prepare and sew strips of cloth and set started on your rug. (Georgia learned to crochet rug mats from her mother way back in the 1930's and now keeps going.) she is still at it and has been busily making rugs for her family.)

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.

Pleasant Conversation

BEGINNING SPANISH
FA-15
Pedro Citron
537-4675
Saturday, Jan 1st 10:00 AM. Location: will be noted on your receipt. Class Fee: $10, pay with registration. Limit: 20
The Spanish language is not only spoken in Mexico, Central America, and Spain, but more and more in Florida, Texas, New Mexico, Arizona, California, Kansas and other states. Sunday you may visit, live or work in an area where Spanish is used as much or more than English. Don't be left out in the cold! Learn basic Spanish so you can speak and write in Spanish. (Pedro is the Puerto Rican Student Association president.)

SPANISH TO HEAR A HAND
FA-18
Den McNeary
532-5006
Tuesday, 6-8:00 PM. First 3rd: Feb 4th Length: Ongoing Location: will be noted on your receipt. Class Fee: $10, pay with registration Materials Fee: $6. (For text.) Pay at class. Say it in sign language. Experience the world of non-verbal communication in which the hearing impaired live. This class will cover the basic sign alphabet and some conversational phrasing with multiple signs. Come prepared to re-learn your own language. (Den has taught 719 sign classes many times)

BEGINNING GERMAN
FA-17
Carole Uton
539-8329
Tuesday, 6-8:00 PM. Organizational Meeting: First 3rd Location: will be noted on your receipt. Length: Class Fee: $10, pay with registration. Ongoing
Give your brain, tongue and vocal chords a challenge—learn a new language! We'll start with the alphabet and numbers. You'll be surprised at how much you already know. This class is for TRUE BEGINNERS! (Carole has a bachelor's degree in German and would like to encourage others to give Foreign languages a try.)

CONVERSATIONAL SPANISH
FA-16
Pedro Citron
537-4975
Saturday, Jan 1st 10:00 AM. Location: will be noted on your receipt. Class Fee: $10, pay with registration. Limit: 20
Knowledge and language of the materials used to improve your conversational proficiency? She doesn't join this fun group and get the times out of your Spanish.

FELT MAKING
FA-53
Kathy Herndon
537-9403
One Time: Wednesday, 7:00 PM. Feb 19 Location: will be noted on your receipt. Class Fee: $4, pay with registration. Limit: 20
Make a fabric without sewing or weaving! Wool felt has been used for clothing, footwear and housing for ages. The fur trade in the American West centered around beaver fur felt hats. The class will make their own felt caps. Materials needed: raw wool (not yarn), dishpan or poly clothes pan, rubber gloves, dish soap, scissors, 1 yard of felt, large-used yarn needle and some throw away yarn or string. If possible, borrow or bring a wool carder.

... and Pens

WEEKEND IN CREATIVE WRITING
FA-19
Joel O'Meara
Saturday, 10am-12pm. First 3rd: Feb 1st Length: Location: will be noted on your receipt. Class Fee: $12, pay with registration. Limit: 32
"In the beginning was the word..." and many of us work to express it. Our class will consist of sharing each others writings, whether written as part of the class or beforehand. We will select our best work and publish it in a little known magazine. If we are prolific, we will produce our own house publications. Any writer at any level is welcome to what we hope will become an ongoing writers support group. (Joel has been a writer in all genres for more than 40 years, has taught writing for more than 30 years, and has edited and published a half-dozen little magazines.)

NOVEL/SHORT STORY WRITING
FA-22
Leonard Linn
1-258-2066
Location: will be noted on your receipt. Class Fee: $6, pay with registration Materials Fee: $2, pay at class
Are you interested in writing a novel but don't know where to begin? This class will address practical techniques toward the development of a career in writing. Bring something you've written recently to share with the group. (Leonard has taught writing for over 25 years, has published nine novels and is currently working on a book on professional writing.)

ITALIC CALLIGRAPHY
FA-58
Ruth Poli
537-3537
Thursday, 7-9:30 PM. First 6th: Jan 30 6 times Location: will be noted on your receipt. Class Fee: $10, pay with registration. Materials Fee: $5, pay at class. Limit: 15
Write your own invitations, signs and announcements. Everyone will on end and this class requires practice and patience, but it's well worth it. The first meeting will be an orientation and you'll get a materials list. (Seth has done calligraphy for over 5 years.)

***CLAFLIN*** Books & Magazines

COPYING BINDING WORD PROCESSING BOOKS MAGAZINES NEWSPAPERS
Denison & Claflin FirstBank Center OPEN EVERYDAY

SEEING—BASIC & SELF-HELP
FA-88
Mary Hensel
776-5863
Saturday, 1-5pm, Feb 8, 15, 22 Location: will be noted on your receipt. Class Fee: $6, pay with registration. Limit: 12
Basic sewing will include how to buy material, patterns and supplies needed, how to lay out a pattern, cutting, sewing seams and assembling and finishing garments. Self-help will cover button holes and buttons, snaps, zippers, adjustments in fitting and problems in construction. (Mary has sewn since she was six years old and makes most of her daughter's clothes. She prefers this because they fit better, redesigning outfits as she wishes.)

MACHINE KNITTING
FA-51
Lenore Troccoli
537-4581
Saturday, 1-5pm, Mar 22, Apr 5 (2 times)
Location: will be noted on your receipt. Class Fee: $6, pay with registration. Materials Fee: Under $5, pay at class
Want to prepare for your knitting but don't have the time? You can machine knit a vest in 45 minutes and a sweater in 3 hours! The basics of machine knitting will be covered in this class. With basic techniques, anyone can make a project quickly and easily. (Lenore has 12 years experience. She used to custom knit, but it's now a hobby.)

BEGINNING EUROPEAN KNITTING
FA-50
Elizabeth Glawack
539-7200
One Time: Saturday, 1-5pm, Mar 22 Location: will be noted on your receipt. Class Fee: $4, pay with registration. Limit: 10
European picking takes stitches off one needle to another. It is faster than American style knitting and creates a smoother and result. Bring knitting needles and yarn to make a practical sample. (Elizabeth has been knitting since she learned in the first grade in Colombia.)

CRAZY QUILT
FA-52
Kathy Herndon
537-9403
One Time: Saturday, 10am-12pm, Feb 8 Location: will be noted on your receipt. Class Fee: $6, pay with registration. Limit: 20
A look into the history of crazy quilts. Make a small sample. Bring scraps of cotton, velvet, silk, embroidery thread, yard of multi, thread, scissors, thimble, quilt batting optional. (Kathy is curator of the Denison House Museum. She has been quilting for 20 years.)

Prairie Fire
An Artist's Cooperative

Box 12, Olustog, Kansas 66520

Gifts for Spring
Prairie Fire is pleased to announce our Spring catalog featuring high quality, handcrafted work from local Kansas artists. Included in our offering of lovely gift items:
- quilted clothing
- pottery
- wind socks
- handcrafted woods
- note cards and prints
- Prairie Fire AND MORE...

If you would like to receive a catalog send $1 (refundable) to:
PRARIE FIRE
Box 12 (U-2)
Olustog, KS 66520
Handicrafts

**TIN PUNCH**

**Derin Elise**

One Time: Thursday, 2-8pm, Feb 27
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Tin punch is an early American craft. Once used in making those beautiful old pig safes, it is now popular for picture framing and tin ornaments. It also has practical applications in door panels for storage closets. It is easily learned as Derin will demonstrate in this class. (Derin works part-time at the new Ben Franklin store.)

**FULLER STAR HANGSCAP**

**Peggy Mcle**

Friday, 7-10pm
First Msg: Jan 31
Length: 4 wks
Location: Will be noted on your receipt
Class Fee: $6, pay with registration

The basic principle is formation of star with folded triangles. Material worked with are basically calico fabrics and wrapping papers. There will be three craft projects: accessory-box, decorative wall ornaments, framed folded star medals with wrapping papers. Materials provided. (Peggy is a free-lance home economics journalist who is studying crafts and food science at the moment.)

**HALLOWEEN CARVING**

**Robert C. Duny**

One Time: Tuesday, 7pm, Mar 18
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Benjamin Franklin said, "Art is anything you can get away with." In this class we will learn the basic techniques of hand carving. Rather than wood, we will use soap-easier for beginners and good, clean fun! Bring a bar of soap! (Very works well) either hand or back size, a pocket or pencil knife and a small undistorted object to serve as a pattern. (Bob carved soap when in high school) and does it on an occasional basis. Some of his work is in the National Caverns Museum in Monument, Colorado, near Colorado Springs.)

**KITE-MAKING**

**Carluggeg**

One Time: Saturday, 1-3pm, Feb 15
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10

Beautiful wind borne kites are simple to make. Make a kite to fly with the wind under expert instruction. Bring your own paper. (It can be newspaper, 4 x 4" minimum.) Need sticks and string will be provided. (Carl was born in March and has 20 years experience of kite making.)

**SOAP CARVINGS**

**Soap Carvings**

539-1232

One Time: Tuesday, 7pm, Mar 18
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Benjamin Franklin said, "Art is anything you can get away with." In this class we will learn the basic techniques of hand carving. Rather than wood, we will use soap-easier for beginners and good, clean fun! Bring a bar of soap! (Very works well) either hand or back size, a pocket or pencil knife and a small undistorted object to serve as a pattern. (Bob carved soap when in high school) and does it on an occasional basis. Some of his work is in the National Caverns Museum in Monument, Colorado, near Colorado Springs.)

**INTRODUCTION TO PICTURE FRAMING**

Steve Hall
539-4226

One Time: Monday, 7-9:30pm, Apr 7
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $1, pay at class
Limit: 15

In need of frames for your picture collection? Learn how easy it is to assemble frames in your own workshop. Technical aspects will include selection of molding, matting, glass cutting, and assembly. There will be time for questions and answers. (Steve is the owner of accents and images, Inc., 1122 carmen, and has taught previous UP classes on picture framing techniques.)

**WHEAT WEAVING**

**Kathy Herndon**

537-9403

One Time: Wednesday, 7-8pm, Feb 12
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10

Learn several basic weaves. Learn how to gather and clean your own harvest symbols in all countries where wheat is grown. Some history of wheat weaving, bringing in marketable craft stores, a wall paper tray (hardware store) tan carpet and button thread (heavy discount store). Scissors, towel, ribbon optional.

For used and scarce books, it's...

The Dusty Bookshelf
612 N. 12th St. (in Aegaville)
• Search service • ½ price paperbacks
• We also BUY and TRADE
Hours: Monday-Sunday, 10 a.m. to 5:30 p.m.
539-3693
CREATIVE WELDING
FA-45
George Press
456-6413
Saturdays, 1-4pm, Feb 1, 8, 15, 22, Mar 1 (5 wks)
Location: will be noted on your receipt.
Class Fee: $10, pay with registration.
Materials Fee: $40, pay at class.
Limit: 8
Beginning awareness of common metals such as bronze, aluminum and possibilities for welding and casting. Lecture demonstration will be followed by individual hands-on metal working. Emphasis is creative rather than technical. Work will be done in George’s workshop.
George has been welding for 10 years. Alna High School is supplying the equipment.

BEGINNING DRAWINGS
FA-56
Cass Cordell-Lederer
539-8006
Saturdays, 1-4pm, First Mtg: Feb 4 Length: 5 sessions
Location: will be noted on your receipt.
Class Fee: $10, pay with registration.
Limit: 10
Shade and shadow, line and shade, perspective and texture. These are the basic techniques for pencil and charcoal sketching. We’ll practice then learn the basic elements of design and participants will have a chance to switch a subject of their choice. At the first meeting, we’ll organize and design the class to meet our needs. (A graphic design products, Cass has done many design projects for businesses in Hanoon.)

De-Busy arts enrichment

For Kids Only

PHOTOGRAPHY FOR CHILDREN
FA-24
Holly Lambert
537-6290
One Time: Saturday, 1-3:30pm, Apr 12
Location: will be noted on your receipt.
Class Fee: $4, pay with registration.
Materials Fee: $0, pay at class.
Limit: 8
Children, third grade through sixth grade, will learn to load and unload film, take quality photos and gain the satisfaction of expression through photography. It’s a fun session filled with photo composition basics, hands-on shooting, and selecting best photos for display. (Bring basic camera, roll of 12 exposure color film and $8 for film processing.) Holly learned to take photos at age 9. She’s now County 4-H Photo 1 leader at the age of 15.

PLAY WITH CLAY
FA-24
Sharon Spiller
537-9137
Wednesdays, 1-4pm, First Mtgs: Jan 20 (4 times)
Location: will be noted on your receipt.
Class Fee: $5, pay with registration.
Materials Fee: $3, pay at class.
Limit: 6
Want to get dirty and not get in trouble? Then let’s play with clay! We’ll do several projects which have in the past included chimneys, piggy banks, animals or name plates for your room. Whatever we do—we’ll have fun!

SPRING WAS SPRINGING FOR 3-6 YEAR OLDS
FA-68
Paula Boyd
539-1063
One Time: Saturday, 10:30-11:30am, Mar 29
Location: will be noted on your receipt.
Class Fee: $4, pay with registration.
Materials Fee: $1.50, pay at class.
Limit: 6
Sesion: 4, spring ideas. We will sing spring and animal songs, do prints and collages in spring colors.

MOTHER’S DAY fun for 3-5 YEAR OLDS
FA-69
Paula Boyd
539-1063
One Time: Saturday, 10:30-11:30am, May 10
Location: will be noted on your receipt.
Class Fee: $4, pay with registration.
Materials Fee: $1, pay at class.
Limit: 6
Theme is on mother. Make gifts, learn songs, finger plays, try simple recipes. Fathers may attend if child or pick up child, so gift can be a surpris (Maia is a mother of two. She loves children and children’s crafts.)

STAINED GLASS—PROJECT 1
FA-59
Steve Stewart
776-6687
Section 1: Saturdays, 10am-12pm, First Mtgs: Feb 1
Section II: Mondays, 2-4pm, First Mtg: Feb 1
Each section will meet 4 times
Location: will be noted on your receipt.
Class Fee: $10, pay with registration.
Materials Fee: $15, pay at class.
Limit: 5
Practice on window glass and then design, assemble and finish your own stained glass panel. We use the copper foil method, you will acquire all the basic skills of leading a glass panel. The materials fee, which is non-refundable after the first class, includes glass, copper foil, solder, a glass cutter and the lead. Stained Glass Primer 1 Week—day evening sections will be set up if there is demand. Call Steve at 776-6687. (Steve owns and operates a local stained glass studio—Glassworks Studio.)

STAINED GLASS—PROJECT 2
FA-60
Steve Stewart
776-6687
Register and you will be contacted for day, time, stained glass. The class will meet 4 times
Location: will be noted on your receipt.
Class Fee: $10, pay with registration.
Materials Fee: $15, pay at class.
Limit: 5
A continuation of Project 1, the prerequisite glass. Emphasis will be in the creation of a leaded stained glass class. This is for those who have mastered the copper foil method and wish to continue stained glass work. The materials fee is non-refundable after the first class.

WATERCOLOR PAINTING
FA-57
F. Gene Ernst
776-3622
Mon, Weds, 7-9:30pm, Feb 3, 10, 17, 24 (4 times)
Location: will be noted on your receipt.
Class Fee: $10, pay with registration.
Limit: 15
Painting the "Still Life in Watercolor." It will be our choice. We will cover washes, composition, techniques, and other aspects of watercolor painting. We will also demonstrate. We prefer intermediate or advanced watercolor artists. Bring your favorite brushes, paints, paper. This group will paint with 20% discount on all local stock. F. Gene is an ECU professor and local artist, he is a member of the Kansas Watercolor Society, and exhibits scocically. Call Steve at 776-6687 or Steve own and operates a local stained glass studio—Glassworks Studio.

MOVIE GREATS—CRITICS CHOICE
S-53
Steve Stewart & UMP Staff
532-8086
Wednesday, 7pm. Let Mgs: Feb 5 Length: 1 session
Location: will be noted on your receipt.
Class Fee: $5, pay with registration.
Limit: 20
Let’s go to the movies! We will watch a movie great in video and follow with a social hour to discuss the movie. Our first meeting will be an organizational one to decide how we wish to meet and choose our first book. (VHS has facilditated a similar class for UMP before and will assist the staff in their ongoing video adventure.)

KANSAS LUMBER COMPANY
HOsEstore
776-4811 Seth Childs Road

7
Register and you'll be contacted for day, time, dates and number of classes
Location: Will be noted on your receipt
Class Fee: $10, pay with registration

You are another Patsy Cline, waiting to be discovered. Do your next-door neighbors think you're a pop sensation? If so, you should consider music. If you're not sure if it's for you, we will provide you with a sample lesson. If you like it, you can register for the class. The class is for beginners and will cover vocal techniques and musical theory. Class Fee: $10, pay with registration.

This class will introduce you to the basics of playing the harmonica. The class will cover the history of the harmonica, how to hold it, and how to play basic chords. The class is for beginners and will be held on Saturday mornings. Class Fee: $10, pay with registration.

You will learn how to play the guitar and the basics of music theory. The class will cover chords, scales, and musical notation. The class is for beginners and will be held on Sundays. Class Fee: $10, pay with registration.

You will learn how to play the piano and the basics of music theory. The class will cover chords, scales, and musical notation. The class is for beginners and will be held on Sundays. Class Fee: $10, pay with registration.

You will learn how to play the ukulele and the basics of music theory. The class will cover chords, scales, and musical notation. The class is for beginners and will be held on Sundays. Class Fee: $10, pay with registration.

You will learn how to play the mandolin and the basics of music theory. The class will cover chords, scales, and musical notation. The class is for beginners and will be held on Sundays. Class Fee: $10, pay with registration.

You will learn how to play the banjo and the basics of music theory. The class will cover chords, scales, and musical notation. The class is for beginners and will be held on Sundays. Class Fee: $10, pay with registration.

You will learn how to play the accordion and the basics of music theory. The class will cover chords, scales, and musical notation. The class is for beginners and will be held on Sundays. Class Fee: $10, pay with registration.

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Register and you'll be contacted for day, time, dates and number of classes
Location: Will be noted on your receipt
Class Fee: $10, pay with registration

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SPRITUAL GROWTH

INTRODUCTION TO ZEN MEDITATION 5-24
Ali Potter 532-5634

Wednesdays, 7:30-9pm, Feb 8, 15, 22 (3 times)
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Materials Fee: $3, pay at class
Limit: 10
The origins and history of Zen philosophy and practice will be described. Emphasis is given to the Zen tradition of Zen meditation, including instructions and demonstrations. Wear loose clothing and a cushion or a cushioned mat. (You must be a member of a Sacer for seven years.)

SACK LUNCH THEOLOGY 5-13
Dave Stewart 539-3091

Mondays, 11:30am-lpm, Feb 3-Apr 28 (11-12 times)
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $7.25-10, pay at class
Limit: 15
'Whatever Became of Sin?' We will explore the nature of evil in human experience, using Karl Mannheiser's book by this title and Scott Pecks, People of the Lie. Bring your sack lunch and your questions. Answers — affirmation, doubt — as to what is always stimulating discussion. (Dave is a campus minister who has chowed at many sack lunches and theological questions.)

INTRODUCTION TO THE PHILOSOPHY OF GURDJIEFF AND DUNSPEY 5-31
David Gourley 532-7953

Wednesdays, 7:30-9pm, 1st Mon: Jan 29 (Retiring)
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
This class explores the psychological system of the two Russian philosophers and teachers, Gurdjieff and Dunspuy. Their philosophy seeks to join Eastern traditions with Western needs, emphasizing a system of self-development grounded in verification (through personal experience). The course will include psychological exercises and discussion, and reading aloud from Dunspuy's A Psychology of Man's Possible Evolution. (David has been involved in the Gurdjieff/Dunspuy work for several years. He has studied with John G. Bennett, who worked directly with both Dunspuy and Gurdjieff.)

ECOMAN: THE BASICS OF SOUL TRAVEL 5-26
Buck Slisson 776-7234

Thursday, 8-10pm, Feb 20, 27 (2 times)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
The way, what, when and why of soul travel will be covered. Most importantly, some techniques of how you do soul travel, as taught by Eckankar, the ancient science of soul travel, will be presented. (Buck is a professor at K-State and has been studying Eckankar for 8 years.)

SEXUAL BEHAVIOR AND THE BIBLE 5-34
Don Fallon 539-4461

Tuesdays, 4:30-6pm, 1st Mon: Jan 20 (Ongoing)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
A discussion/support group viewing selected biblical passages and Nelson's ethical treatment. Together, we'll examine Christian values and sexual behavior; affirmation of our sexuality, promiscuity, sex, sexual communication, self and other sexual decision-making, homosexuality, same-sex love and sexual expression, exploitive and nonexploitive, and living together. Trust and confidentiality will be stressed.

ECOKAY: DREAMS AND IMAGINATION 5-26
Kathy Slisson 776-7234

Thursdays, 7:30-9pm, Feb 6, 13 (2 times)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
DREAMS and the imagination are such important, yet neglected tools! Eckankar, the path of total awareness, provides many insights into the function of dreams and imagination in our lives & how to get them working for us. Imagine all the fun we'll have! Kathy is an art student at K-State and has been studying Eckankar for 8 years.

INTERPRET YOUR DREAMS 5-27
Gary Plumberg

Thursdays, 7-8:30pm, Mar 6, 13 (2 times)
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Limit: 20
The interpretation of dreams is as old as the human race. Do you understand the meaning of your dreams as a way to discover your true self? The Eckankar method teaches this and more, as well as giving you proven techniques for remembering and recording your nightly adventures. Dreams are a reflection of intra-psychic experiences which are recurrent in everyone. We will try to explore the inner workings of dreams. Please bring a notebook and pencil. (Gary has been a student of Eckankar for several years.)

VINA 5-23
Rob Sheridan 776-6849

Mondays, 5:30-6:30pm, 1st Mon: Feb 3 (4 times)
Location: Will be noted on your receipt
Class Fee: $10, pay with registration
Materials Fee: $12, 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, leotards, etc.) and come on an empty stomach. (Rob has been studying yoga with Dr. Albert Franklin since 1972.)

SPIRITUAL GROWTH: THE ROAD LESS TRAVELED 5-32
Don Fallon 539-4461

Thursdays, 7-8:30pm, Mar 6 (5 times)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
A support group using the themes of Pack's A Road Less Traveled to consider personal faith development and additional growth: facing life's pain, the discipline of delaying gratification, accepting responsibility and finding a balance in responsibility and freedom, we'll explore personal relationships and the discipline and courage of love, and asPack says, the 'Miracle of Grace.' Reference will be made to Pack's book and Biblical sources but emphasis will be given to our own experience. Trust and confidentiality.

Self
TOO MUCH STRESS MANAGEMENT TECHNIQUES S-19 Cliff Schuette 530-6252

One Time: Tuesday, 17:30-9:00, Feb 28 Location: [location information not provided]
Class Fee: $4, pay with registration
Limit: 15

This course will cover techniques for managing stress, including relaxation techniques, time management, and stress-reducing exercises. Participants will learn strategies for coping with stress in their daily lives. The course will include group discussions, individual exercises, and guided relaxation sessions. Participants are expected to attend all sessions.

ASSERTION SKILL TRAINING GROUP S-4 Dorothy Lambert, PhD 530-3727

Register and you will be contacted for day, time, date and location:
Class Fee: $4, pay with registration
Limit: 15

This course is designed to help participants learn how to assert themselves effectively in various situations. The course will cover techniques for setting boundaries, communicating assertively, and resolving conflicts. Participants will have opportunities to practice these skills in group exercises and role-playing scenarios.

SELF-CONTROL S-5

Dr. Kenneth K. Lepper 537-0070

One Time: Tuesday, 17-10:00, Feb 25 Location: [location information not provided]
Class Fee: $4, pay with registration
Limit: 15

This course will focus on the development of self-control. Participants will learn strategies for managing their thoughts, emotions, and behaviors. The course will include lectures, group discussions, and individual exercises.

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

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JOURNAL WRITING FOR WOMEN
FA-20
Joe Citrinshaw & Tylene Hiller
Sundays, 1-3pm
First Mtg: Feb 2 Date: 9 x's
Class Fee: $10, pay with registration
This will be an informal group gathered to focus upon journal writing and other informal writing.
For women who already write or who would like to begin.
(One is a non-writer also, and it is interesting to get other women to write. Tylene Hiller was also.)

SUNDAY AFTERNOON MEDITATION GROUP
S-16
Marianne C. T. Hovanes
26-29, pay with registration
This group meets every Sunday afternoon for a brief meditation.

ADVANCED FEMINIST CONSCIOUSNESS RISING
S-09
Cathy Havanczak
Class Fee: $6, pay with registration
This group is designed to raise women's consciousness.

BOOKS AND ARTS
S-44
Lorraine D. Cross
Location: General Discussions of Interest to Women
This will be an ongoing discussion of books and art.

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Larry Carson, M.D.
Charles Griffin, M.S.
Susan D'Oyly, M.S.W.
Cooper B. Holm, Ph.D.

Women and Work

LOOKING TOWARD EMPLOYMENT; HOW WOMEN CAN PREPARE
Marcia Shulsky
Class Fee: $4, pay with registration
Location: Monday, 7-9pm, Feb 10
This class is designed to help women find employment and prepare for the job market.

FIGHTING FAIR IN MARRIAGE
Tony Jurich, PhD
Location: Thursday, 7-9pm, Feb 27
This class is designed to help couples develop healthy and fair communication skills.

LOVE ADDITION
Judy Schrock
Location: Monday, 7-9pm, Feb 10
Class Fee: $4, pay with registration
This class is designed to help couples develop healthy and fair communication skills.

PRE-MARRIAGE P.A. WORKSHOP
Don Fallon
Location: Saturday, 9:30-10:30am, Mar 28
This class is designed to help couples prepare for marriage.

Women in Transition-Career/Life Planning Group
Sue Scott-Ingalls
Location: Wednesday, 7-9pm, Feb 5
This is a group designed to help women plan their careers and life goals.

Women in Management
Frank Salt, PhD
Location: Thursday, 7-9pm, Mar 18
This class is designed to help women in management positions develop their skills.

At the University of Kansas in Manhattan, Kansas, USA.
Fiber Arts UPM Class

SINGLE PEOPLE

SINGLE AGAIN—NOM WATT?  S-9
Jan Copeland  532-0500  762-3998  
One Time: Monday, 7:30-9pm, Mar 3  
Location: Will be noted on your receipt  
Class Fee: $4, pay with registration  
Materials Fee: $1, pay at class  

Single again means the beginning of a whole new lifestyle. We will look at the problems of being single and responsible for ourselves, how we get back in the mainstream of life again and how we deal with loneliness. (Jan has been single again for six years and has worked with many people adjusting to life as a newly single person.)

SINGLE PARENT SUPPORT GROUP  S-10
Tybie Miller  532-5666  
Organizational meeting: Thursday, 7-10pm, Feb 6  
Location: Will be noted on your receipt  
Class Fee: $5, pay with registration  
Limit: 15  

Being a single parent can be difficult. If you would like a dependable and positive support experience to share those frustrations and triumphs with others in the same boat, come at least to the first meeting. We can discuss a change of time and/or venue. (A single parent completing a masters degree in psychology, Tybie) will help make each meeting a positive learning experience.

LITTLE VOICES—HELPING YOUR CHILD DEVELOP SPEECH AND LANGUAGE  S-12  
Stephanie Heftel, Lortal Cross Elliott  532-6879  
One Time: Tuesday, 7-9pm, Feb 11  
Location: Will be noted on your receipt  
Class Fee: $4, pay with registration  

Good speech and language skills are essential in our ever more complicated world. This class will assist you in joyfully appreciating your child's natural development of communication. Parents and other caregivers will be offered suggestions for participating in the development of speech and language skills from birth through school age. (Stephanie and Lori are nationally certified speech pathologists-audiologists teaching and supervising in the IUSD Speech and Hearing Center.)

PARENTS ANONYMOUS  S-14  
Don and Irene Tallon  539-4451  539-5562  
Wednesdays, 7-9pm, 1st Mon: Jan 29  
Location: Will be noted on your receipt  
Class Fee: $3, pay with registration  
Length: All semester  
Even good parents lose their sleep with their children or sometimes set unusually high expectations. At times parents avoid disciplining their children for fear of loss of control. Irritability can lead to physical or emotional hurt and abuse. This is a support group for parents who wish to cope with such feelings and prevent damaging relationships between themselves and their children. Skills will be shared that help express anger and love feelings, to reduce stress and to affirm a new sense of self-worth. Trust, confidentiality, anonymity, and sharing will be emphasized. Register by first name only and phone number and you will be contacted. (Sponsored by Massachusetts Family Council. Don and Irene are parents. Don is a graduate of the Heminger Counseling Prep and Irene is a kindergarten teacher with experience and graduate work in parent-child relationships.)

CHILDREN AND CHANGING SEX ROLES  S-11  
Diane Atkinson  
One Time: Thursday, 7-9pm, Feb 6  
Location: Will be noted on your receipt  
Class Fee: $4, pay with registration  
We will discuss the changing roles of men and women in the home and in society, and how these roles impact on the way we raise our children. Is it possible to raise children to be non sexist in today's society and educational system? This and other questions will be discussed. Drive your questions, ideas and concerns. (Diane has a degree in psychology and is particularly interested in developmental psychology.)

HOW TO RECOGNIZE TEENAGE ALCOHOL/DRUG PROBLEMS  S-13  
Sarah Bowles  719-7193  
Tuesdays, 7:30-9pm, Feb 1, 11, 18 (2 times)  
Location: Will be noted on your receipt  
Class Fee: $5, pay with registration  
This class is for parents, teachers and concerned others to develop an understanding of the disease concept of chemical dependency, to learn to recognize symptoms of teenage alcohol and drug abuse and to become aware of the resources in the community and to take advantage of them. Your children need a strong and caring parent (a member of our group has been in counseling and has worked in the field of chemical dependency since 1979.)

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RED CROSS BABYSITTING (GRADES 4-8)  S-49
Lynda Frey, Darrell Harr  537-2180
Saturdays 9am-12m, Jan 26, Feb 5 (2 times)
Location: will be noted on your receipt
Materials Fee: $7.50, pay at class Limit: 20
Learn how to earn money! This course will teach you basic skills of caring for children. Topics include emergency procedures, first aid, development, and practical tips on feeding and diapering. You must attend both sessions. (Lynda is the Red Cross director; Darrell is an experienced first aid instructor.)

RED CROSS LATCHKEY TRAINING (K-GR 6)  S-46
Lynda Frey, Darrell Harr  537-2180
One Time: Friday, 2-5pm, Feb 28
Location: will be noted on your receipt
Materials Fee: $3, pay at class Limit: 10
PARENTS: NEED SOMETHING FOR THE KIDS TO DO ON INSERVIC DAY? Send them to the Red Cross for the afternoon. They'll learn skills for being home alone-life-saving skills. Topics we'll cover are: emergency procedures, first aid, fire and storm safety, and a parent/child contract for understanding the rules when they're home alone.

RED CROSS CPR MER  S-47
Rachel McDougal
Monday, Wednesday, Thursday, 6-9pm, Jan 20, 22, 23
Location: will be noted on your receipt
Materials Fee: $10, pay at class Limit: 12
This is the 'top of the line' Red Cross CPR training. Learn one-and two-person CPR, choking, and CPR for infants/children. LEARN VALUABLE LIFE SAVING SKILLS--you never know when you may have to use them. (Rachel is an experienced Red Cross instructor in first aid, water safety and CPR.)

RED CROSS MULTIMEDIA FIRST AID  S-48
Rachel McDougal
Monday & Wednesday, 6-10pm, Feb 3 & 6 (2 times)
Location: will be noted on your receipt
Materials Fee: $12, pay at class Limit: 12
How would you stay bleeding or care for a broken bone? Do you know how to restore breathing? Ever cut or burn yourself? This course teaches basic skills in caring for emergencies. Films, demonstration and practice are the tools for learning.

RED CROSS BASIC FIRE SAFETY  S-49
Dan White
One Time: Thursday, 7-9pm, Mar 6
Location: will be noted on your receipt
Materials Fee: $5, pay at class
Limit: 12
Okay, do you know where the fire extinguisher is, but DO YOU KNOW HOW TO USE IT? It saves time if you don't have to stop and reread the directions! This course will teach you basic fire safety skills and actual practice on using an extinguisher--bring the entire family! It's fun and can be a fire-saver. Included in the class is an excellent reference manual--you'll have an 'escape plan' with (Dan is an active Red Cross instructor, and is a local fire fighter.)

self

VALUE OF THE HUMAN TOUCH  S-28
Dorothy and Field Barnett  776-7274
Saturdays, 1-4pm, Feb 8, 15
(2 times)
Location: will be noted on your receipt
Class Fee: $6, pay with registration Limit: 12
Become aware of the emotions you pass on to others when you touch them. This is a learning experience to become aware of emotion through touch and how to develop a healing touch. (Dorothy and Field are ministers in the Universal Light of the Cross Church.)

REFLEXOLOGY  S-29
Russell Gillespie  776-8788
One Time: Monday, 7-9pm, Feb 3
Location: will be noted on your receipt
Class Fee: $4, pay with registration Limit: 16
Learn to relax, relieve tension (stress) and improve your general health. Easy to learn and to put into practice the very first time. Bring clean feet and hands. Good health to you. (Russell has used reflexology for over fifteen years and has taught many people how to benefit from its practice.)

BASIC MASSAGE  S-30
Bob Farr  762-5669
One Time: Tuesday, 6:30-8:30pm, Feb 25
Location: will be noted on your receipt
Class Fee: $4/person, pay with registration Limit: 16
7 (couple) classes
This class will introduce you to traditional Swedish massage for the purpose of increased/improved circulation and total relaxation. It is requested that participants sign up with a partner. Lotions, oils and handbags will be provided. Participants should wear shorts/t-shirt or other loose clothing. Bring towels and a pad of same type to lay on. (Bob has been a professional masseur for 7 years. After working in a health club for 2 years he is now a发觉fame esthetician and has taught appointment only giving sessions on lessons.)

PROFESSIONAL MANICURES  S-30
Joy Goodson  776-5488
One Time: Wednesday, 7-9:30pm, Mar 5
Location: will be noted on your receipt
Class Fee: $4, pay with registration Limit: 6
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 your skin. It is. It is a professional manicurist will demonstrate and help you with actual hands-on experience. You'll discuss techniques used in giving a professional manicure, hand care problems, safety precautions and use of equipment. Treat yourself and feel great when you leave! (Joy owns her own 'M.E.' Fashion Nails with a trained manicurist and hair stylist.)

NATURAL BRIDAL  S-50
Capers Salon  339-7621
One Time: Monday, 7-9pm, Feb 17
Location: will be noted on your receipt
Class Fee: $5, pay with registration Limit: 12
Creatively braided hair - a neat and stylish way to wear your hair. Professional hair stylist will demonstrate different types of braiding and knots. Come learn the newest techniques and some old favorites. (Capers salon has taught this class before.)

MAKE-OVERS: WHEN ONLY  S-51
Deanna Pearson and Hair Dimensions  539-8920
One Time: Tuesday, 7pm, Feb 24
Location: will be noted on your receipt
Class Fee: $35, pay with registration Limit: 9
A very in-depth workshop that includes a total makeover for each participant. You will discover your best colors, including your colors for business and leisure. You will then get ideas on hairstyles to complement your facial shape. All will receive a color pallet of 30 swatches to take home. A second session will be appointment to cover makeup application. (Deanna is a certified makeup-color consultant with over 10 years experience. At least 8 sessions, many years of color experience and image improvement are complemented by the staff at Hair Dimensions to create a total look.)

AN OPPORTUNITY TO BE PART OF UFUM
Do you have skills or background that would be useful to UFUM advertising, public relations, writing, marketing skills? We are recruiting for a program advisory board. You may apply for membership. Contact Julie Coates, 532-5866.

REDKEN PRODUCTS
The Full Service Salon
*Super Hair Cutting
*Chemical Processing
*Scientific Skin Care
*Ear Piercing
1200 Westwood
Manhattan, Kansas 66502
Pam Nabors, owner

browne's
The Store For Women
In The Middle Of Downtown Manhattan
(913) 779-4776
323 POYNITZ
MANHATTAN, KANSAS 66502

13
Around the World

**WANT TO KNOW MORE ABOUT CRUISES AND SHIPS?**

Judy Sampson

763-4706

One Time: Thursday, 5:30-8:30pm, Feb 6
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Limit: 20
We will discuss the ins and outs of choosing the cruise that is right for you, from destination to onboard activities to how to fit it into your budget. We may also have a ship representative on hand to answer any questions you may have.

**PURE IN A BUDGET: LOW COST TRAVEL TIPS**

C-20

David Garrett

539-0501

One Time: Wednesday, 7-8pm, Feb 5
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Do you dream of Paris in the spring, catching a glimpse of the Queen in London, or maybe sailing down the Rhine? You really can do it on a budget! And you can do it without breaking the bank. We will discuss the cheapest ways to travel and plan your next trip so that you can afford it. (David and his wife own Creative Travel, a local travel agency. They have traveled the world in the travel business 7 years.)

**SWEDEN-LAND OF THE MIDNIGHT SUN**

C-21

Anna Lena Bjorgen

532-9842

One Time: Monday, 7-8pm, Feb 3
Location: Will be noted on your receipt
Class Fee: $5, pay with registration

Sweden is close to home. Many native Scandinavians are of Swedish descent, and have parents or grandparents from the "Old Country." This class will give an up-to-date look at an exotic country: Sweden. We will look at the people, their culture, customs, social systems and culture, as well as the natural environment. We will discuss... So, whether you're Swedish or just want to check out a country on your own...

**PALESTINE IN FOCUS**

C-20

Khaled Alnaif

537-3249

Mondays and Wednesdays, 4-5pm, 1st Mon: Feb 3
Location: Will be noted on your receipt
Class Fee: $6, pay with registration

This class will provide information about the Palestinian people, their history, culture, and politics. It also offers a unique opportunity in learning about Palestinians in the Middle East. Khaled is knowledgeable in this subject.

**ENDANGRED NURSE**

C-30

Esther Stokkel & Lynne Dukon

532-5945

Thursdays, 9-10am, 1st Mon: Mar 20
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

Sack lunch discussion of the issues which keep nurses in the world. Each week, points of view on different issues will be discussed. Issues to be discussed will include population, food production, distribution and marketing, national security and the New International Economic Order. The book "Finding Langharn" has been nominated for this discussion. Lynne and Esther have been active in activities to end hunger on the local, national and international levels.

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**PERSONAL PLANNING**

**YOUR 1985 INCOME TAX RETURN**

C-13

James L. Gordon, CPA

537-0190

One Time: Tuesday, 7-9pm, Feb 4
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Limit: 20
The class will review the 1985 tax laws and how to complete the tax forms. Topics covered will include itemized deductions, filling status, exceptions, business expenses and tax reform. A question and answer period will follow the presentation.

**HOW TO DO BACK TO SCHOOL (WHEN YOU DON’T KNOW WHERE TO BEGIN, YOU DON’T EVEN KNOW WHAT TO ASK)**

C-12

Ruth Weifurt, Beverly Laskey

532-6482

Wednesday, 4pm, Mar 8---held at the Library
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $1.00, pay at class

Going to college as an adult can be exciting, but are you wondering whether you have the time, money, ability or physical energy to do so? Does the educational institution confuse you? Do you know how to study, to take exams? We’ll help you find the answers, think through decisions, take the first steps, learn how to cut red tape, and know where to go from there. Ruth is director of Family, a program for students over 25. She is the former dean of home economics, has conducted research on adult students, and is a fine believer in lifelong learning. Beverly was formerly director of admissions and records and a financial aid officer, as well as a counselor to international students. Recently, she is a member of the Finn office staff.

**INDIVIDUAL INCOME TAX ASSISTANCE**

C-9

Elka Selig

532-8417

Mondays, 7-9pm, Mar 13--held at the library
Location: Will be noted on your receipt
Class Fee: $2, pay with registration

This class will provide assistance to help you accurately prepare your individual federal, state and other income tax returns for 1985. It will point out what is new in this year’s tax law and your questions, and whatever else you need. Bring your 1984 tax records. (Elka is certified by IRS to assist taxpayers.)

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**TEACHING**

**LEARNING**

**GROWING**

**TEACHING**

**LEARNING**

**GROWING**

---

**RESUME WRITING**

C-15

Steve Cunningham

532-5549

One Time: Tuesday, 7-9pm, Feb 11
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Materials Fee: $5, pay at class

When you apply for a job, you have to count on your resume to get you to the interview. Don’t let it trip you! This class was designed for people who want to learn how to analyze and use the skills for successful personal resume development. Upon completion each person will have the understanding of the principles of skillful resume development and will be able to complete a personal resume. (As a faculty member of KSU, Steve works with all students considering undergraduate and graduate students on resume development each year.)

**PLANNING & ENJOYING YOUR WEDDING**

C-10

Charlotte Irish

576-7997

Wednesdays, 7-9:30pm, Feb 5, 12
(Class time)
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $6.00, pay at class

From the most lavish wedding to an informal ceremony, your wedding must be organized. We will discuss the different styles of bridal gowns and headpieces and will go through the 8-month calendar. We will also discuss invitations, flowers, accessories, time, and more. Very informative, a great place to get started.

**THE SIDE TRACKED HOME EXECUTIVE**

C-11

Susan Martindale

1-940-3331

One Time: Monday, 7-9:30pm, Feb 6
Location: Will be noted on your receipt
Class Fee: $6, pay with registration

Learn about how two amazing women, both mothers of several children, have created a unique system that transformed their homes from pig pens to paradise. You, too, can learn this system and feel confident about the cabinets of your children, a well organized and tidy house, a smiling spouse and a healthy family. It is a system of strategies and ideas that can also be applied to organizing the kitchen, yard, and general family activities. (Susan has taught this class for the Deque Area Resource Center and is anxious to share the techniques with others.)
GUIDE TO COMMUNITY SERVICES

BIG LAKES DEVELOPMENTAL CENTER, INC.
1500 Haynes Drive, Manhattan, Kansas 66502
Training of Developmentally Disabled
(913) 776-9001

BIG BROTHERS/BIG SISTERS OF MANHATTAN, INC.
103 South Fourth, Kansas, Kansas 66502
The program has a broad goal of providing mature volunteers to serve as friends and role models for youth who benefit from the example and commitment of a caring adult. Volunteers must be 18 years of age and older and have a vehicle. They must also be willing to make a year’s commitment to spend three to six hours per week with a child.
(913) 776-9975

SCORE/ACE
505 Poyntz Avenue, Manhattan, Kansas 66502
The program offers assistance to small businesses.
(913) 776-8829

CRISIS CENTER, INC.
P.O. Box 164, Manhattan, Kansas 66502
24-hour service to spouse abuse and sexual assault victims
(913) 532-3765

RILEY COUNTY RETIRED SENIOR VOLUNTEER PROGRAM
412 Loveworth, Manhattan, Kansas 66502
Shopping assistance, transportation, senior companion, visitation and volunteer opportunities
(785) 532-2225

U-LEARN
Holtom Hall Basement - Room 2
U-Learn’s mission is to provide the most direct means of assessing information, assistance and resources for students and faculty.
(913) 532-6400

THE HUNGER PROJECT
P. O. Box 1369, Manhattan, Kansas 66502
Information and empowerment on ending hunger
532-0938 or 532-5886

PAWNEE MENTAL HEALTH SERVICES
For your use by
2001 Claretta Road, Manhattan, Kansas 66502
Confidential mental health services for adults, children and families.
Counseling for alcohol and drugs
(913) 539-5337

ST. JOHN’S ASSESSMENT CENTER
200 Southwark Place, Manhattan, Kansas 66502
Assessment and referral
(785) 776-7533
Outpatient Counseling: Family, marital, adult and adolescent alcohol and drug

FRIENDSHIP TUTORING PROGRAM
The Family Center - KSU
Volunteer tutoring service on a one-to-one basis for students in the Manhattan community -- grades 1 - 12
(785) 532-6994

FIT-TRAIL
A 20 station/32 exercise course and 1/2 mile track, provided free
THE SAINT MARY HOSPITAL
(785) 776-3322

EMPLOYMENT AND TRAINING SERVICES
Citizen’s Bank Building, Suite 3
6th & Humboldt, Manhattan, Kansas 66502
Job training and vocational training
(913) 539-1853

PLANTILANDS BREADBAKERY
701 Yuma, Manhattan, Kansas 66502
Foodbank services for agencies and charitable organizations that serve low income families.
(913) 532-2756

CRISIS CENTER
(913) 539-2795

RAPE SURVIVOR SUPPORT GROUP
(913) 539-1791

ODEN FRIENDSHIP HOUSE
OUTREACH MINISTRY
Food Pantry/Clothes Closet/Tutoring/After School Program

INNER DEVELOPMENT FELLOWSHIP
We are an eclectic spiritualists discussion and meditation group that meets Sundays at 5:00 pm in the UFM House. The group is informal but seriously working on spiritual development. Let us know ahead of time if you need child care.
(913) 539-9160
MONEY MANAGEMENT SEMINAR FOR THE RETIRED

C-4
Fred Freeway
537-4505
Section 1: Monday, 7:30-9pm, Feb 17
Section 2: Wednesday, 7:30-9pm, Feb 20
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 20
This seminar is designed specifically for men and women who are concerned about making the most of their money during their retirement years. We will cover tax reduction methods, income producing investment opportunities, money saving ideas, estate planning and a number of other money management subjects applying specifically to the retired and near retired.

INVESTING FOR RESULTS

C-5
Sherrif Brant
537-3700
Tuesdays, 7-9pm, Mar 13, 20, 25 (3 times)
Location: will be noted on your receipt
Class Fee: $6, pay with registration
Limit: 20
This is your opportunity to understand the foundation of investment fundamentals necessary for effective financial planning. Topics discussed will include money market funds, stocks, bonds, mutual funds, insurance and tax advantages opportunities. (Sherrif has been an investment counselor and stock broker with Edward D. Jones for over seven years in Manhattan.)

TELEPHONE TECHNIQUES SEMINAR

Tuesday, April 8
Continental Inn
Part I: Techniques for Secretaries
9:30-11am
LUNCH
11:30am-1pm
Part II: Telephone Sales
1pm-4pm
COST:
Morning or Afternoon Only
$50 (no lunch included)
Morning and Afternoon
$70 (includes lunch)
Part I: Telephone Techniques for Secretaries
If you believe that first impressions are important then indeed they are. When you answer the telephone at your place of business you convey the first image of potential customer to the caller. Professionalism and pleasantness make a difference, and more people across the wires. This session will help you be an effective telephone representative.
Part II: Telephone Sales
We all know that the best way to make sales is face-to-face, but this is not always possible. The next best thing is voice-to-voice, but this requires some unusual skills and understanding of effective techniques. This workshop will cover all aspects of telephone sales from introducing the product to registration.
Call 532-5866 for more information and to register. Space is limited, so sign up now.

CAREERS IN TRAVEL

C-22
David Barzin
530-0531
One Time: Wednesday, 7-9pm, Feb 10
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 15
In this class we will learn about a career as a travel agent, including skills assessment, means of acquiring training, career goals as owner or employee and what to expect in a typical day's work.

INTRODUCTION TO INVESTMENTS

Jeff Lewis
776-4921
Mondays, 7:30pm, 1st Mon; Feb 3 (7 times)
Location: will be noted on your receipt
Class Fee: $15, pay with registration
Materials Fee: $7.50, pay at class
Limit: 15
This course offers a chance for the beginning investor to get a firm understanding of different investment opportunities. This course will include sections on deciding and understanding investment terms, how to locate profitable stocks, when to buy and sell for maximum profits, how to make money in precious metals, bonds, and mutual funds. Also included will be a section on learning to forecast and predict markets and stock trends. (Jeff has been actively investing and studying for a number of years.)

REAL ESTATE INVESTMENTS

C-7
776-9402
One Time: Thursday, 7-9pm, Mar 6
Location: will be noted on your receipt
Class Fee: $5, pay with registration
This class is not a "get rich quick" program, but logical, legal and ethical methods for the small investor to get profitably in real estate. (Bill is a real estate broker in two states, a certified appraiser, syndicator and real estate investment counselor. He currently operates a real estate investment brokerage and syndicates real estate investment projects.)

At Work

DEALING WITH DIFFICULT PEOPLE AT WORK

C-14
Ron Donney
532-5712
One Time: Wednesday, 7-9pm, Mar 19
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $5, pay at work
Limit: 20
We've all had "those days" when it just seems like we are out of luck and patience. Our class discussion will deal with techniques for handling difficult people in a work situation. We will focus on ways to problem solve, deal, and situations that can lead to these problems. Your ability to cope with difficult people will make your day a more pleasant one. (Ron is a KSU psychology professor.)

TIPS FOR SUCCESSFUL SUPERVISION

C-15
Frank Sarr, PhD
532-6950
One Time: Tuesday, 7-30pm, Feb 18
Location: will be noted on your receipt
Class Fee: $5, pay with registration
Motivation! Problem solving! Communication! If you are a supervisor, or group leader, you will benefit from learning about these areas. Sharpen your skills as we discuss innovative approaches and techniques for supervising both new and current employees.

PARKING

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

THE BEGINNING INVESTOR

C-1
Greg Barron
776-1066
Tuesdays, 7-9:30pm, Feb 4, 11, 18 (2 times)
Location: will be noted on your receipt
Class Fee: $6, pay with registration
Want to take a hint but worried about losing your shirt? Here's a chance to learn the basics in a non-threatening, no-risk setting. We try to eliminate all the mysteries of the investment world. Investment vehicles discussed will include: stocks, CD's and real estate. You may not be Paul Getty on Feb 12, but you will know a zero coupon bond when you see one and how to judge the value of your personal investments. (Greg has a masters degree in economics and is a TIAA consultant for Stifel, Nicolaus & Co.)

FINANCIAL PLANNING FOR WOMEN

Barbara Hehl
537-4505
One Time: Saturday, 9:30-11:30am, Mar 1
Location: will be noted on your receipt
Class Fee: $4, pay with registration
This is a class designed for women to help them become informed financial consumers. The class will provide important information on taxes, inflation, estate planning, structuring a savings program, investments, and planning an insurance program. In today's rapidly changing economic environment, it's important to begin planning today for tomorrow's needs. (Barbara is a 1982 graduate of Kansas State University in family economics. She is a registered representative of Kemper Waddell & Co., Inc. and specializes in financial planning.)

FINANCIAL PLANNING FOR YOUNG MARRIED THROUGH MIDDLE AGE

C-3
Fred Freeway
537-4505
Section 1: Monday, 7-30pm, Feb 24
Section II: Tuesday, 7-30pm, Mar 4
Location: will be noted on your receipt
Class Fee: $4, pay with registration
An interesting look at different ways of doing business. New and different investment opportunities will be discussed along with tax-saving ideas, how to plan for the future and the needs of the '80s and others. For each couple attending, a specfic financial plan will be prepared according to their individual situation. This will be a very rewarding class. (Fred is a senior account executive with Waddell's Fed. Inc. Waddell & Fed is one of the largest financial planning organizations in the U.S. with over 5 billion dollars under management.)

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Kinko's. We're on your side. Either one.
Fabulous Fixings

MANHATTAN'S FOOD CO-OP

Jaye Link,  Mary K. Brinker  539-4811

Tuesdays, 7pm, Feb 18, 25  (2 times)
Location: Will be noted on your receipt
Class Fee: $4, pay with registration

Yes, there is an alternative! People's Grocery Cooperative Exchange, organized in 1986 by a group of consumers, is thriving as a pre-order and retail buying cooperative. Members combine their orders to purchase foods including cheeses, grapes, nuts, herbs, spices...and much more! You can learn how to be a part of the co-op and choose the foods you want to have in your kitchen. Participation in an ordering meeting. You do not have to attend to become a member however, the class is a good introduction. We'll discuss ways to give your diet a healthy change for spring... and beyond. (Mary K. and Jaye are People's Grocery members.)

PRACTICAL MAKING: BREAD

Vince Martin  778-0028

One Time: Saturday, 9am-noon
Register and you'll be contacted for date
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $2.50, pay at class Limit: 20
After a flurry of baking, participants will make dough for French bread, rye, raisin, orange-pecan and cranberry rolls. While dough is rising, more film and discussion. (Vince is a senior in bakery science at CCU.)

BREAKFAST

Mary Nancela  532-5579

One Time: Thursday, 7:30-9:30am, Feb 20
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $2, pay at class Limit: 12
It has been said the breakfast is the key to a healthy society by the quality of its bread. This class will surely put you on the list of high cultured people! We will learn the techniques for two popular breakfast breads. We will discuss the skills for mixing, proofing, and baking the dough. The class is over just in time for breakfast. (Mary N. has had over 50 years of experience.)

WINNING THE DIET GAME

Nolaem Ingulsb  539-1733

One Time: Thursday, 7pm, Feb 13
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $2.50, pay at class Limit: 20
This is the "diet game" and achieve a lifestyle change by selecting diets which include good nutrition, balance and maintain the correct attitude. Discussion of the importance of these will be included. The class will cover choosing a weight control program. Handouts will be provided which include basic foods, meal plans, etc. (Nolaem is a registered dietitian and has a masters degree in dietetics. She has been teaching weight control classes in conjunction with the wellness program at the St. Mary Hospital.)

SOFT ROLL AND ICING

Vince Martin  778-0028

One Time: Saturday, 9am-noon
Register and you'll be contacted for date
Location: Will be noted on your receipt
Class Fee: $8, pay with registration
Materials Fee: $2, pay at class Limit: 20
Make pecan pins, Danishes and cinnamon rolls. Add basic icing making and you'll satisfy your sweet tooth.

HOMEMADE NOODLES

Larry Shubert

One Time: Saturday, 1:30-3:30pm, Feb 1
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class Limit: 8
Tired of bland store noodles? Homemade noodles are so much better and are easy to make. We'll each make a batch and cook them in turkey and beef broth. You will be sent a list of kitchen utensils to bring including 2-3 oz containers to carry your noodles home. (Larry has taught this class before.)

CAKE DECORATING

Jaye Link  539-6760

One Time: Tuesday, 6:30-8:30pm, Feb 18
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $6, pay at class Limit: 10
This basic cake decorating class will cover how to frost, how to finish the sides and how to cut the cake. Frosting decorations which will be demonstrated include rosesbuds, roses, peanut butter swirls and shell borders. Mrs. Rodriguez will also provide pictures. (Jaye has taught cake decorating for years. She also does wedding cakes by order.)

PROGRESSIVE DINNER: A GREAT WAY TO MEET NEW PEOPLE

UFM Staff  522-8866

One Time: Monday, 8-11pm, Mar 30
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class Limit: 10
Those who sign up will progress from hors d'oeuvres to dessert, through a main course, etc. each course, etc. each time. The idea is to meet new people, get friendly with new ones from class to class throughout the evening. (UFM staff person who appreciates food and new friends will be along to see that switches run smoothly.)

NERILYN'S INGREDIENTS

Jerry Lynn  539-1658

One Time: Monday, 6-8pm, Feb 3
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Materials Fee: $2, pay at class Limit: 10
Learn how to select the freshest, cleanest ingredients for your meals. We will discuss the fresh, frozen, and canned varieties of food and how to make the best choice. (Jerry is a professional food writer.)

AN OPPORTUNITY TO BE PART OF UFM

Do you have skills or background that would be useful to UFM: advertising, public relations, writing skills or others? We are recruiting for a program advisory board. You may apply for membership. Contact Julie Coates, 532-5866.

ADVERTISERS HELP TO MAKE THE UFM CATALOG POSSIBLE. Tell them you saw their ad here!
CREPES  F-15
Mary K. Brinker  539-6143
One Time: Thursday, 7:30pm, Feb 6
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Crepes breakfast, lunch, dinner. Easy, versatile, and healthy. We'll make a variety to eat any time including some yummy dessert crepes.

PIZZA  F-16
Mary K. Brinker  539-6143
One Time: Thursday, 7:30pm, Feb 13
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Making your own pizza is fun and easy. Depending on the ingredients you choose, it can be on your table in 30-45 minutes. We will make both regular and whole wheat crusts with a variety of toppings.

NOAPLES (CACTUS TACOS) F-13
Sally Martinez  537-2553
One Time: Friday, 7:30pm, Apr 4
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Menu Fee: $5, pay at Class Limit: 10
During Lent, cooking with cactus is typical in Texas, Mexican style. Nopales, or cactus tacos, are one luncheon experience that class participants will enjoy making and eating. Throw in a little onion, pickle, eggs, garlic and chili powder, and serve with corn or flour tortillas. The result is...darn good! Nopales make an awesome taco topping. Don't miss it! (Sally is a Native Texan who loves to cook.)

International Meals  F-11
Mediterranean Meal

Potato Casserole  759-0964
Ingredients and you will be contacted for date, time and location: Location will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $3, pay at Class Limit: 6
Serve in a Mediterranean meal. Participants will have "hands-on" experience making a delicious Italian main dish, a Greek side dish and a Middle Eastern salad. (Patti is a Greek American who lived in Italy and Greece and traveled to the Mediterranean region.)

Variations on an enchilada  F-12
Barbara Lampling  539-6134
One Time: Thursday, 6:30pm, Feb 20
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $5, pay at Class Limit: 6
Enchiladas are easy to make and have endless variations. Class participants will chop, dice, slice and assemble a goal of sharing a wonderful meal. Come hungry! (Barbara has enjoyed cooking all her life and collects cookbooks.)

International Desserts  F-6
David & Sheila Margolis  539-6177
Wednesdays: 7:30pm. First Weds: Jan 29 (1 time)
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: $5, pay at Class Limit: 6
When the recipe calls for folding, mashing or making mercury, do you know how to make and serve some scrumptious desserts. (David and Sheila love desserts.)

UFM & People's Grocery Co-op Cheese Order

<table>
<thead>
<tr>
<th></th>
<th>cheese</th>
<th>lb</th>
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</thead>
<tbody>
<tr>
<td>Sunflower seeds (raw shell)</td>
<td>1.35 lb</td>
<td></td>
</tr>
<tr>
<td>Walnuts (shelled)</td>
<td>3.2 lb</td>
<td></td>
</tr>
<tr>
<td>Sesame (seeds)</td>
<td>2.2 lb</td>
<td></td>
</tr>
<tr>
<td>Apples (org.)</td>
<td>3.2 lb</td>
<td></td>
</tr>
<tr>
<td>Apricot halves (org.)</td>
<td>5.0 lb</td>
<td></td>
</tr>
<tr>
<td>Dates</td>
<td>6.5 lb</td>
<td></td>
</tr>
<tr>
<td>Black mission figs (org.)</td>
<td>3.92 lb</td>
<td></td>
</tr>
<tr>
<td>Calypso figs</td>
<td>3.96 lb</td>
<td></td>
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<tr>
<td>Currents</td>
<td>1.7 lb</td>
<td></td>
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<tr>
<td>Date slices (w/ac flour)</td>
<td>2.23 lb</td>
<td></td>
</tr>
<tr>
<td>Havlax dates</td>
<td>1.50 lb</td>
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</tr>
<tr>
<td>Pineapple (ens.)</td>
<td>5.5 lb</td>
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<tr>
<td>Peaches (org.)</td>
<td>3.9 lb</td>
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<tr>
<td>Prunes (large org.)</td>
<td>2.87 lb</td>
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<tr>
<td>Cracker &amp; Trail Mixes</td>
<td>1.06 ea</td>
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<tr>
<td>Ale (5 oz)</td>
<td>1.06 ea</td>
<td></td>
</tr>
<tr>
<td>Brewhouse biscuit (2 oz)</td>
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<tr>
<td>N.I. crested pepper crispbread (7 oz)</td>
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<td></td>
</tr>
<tr>
<td>Western ranchero (1 oz)</td>
<td>3.92 lb</td>
<td></td>
</tr>
<tr>
<td>Summer corn trail mix (1 lb)</td>
<td>3.92 lb</td>
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</tbody>
</table>

Sub total               446 Sales Tax
TOTAL DUE
Check VISA MC
Card
Expiration Date

LAST ORDER DATE ---- FRIDAY, FEBRUARY 26 (Payment Due by order)

YOU WIL BE CONTACTED ON OR AFTER MARCH 17 TO PICK UP YOUR ORDER. ORDERS OF $50.00 OR MORE WILL BE DELIVERED FREE OF CHARGE.
WINDSURFING

Title: R-5
Brandt & Bernard Buster
One Time: Saturday, 1-4pm, Apr 5
Location: Will be noted on your receipt
Class Fee: $44, pay with registration
Windsurfing is a dry-land simulator to see if windsurfing is the sport for you! Brandt and Bernard will demonstrate techniques and then you'll get to try them. They'll also cover safety, cost, use and general information. All ages and sizes of people are welcome (Brandt and Bernard are the owners of Blue River water Sports and are certified instructors through the Sailboard School System.)

FUNDAMENTALS OF KAYAKING (AMERICAN RED CROSS) R-6
Denny Lee
Title: R-6
One Time: Saturdays, Jan 6, Feb 16, Mar 23 Class Fee: $40, pay with registration
FUNDAMENTALS OF KAYAKING will teach you how to use kayak, how to control the kayak, how to use the paddle, and how to get in and out. Experience the challenge of kayaking! Through video films, demonstrations, lectures, and hands-on experience, you will study equipment, safety, techniques, water maneuvers, and practice American Red Cross safety techniques. The class meets at an indoor pool. All handouts, textbooks and equipment are provided. (This class will be taught by certified Red Cross Fundamentals of Kayaking instructors.)

INTERMEDIATE KAYAKING WORKSHOPS

Title: R-7
Danny Lee
One Time: Saturdays, Jan 6, Feb 16, Mar 23 Class Fee: $40, pay with registration
Location: Will be noted on your receipt
Materials Fee: $2.00, each Sunday, pay at class
These workshops are for those kayakers with some experience who desire to improve their skills. Informal critiques will be provided on rolls and strokes in indoor pools. Boats are available for rent at low cost or you can bring your own. Come as many times as you want and pay $2.00 per Sunday at the class.

PADDLE CANOEING

Title: R-8
Bob Paretsky
One Time: Saturday, 7-10pm, Apr 4 Class Fee: $40, pay with registration
Location: Will be noted on your receipt
Materials Fee: $2.00, each Sunday, pay at class
This class will incorporate trips to nearby lakes, streams and rivers. We will have a chance to learn/relax canoeing techniques as we explore this spring. Participants will be responsible for providing canoes, paddles, life jackets, etc. The schedule will be set at the April meeting at which time partners and rental locations will be found. This class welcomes both individuals and families. (Bob is a certified Red Cross canoeing instructor.)
ILL KINDS OF FUN

OPENING A PARTY CLOWN
R-33

Jen J. Jones

537-8969

Time: Saturday, 7-8pm, Apr 5
Action: will be noted on your receipt
As Fee: $4, pay with registration

ULTIMATE FRISBEE
R-21

Pat Wishey

532-3666

Tuesdays & Thursdays, 5-6pm
First Meeting: Mar 18
Location: will be noted on your receipt
Length: Class Fee: $4, pay with registration
Ongoing
Members of the KSU 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, experiencer players to the who've never seen a frisbee are welcome. Bring a shoe if you have one and wear running shoes and VIs. (Pat has five years frisbee experience.)

VOLLEYBALL FOR FUN (6 & OVER)
R-20

Lori Horriles

539-8867

Tuesdays, Thursdays, 6:30-7:30pm
First Mtg: Jan 30
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $1, pay at class
Length: Ongoing
Indoor volleyball can provide low-key competition, exercise, and a great time for beginners to those advanced. Nets and balls will be furnished. (Lori has played volleyball for years.)

HEADS UP! ROSTERING FOR MENTALLY RETARDED YOUNG PEOPLE
R-13

KSI Herne's Association

You will be contacted for day, time, and date Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 20
Listening and coordination exercises
Grooming and horse riding will all be covered. At registration, please designate your age. Participants from past sessions have really enjoyed and found the program from this class and some have gone on to advanced horseback riding and rodeo. (The KSI Herne's Association has held this class for the past five years.)

7TH ANNUAL WINTER RENDITIONS OF THE SMOKEY-MOUNTAINERS
R-22

Jay

776-6365

Day: Saturday, Sunday, Feb 7, 8, 9 [all weekend]
Location: will be noted on your receipt
As Fee: $2, pay with registration
These fun-loving folks as they become 10th baby trappers, traders and hunters. The three-campout will include target competition with blackboards, knives and tomahawks, a wild game competition with geographical questions and if fun. Partly costume requested but not a must. (Jay has been a muzzleloader since 1967.)

LEARN TO FLY AT LOW RATES
R-31

Hugh Irvin

532-4311 539-3128

Saturdays, 9-10am First Mtg: Feb 1
Location: will be noted on your receipt
Length: Ongoing
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.)

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Hours: Mon-Fri. 10-9; Sat. 9-6; 10-6
This page contains information about Martial Arts and Racquet Sports. The text is a mix of scheduled events, classes, and locations for people interested in these activities. The Martial Arts section includes mentions of beginners, classes, and locations, while the Racquet Sports section lists events, classes, and locations for tennis and squash. The text also includes contact information and fees for these activities. The page also promotes The Ritz Hamburgers, offering a deal for one coupon per burger. Additionally, a special offer for a week of free delivery is mentioned.
**Indoor Pursuits**

- **LA-PARTNER CARDS, CHESS/ CHECKERS, BOARD GAMES, TABLE TENNIS, BILLIARDS, ETC.**
  - R-41
  - Jeff Schanker
  - 522-1066

**GROUP DINNER**
- 7pm
- Location: At your hotel

**LEARN TO PLAY BILLIARDS**
- 5pm
- Location: The Western Billiard

**TENNIS AT THE INTERCONTINENTAL**
- 3pm
- Location: The Intercontinental

**GROUP WALKING**
- 6:30am
- Location: Along the beach

**SUNSET WALKING GROUP**
- 4pm
- Location: Along the beach

**POCKET BILLIARDS FOR BEGINNERS**
- 6pm
- Location: The Western Billiard

**THEATRE**
- 8pm
- Location: The Theatre

**LEARN TO PLAY BILLIARDS**
- 3pm
- Location: The Western Billiard

**CALL FOR ACTION**
- 12pm
- Location: On the beach

**DANCE**
- 9pm
- Location: The Intercontinental

**GROUP GAMES**
- 2pm
- Location: In the hotel

**AFTERNOON TENNIS**
- 4pm
- Location: The Intercontinental

**GROUP TENNIS**
- 3pm
- Location: The Intercontinental

**WATER SPORTS**
- 10am
- Location: In the hotel

**DINNER AT THE InterContinental**
- 7pm
- Location: At the Intercontinental

**ALL-DAY SAILING**
- 8am
- Location: On the beach

**Fishing Trip**
- 8am
- Location: On the beach

**Halteres and Darts**
- 9am
- Location: In the hotel

**Pool Table**
- 11am
- Location: In the hotel

**Poker**
- 2pm
- Location: In the hotel

**Chess**
- 4pm
- Location: In the hotel

**Bridge**
- 6pm
- Location: In the hotel

**Board Games**
- 8pm
- Location: In the hotel

**Casino**
- 7pm
- Location: In the hotel

**Restaurant**
- 8pm
- Location: In the hotel

**Driving Range**
- 10am
- Location: On the beach

**Basketball**
- 11am
- Location: In the hotel

**Croquet**
- 3pm
- Location: In the hotel

**Golf**
- 4pm
- Location: On the beach

**Bridge**
- 6pm
- Location: In the hotel

**Casino**
- 7pm
- Location: In the hotel

**Restaurant**
- 8pm
- Location: In the hotel
FOSSIL FIELD TRIP

E-3

Benjamin G. Nullintis, Sr.

One Time: Saturday, 9:30am-2pm, Apr 12

Location: will be noted on your receipt

Class Fee: $4, pay with registration

(or $14 for Series 1-2-3-4)

As marine creatures died and sank to the bottom
of the shallow seas covering Kansas, some became
fossilized. Even though they lived and died 260
million years ago, we can still find near-perfect
specimens as they weather out of limestone and
shale. Bring a sack lunch, drinks and fossil con-
tainer as we spend the day hunting brachiopods,
creatures, fossils, minerals and others.

(Benjamin is president of the Manhattan Minerals,
Gem and Fossil Club which is sponsoring this class.)

GEOLOGICAL FIELD TRIP

E-4

F. C. Lamming

One Time: Saturday, 9:30am-2pm, May 10

Location: will be noted on your receipt

Class Fee: $4, pay with registration

(or $14 for Series 1-2-3-4)

How do we know that glaciers visited Kansas? By
the rocks from Minnesota that they left; we will
visit northern Pottawatomie County to collect
glacial material: agate, jasper, quartz, quartzite,
petrified wood and others, some of which may be of
pre-quality. Bring a sack lunch, drinks and rock
container so you can be a rockhound for the day.

Dr. Lamming is a long-time member of the Man-
hattan Minerals, Gem and Fossil Club which is
sponsoring this class.

GEM STONES AND JEWELRY

E-2

Dr. F. C. Lamming, Benjamin G. Nullintis, Sr.

One Time: Thursday, 7:30pm, Mar 13

Location: will be noted on your receipt

Class Fee: $4, pay with registration

(or $14 for Series 1-2-3-4)

How do you think those facets were ground into
that gem stone on your jewelry? The instruc-
tors will demonstrate their faceting apparatus
and will show that with it, a mathematical nature
and a few calculations, faceting is not as difficult as
might be imagined. They will review types of gem
stones in terms of their characteristics, origin,
use and value. The Manhattan Minerals, Gem and
Fossil Club is sponsoring this class.

THE PLANT EARTH SOCIETY

E-3

Paul Ploomy

One Time: Tuesday, 7-9pm, Apr 1

Location: will be noted on your receipt

How does a mountain rise? What causes the air to
be stormy or calm? What makes some stones
magnificent and others rough? The answers to
these questions and more will be given in this
three-part series presented by the Plant Earth
Society.

HALLEY'S COMET SLIDE SHOW AND LECTURE

E-38

Larry Paris

One Time: Monday, 7pm, Mar 1

Location: will be noted on your receipt

Class Fee: $4, pay with registration

Limit: 10

Larry will present a slide show of Halley's Comet
and discuss why it will be visible through late March
but not as easy to see as you might think.

FLORIBUNA: A VEGTABLE GARDEN

E-10

Lynn Duxon

One Time: Tuesday, 7-9pm, Feb 11

Location: will be noted on your receipt

Class Fee: $4, pay with registration

Growing fish for food is an activity that can be
accomplished in a greenhouse or backyard as well
as a lake, pond or stream. Learn how to do it at
the UPM greenhouse. Find out what fish need to
eat, how to purify the water and keep it chemi-
cally balanced, and how to make sure there is
enough oxygen for the fish. (Lynn learned about
ecology at the New Alchemy Institute and has
developed the aquaculture system at UPM.)

AQUACULTURE

E-11

Lynn Duxon

One Time: Tuesday, 7-9pm, Feb 18

Location: will be noted on your receipt

Class Fee: $4, pay with registration

Growing fish for food is an activity that can be
accomplished in a greenhouse or backyard as well
as a lake, pond or stream. Learn how to do it at
the UPM greenhouse. Find out what fish need to
eat, how to purify the water and keep it chemi-
cally balanced, and how to make sure there is
enough oxygen for the fish. (Lynn learned about
ecology at the New Alchemy Institute and has
developed the aquaculture system at UPM.)

24 Sue Maes leading KSU Faculty on UPM tour
KANSA S LANDSCAPE AR RESTOR E E-29
Duane Kerr 1-466-2771
One Time: Sunday, 1-Jun, May 25
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
If you are interested in landscaping your property and want to know what varieties can successfully be grown near Manhattan, you should visit the Kansas Landscape Arboretum in Wakefield. We'll transport you to the 33-acre site near Milford Reservoir and spend the afternoon examining the plants. Arboretum volunteers will be on hand to answer questions.

EARLY MIGRANTS BEDDING TRIP E-24
Audubon Society Members 1-466-2771
One Time: Thursday, 7-30am-12m, Mar 15
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Ever see a red head of pine siskin? We'll see the ruffled crest of the pine grosbeak, and many many other species of birds including robins, robins, and robins. Several local water bodies are frequent stopping places for these birds and we'll set up spotting scopes to give you a close look. Beginners are especially invited.

TUTTLE CREEK NATURE HIKE E-28
Paul Williams 539-6511
One Time: Saturday, 8:30am-12m, Mar 20
Location: Will be noted on your receipt
Class Fee: $4, 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 regular at Tuttle Creek Lake for over five years.)

HUNTING AT FLINT HILLS NATIONAL WILDLIFE REFUGE E-26
Duane Kerr 1-466-2771
One Time: Saturday, 7:30am-9:30am, Apr 14
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Flint Hills National Wildlife Refuge, near John Roley, is considered to be the largest remaining intact area of prairie in the United States. It is a vast expanse of grassland, and it is home to a diverse range of wildlife. We'll pack a lunch and spend the day hunting for waterfowl, as well as observing other birds such as hawks, eagles, and falcons.

NATURAL HISTORY OF THE GALAPAGOS ISLANDS E-31
Eileen Scheifeld
One Time: Wednesday, 7-30am-9:30am, Feb 12, #10, 2018
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Darwin's visit to the Galápagos Islands helped formulate his theory of evolution. Join a celebration of the birthday of Charles Darwin. The conservation of the plants, animals and bird-life of these historic islands will be the main point of discussion. This is the many meeting of the Northern Flint Hills Audubon Society. (Eileen is connected with the Agricultural E-31

FLAT RIVER SANCTUARY SLIDE SHOW E-30
Ken Stamey
One Time: Thursday, 7:30pm, Jan 16
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
Share the beauty and grandeur of the Platte River and its annual migration of stopover sandhill cranes. The spectacle of hundreds of thousands of cranes settling in roost at sunset on the river, once witnessed, is remembered a lifetime. The significance of the Platte River as a prairie refuge is that the migration will be key to this slide presentation, highlighting the yearly movements of the Northern Flint Hills Audubon Society. In March, a trip to the Platte River is planned. (Ken is a manager of the Lillian Annas Rowe National Audubon Society Sanctuary.)

WARRIORS AT MARIAH DES CUIVRES E-27
Duane Kerr 1-466-2771
Saturday-Sunday, 8am-5pm, Sun, May 3-4
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $5, pay at class
Accompany members of the Northern Flint Hills Audubon Society on this weekend trip to the Mariah des Cuvres state wildlife area in eastern Kansas. We'll see waterfowl and other birds and wildlife on the marshes and we'll keep an eye out for specialities, such as plovers, woodcocks. Bring a sack lunch for Saturday, $10 for remaining meals, gas money and your own camping gear.

HISTORY OF MEDICINAL HERBS E-12
Jayne Y. 539-7605
One Time: Monday, 7:30am, Mar 3
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Jayne does not profess to be an expert in the area of herbal remedies, however she has been reading about the uses of different herbs and plants for over 30 years. She is interested in promoting awareness of the uses of these herbs. She is a proponent of using these herbs for health and wellness. She will share some of her own experiences and knowledge. Bring your questions.

CITRUS & FLORAL 8-14 FAVORITES E-10
Norma Nordgren
One Time: Saturday, 7:30am, Mar 2
Location: Will be noted on your receipt
Class Fee: $3, pay with registration
Enjoy the taste and aroma of citrus and floral flavors. We will prepare a variety of dishes using these ingredients. (Norma is the manager of the Little Annas Rowe National Audubon Society Sanctuary.)

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25
RAISING SPRING FLOWERING BULBS

E-13

Tin Lindenthal
532-6415

One Time: Saturday, 1-3pm, Apr 12 (revised Ap. 19)
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Look over more than 1,000 flowering bulbs, plant them in the nursery and grow them for the blooming season. Learn how to plant and care for spring flowers. (Bulbs will be discussed.) (Tin has done home gardening for a number of years and has received Hammant's "3000 Day of the week award twice.)

FLOWERING SHRUBS

E-14

Lyne A. Teaford
1-446-2026

One Time: Saturday, 9-11am, Apr 19 (revised Apr)
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 20

Dot your tax returns in and want to take a beautiful nature walk? The LSU campus is an arboricultural mecca with nearly 200 species of trees and shrubs. Join the instructor for a walk on the LSU campus. The LSU campus will be shown in all its glory with trees marked for identification. Bring a photo camera or a tape recorder to tape the description of each plant. Bring a camera, notebook, and pen. Green canes will be available. Bring your own camera if you have one.

DESIGNING WITH PERENNIALS FOR HOME LANDSCAPING

Patrick Money
E-15

Tuesdays, 7-9pm, Jan 21, 28 (2 times)
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 15

Consult with Patrick Money, who will guide you through the process of designing a garden with perennials. He will cover the basics of selecting and growing perennials and show you how to use them in your garden. He will also demonstrate how to use perennials to create a beautiful garden.

WORLD'S LARGEST U.M. TREE FESTIVAL

E-16

Joel Brinker
539-6413

One Time: Saturday, Jan 1, Mar 1 (revised Mar 8)
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 20

Join us for a unique event at the University of Missouri. The festival features a variety of activities, including a tree lighting ceremony, a tree sale, and a tree cutting demonstration. You will learn about tree care and can ask any questions you may have. Bring your own trees if you want to plant them at home.

CELEBRATE OUR KANSAS WILDLIFE HERITAGE: GET TO KNOW A KONZA PRAIRIE STREAM

E-17

Marty Gurtz, Cathy Tate
532-6643

Section I: Saturday, 9-11am, Mar 8
Section II: Saturday, 1-3pm, Mar 8
Section III: Saturday, 1-3pm, Mar 8
Location: will be noted on your receipt
Class Fee: $2, pay at registration
Limit: 25/section

March is Kansas Wildlife Heritage Month, and the theme is the importance of rivers and streams to wildlife. To celebrate this special month, come to Konza Prairie and learn about the food web of a pristine prairie stream. We will present slides and a video to illustrate the importance of these habitats to bird and amphibian populations.

CAMPUS BIRDS THROUGH THE SEASONS

E-21

Audubon Society Members
1-446-2771

One Time: Saturday, 8:30am-11am, Feb 8
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 20

Join the Audubon Society and learn about the birds that fly through the LSU campus. You will learn about the birds' migration patterns, their habitats, and the threats they face. Bring binoculars and a notebook to take notes on the birds you see.

BIRD FEEDER PARADE

E-18

Audubon Society Members
1-446-2771

One Time: Saturday, 9-10am, Jan 11
Location: will be noted on your receipt
Class Fee: $4, pay with registration

Join the Audubon Society and participate in a bird feeder parade. You will learn about the different types of bird feeders and how to use them to attract birds to your yard. You will also learn about the different birds that can be attracted to your yard through the use of bird feeders.

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WILDLIFE FILM FESTIVAL

Jan Garten
309-3004

Thursdays, 7-8:45pm 1st Mts; Mar 6 (4 times)

Location: Will be notified on your receipt.

Class Fee: $5, pay with registration

Bring the family! By the time this wildlife series is over, you'll be able to see Kansas with new eyes. Learn and talk about farming and wildlife conservation, prairies, rivers and all kinds of wildlife! Jan is a member of the Norton Flint Hills Audubon Society. This festival is a part of the celebration of Kansas wildlife Heritage month.

PASSIVE SOLAR HOMES TOUR

One Time: Sunday, 1-5pm, Mar 23

Location: Will be notified on your receipt.

Class Fee: $10, pay with registration

Increasing numbers of solar buildings in the Manhattan area are available to visit. This tour will feature solar homes, sunrooms, greenhouses and collectors with some owners and designers/builder available for discussion. Information kit will be provided for each solar example. (Dean has been leading this tour and building solar collector systems in Manhattan for the last seven years. Bob is the appropriate technology director at UMP.)

FREE HOME ENERGY AUDIT

Stacy and Marvin Rodriguez
776-0933

Fees: $150 (for 2 to 4 rooms)

Worried about winter energy bills? Call KPL Gas Service and schedule a free personal energy audit. Stacy and Marvin will review the available utility rate options, check your insulation, water heater, furnace, windows, etc., suggest individual energy management styles suited best to your personal lifestyle and check eligibility for regional and state financial assistance. (This is the same class being offered by the HOME program.)

CHEAP HEAT, SAVING WINTER ENERGY DOLLARS

HOME Staff
532-5866

One Time: Wednesday, 7-9pm, Feb 8

Location: Will be notified on your receipt.

Class Fee: $4, pay with registration Limit: 30

Do you want to save up to $200 or more per year on your heat-energy bills, yet only invest $10-15 per month? Low cost no-cost weatherization techniques will be discussed including weatherstripping, caulking, installing storm windows, simple window treatments and others. Energy-saving lifestyle habits will be presented and each participant will receive an information kit. (This is the same class being offered by the HOME program.)

SILVER DOGS IN THE FIELD

Larry Hedges
576-9004

Sundays, 3pm First Meeting: Feb 3 (4 times)

Location: Will be notified on your receipt.

Class Fee: $6, pay with registration

Got a bird dog puppy for Christmas and want to get off on the right foot? Want to teach an older dog some new tricks? Come to the organizational meeting to arrange some dates for running bird dogs on the pen-raised quail at nearby farms. We'll also cover training, conditioning and general dog care. (Larry has trained dogs for eight years including gun dogs, shooting dogs and field trial dogs.)

CATS ARE PEOPLE, TOO!

CARE AND APPRECIATION OF CATS

Maxine Tucker
776-4963

One Time: Wednesday, 7-9pm, Mar 5

Location: Will be notified on your receipt.

Class Fee: $4, pay with registration

We will discuss basic care, some health problems and a brief description of all breeds of pet- bred cats. Also, we'll cover show requirements, a demonstration of proper grooming and a question and answer period. This class will help prepare you for the annual Pedigree and household cat show. 150-150 cats will be competing March 21-22 from 8am-8pm at Fouttor Hall in CCCC Park. (Maxine has been a cat breeder and exhibitor for 28 years. She has been a judge throughout the U.S., Canada and Japan.)

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FREE HOME ENERGY AUDIT

Stacy Kohlmier & Marvin Rodriguez 774-8893

Worried about winter energy bills? Call KFL Gas Services and schedule a free personal energy audit. Stacy and Marvin will review the available utility rate options, check your insulation, water heater, furnace, windows, etc., suggest individual energy management styles suited best to your personal lifestyle and check availability for regional and state financial assistance. (Stacy and Marvin work at KFL Gas Services.)

CHEAP HEAT: SAVING WINTER ENERGY DOLLARS

H-2

HOME STAFF: 530-5866

One Time: Wednesday, 7-9pm, Feb 5
Location: will be noted on your receipt
Class Fee: $6, pay with registration
Limits: 10

Do you want to save up to $120 or more per month on your next electric bills, yet only invest $50-150 dollars? Low cost cost-saving techniques will be discussed including weatherstripping, programmable thermostats, whole house insulation, and more. Non-stylistic habits will be presented and participants will receive an information kit.

FUNDING YOUR HOME

H-3

Bruce Davis 532-6026

One Time: Tuesday, 7-9:30pm, Feb 18
Location: will be noted on your receipt
Class Fee: $6, pay with registration
Limits: 10

There are many ways you can personally make your home energy efficient. Learn why you should or should not cover windows, floors, attics and walls, what products are available, the costs involved and installation tips. Each participant will receive an information kit. (Bruce works for the Kansas Energy Extension Service.)

FUNCTIONAL DECORATIONS

H-4

Kay Ann Heintz 537-6550

One Time: Thursday, 7-9pm, Feb 13
Location: will be noted on your receipt
Class Fee: $6, pay with registration
Limits: 10

Has your home been too cold this winter? Learn how to conserve energy and lower your heating bills using low cost decorating techniques. A room-by-room home energy audit will be provided emphasizing various window treatments, floor coverings, lighting and the use of color and space. Kay Ann is the home economist for the Riley County Extension Council.

BASIC PLUMBING REPAIRS

H-5

Ed Penne 537-0217

Monday & Wednesday, 6:30-9:30 pm, Mar 17 & 19 (2 hrs)
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limits: 15

Are you unsatisfied with plumbing, but would like to learn how to repair basic plumbing problems that occur in the average home? Such topics as description and usage of tools, different types of pipes, faucet repair and hookup, drain repair and cleaning, clogged drains, and stoppage will be discussed. Ed will provide individual information kits and you will provide individual plumbing problems and questions to solve. (Ed is a licensed plumber and the manager of Powell Brothers, Inc.)

BASIC CARPENTRY

H-6

Pat Butler 539-2857

Tuesdays, 7-9:30pm 1st Mth; Mar 4 (4 times)
Location: will be noted on your receipt
Class Fee: $10, pay with registration
Limits: 10

This workshop is designed for those with little or no previous carpentry experience. In the first two classes you will learn carpentry basics how to measure, mark, cut, drill, fasten and finish, plus the use of all basic hand and power tools. You will learn how to select wood, the different methods of joining and support, and how to plan out step-by-step procedures. The last two classes will be spent on individual carpentry projects. Materials are to be provided by the participant.

BASIC ELECTRICAL WIRING

H-7

Paul Burke 537-9995

One Time: Saturday, 9-3pm, Feb 22
Location: will be noted on your receipt
Class Fee: $6, pay with registration
Limits: 4

Learn one aspect of electrical wiring that any homeowner can use. This workshop involves practical hands-on training supervised by an expert. The one-time class is designed to install a 2-way switchlight using primary power only and includes an additional source of lighting. (Paul has over 30 years experience in electrical work and is currently working in USD 501's maintenance department.)

BUILDING YOUR OWN HOME

H-8

Betsy Edwards 1-456-7018

One Time: Saturday, 9-3pm, Mar 15
Location: will be noted on your receipt
Class Fee: $6, pay with registration
Limits: 7

The toughest thing about building your own home is making the necessary decisions to get started. This class will help you do just that. A tour of one instructor's home will be given with discussion covering zoning, legalities, construction, plumbing, wiring, and plans on buying equipment and materials. Information sources will be provided and individual questions are encouraged. (In fall 1977, the Edwards began to build their house, moved in during fall 1978, and have continued to fix their house as time and money have allowed.)

HOME BUYER'S SEMINAR

H-9

Lee Stutzman, Jim Ran, Lindsay Olson, John Rice 537-2300

One Time: Thursday, 7-9:30pm, Feb 6
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 a prospective buyer needs to know before taking the plunge. A panel discussion will take place consisting of four professional perspectives: an attorney, a realtor, a mortgage lender and a private buyer/seller. Topics be covered include different options for home financing, interest rates, and contracts, tax and legal implications, renting vs buying, finding the right property for the right price and how to close a sale. Individual questions are encouraged. (Lee is employed by Charles K Wilson Bonded Attorneys, Jim is with Ryan Realty, Lindsay is an employee of Columbia Savings and John is a private citizen.)

ORGANIZING NEIGHBORHOOD GROUPS

H-10

Stormy Kennedy & Richard Friesen 539-2749

One Time: Wednesday, 7-9pm, Mar 8
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limits: 10

Why form a small neighborhood group? Representatives from several Manor neighborhood associations, CEES, UMMA, and OMMA, will discuss and answer what, why, and how questions on what is it, a group, its purpose, orientation and goals, the structure and size, how to set up meetings, what tools the group might form, what tools could be important, and what problems could surface. (Stormy is a representative from CEES and UMMA and Richard is the vice-president of OMMA.)

Aggieville Barbershop

613 North 12th (next to Kite’s)
537-2104

Phil Kuehl

Randy Lowry

Volunteers, we love you!
And, we couldn't do much without you.
To all of you—THANKS!
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Looking for something special this spring?

Try these classes...guaranteed to banish the February "blues."

Television Seminars....-p. 16
Ballroom Dancing.....-p. 17
Children's Writing Workshop...-p. 7
Fossil Field Trip .......-p. 24
Great Films Series ......-p. 7
Cake Decorating ........-p. 18
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Weaving ...............-p. 3
Calligraphy .............-p. 5

And much, much, much more!

First UFM Class Brochure, Spring, 1968

THE UNIVERSITY FOR MAN

THE UNIVERSITY FOR MAN starts next semester (spring) with seven sessions and workshops.

NEW MEDIA WORKSHOP

The fourth semester in the media and automation series, this workshop focuses on the ways that technology is changing the everyday lives of people throughout the world.

MILITARY INDUSTRIAL

Establishment

The workshop will cover the history of the military-industrial establishment and its impact on American society. Sessions will include discussions of military spending, weapons technology, and the role of the military in politics.

WHAT IS WOMAN TODAY?

Considerations of the problems created by the divorce will be discussed. Determination of the role of women in society will be covered. The workshop will also explore the nature of women's roles in the family and community. Sessions will include discussions of women's rights and the implications of the feminist movement.

STUDIES IN PROBLEMATICS

A study of the problems created by poverty and the implications of social change. Sessions will include discussions of the causes of poverty, the effects of poverty on society, and the role of government in addressing poverty.

TOWARD THE YEAR 2000

A study of the future of man. A discussion of the role of technology in shaping the future of mankind. Sessions will include discussions of the implications of science on society, the effects of technology on human behavior, and the role of government in shaping the future of mankind.

What better an international flavor will the voice of world hunger sound? Discussion leader: Charles Bla

Campus Community Staff

Julie Coates, Director

Eunice Dorse, Coordinator

Tate Miller, Coordinator

Neil Schuster, Assistant Director

Executive Director

Sue Mast
Dance Into Spring

71. SQUARE DANCE
Starlock
by mainstream movements, essential to basic square dance. Learn by following the calls of a professional. Step, slide, shuffle and swing your partner. Sign up by April 2.
Fee: $10 per person, pay with registration

72. BELLY DANCING
in Miller Hall
by a masterful instructor, this class will teach you how to belly dance. Sign up by April 2.
Fee: $10 per person, pay with registration

VENNESE WALTZ
by and Barbara Schmitt
the "King of all dances!" Bring a partner if you have one and come to this fun class.
Fee: $10 per person, pay with registration

BALLROOM DANCING: PRACTICE
by and Barbara Schmitt 377-0573
Join our fun and active ballroom dance group. Sign up by April 2.
Fee: $10 per person, pay with registration

Travelling Made Easy

MS-63 VISITING BRITAIN
Miranda Montfort
An informal discussion of what to see in Britain, including areas of interest and ways of getting around and staying cheaply. Learn how to have an inexpensive, fun holiday. P.S. It's not foggy all the time. (Miranda is English and a student at K-State.)
Class Fee: $4 per person, pay with registration

MS-64 TRAVEL WITH A DIFFERENCE
Rhode Island 350-3392
Looking for excitement or adventure this summer? Do you want a low cost, different kind of vacation this year? Want to travel, but no one to go with? AESU (American European Student Union) at Earthwatch may be the answer. AESU is a student tour agency and Earthwatch recruits volunteers. Not only is this a great way to travel and meet people, but it is also a wonderful learning experience. (Both spent 6-12 weeks in the British Isles on an AESU trip, followed by 3 weeks on an Earthwatch expedition.)
Class Fee: $4 per person, pay with registration

Treat Yourself to a UFM Class:

Swing Dance........................................ 1
Prairie Chicken Booming......................... 2
Reflexology............................................ 2
Intro to Acupuncture.............................. 2
Pictures & Prints................................... 2
Beginning Pottery.................................. 2
 Cajun Cooking.................................... 2
Perfumes & Potions................................. 2
Weaving Studio.................................... 3
Basic Bookkeeping................................ 4
Creative Welding.................................. 4
Swimming.......................................... 4
Investing for Results............................ 5
Adoption............................................. 6
Roof Repair....................................... 7
And more, more, more, more...

Class locations will be noted on your receipt.
Birds and Nature

MS-5 TUTTLE CREEK NATURE HIKE
Patsi Westham. 536-8311
While Tuttle Creek Reservoir isn't a natural lake, there are many different native species on shorelines. We'll have a short drive program and then go outside for some birding around the lake. Dress for the weather. (Paul has been a park ranger at Tuttie Creek Lake for over five years.)
Saturday, 9:30am-12:20 Mar 21 (1 time)
Class Fee: $4, pay with registration.

MS-7 KONZA PRAIRIE CHICKEN BOOM
Audubon Society Members 4/26-27
The burning ritual "boom" of the greatest prairie chicken is one of the most interesting displays in nature. Manhattan is in the center of this unique range, and facilities at Konza Prairie allow close observation of a large group of nesting males and the attendent females.
Get to bed early, bring binoculars, cameras and a thermos of hot drinks, and expect to see an event you'll remember forever.
Section I: Saturday, 4:30-9:30am, Apr 3 (one time each section)
Section II: Saturday, 8:30-9:30am, Apr 20
Class Fee: $5, pay with registration. Limit: 50
Section

MS-8 BIRDING AT FLINT HILLS NATIONAL WILDLIFE REFUGE
Diane Kerr 1-456-2771
Flint Hills National Wildlife Refuge, near John Redmond Reservoir was established mainly as a waterfowl area, but it attracts a large number of birds. We'll make a one-day trip to observe the birds there; and if time allows, we'll take a quick look at the West Creek fishing lake before it's reserved for annual birds. Bring your binoculars and a sack lunch; gas expenses will be shared. (Diane is president of the Northern Flint Hills Audubon Society.)
Saturday, 7:30am-9:45, Apr 12 (1 time)
Class Fee: $4, pay with registration.

MS-8 WARRIERS AT MARAIS DES CYGNEES
Diane Kerr 1-456-2771
Accompany members of the Northern Flint Hills Audubon Society on this weekend trip to the Marais des Cygnes National Wildlife Refuge, southeast of Kansas City. You will have an opportunity to see birds in their natural habitat, and meet an expert who will lead you and your group. The cost is $10 per person for the meal and campsite for one night.
Saturday-Sunday, 6-10:30pm, Sat, May 3-4
Class Fee: $10, pay with registration.
Materials Fee: $10, pay at class.

MS-10 KANOPOLIS CAMPOUT
Diane Kerr 1-456-2771
Kanopolis Reservoir, southwest of Salina, offers a diversity of activities for outdoor types. Situated in the Smoky Hills, it is interesting wildlife, a good variety of birds, lots of recreation and more facilities. We'll explore Horsehead Canyon, and hike along the rocky shoreline. Bring a sack lunch for Saturday, $10 for the remaining meals, gas money and your own camping gear.
Saturday-Sunday, 9am-8am Sun, May 17-18
Class Fee: $4, pay with registration.
Materials Fee: $10, pay at class.

MS-11 KANSAS LANDSCAPE ARBORETUM
Diane Kerr 1-456-2771
It was registered as landscape over 360 acres, and the group will birdwatch here. Sunday, 1-5pm, May 25 (1 time)
Class Fee: $4, pay with registration.

2 Class locations will be noted on your receipt.

Alternative Ways to Health

MS-42 REFLEXOLOGY
Russel Gifford 776-9868
Learn to relax, relieve tensions (stress) and improve your general health. Easily to learn and is put into practice very easily. Bring clean feet and hands. Good health to you. (Russel has used reflexology for over fifteen years and has taught many people how to benefit from its practice.)
Wednesday, 7-9pm, Apr 16
Class Fee: $4, pay with registration. Limit: 16

MS-43 INTRODUCTION TO ACUPUNCTURE
Tam Carstaj 539-6697
Acupuncture has been around for 5,000 to 7,000 years. It is a balancing of the body's energies and works with the nervous system. Let's get together and discover its benefits. (Tam has practiced in Kansas City and is currently using her different methods in her home and at a local chiropractor.)
Thursday, 7-9:30pm, Apr 2, 16
Class Fee: $6, pay with registration.
Materials Fee: $1.
Limit: 10

MS-44 POLARITY BALANCING
Tam Carstaj 539-6697
Polarity balancing is one of the many techniques that can be included in your field of wholistic healing. It's so easy anyone can do it. With so much stress in our society, it's nice to know there is an easy way to calm our being by balancing the positive and negative in our body. Come join us for an fun night of healing.
Wednesday, 7-9:30pm, Apr 9
Class Fee: $4, pay with registration. Limit:12

A Perfect Way to See and Feel

MS-88 PICTURES, PROCESSING & PRINTING
Brian Milford 539-2519
Exposure, light, film, filters, black and white color processing. Using slide instructions, Brian will cover picture-taking from the weekly angle that you can understand. (Especially for beginners and experienced, this workshop will show you how to print a roll of film.) (Brian is a freelance photographer with 10 years black-and-white experience and is a master of the studio.)
Wednesday, 7-9pm, Apr 23, 30; May 7, 14, 21, 28
Class Fee: $10, pay with registration. Limit: 15

MS-89 BEGINNING POTTERY
Sharon Spliter 317-9597
Pottery making is one of the most fun projects to make your own pottery. The class will concentrate on hand-built pottery or platter as you wish to do. Your pieces can be functional or purely decorative. For "first-timers" all the basics will be covered and for the more experienced, direction will be given. Join us and try your hand at pottery making! (Sharon has taught this class before with existing results in finished products.)
Wednesday-Sunday, 7-9pm, Apr 9,16,23,30, May 7,14,21,28
Class Fee: $10, pay with registration.
Materials Fee: $10, Limit: 8

MS-90 BASIC WEAVING
Susan Lula 537-0010
Learn to weave for leisure. Use various techniques to weave a sampler of different styles and designs. On your way in a very rewarding and enjoyable art. (Susan loves to weave and is an artist, upper teacher.)
Wednesday-Sunday, 9 am, 2, 9, 16, 23
Class Fee: $10, pay with registration.
Materials Fee: $7.50 loom rental and $7.00 materials. Limit: 4

Put Spring in Your Step

MS-81 MARVELOUS MUFFINS
Eileen Schofield babcock 532-6147
Muffins are tasty and nutritious alternatives to yeast breads. In only a half hour, you can serve hot muffins for breakfast or snacks. With prepared and serve several kinds in class and share recipes for several more. (Eileen conducts many more workshop classes and likes to try different kinds for Sunday brunch.)
Wednesday, 7-9pm, Apr 30
Class Fee: $4, pay with registration.
Materials Fee: $2.
Limit: 8

MS-82 CAJUN COOKING
John Berlage 539-9096
Cajun cooking is that spicy, southern Louisiana country cooking. Frommsettler in Canadian Acadians brought this custom to Louisiana where it has become quite popular. John will demonstrate and discuss techniques and basic dishes. You'll get copies of some excellent recipes. (John recently learned some cooking from experts. He is the new owner of Hibachi Hut where Cajun is served.)
You will be entertained as your time and date.
Class Fee: $4, pay with registration. Limit: 10

MS-83 SPROUTING
Jayne Link 539-7605
Low-cost, easy and super nutritious. Learn how to sprout all kinds of seeds and beans as an economical alternative to grocery store greens. (Jayne has been "sprouting" food for 10 years.)
Monday, 6:30-9pm, Apr 21
Class Fee: $4, pay with registration.
Materials Fee: $2.
Limit: 15

MS-84 TOFU AND SOYMILK
Sam and Johny Jensen 776-0229
With basic grinding equipment, anyone can make soy milk and your own tofu at home. Learn the recipe, the technique and some ways to serve the tofu. Samples will be served. (After living in Fairfield, Iowa, for four years, and getting paid to kill, the move to Manhattan inspired Sam and Johny to make their own.)
Saturday, 10am-12pm, Apr 12
Class Fee: $4, pay with registration.
Materials Fee: $1.
Limit: 8

MS-85 ENERGY FOODS
Lola Blackman 339-3439
Increase your energy and high protein diet of natural carbohydrates, especially whole grains such as rice, millet and wheat. Experience shows how revitalizing a diet high in carbohydrates can make you a healthier person. Recipes, ingredients and information sources will be shared. (Lola has several ideas and she has a great collection of special books.)
Two Sections
I. Monday, 7-9:30pm, Apr 7
II. Monday, 7-9:30pm, May 3
Class Fee: $2 per session, pay with registration.

MS-86 PERFUMES AND POTIONS
Carol Eber 456-2841
Make body balms, hair rinses, colognes, bath concoctions, perfume, lotions, and even a 16th century lover's potion. Easy and money-saving. Learn how and borrow supplies. (Carol owns an herb shop and makes many of her own herbal products.)
Two Sections
I. Tuesday, 1-3:30pm, Apr 22
II. Tuesday, 7-9:30pm, Apr 29
Class Fee: $4 per session, pay with registration.
Materials Fee: $15. Limit: 12 per section

MS-87 HISTORY OF MEDICINAL HERBS
Jayne Link 539-7605
Knowledge and folklore of herbs and plants used to heal, cure, and prevent disease and discomfort. Per example, some herbs can improve pregnancy, aid in digestion, cut craving for sweets, aid in drug withdrawal, etc. Satisfy your curiosity and perhaps a health problem of someone you know. (Jayne has a large herb library accumulated over her 12 years of study.)
Monday, 7-9pm, May 13
Class Fee: $4, pay with registration.
Materials Fee: $4.
Limit: 15
HOME continued

MS-34 IT'S OVER YOUR HEAD - BASIC ROOF REPAIR
Connie McCarthy 776-1764
Has the weather taken its toll on your roof and you would like to make your own repairs? Learn about what tools to purchase and the correct way to repair or replace through hands-on training. One large roof repair project will be supervised by an expert. (Check is the manager of Midwest Roofing Company)
Saturday, May 26, 1-5 PM
Class Fee: $5, pay with registration. Limit: 4

MS-35 FOLLOW THE RED BRICK ROAD
Bob Higett 532-5866
Brick sidewalks have been around for a long time. Thirty-two hands-on training, learn what tools and methods to use for the repair and design of different brick projects. Topics to be covered will include city regulations, cutting, building, drainage, paving, and pointing. Participants will be given priority in receiving a limited supply of free sidewalk bricks from the HOME Program. (Bob is the director of the Appropriate Technology Program at UFM)
Saturday, May 19, 1-5 PM
Class Fee: $6, pay with registration. Limit: 8

SOLAR STUFF

MS-12 PASSIVE SOLAR HOMES TOUR
Dean Denner, Bob Higett 776-5589 or 532-5866
Increasing numbers of solar buildings in the Manhattan area are available to visit. This tour will feature solar homes, structures, greenhouses and collectors with some owners and designers/builders available for discussion. Information kits will be provided for each solar example. (Dean has been designing and building solar collector systems in Manhattan for the last seven years. Bob is the Appropriate Technology director at UFM)
Sunday, May 20, 1-5 PM
Class Fee: $6, pay with registration.

MS-13 UFM SOLAR GREENHOUSE AND APPROPRIATE TECHNOLOGY TOURS DAY
UFP A.T. Staff 532-5866
In conjunction with the Passive Solar Homes Tour, the UFM Solar Building will be open. We invite you to start your tour here and pick up tour information packets at our facility, or browse the solar library, or relax between tours with a tour guide and other members of the appropriate technology staff. Even if you are not attending the Solar Homes Tour, this would be a good time to visit us and the A.T. Solar Greenhouse Building.
Sunday, May 20, 1-5 PM

MS-14 PASSIVE SOLAR HOME CONSTRUCTION
Bob Higett 532-5866
Great, you have decided to build a solar home. Now what do you do? We will look at questions and decisions that can help make this dream come true. How do you find a contractor? Do you need an architect? Codes, what is required in home construction? Do you want to act as the prime contractor? What about contract agreements between contractor and homeowner? This class will look at how to put together your dream home and much more.
Mon-Fri, May 21-25, 1-5 PM
Class Fee: $6, pay with registration. Limit: 15
Materials Fee: $15 (optional book fee), pay at class.

MS-15 PRAIRIE FESTIVAL AT THE LAND INSTITUTE IN SALINA
Wayne and Donna Jackson
"SOIL AND SEEDS: THE SOURCES OF CULTURE" will be the theme for the 8th annual Prairie Festival at The Land Institute in Salina. The program will include a variety of presentations, workshops and discussions related to the theme, plus many activities to "examine the prairie ecosystem and prairie folk." Gary Nathan and Karen Rechard of Native Seed Search in Tucson, Arizona, and Dave Breden, a scientist and Emeritus Professor at Kansas State University have agreed to be on the program. (The Land Institute is a place with windmills, solar collectors, earth houses, and composting toilets in the search for sustainable alternatives in agriculture, energy and shelter.)
Saturday & Sunday, May 11-12 (all weekend)
Class Fee: $25, pay with registration.

Guide to Community Services

U-LEARN
Holton Halls Basement, Room 2
U-LEARN's mission is to provide the most direct means of accessing information, assistance and resources for faculty and students.
913/532-6442

MANHATTAN EMERGENCY SHELTER
831 Leavenworth, Manhattan, KS 66502
Providing temporary and emergency shelter, food and clothing. We teach life skills and assist with employment and apartment placement.
913/537-3113

RILEY COUNTY/ MANHATTAN HEALTH DEPARTMENT
2030 Tecumseh Road, Manhattan, KS 66502
Available Services:
Family Planning
Progamming Testing
Labor and Birth Classes
Immunization
WIC Nutrition Program
Venereal Disease Testing
Well-Child Physicals
Blood Pressure Checks
Car Seat Rentals
And more...
913/776-4779

FRIENDSHIP TUTORING PROGRAM
The Family Center—KSU
Volunteer tutoring service on a one-to-one basis for students in the Manhattan community.
Grades 1-12
913/532-6984

BIG LAKES DEVELOPMENTAL CENTER, Inc.
1500 Hayes Drive, Manhattan, KS 66502
Training of Developmentally Disabled.
913/776-0201

EMPLOYMENT & TRAINING SERVICES
Citizen's Bank Building, Suite J
6th & Hampshire, Manhattan, KS 66502
Job and vocational training.
913/539-0591

The HUNGER PROJECT
PO Box 1340, Manhattan, KS 66502
Information and empowerment on ending hunger.
913/537-0938 or 532-5866

BIG BROTHERS/ SISTERS of Manhattan, Inc.
103 South Fourth, Manhattan, KS 66502
Information and support for youth.
913/776-RSVP

FIT-TRAIL
A 20 minute/2 mile walk, provided for your free use by The SAINT MARY HOSPITAL.
913/776-3322

TALENT EXPERIENCE WISDOM
RILEY COUNTY RETIRED SENIOR VOLUNTEER PROGRAM
413 Leavenworth, Manhattan, KS 66502
Shoppers assistance, transportation, senior companion, visitation and volunteer opportunities.
913/776-RSVP

FLINTHILLS BREADBAKET COMMUNITY FOOD NETWORK
901 Yuma, Manhattan, KS 66502
Foodbank services for agencies and charitable organizations that serve low income families. Distribution center for USDA surplus commodities in Riley county.
Distribution center for the Community Holiday Food Program.
Open: Weekdays, 8:30am-12:30pm
913/537-0730

HOME HELP SERVICES
Providing a complete range of in-home, skilled and support services. Helping persons to maintain an optimum level of health and independence.
A UNITED WAY agency.

CRISIS CENTER, Inc.
Rape Survivor Support Group
913/539-2785

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A 20 minute/2 mile walk, provided for your free use by The SAINT MARY HOSPITAL.
913/776-3322

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Class locations will be noted on your receipt.
Registration

Pristine Registration Period: March 17-20
After March 30, you can still register if available.

WALK-IN:
- Tuesday March 18 Public Library 11am-7pm
- Wednesday March 19 KSU Union 9am-4pm
- Thursday March 20 Wal-Mart 9am-2pm
- Monday March 22 KSU Union 9am-4pm
- Thursday March 24 Public Library 9am-7pm
- Friday March 25 Wal-Mart 9am-4pm

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
U FM, 1221 Thornton, 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)
For late registrations accepted on space-available basis.
All UFM classes are offered by volunteers. All fee income will be used to help meet UFM operating costs.

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

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

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

REFUND POLICY:
UFM will only give a REFUND voucher (redeemable for cash) in these instances:
1. the class you paid for has been filled
2. the class you paid for has been cancelled or significantly changed
3. you have overpaid
4. 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.

POTTERY SALE
UFM Potters Guild
Decorative and functional stoneware and porcelain art work from Manhattan area potters: Esther & Yoshi Ikeda, Norm Lally, Terry Rempel, Gene Sievers and Anne Marchin.
9am to 5pm, April 23-24, Wed-Thu, K-State Union upper courtyard (inside).

On the Trail

MS-22 HIKING TRAILS IN KANSAS
Jim Nighswonger 532-5752
This spring, hike the beautiful hills and valleys of Kansas. We will discuss what Kansas has to offer in the way of hiking opportunities. Emphasis will be on trail location and their unique features. Information and guides will be available for handout. Foot trails will be emphasized and cane trails will be mentioned. (Jim has taught this popular class before.)
Wednesday, 7:30pm, Apr 9 (4 times)
Class Fee: $4, pay with registration.

MS-23 THE BACKYARD HORSEMAN
Sue Goldhammer 518-0916
Are you a current or potential horse owner who doesn't relish spending lots of dollars on your animals? Take this class to learn how to do things yourself and save money. Sue will cover buying and raising milk bull grain, cutting hay, getting cheap bedding, horsecare and trimming, making a barnhouse for under $10 and plans for jumps, etc. Basic horse sense including feeding, care, tiling and safety will be discussed. Meet at a horse stable and everyone will get a chance to ride. Children under ten must have instructor's permission. (Sue has ridden since age four and graduated from the Berry School of Horsemanship in Pleasantville, Ohio, in saddle horse instruction and basic horse training.)
Tuesdays, 6:30-8:30pm, Apr 1, 8, 15, 22 (4 times)
Class Fee: $8, pay with registration.
Materials Fee: $9, textbook, pay at class. Limit: 12

Class locations will be noted on your receipt.