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**UFM on Television**

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

**Photo Contest**

UFM is proud to present some of the entries in the Fourth Annual UFM Black & White Photo Contest. Over 100 entries were received, not only from Manhattan but also from Milford, Marysville and Westmoreland.

"Kansas on Kansas" was the contest theme. Photos could be entered in one of four categories: scenery, people, architecture and animals. Judges chose first, second and third place winners in each category. Honorable mentions were also selected. The judging was done by Don Holt, KSU Journalism Department; Mark Stallings, Manhattan Camera Shop; John Hankammer, The Manhattan Mercury; and Julie Coates, UFM. Prizes were donated by Manhattan Camera Shop and UFM.

The twelve winning entries will be exhibited from June 9 to June 20 in the K State Union second floor showcase.

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**UFM**

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- Wheat Harvest Tour
- Cooking With Insects
- Central America
- Flintknapping
- Parenting
- Mountain Biking
- Prairie Wildflowers
- Martial Arts
- Compassionate Storytelling
Why Would You Like UFM?

You know what classroom learning can be like: grades, tests, tuition, credits. And UFM is free from all that. And, we provide you with the opportunity to learn a wide variety of things you wouldn’t find elsewhere — like bicycle maintenance, honey management, martial arts, cooking, crafts, and sports, to name a few. It’s the perfect time to learn — in one evening — how to deal with pre-exam stress or how to take homemade noodles? UFM can teach you.

Standard Fare...

Woodshop

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, lathe, and drill press, table saw, working tools. The membership fee is for equipment and facility use only. No materials are included. The mandatory insurance liability will include instruction in safe equipment use and conduct in the woodshop.

Darkroom

Located just one block east of campus in the UFM House, the UFM darkroom is available to anyone who needs access to a well-equipped facility. Equipment is capable of handling up to 11 x 14 prints and 6 x 9cm negatives as well as 35mm. The fee includes everything but paper. Color equipment enables you to develop film or slides and to make prints from negatives, or from slides (Cibachrome). There is no additional hourly use charge for those who wish to use the darkroom who do not wish to purchase a membership, space is available at the rate of $2/h.

Pottery

This is a cooperative studio-access class open to anyone with experience in pottery who feels comfortable working alone. There is no instruction provided. As a potter, you will have access to the studio for four hours a week, 12 1/2 pounds of clay, plus all the recycled clay you produce, lids, space, and glazes. UFM has recently purchased a sophisticated slab roller for use in sculptural mosaics, and has electric wheel to augment the studio equipment.

Be Busy Summertime

UFM’s After-school Program is expanding to full days for summer. Beginning June 2 and operating from 7:30 am to 5:30 pm, to accommodate working parents, our summer program will include swimming, pottery, drawing, gardens, photography, arts and crafts, and more! Call Cybel or Julie for more information. 532-5866.

Home

UFM’s Home Owners’ Maintenance and Energy program provides assistance in one repair and maintenance to low-income, elderly, and handicapped citizens of our community. It is sponsored by the city of Manhattan and the U.S. Dept. of Housing & Urban Development. Call 532-5866 for information.

Why We Need Your Support

Sixty percent of our support (Grants and Contracts) comes from sources external to the Manhattan community. These sources of funds have been declining and we continue to decline through this decade. Nearly 90 percent of our expenditures support programs in Manhattan. As external sources of funds decline, many of these programs will be in jeopardy.

We need your support in establishing a community-wide base of financial support that will enable us to continue serving the Manhattan community.

Teacher Feature

A lot of folks in Kansas have turned shutterbug. Thanks to Ernie Peck, Instructional Media Specialist, and his extension photo workshops, Manhattan probably has more than its share of photographers, however, because the classes Ernie teaches for University for Man. This summer, he'll offer classes in both photography and calligraphy. It's the third year for calligraphy, but his photography workshops go back to 1978. Since then, he's reached over 75 people in the UFM classes alone. "The oldest was 72; the youngest 10," Ernie said. "I'm constantly surprised at how many different ways there are for one person to see something."

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Class locations will be noted on your receipt.

Cover: Tony Ridder, 3rd in People, "Jessica"
Do the shutter-bug

BEGINNING PHOTOGRAPHY
FA-9
Brian McPhee

Classroom: Tuesday, Wednesday, Thursday, 7-9pm
June 26, 27, 28
Shooting: Saturday, 10:30am-4:30pm, June 29
Critique: Tuesday, 7-9pm, July 1
Location: will be on your receipt
Class Fee: $50, pay with registration
Materials Fee: $5, pay at class
Limit: 12
Four evenings and full day of instruction on how to operate and care for a 35mm camera, film processing, darkroom makeup and chemicals. The camera must be returned but the rest is yours to keep. (Ernie has taught this class many times with great success.)

BLACK & WHITE AND COLOR FILM PROCESSING
FA-10

Brian McPhee

Classroom: Wednesday, Thursday, Friday, 7-9pm
June 26, 27, 28
Shooting: Saturday, 10:30am-4:30pm, June 29
Critique: Tuesday, 7-9pm, July 1
Location: will be on your receipt
Class Fee: $50, pay with registration
Materials Fee: $50, pay at class
Limit: 12
An explanation of light, film, and filters. Slides will illustrate different aspects of picture taking and a black and white experience. Especially for beginners and knowledge, this class will emphasize developing new printing, therefore you must continue on your own. (Brian is a freelance photographer with 10 years darkroom and four years studio experience.)

CLOSE-UP NATURE PHOTOGRAPHY
FA-11

Bob Iskander

Classroom: Wednesday, Thursday, Friday, 7-9pm
June 26, 27, 28
Shooting: Saturday, 10:30am-4:30pm, June 29
Critique: Tuesday, 7-9pm, July 1
Location: will be on your receipt
Class Fee: $50, pay with registration
Materials Fee: $50, pay at class
Limit: 12
Let's get close to nature on your own camera. Capture the sunlight filtering through a rose petal, or dewdrop on a grass blade. It doesn't matter what subject you take; it's all up to you. (Bob is a professional photographer who enjoys looking at roses and other flowers up close.)

UNM PHOTOGRAPHY DARKROOM COOPERATIVE
FA-12

BLACK & WHITE AND COLOR
Wayne Sherman

Organizational Meeting: Tuesday, 5-5:30pm, June 26
or by appointment
Location: will be on your receipt
Class Fee: $50, pay with registration
Materials Fee: $50, pay at class
Limit: 12
6 weeks $100 members, non-member $150, non-renewals
1 semester 35, new members 25, non-renewals 40, non-members 50, new members 65, non-renewals 75
Black & White and Color
6 weeks $100 members, non-member $150
1 semester 35, new members 25, non-renewals 40, non-members 50, new members 65, non-renewals 75
Located just one block east of campus in the UMF House, the UMF darkroom is available to anyone who needs access to a well-equipped facility. Equipment is capable of handling up to 12 frames and provides negatives as well as 35mm. The black & white fee includes everything but paper and chemistry. The color equipment enables you to develop film or slides and to make prints from negatives. Your slides (cibachrome). There is no additional hourly use charge. For those who wish to use the darkroom but who do not wish to purchase a membership, space is available at the rate of $2/hr. (Matt is coordinator of the UMF darkroom.)

Register any day 8-5 at the UMF House, 1221 Thurston.
WU WOODSHOP CC-08

Brian Hobbs, Workshop Coordinator
537-1714

MANDATORY ORGANIZATIONAL MEETING: YOU WILL BE CONTACTED FOR TIME AND PLACE.
MEMBERSHIP FEE: $2.50 PER 4 MONTHS.
REFUNDABLE DEPOSIT: $50 PER REGISTRATION.

Located in the UWW solar addition, the woodworking shop is equipped with a wide variety of power and hand tools, including a radial arm saw, table saw, jointer, planer, hand saw, and most common woodworking tools. The membership fee is for equipment and facility use only. No materials are included. The mandatory organizational meeting will include instruction in safe equipment use and conduct in the workshop. (Brian is a woodworking instructor at a local high school.)

SKILLS EXCHANGE

UF Staff

Need something done that you cannot or would rather not do? Have a skill or other exchangeable knowledge to offer in return? Trade a caserole for bike repair, a lawn now for painting, planting a garden for babysitting. Register and we will put you in touch with each other.

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RR2 Box 418 Wamego

Jewelryman 
Carpenter 
Painter

Concrete
World Language: Music

Celtic Music Workshop

FA-25
Charlie Griffin & Paul Welshas
539-4800
1-888-576-262

One Time: Friday, 7:30-10pm, July 11
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
We'll spend an evening playing, singing, and dancing to traditional Irish music played on the fiddle, concertina, penny whistle, hammered dulcimer, bodhran, pandeiro, bones and guitar. Bring your musical instruments, voices and feet. We'll talk about the origins of the music of the British Isles, discuss the different instruments, its historical roots, and how it has evolved over time. Life of Rylay members have been playing Celtic music around the area for several years. Charlie and Paul are members.

Piano

FA-26
Vicki Shults
776-9911

Saturday, 5-10pm: 1st Mtg: May 31 Length: 8x's
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10 Materials Fee: Optional $15-25, pay at class
TV course: Musician and composer BCR is presented by WNET, New York & CCTV. Topics: the technique, theory, and craft behind today's music is presented in an hour series, emphasizing rock music as a craft, the skills of music making, teaching basic instrumental techniques and theory associated with blues, rock, funk, reggae, and new wave styles. All this illustrated by this century's rock greats.

Voice

FA-28
Ann Woodmansee
539-4131

Register and you'll be contacted for day, time, dates and number of classes
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10 Materials Fee: Optional $15-25, pay at class
TV course: Music of the Americas is presented by WNET, New York & CCTV. Topics: the technique, theory, and craft behind today's music is presented in an hour series, emphasizing rock music as a craft, the skills of music making, teaching basic instrumental techniques and theory associated with blues, rock, funk, reggae, and new wave styles. All this illustrated by this century's rock greats.

Recorder Ensemble

FA-29
Vicki Shults
776-9911

One Time: Thursday, 7pm, June 25
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Intended as a reading/playing get-together for recorder players. Music will be provided for the session, but please bring a play-along if you have one, and indicate on your registration form what repertoire you play and any consort playing experience so we don't have to dig for appropriate music during the session. Participants can play as a group or divide into small groups for duets, trios, etc. Participants can play at this meeting whether or not to continue.

BASIC GUITAR SETUP & REPAIR

FA-31
Vicki Shults
776-9911

Sunday, 11:30-3pm, June 22
Location: Will be noted on your receipt
Class Fee: $6, pay with registration
Limit: 10 Materials Fee: $5.40 must be paid by Sat 6/21
Harvey Citron on Homespun Video - A 90-minute video that will teach you valuable information and save you money as well. Shows you with clear, step-by-step instructions how to do the minor repairs and set-up that will have your electric or acoustic guitar playing perfectly. With the simplest of tools and no prior experience, you'll take care of tasks that will save you costly trips to the shops for string installations, truss rod adjustments (for neck warps), string buzzes at the nut, and hunching up the bridge saddle height of a bridge saddle. Locate and fix high frets; complete fret dressing; and learn intonation. All told, it's rough door-to-door balance pick-ups; clean dusty guts; repair stripped screw holes.

4
Class locations will be noted on your receipt.

Poetry in Motion

Swing Dance

FA-5
Art Clock, Kathy Colbert
1-293-3243

Wednesdays, 6:30-10pm June 18, 25, July 2 (3x's)
Location: Will be noted on your receipt
Class Fee: $5/person, pay with registration
Limit: 18 individuals
Don't hold yourself back when you fear that fast fiddling may round you up your friends to learn the swing moves, dips, spins, turns and slides done in country western swing and get down to some hot tunes. Heavy emphasis on swing dancing; less emphasis on two step and custom-age toe. Absolute minimum devoted to polka (but if Art didn't include it isn't his girl friend would). (Art has taught swing dance for many years and Kathy is his partner.

Beginning Ballet

FA-6
Crissie Hess
539-2982

Tuesdays & Thursdays, 1:30-3pm Length: 8 weeks June 19, 24, 25, July 1, 8, 12, 19, 24, 25 Ag 5, 7
Location: Will be noted on your receipt
Limit: 10 Class Fee: $12/person, pay with registration
Participants will learn the basics of ballet. The five positions and some basic steps and exercises. Classes will include a warm-up, bar and center. Participants are to wear a leotard, tights and ballet slippers. (Crissie has been dancing for 18 years and is presently a member of the Kaye Valley Dance Theater in Lawrence.)

FLINT HILLS FOLK DANCERS

FA-7
Paul Welshas/Elrod Cooke
539-4805 539-6306

One Time, June 20 7:30-9:30pm
Location: Will be noted on your receipt
Class Fee: $5/person, pay with registration
In its fifth year, the Flint Hills Folk Dancers are a small but active group of townspeople and students who hope to it music from all over, from British Isles to Polka to Israeli American round dances. If you can walk, you can dance. All are welcome, from beginners to advanced dancers. (Paul and Elrod danced before they could walk.)

Creative Movement for Adults

FA-8
Nancy Stover, Jan Allen
927-1219

Tuesdays, 8:30pm, July 15, 22 (2 times)
Location: Will be noted on your receipt
Limit: 20 Class Fee: $5/person, pay with registration
Get hold of the child within and take it tame with you. Excursions into playtime with our leaders of creative movement for adults will enhance your health and sense of well-being. Nams and relaxation, learn simple choreographic sources from your daily life and who knows what illness! Nancy has worked and played with all ages of people through Life Song Theater and the Exceptional Theater. Both Nancy and Jan have attended Susan Warden dance workshops.)

SYNTHESIZER BASICS VIDEO COURSE

FA-10
Vicki Shults
776-9911

One Time: Sunday, 1:30-3pm, June 29
Location: Will be noted on your receipt
Class Fee: 34, pay with registration
Limit: 10 Materials Fee: $4.50 must be paid by Sat, 6/28
Secrets of Analog and Digital Synthesis, Vol. 1. Designed as a 10-session course. In your total viewing time, it begins with 'What is Sound?' and gives easy-to-understand explanations of the elements you need to know to get past the presets and create new sounds with your synthesizer. If you are a complete novice, this session will take the mystery out of synthesizers and creating soundpatches, giving you a basic vocabulary and overall view to build on. Experienced synths users will find it useful to broaden their understanding of programming techniques. (Vicki works at Westron Wynn.)
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**WINNING POTTERY**

**FA-48**

Journey Clark

*Image 1-3pm 1st Mon: June 28, Length: 9's location: Will be noted on your receipt. Class Fee $10, pay with registration. 10 clay pieces allowed. 3 clay pieces max. Class fee limit: 1*

If you have a clay firing or clay building event, you will be notified. If you have a clay building or clay firing event, you will be notified. If you have a clay building or clay firing event, you will be notified.

**FA-49**

Gena Streeter

*Saturday, 9-11am, July 17 Location: Will be noted on your receipt. Class: 36, pay with registration. Materials Fee: $5, pay at class. Limit: 8*

This class is a 10-week pottery class. Each session will be followed by a clay building event. Each session will be followed by a clay building event. Each session will be followed by a clay building event.

**FA-50**

*WW POTTERY STUDIO 10-30

Courtney Clark

*539-4033

Mandatory organizational meeting - you’ll be contacted for day, time and date Location: Will be noted on your receipt. Membership in studio: 30, 18 weeks 40, 18 weeks.*

This is a cooperative studio. Access to the studio is open to anyone with experience in pottery who wishes to work. There is no instruction provided. As a co-op member you will have access to the studio for four hours a week, 16 hours of clay, and all the recycled clay you produce. Kiln space, and glazes. UPHF recently purchased a sophisticated slab roller for use in sculptural handbuilding, and an electric kiln to augment its study equipment. (Courtesy is the pottery studio coordinator for UPHF.)

**YOUNG PEOPLE ONLY**

**FA-53**

*etsk Shultz 775-9951*

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

- Local chapter of Friends and Music, USG (FAMUSA).
- National music club network for 14-20-year-olds.
- Currently being formed in the smokestown of central Pennsylvania.
- FAMUSA is a non-profit social club created to provide music-making opportunities for young people across the nation and to promote the development of music education and involvement in musical activities.

**FA-54**

*POLY DANCE FOR BEGINNERS/TEENAGERS

Sharon Bokelman 537-6509*

Section 1: Monday, 6-7:30pm 1st Mon: 6/18 Length: 6 times, 6 times, 6 times. Section 1: Monday, 6-7:30pm 1st Mon: 6/18 Length: 6 times, 6 times, 6 times. Section 1: Monday, 6-7:30pm 1st Mon: 6/18 Length: 6 times, 6 times, 6 times.

Have fun dancing the polka, waltz, waltz, and other folk dances. Not only is this fun, but also good exercise. Learn a little about the history of the dance and who you learn. If desired by students, later in the class we will dance to popular songs of today. If you are 12-18 years of age, check out this class! Sharon taught a folk dance class in college as part of her practical experience in teaching.

**FA-55**

*FRENCH FOR KIDS (AGES 7-12)

Sheri Valentino*

*Monday’s 6:30pm, 1st Mon: June 23 Location: Will be noted on your receipt. Class: 36, pay with registration. Materials Fee: $5, pay with registration. (Sheri has a French degree and is excited about helping young people discover "foreign" ways.)*

**FA-56**

*POLLY'S FOLK ART

Jean Toy

*No Time: Tuesday, 6:30-11:30am, Aug 12 Location: Will be noted on your receipt. Class Fee: $10, pay with registration. Limit: 8 Materials Fee: $5, pay at class.*

Young people can enjoy painting wooden cut-outs and make them into magnets or keychains, a necklace or a wall hanger. Learn the basics of a new skill.

**FA-57**

*COOKIE DECORATING FOR YOUNG COOKS

Miranda Holtrock

*One Time: Saturday, 10am, June 28 Location: Will be noted on your receipt. Class Fee: $10, pay with registration. Materials Fee: $5, pay at class.*

*Have you ever wished you could make those beautiful, delicious cookie delights like you see on the magazines? Well, you can. For young cooks and more, this class will provide ready-made cookies and decorations and necessary frostings. Use them to create some tasteful party temptations. (Miranda just thought this would be fun to do.)***

**FA-58**

*REFFEREE ACADEMY

Sheryl Goff

*No Time: Monday, 7-11pm, June 19 Location: Will be noted on your receipt. Class Fee: $10, pay with registration. Materials Fee: $5, pay at class.*

6 Class locations will be noted on your receipt.
Tuesday or Thursday, 10-11am.
Register and you'll be contacted for dates.
Location: will be noted on your receipt.
Class Fee: $4, pay with registration.
Limit: 30
Tour a modern Victorian home and find out how Ned and Sheri researched, designed, planned and built their home. A treasure of lovely Victorian homes, since that was the budding style during the time it was settled. As Virginia, New England and other colonial areas revive their colonial traditions in new construction, so can Kansas correctly and economically reproduce the warmth of the style early Kansas loved. (Ned and Sheri built their house because they were few available to purchase, and they couldn't picture themselves living in a "modern home with sharp angles and low ceilings.

THE AMERICAN INSTITUTE OF BAKING
FA-64
Carol Plocher
537-4750
Section I: Thursday, 2pm, June 6
Section II: Thursday, 2pm, July 24
Section III: Tuesday, 2pm, August 12
Location: will be noted on your receipt.
Class Fee: $30, Agricultural, pay with registration.
Limit: 8
Section
The American Institute of Baking is a non-profit organization devoted to education, training and research for the baking, food processing industries, and the general public. A tour of the facility will give you a view of what the Institute is doing for the community and all people in general. (Carol is Communications Assistant at AIB.)

TONY RIDDLE 1ST IN ARCHITECTURE UNTITLED

McCALL PATTERN COMPANY TOUR
FA-60
McCall Staff
776-4041
Section I: Monday, June 26
Section II: Tuesday, June 27
Location: will be noted on your receipt.
Class Fee: $4, pay with registration.
The McCall Pattern Company is one of Manhattan's largest businesses. You'll see the different departments and how each pattern is cut and folded. All participants will receive a free gift packet.

PERFUMES AND POTIONS AND HERBS TOUR
FA-65
Carol Shibert
1-466-2041
Section I: Thursday, 2-3:30pm, June 26
Section II: Thursday, 7-9pm, June 26
Location: will be noted on your receipt.
Class Fee: $4, pay with registration.
Materials Fee: $1.50, pay at class.
Come on a herbal tour. Make body rubs, hair rinse, cologne, bath concoctions, perfumes and toilet waters; even a 16th century lover's potion. Easy and money-saving. Learn how and browse among supplies. (Carol was an herbal shop and makes many of her own herbal products.)

Dairy Plus Ice Cream
FA-63
Elwood Schleis
1-485-5621
Section I: Saturday, 6-8pm, June 23
Section II: Sunday, 1-3pm, June 26
Location: will be noted on your receipt.
Class Fee: $5, pay with registration.
Materials Fee: $2.50-5.00, pay at class.
Did you ever wonder what goes on inside those dairy barns and how all those cows turn grass into chocolate ice cream? Well, your chance to find out. We'll tour a modern operation and see how milking and processing cream is done. At the second class we'll make and eat ice cream from the milk and cream produced in the first class. Come with a suggestion for a favorite flavor (we'll make it) and wear work clothes for an "udderly delightfully experience. (Elwood has 15 years experience milking Jersey cows and 3 years experience in making ice cream.)

Class locations will be noted on your receipt.
Learning and growing

WONDERING: AM I ALONE IN INTIMATE RELATIONSHIPS?

Sandra Cooper

522-5736

One Time: 7:30-8:30am, July 1, Tuesday
Location: will be noted on your receipt
Class Fee: $4/person, pay at registration

It’s not easy to achieve real equality in intimate relationships because traditions of male dominance, female subordination, and overdone expectations for “love” tend to mislead. This class will discuss definitions, homes and plans, and strategies for equality. Both couples and singles are welcome. (Sandra has spent a lifetime working for equality in intimate and other relationships. She is director of KO’s Women’s Studies Program.)

I CAN DO IT!

Rosalind Wadsworth

One Time: Thursday, 7:00pm, July 17
Location: will be noted on your receipt
Class Fee: $4, pay with registration

A look at the way we view problems and some innovative ways to change the way we think about ourselves. Let’s start looking at our assets instead of our liabilities. Learning to work on our selves is the first step to making changes in our lives. Come and learn some practical ways to change the way we see ourselves. (Rosalind is a social work graduate of KSU and is currently in a master’s program at KSU.)

EFFECTIVE COMMUNICATION

Mark Maffet

537-9726

Register and you will be contacted for day and date. The class will meet from 7-9pm one time. Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10

When you talk with your family and friends, do they understand exactly what you mean? Do your family and friends communicate clearly with you or do you get circular and rounds hang up? This class will help you to learn effective communication techniques so that your family and friends clearly understand your needs and expectations. You will avoid many hurt feelings and each unnecessary tension by learning good communication skills. (Mark is a graduate student at KSU and interested in communication techniques.)

THE SCIENCE OF ADL SETTINGS

Greg Potter, RN, COMC

537-9076

One Time: Tuesday, 7-9:30pm, June 24
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 15
Materials Fee: 56, pay at class (cost of cassette tape.)

Approaching life without well-defined, meaningful goals can be likened to playing a basketball game without goals. This class is designed to help you stop approaching life aimlessly and gain more control of making your goals a reality. (Greg is a national certified counselor in private practice.)

Feeling good

BASIC MASSAGE

Bob Parr

562-5569

One Time: Tuesday, 5:30-8:30pm, June 24
Location: will be noted on your receipt
Class Fee: $4/person, pay with registration
Materials Fee: 56, pay at class
Limit: 12 (Comparable)

This class will introduce you to traditional Swedish massage for the purpose of increasing improved circulation and total relaxation. It is requested that participants arrive on time, as there is a partner required. Locations, oils and handouts will be provided. Participants should wear shorts or swim suits. Wear loose clothing, bring towels and a pad of some type to lie on. (Bob has been a professional massage therapist for 7 years. After working in a Health Club for 4 years he is now a free lance outcall massage by appointment only giving sessions or lessons.)

RERELAXATION

Russell Bilodeau

784-7876

One Time: Wednesday, 7:30-9:30pm, June 25
Location: will be noted on your receipt
Class Fee: $4/person, pay with registration
Limit: 16

Learn to relax, relieve tension (stress) and improve your general health. Easy to learn and to work into your life the very next day. 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.)

ALCOHOL AND THE FAMILY

Sarah Bowers

759-7533

Tuesday, 2:30-4:30pm, July 8, 15 (2 times)
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 12

There are many facets of the alcoholic and non-alcoholic. The role of alcohol in the alcoholic family can be one of support or behavior within the alcoholic family. The patterns of alcoholism continue throughout the family, many carry over drug use and thus (with or without alcohol) become second generation alcoholics. This class will look at the effects of alcoholism on the family. This is an ongoing discussion group. (Sarah has been a registered nurse in counseling and works in the field of chemical dependency since 1979.)

DEALING WITH ANGER AND OTHER TRIBULATIONS

Judith Sommer

537-9064

Section A: Tuesdays, 7-9pm, June 24, July 1
Section B: Tuesdays, 7-9pm, Aug 16, 23
Limit: 12/week/session
Location: will be noted on your receipt
Class Fee: is dependent, pay with registration
Materials Fee: 15, pay at class

Not happy with the way you react to some people or situations? We will discuss various techniques to help you and your feelings. We will talk about accepting feelings, avoiding unwanted feelings, letting feelings go, doing things you enjoy and others. (Judith is a Junior in Sociology and Psychology. She has been a counselor for several years, is active in two local self-help groups and has dealt with lots of troublesome emotions.)

VERBAL SELF-DEFENSE

Eunice Dorst

527-5866

Wednesday, Tuesdays 7-9pm, 1st week July 8: Length: Ongoing class will be noted on your receipt
Class Fee: $4, pay with registration

Verbal abuse is so common we don’t always recognize it. How often have you felt defensive, angry, guilty, or hurt by a remark, a friend or stranger? The chances are you have been verbally abused. This class will be based on the book The Gentle Art of Verbal Self-Defense, by Suzanne Hansen. We will discuss anger sharing, reaproning, or ideas and role playing. You will learn how to defend yourself. (Eunice has studied this book and believes that by sharing ideas and techniques, we will all become more adept at recognizing and handling verbal abuse.)
For women only

HOUSEWIVES AND WOMEN

Moms by any name

Will there be a surprise party for you? The answer is yes! Moms by any name will be held on Sunday, March 19, at the Women's Club of Manhattan, Kansas. The event will feature a potluck lunch, a fashion show, and a variety of craft and gift ideas for mothers. Tickets are $10 per person, and all proceeds will go to benefit local charity organizations. For more information, please contact Sarah Johnson at 532-7866.

Look at me now!

Moulin Rouge techniques

Jodie VanPelt

One time: Thursday, July 12
Location: will be noted on your receipt
Class fees: $49, pay with registration: Limit: 8
Materials fees: $38, pay at class
Enhance your personal appearance with a professional color analysis by a trained color consultant. Each member will have her personal colors analyzed and receive her color packet. Facial shapes, hair styles, and eye glass shades will be determined. Individual appointments will be made for makeup at a later date.

IMAGE REFLECTIONS

Bonnie Hansen

One time: Saturday, July 12
Location: will be noted on your receipt
Class fees: $49, pay with registration: Limit: 5
Materials fees: $38, pay at class
Reflect a more beautiful you! In our image reflection class, each member will receive a complete figure analysis. The challenge points will be determined and visual illusions will be planned to minimize these areas and give the impression of total body balance. New lengths and wardrobe tips will be presented.

WEIGHT CONTROL/FAT AND THE PROBLEM

Bonnie Hansen

One time: Monday, June 2
Location: will be noted on your receipt
Class fees: $49, pay with registration: Limit: 10
We will discuss the food diets on the market and how important good nutrition is when dieting. Goal setting, how fat affects the body, types of fats and how to conquer the problem will be presented. (Bonnie is a certified diet counselor with eleven years experience in private counselling. She owns the Diet Center.)

Supporting each other

SING TEACHER GROUP

Sybil Miller

Organizational meeting: Saturday, June 21, 7-9pm
Location: will be noted on your receipt
Class fees: $5, pay with registration: Limit: 10
Being a single parent can be difficult. If you would like to form a group to share experiences and support, please contact Sybil Miller at 532-7262.
Spirituality in Many Forms

INTRODUCTION TO ZEN MEDITATION S-20
At Potter 532-5634

Wednesdays, 7:30-9pm, June 18, 25, July 2 (3 wks)
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Materials Fee: $5, 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 meditation, including instructions and demonstrations. Wear loose clothing and bring a cushion to sit on. (It has been a student of zen for several years.)

SACRED LUNCH THEOLOGY CLASS S-24
Dave Stewart 539-3051

Mondays, 11:30am-1pm, May 19 to July 7
Location: will be noted on your receipt
Class Fee: $2, pay with registration
Materials Fee: Approximately $10 (cost of text)

The tradition of open and stimulating dialogue will continue in an early summer session of the Sacred Lunch Theology. For our consideration, we will read and discuss the book, "World Spirituality." The book deals with the human condition until the earth and raises the question of whether or not humanity will be the first command to assume "Dominion of the earth." The book discusses how we have abused the earth, and how the earth may be redeemed and restored. It challenges our theologies at its core. At the same time it offers alternatives for new possibilities. This is an on-going class and you are invited to join in at any time. (Dave is the American Baptist campus minister who has led many Sacred Lunch Theology sessions and who welcomes partnerships in the continuing search for knowledge and truth.)

For Parents Only

PARENTS ANONYMOUS S-6
Don and Dara Fullen 539-4581 539-5582

Wednesdays, 7-8pm, 1st Mon. June 18
Location: will be noted on your receipt
Class Fee: $1, pay with registration
Length: 12 weeks

Even good parents lose their temper with their children at times, and sometimes set unhealthy high expectations. At times parents avoid disciplining their children for fear of losing 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 offer a new sense of self-worth. Trust, confidentiality, anonymity, and caring will be emphasized. Registration by first name only, and phone number and you will be contacted. (Sponsored by Manhattan Family Council. Don is a graduate of the Menninger Counseling Program and has 3 years experience in parent-child relationship training.)

ADOLESCENTS: NEW PARENTS CAN SURVIVE S-4
Larry Reek, Ph.D. 537-4014

One-time: Tuesday, 7-9 pm, June 30
Location: will be noted on your receipt
Class Fee: $4, pay with registration

Very few parents get through their children's adolescent years without worry or questions. This class will help us to understand the needs of adolescents, their development and how their behavior goes beyond the "normal" parameters. Professional help is needed. By learning what to expect and how to handle the typical problems, we can survive the teenage years. Parents of pre-adolescents, adolescents and who are not parents are welcome to attend. There will be a group discussion so that we may all share our experiences and coping strategies. (Larry has a local Mental Health practice.)

Effective Parenting

David Hamilton

Tuesdays, 7pm 1st Meeting: June 24 (Length: 8 wks)
Location: will be noted on your receipt
Class Fee: $10, pay with registration

This is an in-depth class for all parents and will be a meats course on positive discipline, discipline, communication and child development, both physical and psychological. Parenting what to expect as your child grows and how to deal with the various stages of development will make parenting easier. (David is a student at HPU and has taught parenting classes at Fort Riley.)

Compassionate Storytelling

Chuck Smith 776-6757

Mondays, 7-9pm, July 14, 21 (2 times)
Location: will be noted on your receipt
Class Fee: $4, pay with registration

Children's literature has a profound effect on children's development. This class, designed for parents of 3-8 year olds, will examine how stories can impact children's growth through its values such as helping, caring, cooperation and communication. We will explore literature and the power of the storyteller as they work through their stories. (Chuck is an extension specialist in human development at K-State. He designs and produced the "Once Upon a Mind" program and has traveled extensively talking about the role of stories in children's and their parent's lives.)

Bringing Home the Second Baby

Linda Siegel

One time: Wednesday, 7-9pm, June 7
Location: will be noted on your receipt
Class Fee: $4, pay with registration

Bringing home the new baby creates a whole new situation for parents to deal with. This class will help us to understand and deal with problems and to do what needs to be done. There will be time for discussion and sharing of stories. (Linda has been an RN in obstetrics at Memorial Hospital for 8 years and teaches their sibling class.)
Preserve your health

FOOD DEHYDRATORS F-5
Dean Singer
One Time: Thursday, 7-9pm, June 26
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Drying food is a method of preservation that is easy and inexpensive—no freezer bags or standing over a hot pressure canner. And, the regulated, dried peaches for snacks, dried vegetables for soup, fruit leathers—JUMP! You'll see both electric and solar dehydrators and sample some products. (Dean is a proponent of the many uses of solar power and has built a solar food dehydrator.)

CAN IT! FOOD PRESERVATION F-4
Karen and Janet Elias
Mon, Wed: 7-9pm, June 24, July 1, July 8 (3 times)
Location: will be noted on your receipt
Class Fee: $6, pay with registration
Materials Fee: To be determined
Three classes will be given on the topics of preserving sweet berries, pickling, and canning. Actual preserving will be done on a small scale for the practice of techniques. Handouts on other types of preserving, such as freezing, etc., will be available. Cost of the class will be determined by the cost of supplies and produce at class time. Karen is a 17-year-old 4-Her with 5 years of experience in the food preservation 4-H project. She has won many ribbons for preserving and has won awards on the county and regional level. Janet is a 4-H leader."

HEALTH FOOD BUSINESS F-1
Lynn Whittlesley, Jayne Link
Register and you'll be contacted for day, time, and date. Length: Ongoing
Location: will be noted on your receipt
Class Fee: $2, pay with registration
Ever dream of being your own boss? This could be your chance. Join us to create a successful cooperative business in providing an exciting dining and live entertainment alternative for Manhattan. Your talents in cooking, baking, and community service can become a career. This is a good opportunity to own cooperatively your own whole foods cuisine restaurant, bakery, and coffeehouse. Lynn owned and operated a similar business for five years in Wisconsin.

EXTRA! OGRETH! COOKING WITH INSECTS F-2
Hugh S. Thompson
One Time: Saturday, June 28
Location: will be noted on your receipt
Class Fee: $6, pay with registration
Limit: 6
Insect fragments, whether we realize it or not, are a part of everyone's diet and, in many cultures, insects are a regular part of the diet. They are rich in protein and could be an excellent source of protein in the diet. Unfortunately, we have psychological hang-ups when considering insects as food. We'll make and try chocolate chip cookies with beetles, French fried caterpillar chips, chocolate covered grasshoppers and discuss other recipes. (Hugh has been cooking insects as a class demonstration for about five years.)

CANNING & DEHYDRATION
No Youth Movement interest

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Cheers!

BEER MAKING F-5
Pat Dresser
539-9150
Monday, July 30, 9:30am, June 30, July 30 (4 times)
Location: will be noted on your receipt
Class Fee: $8, pay with registration
Limit: 6
Materials Fee: $3.75, pay at class
Ever dream about your own homebrew? This class will teach you how to make and maintain a working homebrew system. You'll learn all you need to know for your basement brewery as we brew Rose's Red Ale. The final product will be divided among class participants. REGISTRATION REQUIRED. REGISTRATION DEADLINE: 10 days age to enroll in this class. (FEE has been brewing beer for 3 years.)

WINE FROM CONCENTRATE F-6
Randy Biswell
532-0752
One Time: Thursday, June 9, June 16
Location: will be noted on your receipt
Class Fee: $8, pay with registration
Limit: 10
The objective of the class is to provide information necessary for a person to be able to make good quality wine from fruit concentrates at a reasonable cost. The basic concept of making wine from concentrates and the equipment necessary will be presented. (Randy is a forester by profession but has been making wine for home use for 10 years.)

WINE TASTING F-7
Tom Wintzer
Thursdays, 5pm.
Peek, July 10, 17, 24, 31 (4 times)
Location: will be noted on your receipt
Class Fee: $10, pay with registration
Limit: 15
Materials Fee: $20, pay at class
Here's an opportunity to demystify the alchemy that takes you from vine to wine and to eliminate the mystique of choosing a harvesting wine. Learn how to match wines to food and make your friends with your savvy. Select your palate to the wines you appreciate. You will enjoy a large selection of wines and will have each expertly explained. REGISTRATION REQUIRED. REGISTRATION DEADLINE 10 days for each class. (Tom is a salaried for Standard Liquor Corporation.)

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Class locations will be noted on your receipt.
Chinese Tee

Chinese Tee F-11

539-6192  529-7841

One Time: Sunday, 2-4pm, July 6
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Materials Fee: $1, pay at class

Taking tea is an ancient tradition in China. Freshness, purity and light are the characteristics valued in a good tea which also must harmonize unobtrusively with the flavors of the food, while cooking and refreshing the palate, and aiding digestion. An excellent opportunity for pleasant relaxation and conversation. Lee Shih has taught many classes in Chinese cooking for UMK.

Chinese Cooking Classes F-10

539-7861

Saturdays, 6-9pm (all classes)
Location: Will be noted on your receipt.
Class Fee: $5, per section, pay with registration
Materials Fee: $1, per section, pay at class

Section I: July 10: sweet & sour pork with pineapple, fried beef with garlic and green pepper, shredded chicken breast with sweet corn
Section II: July 17: fried bean threads with ground pork, steamed meatballs of ground pork with sweet rice
Section III: July 24: fried beef with oyster sauce, fried fresh mushroom with bacon

An exploration of the many types of Chinese cooking and methods used in each. Lee Shih will demonstrate how to choose ingredients, how to cut and prepare them, and which cooking procedures to use. Then comes the taste. Yum! (Lee Shih is a native of China and graduated from the Chinese Cooking Institute in Taiwan.)

Vegetarian Indian Cooking F-12

Neelan Jain 776-6365

One Time: Saturday, 5pm, June 20
Location: Will be noted on your receipt
Class Fee: $5, pay with registration
Materials Fee: $1, pay at class

Some people think that vegetarian cooking has to be boring. This class will combine the exotic cuisine of India with the basic elements of vegetarian diet. The class will introduce you to the versatility of cooking with easily available ingredients for a balanced vegetarian menu. The class is designed for both beginners and experts. Besides hands-on experience, Neelan will discuss the food value of milk products, appetizers and desserts. Enjoy learning and eating and take home some recipes! (Neelan has been teaching native cooking for the last five years.)

Fine Fruits

FRESH VEGETABLES

Eastside & Westside Market
East of town on Hwy 24 or West on K-18
776-9331 DAILY 9-9  776-1579

FAST FRIENDLY SERVICE
REAL ESTATE REFINANCING  C-6  
John Richardson  537-2000
One Time: Tuesday, 7:30am, July 18
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 30
Is it time to refinance your home loan? This class covers key issues to consider, including the costs necessary, how to tell when too much, and what to do when.

HOMO TO OBTAIN CREDIT  C-7
Han Thrones  537-2324
One Time: Wednesday, 7-9am, June 25
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 35
Applying for credit means more than just walking into a bank and asking for money. This class will teach you how to shop for credit, how interest rates affect your payments, consumer regulations and rights. The class's, where's and what's of second mortgages and how to apply for credit.

MONEY MATTERS

FINANCIAL PLANNING FOR YOUR MARRIEDS  C-1
FRIDAY NIGHT DISC  Fred Freedy  537-4505
Section 1: Monday, 7:30-9pm, June 23
Section 2: Thursday, 7:30-9pm, June 26
Location: will be noted on your receipt
Class Fee: $4, pay with registration
You and your spouse can attend this class and learn about different financial planning strategies for married couples.

FINANCIAL PLANNING FOR WOMEN  C-4
Barbara Houl  537-4505
One Time: Saturday, 9:30-11:30am, June 21
Location: will be noted on your receipt
Class Fee: $4, pay with registration
This class is designed for women to help them understand the financial planning process and answer important questions they may have about the future.

MONEY MANAGEMENT FOR THE RETIRED  C-2
AND BEYOND  Fred Freedy  537-4505
One Time: Thursday, 7:30-9pm, June 19
Location: will be noted on your receipt
Class Fee: $4, pay with registration
This seminar is designed specifically for men and women who are concerned about making the most of their savings and investments. Attendees will learn about the importance of retirement planning and how to prepare for it.

Estate Planning and Financial Planning Principles  C-5
Gail Sabatia CFA CFP 775-4073
One Time: Monday, 7-9pm, June 23
Location: will be noted on your receipt
Class Fee: $4, pay with registration
This class is designed to review financial planning principles used in accumulation through income tax planning, investment planning, and retirement planning. All these techniques are important for accumulation. However, the accumulation techniques are all in vain if proper estate planning techniques are not used. Through various estate planning techniques, people can reach family and estate objectives, thus maximizing the benefit for their family and heirs.

PARKING
For classes meeting at KSU, visitor's permits are required for parking before 7:00 p.m. Acquire one at visitor's booth in the south lot of the KSU Union.
And...  
TRACING YOUR ROOTS  C-19  
Harvey McCray  
539-2646  

Mondays, 7-9pm, July 14, 21, 2 (2 times)  
Location: Will be noted on your receipt  
Class Fee: $6, pay with registration  
Materials Fee: $6, pay at class  
Limit: 12  
部位 are the roots of your family tree? Do you know anything about your ancestors back past your grandparents? Learn the tricks of the trade as we find out where and how to research the elusive past. This class is for beginners who want the basic knowledge needed to make a genealogical study of their families. We will go beyond just names and dates. Bring the names and dates of ancestors you already possess. (Harvey is a retired GIS programmer. He is currently the president of the Riley County Genealogical Society.)

DIVERSE LAW  C-38  
Drew Frankowski  
537-2945  

One Time: Tuesday, 7-9pm, June 24  
Location: Will be noted on your receipt  
Class Fee: $6, pay with registration  
Materials Fee: $6, pay at class  
This class will present a general overview of Kansas and federal law as they relate not only to divorce but also separations, annulments, paternity, custody, visitation, child support, etc. (Drew is an attorney with Flint Hills Legal Services and approximately half of his cases involve domestic disputes.)

Making money  

NETWORK (MULTI-LEVEL) MARKETING  C-40  
John Hoffmann  
1-456-2584  

One Time: Tuesday, 6-8pm, June 25  
Location: Will be noted on your receipt  
Class Fee: $4, pay with registration  
Thousands of men and women are searching for ways to establish their financial future. They are tired of limitations placed on them by "regular" jobs. Take the chance, reach for the opportunity of being your own boss. Examples of network marketing are Shaklee and Amway and many companies are now using this form of marketing. John has been involved in multi-level marketing for four years, and has done extensive research on various multi-level programs.)

MARKETING YOURSELF: PREPARING FOR EMPLOYMENT  C-40  
Joan McCullough  
Evelyn Haasen PhD  
532-6651  

Tuesdays, 7-9pm, 1st Mth: July 1 4 times  
Location: Will be noted on your receipt  
Class Fee: $10, pay with registration  
Limit: 15  
As unemployment increases, so does the competition for the available jobs. This class will give you the edge in your job search. July 1: Identifying your skills and interests.  
July 8: Writing a resume of your marketable skills  
July 15: Interviewing techniques  
July 22: Developing a job search plan  
Participants will be assisted as they work on filling out an application, writing a resume, answering interview questions and developing their own job search plan. (Dr. Haasen is director and Joan is coordinator of the Single Parent/Duplicated Homemaker Program. The program offers "Preparing For Employment" classes in Clay, Kearney, Mitchell, Pottawatomie, Riley, Sedgwick and Washington counties.)

RED CROSS BABY SITTING  C-12  
Lynda Frey  
537-2180  

Saturdays, 9am-12pm, July 19, 26 (2 times)  
Location: Will be noted on your receipt  
No Class Fee  
Materials Fee: $3, 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.)

LEGAL SECRETARY  C-13  
Sandy Seabler  

One Time: Wednesday, 7pm, July 9  
Location: Will be noted on your receipt  
Class Fee: $6, pay with registration  
Have you ever wondered if you could be a legal secretary? Is this your chance to learn the qualifications needed and the duties and responsibilities connected with this career. (Sandy has many years experience in the field and is currently working for Legal Aid Services, Manhattan.)

COUPON REFUNDING: EXTRA INCOME THE FUN WAY  C-16  
Julie Nickerson  
776-0126  

Wednesdays, 7-9pm, June 18, 25, July 2 (3 times)  
Location: Will be noted on your receipt  
Class Fee: $6, pay with registration  
Limit: 10  
Refunding makes sense-draw the high cost of living by turning your trash into dollars! Informative and fun-filled classes on how to get started in refunding, record keeping, "How tos" and "How not tos," what to save, and many other valuable tips to become a successful refunder. Bring paper and pencil and any refund forms you may have. Let’s get started and make $55. (Julie has been a refunder for 4 years and has used her refund money for vacations and to buy items for her home. She also works full-time and still manages to make money by refunding. You can too!)
**Getting it together**

*Kathy Cuprus*  
512-5910

Wednesday, 7-9pm, June 18, 25  (2 times)  
Location: will be noted on your receipt  
Class Fee: $6, pay with registration  
Materials Fee: $1, pay at class  

This class is for those who always say, "there are not enough hours in the day." Busy people, whether at home or work, need to gain control over their use of time or they will end up "spinning their wheels." This class will cover: understanding the concept of time; how to view time as a resource; a look at the common problems of time management and the myths and strategies for correct time use.

**THE SIST E TRACED HOMECOMER**  
*Susan Murthaile*  
1-800-2831

One Time: Thursday, 7-9pm, June 26  
Location: will be noted on your receipt  
Class Fee: $4, pay with registration  
Materials Fee: $1, pay at class  

Learn about how two American women, both mothers of several children, have created a unique system that transforms their home from pig pen to paradise. You, too, can learn this system and the secrets of scrubbed children, a well-organized and tidy home, a smiling spouse and stew bubbling on the stove while you relax or pursue your favorite hobby. No longer will you have to envy those immaculate ladies with immaculate homes that are photographed for negative covers. (Susan has taught this class for the Davis Area Resource Center and is anxious to share the techniques with others.)

**Spending money**

PURCHASING A NEW OR USED VEHICLE  
*C*-B  
David Troup, Roderick Hoffman 517-3388  517-8236

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

Knowing when to buy a new or used car, family economics, a major purchase, we want the best deal, but with so many options, it becomes more and more difficult to choose. Should we buy new or used foreign or domestic, what should we look for when buying a car? What questions should we ask? Can we negotiate the price? What financing options are available to us? Is it a wise decision to buy that blue book color? And, if we do end up with a lemon what can we do about it? David will discuss the lemon laws and what you can do if you should end up with a lemon. "Then Don't Waste Your Money," a local attorney and Rod is experienced in automobile sales.

**HOME SWEET HOME; HOUSE BUYING**  
*C*-B  
David Troup  519-1588

One Time: Tuesday, 7-9:30pm, June 24  
Location: will be noted on your receipt  
Class Fee: $6, pay with registration  
Materials Fee: $1, pay at class  

As mortgage interest rates drop, more people are buying a house for the first time. This will probably be the biggest purchase of your life - make sure you make the right choice. This class will cover: the basic rules of real estate - how to search for the house of your dreams - what to look for first and foremost. If you make a mistake when you buy a house it is not so easy to correct. I'll let you know all about purchasing a home before you start looking. Take this class for $6 and maybe save $500 or even $5,000! (David is broker/owner of Manhattan Realty dealing in sales, appraisal and property management.)

**Next session begins Sept. 10.**

**Deadline for class descriptions is July 25.**

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**Job skills**

*OFFICE Etiquette*  
*Am Bowby*  
512-5712

Wednesday, 7-9pm, June 18, 25  (2 times)  
Location: will be noted on your receipt  
Class Fee: $6, pay with registration  
Materials Fee: $1, pay at class  

The average person will spend 1/3 of their waking lifetime on work places. The people you work with, co-workers, supervisors, subordinates, and custo- 
ders are important to how well your day will go. There are ways to ensure that your interactions with people will mean a good day. A time management and the myths and strategies for correct time use.

**BUSH UP YOUR GRAMMAR**  
*Patricia Harrney*  
519-4648

July 14, 21, 28  (2 times)  
Location: will be noted on your receipt  
Class Fee: $6, pay with registration  
Materials Fee: $1, pay at class  

We will look at not just "how to write" but sometimes it is useful to "know the rules." This class, on essential English skills, is for the person who wants to review fundamentals and avoid common errors. The participants will work with the instructor on common sentence structure problems, common errors in usage and conventional punctuation. This class could help you get, keep or advance your job. (Patricia is a senior at KSU majoring in English and Literature. She has previous tutoring experience.)

**TIME MANAGEMENT**  
*Kathy Cuprus*  
512-6510

Wednesday, 7-9pm, June 18, 25  (2 times)  
Location; will be noted on your receipt  
Class Fee: $6, pay with registration  
Materials Fee: $1, pay at class  

This class is for those who always say, "there are not enough hours in the day." Busy people, whether at home or work, need to gain control over their use of time or they will end up "spinning their wheels." This class will cover: understanding the concept of time; how to view time as a resource; a look at the common problems of time management, and the myths and strategies for correct time use.

**PUBLISH YOUR OWN POSTERS**  
*Rhonda Keith*  
519-5608

Monday, 6-8pm, July 7  
Location: will be noted on your receipt  
Class Fee: $4, pay with registration  
Materials Fee: $1, pay at class  

Editing involves reading, checking, correcting, checking, shortening and sharpening. If you are looking to brush up on your skills this class will give you some good direction. You will learn the responsibilities of an editor and about the editing process. Your newsletters or in-house publication will show the difference after you take this class! (Rhonda has edited copy for publications for more than 13 years. She has a degree in home economics and Journalism and an MS in Journalism.)

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**Getting Grants—Where to begin**  
*Jane Hester*  
776-8936

Thursday, 7-9pm, June 17, 24  (2 times)  
Location: will be noted on your receipt  
Class Fee: $5, pay with registration  
Materials Fee: $1,50, pay at class  

Did you ever wonder who those people are who get those mysterious "grants" of money for various causes or organizations? Well—it could be you! This class will show you the ropes of writing government and foundation grants to raise money for your organization. At the first class we'll review reference materials and sources. The second class will focus on proposal writing techniques.

(A note to grant and research coordinators: KSU's division of Continuing Education and was previously grants officer at Washburn University.)

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**Elements of Editing**  
*Olena Wilson*  
519-7723

One Time: Thursday, 7-9pm, July 22  
Location: will be noted on your receipt  
Class Fee: $6, pay with registration  
Materials Fee: $1, pay at class  

Editing involves reading, checking, correcting, checking, shortening and sharpening. If you are looking to brush up on your skills this class will give you some good direction. You will learn the responsibilities of an editor and about the editing process. Your newsletters or in-house publications will show the difference after you take this class! (Olena has edited copy for publications for more than 13 years. She has a degree in home economics and Journalism and an MS in Journalism.)

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**Printing your own posters**  
*Rhonda Keith*  
519-5608

One Time: Monday, 6-8pm, July 14  
Location: will be noted on your receipt  
Class Fee: $4, pay with registration  
Materials Fee: $1, pay at class  

Editing involves reading, checking, correcting, checking, shortening and sharpening. If you are looking to brush up on your skills this class will give you some good direction. You will learn the responsibilities of an editor and about the editing process. Your newsletters or in-house publications will show the difference after you take this class! (Rhonda has edited copy for publications for more than 13 years. She has a degree in home economics and Journalism and an MS in Journalism.)

---

**Kinko's**  
1110 Laramie  
537-7340

Class locations will be noted on your receipt.
Carla Foth Untitled

Health and safety

HOME & OFFICE SECURITY

Darrell Yarnell
One Time: Monday, 7-9pm, June 23
Location: will be noted on your receipt
Class Fee: $4, pay with registration
This class will cover the national trends of nursing/midwifery and the availability of certi
fied midwives in Kansas. Discussion will focus on how nurse/midwifery care encompasses a more
wholistic approach to women and their families. (Ginger completed her graduate work at the Medical
University of Charleston, S.C. She has worked with Dr. Linda Norris at the Wholistic Birth &
Growth Center in Topeka for 8 years.)

LAMAZE REFRESHER COURSE

C-28
Claire Veriichowski, Janet Schreiber
770-5590 776-4594
One Time: Tuesday, 6:30-9:15pm, July 22
Location: will be noted on your receipt
Class Fee: $3, pay with registration
Materials Fee: $3, pay at class
If you are pregnant and have had a previous prep-
ared childbirth experience, join us for this one
night refresher course. We'll cover seizure breathing
and relaxation, and exercise. We'll also try to
answer questions about changes in theories or
procedures since your last child was born. This
will be a brief but thorough review for women and
their coaches. Bring two bed pillows. (Janet and
Claire are certified instructors through the Child-
birth Education Association and teach prepared
childbirth classes.)

Don't wait till the last minute to register!

Class locations will be noted on your receipt.

STANDARD MODULAR FIRST AID

C-31
Daniel White
776-4599
Section 1: Monday & Thursday, 6-10pm, July 12, 19, 26 (3 times)
Location: will be noted on your receipt
Class Fee: None
Materials Fee: $10, pay at class
Limit: 10
This class will teach CPR, mouth-to-mouth breath-
ing, splinting, bandaging, etc. The participants
will also learn the basics of vehicle rescue.
The class will cover many medical emergencies as
well as treatment of injuries.

BASIC FIRST AID (AGES 9-13)

C-29
Daniel White
776-4599
Section 1: Tuesday, Wednesday, June 2, 4, 5-10pm
Section II: Thursday, Friday, July 9, 10, 5-10pm
Location: will be noted on your receipt
Class Fee: $8.50, pay at class
Limit: 10
This class designed to teach basic first aid to
young people ages 9-13. The course covers
mouth-to-mouth breathing, splinting, bandaging
and other first aid topics. (Open to a firefighter
in Manhattan and a former E.M.T. ambulance at-
tendant.)

CHIROPRACTIC IN YOUR HOME

C-30
Dr. Timothy & Dr. Grace Rechmann
One Time: Wednesday, 7-9pm, July 23
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10
"Chiropractic is the most popular form of non-
medical healing" according to a 1983 paper pub-
lished in the American Journal of Public Health
and reported recently in Prevention Magazine.
Find out just what it is Chiropractors do and
why it is so popular, what the origins of
Chiropractic are and where it is today.
Two of our newest Manhattan Doctors of
Chiropractic will conduct the class. [Dr. Grace
and Dr. Timothy Rechmann are a husband and wife
team and practice together at Manhattan's Alter-
native Health Care Center.]
Guide to Community Services

OGDEN FRIENDSHIP HOUSE
OUTREACH MINISTRY
Food Pantry/Client Closet/Tutoring/
After School Program
913/539-1791

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

EMPLOYMENT & TRAINING
SERVICES
Citizen's Bank Building, Suite 1
6th & Bluemont, Manhattan, KS 66502
Job and vocational training.
913/539-0991

THE HUNGER PROJECT
PO Box 1350, Manhattan, KS 66502
Information and empowerment on ending hunger.
913/537-0038 or 532-5856

FLINT HILLS BREAD BASKET
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
CTFT and UNITED WAY FUNDED

RILEY COUNTY/MANHATTAN
HEALTH DEPARTMENT
2030 Tecumseh Road, Manhattan, KS 66502

Available Services:
Family Planning
Labor and Birth Classes
Immunization
WIC Nutrition Program
Vaccination Resource Center
Well Child Physicals
Blood Pressure Checks
Car Seat Rentals
And more...
913/776-4779

SENIORS’ SERVICE CENTER
412 Leavenworth, Manhattan, KS 66502
Information, classes, recreation, meals and
other services for persons over 60.
913/537-6040

SCORE/ACE
505 Poyntz Avenue, Manhattan, KS 66502
This program offers assistance
to small businesses.
913/776-5829

ST. JOHN’S ASSESSMENT CENTER
210 Southwind Place, Manhattan, KS 66502
Assessment and referral
Outpatient Counseling: family, marital, adult
and substance abuse/alcohol and drug.
913/776-7533

HOME HEALTH SERVICES
2803 Claffin, Manhattan, Kansas 66502
Home Health, Private Duty Nursing,
Homesick, Companion Sitters, and
Personal Care Services

24 HOURS CALL: 913/537-0688

CRISIS CENTER, Inc.
PO Box 104, Manhattan, KS 66502
24-hour service to people abused and sexual assault
survivors.
913/539-2785

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

U-LEARN
Hulson Hall Basement, Room 2
U-LEARN's mission is to provide the most direct
means of accessing information, assistance and
resources for faculty and students.
913/332-6442

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

BIG BROTHERS/BIG SISTERS
of Manhattan, Inc.
103 South Fourth, Manhattan, KS 66502
The program has a broad goal of providing
nonmembers to serve as friends and role models for
younger kids who benefit from the example and
commitment of a caring adult.
Volunteers must be 18 years of age or older and have a
vehicle. They must also be willing to make a year's
commitment to spend 3 to 6 hours per week with a
child.
913/776-4576

TALENT EXPERIENCE WISDOM

RILEY COUNTY RETIRED
SENIOR VOLUNTEER PROGRAM
412 Leavenworth, Manhattan, KS 66502
Shopping assistance, transportation, senior
companionship, visitation and volunteer opportunities.
913/776-RSVP

Political issues: Home and abroad

PRIMARY ELECTION '86
C-36

Lyman Baker & John Excell
Wednesday, July 18
913-9813

Location: Will be noted on your receipt
Class fee: $4, pay with registration
Local and state politics impact on our lives
every day. This class will look at the August
1856 primary election with special emphasis on
the election of the Kansas Constitutional
Amendments and the quality of life bond issue
and the effect on Manhattan citizens.
Carly, Currently president of the League of Women Voters
and has served as your service chair since 1975.

What do you know about Argentina?
C-37

Rodolfo Flores
913-2698

One Time: Thursday, July 18
Location: Will be noted on your receipt
Class fee: $4, pay with registration
You will get an in-depth look at the land of Bolivian and
be able to learn about the culture and
politics. We'll see slides and slides, listen to
Argentine music and engage in lively discussion.
(Shy is a Rotarian scholar, studying Business
Administration as a graduate student.)

GETTING ACQUAINTED WITH NIGERIA
C-36

Lyman Baker, John Excell, Jan Flora
Tuesdays, 7:30pm, July 1, 8
3 times
Location: Will be noted on your receipt
Class fee: $5, pay with registration
Who are the Nigerians, and why has the conflict in
their country taken shape as it has? To
approach this question, we shall have to
address some more specific ones.

WHO do you know about Argentina?
C-37

Rodolfo Flores
913-2598

One Time: Thursday, July 18
Location: Will be noted on your receipt
Class fee: $4, pay with registration
You will get an in-depth look at the land of Bolivians and
be able to learn about the culture and
politics. We'll see slides and slides, listen to
Argentine music and engage in lively discussion.
(Shy is a Rotarian scholar, studying Business
Administration as a graduate student.)
THE HOME PROGRAM

The Home Owners Maintenance and Energy (HOME) Program is sponsored by the U.S. Department of Housing & Urban Development and the city of Manhattan. Its purpose is to help homeowners address their home repair needs through low-cost education, technical assistance, and volunteer action. The following classes/workshops are offered by HOME through IFM. For more information, call HOME at 532-5666.

BUILDING YOUR OWN HOME

Betsy Edwards 1-456-7018
One Time: Saturday, 9am-12p, June 26
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 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 the instructor's home will be given with discussion covering zoning legalities, construction, plumbing, wiring and tips on buying equipment and materials. Information sources will be provided and individual questions are encouraged. (In fall 1977, the Edwardses began to build their house, moved in during fall '78, and have continued to fix their home as time and money have allowed.)

BASIC PAINTING APPLICATIONS

At Johnson, Mike Morrison 537-1928
One Time: Monday, 7-9pm, July 21
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10
Learn basic painting techniques. Discussion will cover the different available coatings and tools, surface preparation and when, where, why and how to use applications of specific coatings for different surfaces. Individual cases are encouraged. (All owns Johnson AC Painting Co., and Mike is the manager of Sherwin-Williams Co.)

PLAN BEFORE YOU PLANT

Kathy Walter 776-0397
One Time: Saturday, 9-12p, July 18
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10
There are many things to consider before starting a landscaping project around your home. He will discuss different ways to make your outdoor areas look great and stay looking that way through the use of some simple landscape designs, installation and maintenance techniques. (Kathy is the landscape architect for Horticultural Services Garden Service.)

FOLLOW THE RED BRICK ROAD

Bob Habiger 532-5666
One Time: Wednesday, 9:30-9am, July 2
Location: will be noted on your receipt
Class Fee: $6, pay with registration
Limit: 12
Brick sidewalks have been around for a long time. Through 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, bedding, drainage, paving, and jointing. 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 IFM.)

A SOLAR ROOM FOR YOUR HOME

Ray Stockman 532-5666
Thursdays, 7-9pm 1st Mon: June 19 Length: On
Location: will be noted on your receipt [going]
Class Fee: $2, pay with registration
Limit: 12
Materials Fee: $33, pay at class
Are you considering a home addition? For a limited time, the HOME Solar Design is providing personalized solar plans for Manhattan homeowners. This first meeting will explain the cooperative owner/designer effort that will result in site monitoring, cost/benefit calculations, construction advice, and a detailed design with cost estimates. (Ray is the technical consultant for the HOME program.)

IT'S UNDER YOUR FEET - FLOOR COVERINGS

Rob Lamborn 539-8802
One Time: Wednesday, 7-9:30pm, July 23
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 15
Thinking about installing a new floor? Learn what you should know and what questions to ask before buying. Discussion will cover the different products, styles, compositions and qualities, warranties, price ranges, tools, accessories, various installation methods, interior care and maintenance procedures, and accidental damage repair. Individual problems/questions are wanted. (Rob is the owner of The Decorating Center.)
Earth

Animal friends

DOG TRAINING FOR KIDS
Cheryl May
Wednesday, 7-7:30pm, June 25-July 16 (4 wks)
Location: will be noted on your receipt
Class Fee: $8, pay with registration.
Limit: 4
You’ll learn to teach your dog the basics—walk with you, sit, stay, down, and come when called. You’ll learn basic obedience and then work with your dog between classes. For kids 8 and up, dogs over 4 months. Bring your dog, a 4-fort leather or nylon lead and a “choke” training collar to the first class.

HOW TO KEEP YOUR PETS HEALTHY
Gerald Bond, DVM
Tuesday, 7pm, June 24, July 1, 8, 15 (4 wks)
Location: will be noted on your receipt.
Class Fee: $4.50, pay with registration
Learn to examine your pet’s teeth, nails, heart, ears and more. This class is open to children grades 4 through 8. The goal of the class is to teach children how to examine and care for a variety of pets and how their body function. We will try to use pets for demonstrations. Parents are encouraged to attend and participate. (Dr. Bond is a veterinarian in private practice in Manhattan.)

HORSES FOR KIDS OF ALL AGES
Bernard Wills
One Time: Thursday, 6-8pm, June 19
Location: will be noted on your receipt
Class Fee: $4, pay with registration
You’ll get to feed, groom and ride a horse in this class. Learn to enjoy and have fun with a horse. What does a horse need to become your best friend? What is horse safety? How much does a horse cost? We will have some horses there for a hands-on experience. Parents are encouraged to attend. Don’t miss this opportunity. Bernard has owned and enjoyed raising horses for many years, as well as being Riley County 4-H Horse Leader.

DAIRY GOAT FIELD TRIP
Ron Paul
One Time: Monday, 7:30pm, June 29
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Do you believe that goats make good pets? Have you heard that goat milk tastes bad? Unfortunately goats have suffered an unfair reputation for years. Goats are tame, domestic,友好, clean, quiet, and can be trained in a matter of weeks to become good tasting milk. Come meet these animals and find out what they are really like. You can even sample some of their dairy products including milk and cottage cheese. Ron has been raising goats for the past ten years.

BREEDING AND RARING FOR LOVERS AND OTHER SMALL FURRIER
Dan Land
One Time: Saturday, 7-9pm, June 28
Location: will be noted on your receipt
Class Fee: $4, pay with registration
Ever thought of breeding and raising birds for fun and/or profit? This class will cover breeding, color mutations, inheritance, housing, and general care. Afterwards there will be a tour of the colony. Don’t miss this class by an whisker! Dan currently has four species of lovebirds and four species of conures. He has bred cockatiels, parakeets, cornes and lovebirds, and is a Loverbird Society judge.

BEGINNING DOG TRAINING—ADULTS
Shawna Lally
Wednesday, 7:45-9:15pm, June 25-July 16 (4 wks)
Location: will be noted on your receipt
Class Fee: $8, pay with registration
Limit: 8
Teach your dog to obey simple commands including heel, sit, stay, down, come. You’ll learn “how to—in class and reinforce training with daily practice sessions at home. Bring your dog, a 6-ft leather or nylon lead and a “choke” training collar to the first class. (Shawna trains Shawna Sheepdogs and teaches advanced obedience for the Riley County 4-H dog project.)

SHAWNA LALLY 2nd in Animals Untitled

SHAWNA LALLY 2nd in Animals Untitled

Class locations will be noted on your receipt.

ADVERTISERS HELP MAKE THE UFM CATALOG POSSIBLE.
Tell them you saw their ad here!
The wild side

PHOTOGRAPHY (HIGH SCHOOL, AGES 8 AND UP) E-9
Dennis Hancock 776-3246
Wednesday, 7:30-9:30pm, Saturday, 10am-12, (2 wks.)
Locations will be noted on your receipt (E-05, 06, 08)
Class Fee: $14, pay w/registration (Limit: 20)
Do your zoo pictures look like they've been taken in a zoo? Here are some techniques to make your pictures look like they're taken in a more natural habitat (without bugs!). The first meeting we will discuss techniques and hints. At the second meeting, bring your camera and film and we will take a trip to the zoo and take some camera zoo animal shots. Bring a sack lunch on Saturday. (Deer is a biologist and photographer who likes to combine his two interests.)

CLOSE-UP NATURE PHOTOGRAPHY FA-11
Bob Habiger 532-5966
Wednesday, 7-9pm, July 4, Saturday, 8-10pm, July 8
Location will be noted on your receipt (E-11)
Class Fee: $14, pay with registration (Limit: 10)
Let's get close to nature with our cameras; capture the sunlight filtering through a rose petal, or a spider web on a bud. First we will discuss instruction on techniques, equipment, exposure, etc. Second session will meet at the Rose Garden in Manhattan's City Park to practice these skills learned. (Bob is a professional architectural photographer who enjoys looking at roses and other flowers up close.)

SNAKES ALIVE! E-10
Matt Whites
One Time: Tuesday, July 7, 7-9pm, July 8
Location will be noted on your receipt
Class Fee: $12, pay with registration
Matt will introduce you to the behaviors of snakes and the identification of species native to this area. You will also be shown representatives of the different snake families found throughout the world, including venomous snakes. We will discuss facts and fiction concerning these misunderstood animals. This is a great class for the entire family. Come see some snakes! (Matt has ten years experience teaching about, collecting and studying reptiles.)

EXPLORING UNDER ROCKS (FOR CHILDREN AND ADULTS) E-11
Stephen Hoffman 776-4072
Saturday, 8-10pm, June 28 (one time)
Location will be noted on your receipt
Class Fee: $12, pay with registration
Under every rock is a world most people have never seen. Join Steve as we search for ringneck snakes, lizards, toads, toads, scorpions, centipedes and millipedes along with other rocky residents. Wear appropriate clothing, bring your favorite cold drink. Steve has been exploring these worlds for years and he is the author of Under That Rock!

KANSAS WILDLIFE REHABILITATION E-12
Mike Eubanks 537-2465
One Time: Thursday, 7-9pm, June 20
Location will be noted on your receipt
Class Fee: $14, pay with registration
Misguided gunfire and altered pest-killing of wildlife often results in injured and abandoned animals. As a wildlife rehabilitator, Mike nurses injured wild animals back to health. They can return to the wild. He will discuss how he provides proper diet and environment and release wildlife and will present a slide show on animals he's worked with. (Mike has been rehabilitating wildlife for ten years and has worked with most animals native to Kansas.)

FISHING IN KANSAS: DISCUSSION AND FIELD TRIP E-13
Don Thomas 776-3630
One Time: Saturday, 1-5pm, June 21
Location will be noted on your receipt
Class Fee: $14, pay with registration
Don will talk about which types of flies and baits catch which fish. Learn about jigs, spoons, spinners, plastic worms and crappie plus tips. You'll get information gathered from over 40 years of fishing. After the talk, join Don in a fishing trip to a nearby area. Don's specialty is river fishing and he plans to show what he knows. (Don, a native Kansan, has fished all over the state all his life.)
Bats, birds, bugs, and bison

GREAT BLUE HERON ROOKERY EXCURSION - E-14
Marie Denlon 537-4400
One Time: Saturday, 8am-10am, June 7
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Great blue herons, those big crane-like birds, group their giant nests in the treetops along streams. We will watch the herons in flight and in care of their eggs and young. Marie will guide us to two rookeries; one at Slusis lake, the other northwest of Randolph. Be prepared for two short hikes, bring binoculars, cameras, drink and a sack lunch. (Marie has been a 4-H project leader in Birds Around You, wildlife conservation and other various and assorted projects for at least 20 years.)

CHEYENNE BOTTOMS IN SUMMER - E-15
Duane Kerr 456-2771
One Time: Saturday, 10am-12pm, June 14
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Cheyenne Bottoms, the endangered wetland near Grand Island, provides a fair amount of nesting habitat for the wide diversity of waterfowl birds that have traditionally spent the summer there. At this time of year we might see ten species of ducks with young as well as the spectacular white-faced ibis, avocet and many other species. We'll also be able to see firsthand and discuss the problems that Cheyenne Bottoms is facing. Bring a sack lunch, binoculars and your camera. (Duane is president of the Northern Flint Hills Audubon Society.)

INSECT SAFARI - E-16
Richard Elzinga 532-6154
One Time: Saturday, 9am-12pm, June 21
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Insectos are the most abundant forms of life on Earth and they offer an incredible diversity of beauty and interesting characteristics. We'll explore a nearby area for ants, bees, dragonflies, spiders, and others. Dress for a hike and bring any questions about insects. This outing will be great for kids and families. (Richard is a CSU professor of entomology.)

BISON ON THE MOVE - E-17
Duane Kerr 456-2771
One Time: Saturday, 2pm-4pm, June 28
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Maxwell Game Preserve, east of McPherson, KS, is home to the largest free-ranging bison herd in Kansas, it also offers a healthy diverse ecosystem as we explore the preserve and nearby McPherson County lake. We will look for various small and very large bird species, other mammals, and of course, the bison. Bring a sack lunch and join us for a fascinating outing.

BIRDS OF AUSTRALIA - E-18
Richard Vanderlip
One Time: Wednesday, 7:30-9:30am, June 8
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Australia has about 775 species of birds, some 360 of which are found only on the island continent. In 1983 Elizabeth and Richard Vanderlip had the opportunity to spend six months in Queensland, Australia. Anyone travelers will enjoy the fruits of their160+ trips (they returned to the land down under in February) at the monthly meeting of the northern Flint Hills Audubon Society. (The birders will photograph the fowl of the air as well as record their calls.)

BATS OF KANSAS - E-19
Dr. Horace Hays
One Time: Wednesday, 7:30-9:30am, July 16
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
You needn't have bats in your belfry to attend this annual meeting of the Northern Flint Hills Audubon Society. An excellent slide presentation will identify the many bat species found in the sunflower state. Bat myths will be dispelled as well. (Dr. Hays is a biology professor at Pittsburg State University.)

Energy matters

PHOTOVOLTAICS - E-30
Bill Dorsett 539-1956
One Time: Monday, 7am, July 14
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Usually overlooked in the search for new energy, these space technology chips have no moving parts, consume no fuel, produce no pollution, and can be fashioned from the second most abundant element in the earth's crust. Plan to be your own utility in 1987. (Bill has researched 75% for several years.)

WANTED: APPROPRIATE TECHNOLOGY/LANDSCAPE

TECH NOTES - E-30
Bob Hubger and Lynn O'connor 532-5866
Day, time and date to be announced
Are you interested in appropriate technologies, solar energy or edible landscaping? UMP is looking for people to serve as A.T. tour guides for groups visiting our solar energy and landscape demonstrations. Prospective guides, after receiving information and orientation, will lead pre-scheduled tours. Interest and enthusiasm are the only requirements.

WHY PASSIVE SOLAR? - E-30
Bob Hubger 532-5866
One Time: Tuesday, 7-9pm, July 15
Location: Will be noted on your receipt
Class Fee: $4, pay with registration (Limit: 15)
Passive solar systems collect and transport heat by non-mechanical means, which equals FREE heat! We will look at passive solar design in comparison to active solar design. Passive solar technologies have proven to be a viable, cost-effective, maintenance-free strategy in the field of energy efficient home design. (Bob is coordinator of the UMP Appropriate Technology Program and an advocate of PASSIVE solar design)

Class locations will be noted on your receipt.
From stones to stars

GET TO KNOW MILFORD LAKE

Greg Hurst 776-0532
One Time: Sunday, June 22nd
Location: Will be noted on your receipt
Class Fee: $14, pay with registration
Materials Fee: $8, pay at class
Limit: 5
Let an experienced ranger show you Milford's popular fishing holes, camp sites and attractions, including the new fish hatchery. The tour will be adapted to meet the interests of the participants. (Greg has been a ranger at Milford for seven years and knows the lake inside and out.)

1996 WHEAT HARVEST TOUR: INCLUDING ABILENE

Saturday, September 21

E-24

TURKEY HILL, SHAPTON ROCKS AND HINSON ROCKS TOUR

Neil Schmier 532-5965
One Time: Saturday, August 23rd
Location: Will be noted on your receipt
Class Fee: $25, pay with registration
Limit: 14
Travel the highways and byways of Kansas in an air-conditioned van as we see the 1996 wheat harvest in action. Our first stop is the Eisenhower Center in Abilene which includes the Museum, Library, family home and burial site. Next is perhaps the most picturesque home in the Midwest, S.F. Eisenhower's Garden of Eden in Lucas. Mr. Eisenhower was an ecumenical character who used over 115 tons of cement to create numerous monuments depicting biblical stories. Our third stop is the unusual rock formations at Mushroom Rocks State Park. For supper, we'll sample of the Brookville Hotel's "Family Style Chicken Dinner," perhaps the best eating in Kansas. Along the way, we will see what Kansas is famous for—wheat! All transportation, entrance fees and supper is covered by the $25 fee; bring a sack lunch, camera, appetite and prepare for a super time! (Neil has two numerous tours.)

PERSEID METEOR SHOWER AND CONSTELLATIONING

Dean Stramer 625-1931
One Time: Monday, August 11th
Location: Will be noted on your receipt
Class Fee: $25, pay with registration
Limit: 10
The Perseid meteor shower is consistently one of the most spectacular of the year, with about 60 meteors per hour. Mother nature is putting on the show, so let's go see it! Constellation identification and a visual tour of the night sky will be included. Bring folding chairs or blankets (to tie on) and telescopes if you have them. Let's take advantage of one of our resources that Big City folks don't have—dark skies! (Dean is a science teacher at Manhattan High School.)

FLINTKNAPPING

Gary Darsee 539-6511
One Time: Tuesday, June 17
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10
Ever wondered how the American Indians made arrowheads and spearpoints? Curious as to how prehistoric peoples developed weapons and tools? All of us are separated from flintknapping ancestors by relatively few generations. This class will help you discover what you have almost been forgotten—a utilitarian craft and timeless art form. We will discuss techniques, tools and materials and see a live demonstration using local materials. Bring safety goggles! (Gary is the park manager at Tuttle Creek Lake and is a practiced flintknapper.)
Sharilyn Anderson

**TREES, HERBS, & WILDFLOWERS**

**PRAIRIE WILDFLOWERS**

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<thead>
<tr>
<th>Name</th>
<th>E-26</th>
<th>532-7233</th>
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<tbody>
<tr>
<td>One Time: Saturday, 10am-12pm, June 21</td>
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<td>(rain date: Monday, 6am, June 23)</td>
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<td>Location: Will be noted on your receipt</td>
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<td>Class Fee: $5, pay with registration</td>
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<tr>
<td>Would you know butterfly milkweed, headland or sumac cowmower if you saw them? Learn identifying characteristics of both flowering and vegetative plants and obtain lists of edible information by joining in a walk through the Flint Hills. (Jane is a research assistant in range management and knows much about the prairie.)</td>
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**PRAIRIE GRASSES**

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<tr>
<th>Name</th>
<th>E-27</th>
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<tr>
<td>One Time: Saturday, 10am-12pm, June 28</td>
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<tr>
<td>(rain date: Monday, 6am, June 30)</td>
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<tr>
<td>Location: Will be noted on your receipt</td>
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<tr>
<td>Class Fee: $5, pay with registration</td>
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<tr>
<td>All grasses are not alike! After this class, you will be able to identify big bluegrass, Indian grass, switch grass and other common grasses. The effects of burning and grazing will be discussed. Reverse yourself in the Flint Hills - list of grasses with this prairie tour. Bring your walking shoes.</td>
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</tbody>
</table>

**BASIC FLOWER ARRANGING**

<table>
<thead>
<tr>
<th>Name</th>
<th>E-32</th>
<th>532-5866</th>
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</thead>
<tbody>
<tr>
<td>One Time: Tuesday, 7-9pm, June 24</td>
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<tr>
<td>Location: Will be noted on your receipt</td>
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<tr>
<td>Class Fee: $5, pay with registration</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lynn Dosen</td>
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**AFRICAN VIOLETS**

<table>
<thead>
<tr>
<th>Name</th>
<th>E-34</th>
<th>532-5866</th>
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<tbody>
<tr>
<td>Maryetta Rasmussen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturdays, 9am, June 28, July 5, 12 (3 times)</td>
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<tr>
<td>Location: Will be noted on your receipt</td>
<td></td>
<td></td>
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<tr>
<td>Class Fee: $6, pay with registration</td>
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</tr>
<tr>
<td>African Violets are beautiful houseplants, but need some extra care!</td>
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**SHARING PERNIALS**

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<thead>
<tr>
<th>Name</th>
<th>E-34</th>
<th>532-5866</th>
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<tbody>
<tr>
<td>Lynn Dosen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>One Time: Saturday, 2-4pm, Oct 4</td>
<td></td>
<td></td>
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<tr>
<td>Location: Will be noted on your receipt</td>
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<td></td>
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<tr>
<td>Class Fee: $5, pay with registration</td>
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<tr>
<td>Want more perennial plants around your house this summer? Fall is the time to transplant. Perennials in the urn yard which need to be divided will be dug and split among the participants. Iris, mums, Eupatorium, shasta daisy, herbs and others will be available. Participants are also invited to bring plant material from their gardens to share with other participants.</td>
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**1986 KSU GARDEN TOUR: ASHLAND HORTICULTURE FARM**

<table>
<thead>
<tr>
<th>Section</th>
<th>E-36</th>
<th>532-5866</th>
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</thead>
<tbody>
<tr>
<td>Section 1: Tuesday, 6-8pm, July 15</td>
<td></td>
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<tr>
<td>Location: Register and a map will be sent</td>
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<tr>
<td>More information of the field exhibits will begin every 15 minutes from 6 to 7pm. Horticulturists will describe research plots and discuss improved varieties and methods of growing vegetables, fruits and landscape plants. Several exhibits and demonstrations will be within easy walking distance of the information center. You may visit these at your leisure.</td>
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</table>

**TREES FOR CHILDHOOD**

<table>
<thead>
<tr>
<th>Name</th>
<th>E-20</th>
<th>532-5866 539-7667</th>
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</thead>
<tbody>
<tr>
<td>Mel Scherer, Jayne Link</td>
<td></td>
<td></td>
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<tr>
<td>On Time: Monday, 9-11am, July 21</td>
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<td></td>
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<tr>
<td>Location: Will be noted on your receipt</td>
<td></td>
<td></td>
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<tr>
<td>Class Fee: $4, pay with registration</td>
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<tr>
<td>All children who take this class will make a friend for life - a tree. A villa will give kids a chance to really examine and get to know a tree. We'll learn about trees growth, draw pictures, use our imaginations and need the picnic area. Bring a picnic lunch or something to tie down on, we'll supply the rest. Please lift your age when you register. (Both Mel and Jayne have taught environmental education.)</td>
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**GROWING THINGS IN YOUR HOME: EXOTIC**

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<thead>
<tr>
<th>Name</th>
<th>E-30</th>
<th>539-4404</th>
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<tbody>
<tr>
<td>Sam Lacy</td>
<td></td>
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</tr>
<tr>
<td>Thursdays, 7-9pm, June 19, 26 (2 times)</td>
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<tr>
<td>Location: Will be noted on your receipt</td>
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<tr>
<td>Class Fee: $4, pay with registration</td>
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<tr>
<td>Even if you're sleepy, lazy or forgetful, Sam will teach you a few basic rules for growing and raising especially exotic plants and plant reproduction. Too you can have a banana tree in your kitchen, citrus in your bedroom and piranhas in your bathroom! (Sam has been interested in exotic plants for 40 years and has kept aquaria for 20 years.)</td>
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**USING AND GROWING FRESH HERBS**

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<thead>
<tr>
<th>Name</th>
<th>E-33</th>
<th>539-7609</th>
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</thead>
<tbody>
<tr>
<td>Jayne Link</td>
<td></td>
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<tr>
<td>One Time: Monday, 6-8pm, July 28</td>
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<tr>
<td>Location: Will be noted on your receipt</td>
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<td></td>
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<tr>
<td>Class Fee: $6, pay with registration</td>
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<tr>
<td>Taste samples, learn growing techniques and hear a little folklore about the different herbs you can use for cooking and making teas. A variety of ways will be discussed on how you can use your summer herbs for winter use. Jayne will discuss curry, mint, basil, oregano, tarragon, parsley, lemon balm and many others. (Jayne uses herbs to season foods instead of relying on salt and sugar.)</td>
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**CAMPUS TREE WALK II**

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<thead>
<tr>
<th>Name</th>
<th>E-28</th>
<th>532-6922</th>
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</thead>
<tbody>
<tr>
<td>Keith Lynch</td>
<td></td>
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<tr>
<td>One Time: Tuesday, 7-9pm, July 1</td>
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<tr>
<td>Location: Will be noted on your receipt</td>
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<td>Class Fee: $5, pay with registration</td>
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<tr>
<td>Last Fall, the group received a look at one of KSU's trees. This time we plan to continue where we left off. The KSU campus serves as sort of an arboretum for a wide variety of native and introduced trees and shrubs. We'll stroll through some of the more heavily planted areas and identify as many species as possible. Discussion will emphasize its natural history, wildlife, and safety. (Keith is a professor in the KSU Forestry Department.)</td>
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**CHILDREN'S GARDEN**

<table>
<thead>
<tr>
<th>Name</th>
<th>E-36</th>
<th>532-6170</th>
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</thead>
<tbody>
<tr>
<td>Richard Matthies, Sheri Kuenzi</td>
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<tr>
<td>Saturdays, 10am First Meeting: June 21 thru Fall</td>
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<td>Location: Will be noted on your receipt</td>
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<tr>
<td>Class Fee: $4, low income children will be assigned individual and group gardens. They will learn planting, soil preparation, weeding, harvesting and other cultural practices throughout the gardening season. (Sheri is a professor of horticulture at KSU, Sheri is director of the Manhattan Community Gardens.)</td>
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**EDITABLE LANDSCAPE: INTERNSHIPS AND E-37 VOLUNTEER PROGRAM**

<table>
<thead>
<tr>
<th>Name</th>
<th>E-37</th>
<th>532-5866</th>
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<tbody>
<tr>
<td>Lynn Dosen</td>
<td></td>
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<tr>
<td>Day, time and date to be announced</td>
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Would you really like to know the inner truths of edible landscaping, solar greenhouse and annual and perennial plant care? Here is your chance. We are looking for three to five people to participate with us in learning and caring for our demonstration site. Come to our interim and volunteer meeting and find out what you can learn or how you can help. | | |

Class locations will be noted on your receipt.
Getting in shape

GENERAL FITNESS EXERCISE TO MUSIC: HARMONIC A-O
EXERCISE FOR EVERYONE (GENDER: AGE & CONDITION)
Susan Greco
776-9574
Mondays, Tuesdays, Thursdays, Fridays, 6-7pm
Location: Will be noted on your receipt
First Meeting: June 19
Length: Ongoing
Class Fee: $52, pay with registration
Come four days a week or only a couple, whatever fits your schedule. Exercises include jogging and steps to music to increase the heart rate, and toning and firming exercises done singly and with partners. Continuous activity is stressed, and will increase progressively through the semester. (Susan learned this course in West Germany and taught it professionally at the Damascus, Lynda Shearer Hotel.)

DO IT IN THE HILLS: RUNNING
Greg Barron
466-7296
One Time: Saturday, May 21
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Are you a runner who takes the same route week after week? Are you an outdoors enthusiast who finds jogging too monotonous? The goal of this class is to associate an appreciation for both running and nature. Visit Greg for a Saturday morning run in the beautiful Flint Hills near present, view the wildflowers, wildlife, and solitude of the hills as you get in a run. All running levels welcome. (Greg has been running for 10 years and enjoys Flint Hills running especially.)

WALKING: GETTING STARTED IN A DAILY
Earl Holting, Cret Peters
532-6323 537-2632
One Time: Monday, 7-7:30, July 7
Location: Will be noted on your receipt
Class Fee: $2, pay with registration
The research is in! Walking burns 300 calories an hour, almost equal to jogging. Walking builds endurance and tones muscles. Walking is a virtually injury-free aerobic sport! Walking is good for the heart, lungs, bones, weight loss and mental outlook! It's not hard work that sattens, but rather more consistently! The purpose of this class is to help adults who are interested in getting a regular exercise program. Walking is fun and an ideal exercise alternative for many reasons—special equipment or facilities are minimal and it can be done near home or work. The discussion will include getting started, exercise programs now available, when to walk, special problems and how to stay with it when tempted to quit. (Earl has been walking for exercise for many years. Cret has been active in race walking.)

ATHLETIC INJURIES
Dr. Grace & Dr. Timothy Reischman
537-9330
One Time: Tuesday, 7-7:30, June 24
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 20
All athletes, whether their sport, have something in common—taking care of their muscles. Muscle balancing, correct stretching and strengthening techniques and how to treat various sprain/strain injuries at home and a part of this class. Bring your athletic shoes and wear comfortable clothes or shorts. (Dr. Grace & Dr. Timothy Reischman are chiropractic physicians at the Alternative Health Care Center of Manhattan.)

24 Class locations will be noted on your receipt.
Register early! The class you want may fill quickly.
Boating and swimming

CANDLES

R-E

Jefferson Brown 537-9603

Register and you will be contacted for day, time
and dates (3 times)

Class Fee: $6, pay with registration  Limit: 7

Cause the mild waters of Deep Creek and Potomac
Town Lake No. 2 in a two-week canoe class.
We'll learn canoe basics and enjoy some
pretty scenery. Jeff will help you rent or borrow
a canoe. Beginners welcome. Jeff has been canoeing
regularly since 1976 and is a graduate of the
National Outdoor Leadership School.

AT SHADYFORD

R-3

Brenda & Bernard Buster 776-3530

One Time: Sunday, 4-8pm, June 22

Location: Will be noted on your receipt

Class Fee: $5, pay with registration

Ainsworth on a dry-land simulator to see if windsurfing
is the sport for you! Brenda and Bernard
will demonstrate techniques and then you'll get
to try them. They'll also cover safety, costs, use
and general information. All ages and sizes of
people are welcome! Brenda and Bernard are the
owners of Blue River Water Sports and are certi-
cied instructors through the SailBoard School
System.

BEGINNING SAILING

R-4

Mike Jensen 776-1631

Wednesday, 7-9pm, June 20

Location: Will be noted on your receipt

Class Fee: $4, pay with registration

Materials Fee: $3, pay at class  Limit: 16

This class will cover sailing from buying your
first boat to learning the skills needed for
taking the 'helm' of a small sailboat. We will
learn the terminology, principles and basics of
sailing. A hands-on session might be scheduled.
Mike has been hooked on sailing for four years
and is on his second sailboat.

TAKE THE PLUNGE: SPRINGBOARD DIVING FOR ALL AGES

Brett Valkenhol 8-8  539-0855

Sundays, 10-11:30am, June 22 5 x's, no class 7/6

Location: Will be noted on your receipt

Class Fee: $6, pay with registration  Limit: 8

Do you find yourself feeling jealous of those who
perform graceful dives, back flips and twists at the
pool? Wish you could show off at the diving board but afraid of belly flipping?
Brett will teach you basic diving skills including
forward, reverse, flips and twists. He promises
nothing serious or dangerous. Please bring a
short-sleeve swim shirt. (Brett was involved in
high school diving competition and has been an
avid diver at KZL.)

TINY TOP SWIMMING (PARENT AND CHILD)

R-6

Lynda Harris, Marcia Sol 776-7700  539-0180

Sundays, 12-1pm, June 22, 29, July 20 4 x's

(no class July 6)

Location: Will be noted on your receipt

Class Fee: $5, parent-child pair  Limit: 15

This class will deal with methods of teaching
the very young child the basics of swimming and per-
nal water safety. For example, back floating
and survival floating. Emphasis will be placed on
parent and child relaxing and enjoying the water.

Activities will include blowing bubbles, going
under, dripping, treading water, jumping, floating and
others I'm sure we'll think of! The cost
is $5.00 per child or $5.00 per parent/child pair.

Register early!
The class you want may fill quickly.

TRY KAYAKING!

R-1

Rey Remple 537-2643

One Time: Sunday, 9am-12pm, June 15

Location: Will be noted on your receipt

Class Fee: $5, pay with registration

Here's your chance to see if kayaking is for you.
We shall show you how, demonstrate kayaking,
and then you get to try it out. Learn how to
launch and return from a kayak, how to paddle
and how to turn. If you enjoy it, you'll want to take
the complete kayaking class this fall. Bring your
swimming clothes and prepare for an exciting
time. (Rey has been a kayaking enthusiast for
years.)

KMKF 101

WE'VE GOT YOU BY THE EARS

PLAYS YOUR
FAVORITES

MANHATTAN'S KF PLAYS THE "ROCK"

Class locations will be noted on your receipt.

25
**Outdoor Fun**

**BEGINNING TENNIS**

Harry Smith 539-0112

Sundays, 8-10am First Meeting: June 22
Length: six times (no class July 6)
Location: will be noted on your receipt
Class Fee: $10, pay with registration Limit: 20

Tennis lessons for the beginner will teach forehand, backhand, serves, court tactics, equipment selection and game rules. Bring a can of unstrung balls and a racquet. (Harry enjoys tennis and other sports.)

**PAIR-TENNIS/RACQUETBALL**

R-18

Neil Schaefer 512-5066

Class Fee: $2, pay with registration

Want some new partners for sports? This is an opportunity for you to get some challenging experience and to meet new faces. At registration, indicate the game, your skill level (beginner, intermediate or advanced), days and times available, and UNH will compile a list which will be mailed to you. (Neil has coordinated this class for several years.)

**VOLLEYBALL FOR FUN (16 AND OVER)**

Lois Morales 539-4867

Tuesdays, Thursdays, 6:30-8:30pm 1st Mon: June 9
Location: will be noted on your receipt (length: 6 games)
Class Fee: $4, pay with registration
Materials Fee: $4, pay at class

Outdoor volleyball can provide low-key competition, exercise and a great time for beginners to those advanced. Nets and balls will be furnished. (Lois has played UNH volleyball for years.)

**SUMMER SOCCER**

R-20

Charles Hedgpeth 532-6121 539-4760

Sundays, 3:30-5:30pm 1st Mon: June 22 thro Aug 20
Location: will be noted on your receipt
Class Fee: $4, pay with registration

For the novice and the experienced player from 10-7. No practices—just matches for fun among ourselves and other prep teams. Classes will run through August 26. (Charles has been involved in soccer for more than 16 years and is a coach, player and referee.)

**SQUATCHETBALL FOR BEGINNERS**

Bill Shaffer 539-3412

Sundays, 6-10am First Meeting: June 22
Length: six times (no classes July 6)
Location: will be noted on your receipt
Class Fee: $10, pay with registration
Materials Fee: $2, pay at class Limit: 15

Join one of the most popular up-and-coming sports. Racquetball is good for developing cardiovascular fitness, muscular endurance, coordination, weight control and a lifetime activity. This class will emphasize basic rules and fundamentals of the game including scoring, backhand, forehand and serving. Bring a racket and two balls. Cottonwood Fitness Center will be donating four court hours. Bill has been a member of the AAAA for the past 10 years and is currently the president of the American Professional Racquetball Organization. Bill has won many tournaments both as an amateur and professional throughout the United States and overseas.

**OPEN PLAY OUTDOOR RACQUETBALL**

R-15

Sundays, 8-10am First Meeting: June 22
Length: All semester
Class Fee: $4, pay with registration

Want to meet some new racquetball players? Having trouble finding open courts? UNH outdoor racquetball courts reserved, so register, and then show up as much or as little as you like. No instruction provided, bring your own equipment. All ages and skill levels welcome.

**GOLF FOR BEGINNERS**

Jim Gregory 539-1041

Section 1: Thursdays, 6-7pm June 19, 26, July 3
Section 2: Thursdays, 6-7pm July 17, 24

Each section will meet 4 times
Location: will be noted on your receipt
Class Fee: $12/section, pay with registration
Materials Fee: $5, pay at class Limit: 12/section

For those who have little or no experience, will cover fundamentals of the full swing, short game, chipping and putting, putting. Bring a wood, putter and putter. If you don't have any clubs, they will be provided free of charge. It is a good chance to find out if golf is the sport for you. Jim is a PGA Golf Professional and is the golf professional at Stagg Hill Golf Course.

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**PIZZA PARTY AT YOUR PLACE!**

- Thieves will break all TV
taikes: Outrageous. The redg
sepend's rang. Some unh wel
just won't do, like nothing, n
any excess will be culled and
ed in our pizzas. Including your
th’s driving menu.
- ASPENVILLE 239-4000
- WESTCOTT 639-7947
- RED & WHITE 776-5670
- FOR DELIVERY CALL 539-7666

---

Class locations will be noted on your receipt.
Beginning Kung Fu (Tai Te Lung Style)  R-24
Stan Wilson 537-7723
Tuesdays and Thursdays, 6:30-8pm 1st Mtg: June 19 Location: Will be noted on your receipt
Class Fee: $12, pay with registration
Length: Materials Fee: $7, pay at class

Tai Te Lung is a Kung Fu style combining hard, soft and internal methods. Beginners will learn basic techniques, some self-defense, drills, one-step sparring, and if we have time, the three short forms. Wear comfortable clothing. (Stan has studied martial arts for 15 years and is an adopted member of the Pai family.)

Jiu Jitsu for Beginners  R-26
Stan Wilson 537-7723
Sundays, 2:30-3:30pm 1st Mtg: June 22 Length: On Location: Will be noted on your receipt (paying Class Fee: $12, pay with registration
Materials Fee: $5/semester, pay at class

Jiu Jitsu is the parent art of Judo. Japanese in origin, Jiu Jitsu stresses hand-to-hand combat featuring throwing, low kicks and wrist and armlocking. This class will include the basic jiu jitsu basic waza form which is self-defense orientated, not exercise orientated. Participants must be 15 or over. (Stan has a black belt in jiu jitsu and has taught martial arts for seven years.)

Tai Chi Chuan for Health and Self-Defense  R-28
Lee Shih Hu 537-7841
Wednesdays, 7pm 1st Mtg: June 18 Length: 10 X's Location: Will be noted on your receipt (paying Class Fee: $12, pay with registration
Materials Fee: $5/semester, pay at class

Tai Chi Chuan is a very slow moving series of classic Chinese postures which enable the practitioners to develop grace, poise, and inner strength. This is a very popular exercise presently in Taiwan and is taught by all age groups. (Lee Shih Hu is from Taiwan and learned her art from her master. She has been associated with this class for over 5 years.)

Chinese Stick, Sword and SLAP-HANDS (Tai Chi)  R-29
Lee Shih Hu 537-7841
Section 1: Wednesdays, 7:30pm 1st Mtg: June 18 (Children)
Section 2: Wednesday, 8:30pm 1st Mtg: June 25 (Adults)
Location: Will be noted on your receipt
Class Fee: $5/section, pay at registration
One time each section

Martial arts buffs and other interested folks are urged to sign up this coming season to develop new techniques slow, relaxing postures. Lee Shih Hu will show how exercise, health, grace, poise and inner strength can be developed.

Beginning Fencing  R-30
Doug Varney, Randy Hanes 537-1510
Wednesdays, 7:30pm 1st Mtg: June 25 Location: Will be noted on your receipt
Class Fee: $30, pay w/registration (Length: All Materials Fee: $10, pay at class)

Learn basic fencing skills with foil, epee or sabre. Footwork, conditioning and blade play will be emphasized with some practice boxing towards the end of the section. The materials fee pays for rental of all equipment. Women and all ages welcome! (Doug and Randy enjoy fencing.)

Intermediate Fencing  R-31
Doug Varney 537-1510
Wednesdays, 8:30pm 1st Mtg: June 25 Length: All Location: Will be noted on your receipt
Class Fee: $30, pay with registration

Does the play of the blades make you want to dig out your foil, epee, or sabre? We are looking for fencers with previous experience who want to become involved again. Practice will include a combination of drills and free fencing. Traveling meets and circuit events are planned. On Guard, Arme, Allelu!...

Class locations will be noted on your receipt.
hobby for everyone

BICYCLE MAINTENANCE

Time: Wednesday, 7-8:30pm, June 25
Location: will be noted on your receipt
Class Fee: $4, pay with registration

Tips for basic transportation or recreation. How to take care of your bike can affect its safety and riding pleasure. We will discuss general maintenance, how to patch tires, how to make gear adjustments, and answer questions you’ve had about how your bike works. (Jim is a bicycle mechanic at Green Thumb.)

SUNDAY K
time: 7-8:30pm, June 26
Location: will be noted on your receipt
Class Fee: $4, pay with registration

You’ve been ‘on’ those flat, grassy, paved, topography bicycles! First popular in the mountain states like Colorado, mountain bikes are the new sensation in Manhattan, N.Y. Our first class will discuss information ranging from frame geometry and maintenance to riding techniques and where to ride in Ulster County. We’ll then organize a ride at one of the local riding spots where you can join the “over the handlebars club.” John is a former army bike rider who has taught the fat tire bug.

MOUNTAIN BIKING

John Hurd 539-6854

WEDNESDAY MORNING PLAY GROUP

Time: 10am-12pm, June 18
Location: will be noted on your receipt
Class Fee: $10/family, pay in registration

This is an ongoing “Support Group” for pre-school and/or school-aged children, a “Mother’s Morning In” with children playing and parents visiting with other adults. Mothers are responsible for their own children. Other children are not welcome. During inclement weather we will be meeting outside and during colder months we will meet at the homes of participants. The group has been in existence for about nine years. Linda and Barb are mothers of young children.

INTRODUCTION TO MOUNTAIN BIKING

John Hurd 539-6854

WEDNESDAY MORNING PLAY GROUP

Linda Irwin, Barn Stork

LEARN TO FLY AT LOW RATES

Hugh Irwin 539-6311

REGISTRATION AND MODELION

David White 776-2087

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

David will discuss how to build and fly model rockets from kits and schematics. He will also cover different types of model rockets. David says, “When you complete your first course, you’ve done your best to make it look real, you can really be proud of it.” This class is for people of all ages and is extremely safe. (David likes to build and fly large-scale rockets and to build and collect model tanks, etc.) He is a distributor for the Major Flight Systems and Competition Model Rocketry.

LIVE AT LOW RATES

Time: 9-10:30am, June 23
Location: will be noted on your receipt
Class Fee: $6, pay with registration

The first meeting will be an information session to overview what’s involved in learning to fly in general and the advantages of the K-State Flying Club. Options available for ground school and flight training in the Manhattan area will be discussed. Introductory flight lessons and safety certificates will also be scheduled at the first meeting. (Hugh is a FAA certified flight instructor and a member of the K-State Flying Club.)

Class locations will be noted on your receipt.
ADVANCED CLASS CUTTING FOR THE OVER COMMITTED

Neil Schenker  R-38  532-5086
One Time: Friday, 7:00 p.m. July 4
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
No bells, no grades, no class. Don’t show up, no one will call you. For the person who needs to schedule every night of the week and can’t skip anything because of guilt, the inability to say no, or compulsive committing. Just sign up, pay your $4 to UPM, put it on your calendar and don’t go. You could pay a lot more for a night off. No one excluded. Wear comfortable shoes.

JUGGLING FOR BEGINNERS  R-35
Mike Hudson  539-0931
This class will meet at 7pm.
Register for day and date & you’ll be contacted
Class Fee: $4, pay with registration
Juggling can be a relaxing art as well as a wonderfull learning experience. The art of juggling develops a good feel for hand-eye coordination.

INTRODUCTION TO MODEL RAILROADS  R-42
Tom Horan  776-6099
One Time: Wednesday, 8pm, June 18
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 10
Radio controlled hobbies are fascinating and fun sports! Our introduction class will touch upon the most popular aspects of this marvelous hobby: Flying, cars, and boats. We’ll view several films of recent radio control events, demonstrate some of the popular electric powered cars, and answer all of your questions. (You run along & wheels Hobby Haus.)

A hobby for everyone
POCKET BILLIARDS FOR BEGINNERS  R-33
Jerry Riggs  776-6336
Saturdays, 10:30am 1st Mon: June 21 Length: 6x’s
Location: Will be noted on your receipt
Class Fee: $4, pay with registration
Limit: 12
This class will start with a brief history of the game. Includes will be an introduction to playing equipment, basic stance, aiming, English, and control. The different games of eight ball, nine ball and snooker will be covered as well as the theory and mental game. Also, we will watch a video-tape trick shot demonstration and championship match. Jerry has played in several World Pocket Billiard Championships in New York City, finishing 23rd in 1979, 16th in 1980 and 20th in 1981. He owns Jerry’s Family Billiards.

BRIDGE CLUB  R-34
Charles Clark  776-1425/776-0471
Thursdays, 6:30pm 1st Mon: June 19
Length: On Location: Will be noted on your receipt
Class Fee: $4, pay with registration

If you like the card game of bridge, join this group. Sometimes instructive, sometimes competitive, sometimes very serious and sometimes not, this group always manages to enjoy themselves. Different tables will provide various levels for participants. Some instruction available. Charles has played bridge for many years, but still has lots to learn.

BOOK SHOP
Books  Magazines  Pipes & Tobacco
Village Plaza Shopping Center  537-8025
If you need it, we’ll try to get it for you.

KREEM KUP STORE
ICE CREAM  SANDWICHES  OLD TOWN MALL SHOPPING CENTER
1 mile south of campus
52 YEARS OF SERVICE  OPEN YEAR-ROUND

Class locations will be noted on your receipt.
Registration Form

Registration

Priority Registration Period: June 2–20
After June 20, you can still register if space is available.

WALK-IN:
- Tuesday June 3 Public Library 11am–2pm
- Tuesday June 3 Public Library 5pm–7pm
- Saturday June 7 Downtown Fun Festival 10am–5pm
- Monday June 9 KSU Union 9am–2pm
- Tuesday June 10 KSU Union 9am–2pm
- Sunday June 15 Wal-Mart 2pm–4pm
- Monday June 16 KSU Union 9am–2pm
- Tuesday June 17 KSU Union 9am–2pm
- Thursday June 19 Public Library 5pm–7pm

THREE WAYS TO REGISTER:
A. WALK-IN: Register yourself or friends at one of the above locations or at the UFM House during business hours.
B. MAIL-IN: Fill in your registration form and mail it with check, money order, or Visa/MasterCard number to: UFM, 1221 Thurston, Manhattan, KS 66502 (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 the following situations:
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

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

Yes, you may register late. But don't wait too long—popular classes fill up early! If you miss our priority registration period, we will only accept your registration on a space-available basis.

Class locations will be noted on your receipt.