Looking for something special this fall?

Try these classes...

- Verbal Self Defense
- Beer Making
- Horseshoeing
- Executive Stress
- Birdwatching
- Diving
- Oil Painting
- Punk/Hardcore Concepts
- Wind Power
- Glass Etching
- New Age Thought
- Stamp Collecting
- Kayaking
- Parenting
- Martial Arts
- Astronomy
- Basics of Investing
- Prairie Grasses
Good-bye Julie

Julie Coates, director of UFM's Campus/Community Program for nine years, is leaving the UFM staff.

To Manhattans familiar with the local program, Julie was the one who coordinated catalog productions five times each year, oversaw editing, typing, proofreading, fee, photo selection, ad sales, layout, printing, and distribution. She was the one who sought classes from "Appalachian Cooking" to "How to Drive a Stick Shift," who coordinated every section of the catalog at some point in the year, who stayed up late to meet press deadlines and who could always be counted on to solve emergency problems. Julie worked with Student Government Association, downtown local publicity plans, and working developed UFM's annual fund drive and was acting director two years.

To many Manhattans who think that UFM "just" offers classes, Julie's other contributions may come as a surprise. Julie wrote and participated in over 25 funded grants since 1978, including the Evening Child Care Program, Knowles

Julie was very active in the Manhattan Community. She coordinated the Friends of Education Flap, directed the Lou Douglas lecture series, set up special events including a forum on the federal budget, and represented UFM on many local boards and committees.

We will miss Julie, not only for her contributions to UFM, but for her dedication to human rights, to helping those in need and to the concept of education for all.

Good-bye Neil

UFM has been in Manhattan for almost 30 years, and many people have been part of making it work. But every once in awhile, there has been someone who was really special and whose contributions have stood out.

Neil Schanker, assistant director of UFM's Campus/Community Program, is just such a person. Who at times has been working on the same projects as everyone else. Neil leaves to head UFM's staff. During his years here, TV and radio shows featuring UFM activities and teachers. He coordinated the UFM photo contest and managed the darkroom co-op. Mostly, he coordinated the organization and operation of UFM catalogs to hundreds of pick-up points around town, was responsible for organizing more than 200 UFM classes every year, and teaching classes on subjects from "Swimming to Nature Hike" Standard Fare...

Woodshop

Located in the UFM addition, the woodshop is equipped with a variety of power and hand tools, including a radial arm saw, table saw, jointer, lathe, hand saw, table saw, working tools. The membership fee is for equipment and facility use only. No materials are included. The mandatory organizational meeting will include instruction of 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 well-equipped facility. Equipment is capable of handling up to 10x12 prints and 6x9cm negatives as well as film. The fee includes everything but paper.

Color equipment enables you to develop films or slides and to make prints from negatives or from slides (Colorachrome). There is an additional hourly setup 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.

Pottery

This is a cooperative studio access class open to anyone with experience in pottery who feels confident working alone. As a coop member you will have access to the studio for four hours a week, 13 1/2 pounds of clay, plus all the recycled clay you produce, kiln space, and glaze. UFM has recently purchased a large slab roller for use in sculptural handbuilding, and electric kiln is available to augment its studio equipment.

Home

UFM's House Owner's Maintenance and Energy Program provides assistance in home repair and maintenance to low-income, elderly, and handicapped citizens in our community. It is sponsored by the city of Manhattan and the U.S. Dept. of Housing and Urban Development. Call 532-3806 for information.

Class locations will be noted on your receipt.

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Campus

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 will 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 forced to close.

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

Why You Would Like UFM

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

Why We Charge Fees

UFM charges a small class fee to help cover our operating expenses. These fees (partially or completely) help pay for the cost of bringing UFM classes and programs to our community.

Teacher Feature

When Neil Schanker came to Manhattan as a K.S.U. student, he was immediately attracted to UFM. He taught his first UFM class in 1976 and has appeared in just about every UFM catalog for the past ten years. Neil has taught a variety of subjects, from swimming lessons to nature hikes and candle making to first aid. Joining the UFM staff in 1986, he persuaded many people to teach within his two sections, Earth and Recreation. Neil has resigned from UFM to pursue a masters degree in biology education at K.S.U. His classes, however, will continue to appear in the UFM catalog.

LaVernes Lindsey
Assistant Provost, KSU
Dennis Mullin, Vice President
Steel & Pipe Supply
Rod Olsen
Attorney at Law

Nancy Perkins
Homemaker
Antonio Pigno, Director
Minorities Center
Thomas L. Soready, Director
University for Man

Reverend Dave Sixt
Director, Baptist Campus Center, KSU
### INTERMEDIATE WEAVING
FA-35
Susan Lala
537-9510
In this class we will weave samples for the following beckons: narrow, open weave, worsted, woven, and linen. This class is for weavers who have already had Basic Weaving. (A member of the class will be available to help the more advanced students.) Wednesdays, 6:30-9:30, Sept. 24-Oct. 1 (2 times) Class Fee: $15, pay at registration Limit: 6

### TAPING - THE ART OF MAKING LACE
FA-37
Jesse Pouveau
776-8806
Taping, orプリティ in the French call it, is a very old art. This process of making lace by weaving and knitting a single strand of thread on a small shuttle originated in Europe. Years on tatsters used very fine thread and very long pieces to create a lace effect. Modern taping has shorter and fewer plaited, uses heavier thread, and will outwear the cloth it is on. Please bring a plastic taping shuttle, spool of tapping thread, crochet hook or needle, and a basic taping instruction booklet. (Jesse was 15 years old when she learned this art from her grandmother and has continued taping to this day.) Mondays, 7-9pm, Oct. 6-23 (3 times) Class Fee: $6, pay at registration Limit: 3

### BEGINNING KNITTING
FA-38
Jean Johnson
776-3992
If you have always wanted to knit or just wanted to reacquaint yourself with knitting, this is the class for you. Bring either size 8 or 10 knitting needles and a skein of 4-ply knitting worsted wool. Knitting is a pastime for family and friends at great rugs and great fun. (Jean owns a local sewing center, teaches sewing and machine knitting.) Wednesdays, 7-9pm, Sept. 17-Oct. 8 (4 times) Class Fee: $10, pay at registration Limit: 10

### KNITTING MACHINE DEMONSTRATION
FA-42
Judy Nelson
537-8919
Watch the magnificent knitting machine in action. Learn how to make clothes, wall hangings, and everything for family and friends at great rugs and great fun. (Jean owns a local sewing center, teaches sewing and machine knitting.) Thursday, Section 1: 3:30-5, Sept. 18 (1 time) Section II: 7:30pm, Sept. 18 (1 time) Class Fee: $5, pay at registration

### CALICO EAT MACHINE APPLIQUE
FA-43
Peggy Moss
Create a calico cat by machine applique. Green calico cat appliqued onto peach-colored calico, framed in black, and framed in a wooden hoop. Materials and sewing machine provided. (Help is from a former professional sewing machine writer.) Saturdays, 12-4pm, Sept. 10 (1 time) Class Fee: $4, pay at registration

### COUNTED CROSS STITCH
FA-41
Janice Monahan
776-6015
This class will introduce the participant to the art of counted thread embroidery. During the first class session the types of stitches will be covered and a small project will be started. During the second class session we will investigate methods for designing custom cross stitch and custom design will be done by each participant. (Janice has enjoyed working counted cross stitch for about 10 years and has been designing and working her own patterns for about 8 years.) Wednesdays, 7-9pm, Sept. 17-24 (2 times) Class Fee: $36, pay at registration Materials Fee: $3, pay at registration Limit: 20

### RAG RUGS
FA-44
Ron Walter
537-2981
Turn your rags into rugs! There are a number of ways to make rag rugs, including braiding, weaving, crocheting and hooking. In this class you will see examples of each type and learn how to braid rags into the proper size for rag rugs. Ron will also demonstrate the techniques involved for different types of rag rugs. Many types of materials can be converted into rugs. Ron even has one made from old bread wrappers. (Ron learned how to make rug rugs from her mother. She loves to share her skills with others.) Fridays, 7-9pm, Oct. 10 (1 time) Class Fee: $4, pay at registration Limit: 12

### BLACK & WHITE DARKROOM
FA-2
John Kinns
This is a basic hands-on class that will teach you how to develop black and white slides and prints, prepare contact sheets, and set up several prints. Bring 4x5 or 5x7 rolls of black and white film to class. Class Fee: $7, pay at registration Materials Fee: $4, pay at registration

### BLACK & WHITE DARKROOM
FA-1
John Kinns
This is a basic hands-on class that will teach you how to develop black and white slides and prints, prepare contact sheets, and set up several prints. Bring 4x5 or 5x7 rolls of black and white film to class. Class Fee: $7, pay at registration Materials Fee: $4, pay at registration

### WATERCOLOR PAINTING VIA PHOTOGRAPHY
FA-5
Gene Emst
776-3632
Ernie Pecor
537-9883
Saturday photo session followed by three studio sessions. Paintings of selected color prints will follow sketching. Two mounted projects will complete the class. Saturday, bring a 35mm camera and a 28x35 roll of color film. Thursdays, bring watercolor paints, brushes, paper. (Ernie is both a photographer and a gallerist. Gene has taught watercolor classes often.) Saturday, 8:30am-9pm, Sept. 23 Thursday, 3-9pm, Aug. 9, 16 (4 times in all) Class Fee: $30, pay at registration Limit: 15

### Camera, action
FA-1
537-5866
Located just one block east of campus in the UMI house, the UMI darkroom is available to all students who need access to a well-equipped facility. Equipment is capable of handling up to 4x5 prints and color negatives as well as 35mm. The black and white film includes everything but paper. The color fee includes everything except paper and chemistry. The color equipment enables you to develop films or slides and to make prints from negatives or from slides on black and white paper. 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.

### Organizational Meeting to appointment
Class Fee: pay at registration

### BLACK & WHITE DARKROOM
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John Kinns
This is a basic hands-on class that will teach you how to develop black and white slides and prints, prepare contact sheets, and set up several prints. Bring 4x5 or 5x7 rolls of black and white film to class. Class Fee: $7, pay at registration Materials Fee: $4, pay at registration

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### COLOR FILM PROCESSING
FA-4
Brian McPhail
539-2819
An exploration of light, film, and filters. Slides will illustrate different aspects of picture taking before our darkroom experience. Especially for beginners and improvers, this class will emphasize development and printing techniques, enabling you to continue on your own. (Brian is a professional photographer and has been years darkroom and 4 years studio experience.) Thursdays, 7:30-9:30, Sept. 14-25 (3 times) Class Fee: $20, pay with registration Materials Fee: $10, pay at class Limit: 5

### WATERCOLOR PAINTING VIA PHOTOGRAPHY
FA-5
Gene Emst
776-3632
Ernie Pecor
537-9883
Saturday photo session followed by three studio sessions. Paintings of selected color prints will follow sketching. Two mounted projects will complete the class. Saturday, bring a 35mm camera and a 28x35 roll of color film. Thursdays, bring watercolor paints, brushes, paper. (Ernie is both a photographer and a gallerist. Gene has taught watercolor classes often.) Saturday, 8:30am-9pm, Sept. 23 Thursday, 3-9pm, Aug. 9, 16 (4 times in all) Class Fee: $30, pay at registration Limit: 15

### Class locations will be noted on your receipt.
FLAT HILLS FOLK DANCERS

Paul Weidhaas 539-6055
Erlie Coone 539-6306

In its fifth year, the Flat Hills Folk Dancers are a small but active group of people and students who help to bring music and dance to the community. If you can walk, you can dance. All are welcome, from beginners to advanced dancers. (Paul and Erlie danced before they could walk.)

First and third Fridays of month, 7:30-9:30pm
First meeting: Sept. 19
Class Fee: $2/person, pay at registration

FLAT HILLS DULCIMER PLAYERS

Linda Teener 537-0680

Casting all hammer and mountain dulcimer players, Flat Hills Dulcimer Players has met from time to time to learn from each other. Come share in the reorganization of this group. At the first meeting we will discuss musical interests, future meeting times and format for the group. (Linda founded this group in 1979. She plays both hammer and mountain dulcimer.)

Thursday, 7-8:30pm
Beginning Sept. 19, length: ongoing
Class Fee: $4, pay at registration

AUTUMN WORKSHOP

Linda Teener 537-0680

Tuning, use of fingerpicks, rhythm back-up and picking melody lines are some of the topics to be covered in this class. A basic orientation to the ukelele will be given and resources for the autosan will be discussed. If possible, bring your own ukelele.

Saturday, 10-11am, Oct. 1 (1 time)
Class Fee: $4, pay at registration
Limit: 8

CELTIC MUSIC WORKSHOP

Charline Griffin 1-406-2760
Paul Weidhaas 539-6005

We'll spend an evening playing, singing, and dancing to traditional Irish music played on the flute, concertina, penny whistle, hammer dulcimer, Celtic harp, bodhran, and drums. Bring your musical instruments, voices and feet. We'll talk about the origins of this music of the British Isles, discuss the different instruments, play a little, and hope everyone will join in.

The Lady Bug members have been playing Celtic music around the area for several years. Charline and Paul are members.
Friday, 7:30-10pm, Oct. 10 (1 time)
Class Fee: $4, pay at registration

PINO GROUP

Ann Woodhouse 539-4131

Join an existing group. Mozart was once a beginner, so don't be shy. If you've always wanted to know how to play the piano, this is your chance to learn in a non-threatening setting. If you already have some experience (but want to improve), sign up for this class. Ann will work with each student at their present level and help increase their skills. We'll also learn the classics, technique and explore the style of each student's choice. Ann is a graduate of the Oberlin Conservatory. She is a professional pianist, accompanist, and singer. Memmott Keyboard will provide space for the class.

Tuesdays, you'll be contacted for time
Beginning Sept. 19, length: ongoing
Class Fee: $10, pay at registration
Limit: 10

INTRODUCTION TO THE SUZUKI METHOD

Paula Garcia & Zenia Lee 537-7988

Come and see Suzuki kids at play! No, these are not kids who ride on motorcycles, but kids who play the violin. The Suzuki method is a special way of teaching small children violin techniques. To learn more about it, come and see some of our students play and visit with their teachers. (Paula and Zenia are both teachers of the Suzuki method at Estrogen.)

Monday, 6:30-8:30pm, Sept. 22 (1 time)
Class Fee: $4, pay at registration

GUITAR & SONGS

Nancy Stover 539-1219

Learn folk, spiritual and simple contemporary music and songs. (Nancy is a musician and is patient with beginners.)

Tuesdays, 7:30pm, Sept. 20-Sept. 6 (4 times)
Class Fee: $10, pay at registration
Limit: 8

MORE GUITAR & SONGS

Nancy Stover 539-1219

This class will utilize beginning instruction and be enhanced by more complex chord structure. We will also work more on individual styles.

Tuesdays, 7:30pm, Oct. 1-20 (11 times)
Class Fee: $10, pay at registration
Limit: 8

PUNK/HARDCORE CONCEPTS

Jason Ketch 539-1088

Have you ever wondered about today's youth that shave their heads and wear leather and chains? This class will discuss the development of this "fashion" and what it's all about in terms of their social and political values as expressed in punk music and fashion. (Jason is personally involved with punk and a hardcore dj at a local radio station.)

Tuesday, 7:30pm, Sept. 16 (1 time)
Class Fee: $4, pay at registration

VOICES GROUP

Ann Woodhouse 539-4131

Are you another Patsy Cline, waiting to be discovered? Do your next-door neighbors think you've got the voice? In your housekeep when you sing in the shower? If these things are happening to you (or you wish they were), here is a class for you. We will explore theory, technique and the style of your choice. Depending upon response, classes can be taught independently or as a group. Join an existing group.

Mondays, you'll be contacted for time
Beginning Sept. 19, length: ongoing
Class Fee: $10, pay at registration
Limit: 10
SAY IT IN SIGN LANGUAGE
By Natalie Smith
FA-29 529-3136

Say it in sign language. Experience the world of silent communication in which the hearing impaired live. This class will cover the basic sign alphabet and some conversational phrases (with multiple signs). Come prepared to relearn your sign language from her parents who are both deaf.

Wednesday, 7-9pm, Sept. 10-Nov. 5 (8x) Class Fee: $10, pay at registration. Materials Fee: $5, pay at class. Limit: 25.

ENGLISH AS A SECOND LANGUAGE (ESL)
By Virginia Munnwi
FA-28

Do you understand some English and need more practice with conversation? This class will start from where you are and provide the opportunity to communicate in English. Aided at how fast you can learn. (Virginia enjoys speaking and teaching English and has many hours of course work in applied linguistics.)

Tuesdays, 7-9pm, Sept. 16-Nov. 25 (11x) Class Fee: $20, pay at registration. Limit: 10.

Get all fired up
By Elizabeth Mau
FA-6

This is a cooperative studio-access class open with experience in pottery who feels confident working alone. There is no instructor. Each member will have access to the studio for 4 hours per week. 12lbs of clay and all the necessary tools you can imagine. Take your time and make sure you can get it. UMF has recently purchased a second-hand slab roller for use in slab construction and electric wheel to enhance the studio environment. (Courtesy of the pottery studio coordinator at UMF.)

Mandatory orientation meeting -- you'll be contacted for day, time, date. Membership in studio: $20 8 weeks $40 24 weeks.

INTERMEDIATE POTTERY
By Michelle Cook
FA-8

This is a class on wheel techniques for those who have been in a beginning course. We will explore control and refinement of shape, throwing, slips, glazes, and decoration. We will also discuss glazes and firing techniques. (Michelle is a member of the pottery studio coordinator at UMF.)

Mondays, 7-9pm, Sept. 22-Oct. 18 (6x) Class Fee: $20, pay at registration. Materials Fee: $5, pay at class. Limit: 10.

PLAY WITH CLAY
By John Kein & Scott Sasser
FA-10

Create at least one beautiful ceramic object. Learn beginning pottery techniques such as pinching, throwing, and coil-making to make animal, decorations, and useful objects. John is from clay and wants to share skills! Scott is an architect student with special interest in clay arts.


REMEMBERING POTTERY
By John Kein
FA-2

An opportunity to learn pottery at your own pace. Each participant will have a chance to work on the potter's wheel and do slab, coil, and handbuilding pots. Make what you like and call it "pottery" for 5 or 6 years now.

Mondays, 7-9pm, Sept. 22-Oct. 18 (6x) Class Fee: $20, pay at registration. Materials Fee: $5, pay at class. Limit: 10.

PODS FOR CHILDREN
By Naomi Jain
FA-33

This is the Great Books curriculum which grew out of Adler's classes at the University of Chicago years ago. Meetups provide lively discussions with other nifty people who love to read. We will cover Series 1 (or maybe 2) which has short stories and essays by Plato, Conrad, Hardy, Chekov, Shakespeare, Rousseau, Tocqueville, and others. When we've had enough time to read we'll get back to the discussion. Come to the first meeting to reserve your spot!

Meetings: Sundays, 2-4pm, Sept. 21-Nov. 2 (8x)
Class Fee: $10, pay at registration Materials Fee: $10, pay at class
Limit: 10

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CLASSIFIEDS
Class locations will be noted on your receipt.

REMEMBERING POTTERY
By John Kein
FA-2

The first meeting will explore our Viking and Indian history. From there, personal histories and stories of settling in the Midwest will be recorded. Join us in sharing our writings. (John is a Kansas historian and an avid seeker of precocities.)

Register and you'll be contacted for day/time/place. (3x) Class Fee: $20, pay at registration.

GERMAN CONVERSATION
By Suzanne Shaw
FA-26

This class is aimed at people with varying degrees of fluency in German as a way to stay in touch with their friends and to reacquaint themselves in a foreign language. The group will decide on topics to be discussed. (Suzanne taught German Language classes at Stanford University.)

Thursdays, 8pm, Sept. 11, 25, Oct. 9, 23, Nov. 6 (5x) Class Fee: $10, pay at registration Limit: 12

ARABIC FOR BEGINNERS
By Swann-Abu-Haid
FA-27

This is your chance to learn Arabic from a native speaker. You will learn the alphabet and vocabulary of this native language and some basic reading and conversation skills. (Swann is a Kuwi national with a degree in elementary education and French from Palestine.)

Saturdays, 10-11am, Sept. 13-Nov. 1 (8x) Class Fee: $20, pay at registration Limit: 12.

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HALLOWEEN COSTUMES

DEBBIE MILLER
1-468-2625

Make a scary, scary, or otherwise unique personalized Halloween get-up. Design and create a costume for under $10 in materials! Discover secrets to successful costume design and construction. Find yourself in the company of a few freaks, friendly, frightening others getting ready to celebrate departed souls. (Debbie has many years of experience in clothing and textiles.)

Thursday, 7-p.m., Oct. 2 and Saturday, 1-4 p.m., Oct. 4 [2 times]
Class Fee: $6, pay at registration
Materials Fee: $10, pay at class
Limit: 8

INTERIOR DESIGN: MAKING A HOUSE A HOME

KATHY CALVIG
539-4122

Color and accessories can make the difference between just existing within four walls and enjoying living within those same walls — no matter where they are. We'll learn some tricks to change the appearance of a room to add intimacy or a sense of space, and some quick and easy decorator tips to make your home comfortable and attractive. (Kathy is an interior accessory designer and decorator in the Manhattan area.)

Monday, 7-9 p.m., Sept. 22 [2 times]
Class Fee: $4, pay at registration
Limit: 15

FURNITURE REFINISHING

BRITTIGE CARVER
1-468-2500

Visit an antique store in Riley and see how the experts do it! Hands-on furniture refinishing step-by-step. Find the short cuts to make old furniture look beautiful again so you can turn your garage sale specials into antique treasures. Wear grubby clothes. (In furniture refinishing Brittigee has 18 years experience.)

Thursday, 3-5 p.m., Sept. 13 [1 time]
Class Fee: $4, pay at registration
Limit: 10

ART/WORKSHOP

LINDA TEMER
537-0508

Tuning, use of fingernails, rhythm backup and psychologically lines are some of the tools to be covered in this class. A basic orientation to the autoharp will be given and resources for further study will be distributed.

Saturday, 10-12 a.m., Sept. 12
Class Fee: $10/session, pay with registration
Materials Fee: $10, pay at class

LANDSCAPING

KATHY WATSON
776-0267

What is landscape? Give up! Landscape is the conservation of water through creative landscaping (tree drawn caves, dry). We'll discuss things you can do in your landscape to save water while enhancing beauty and water low requirements, (Linda Watson is a landscape architect for Horticultural Services Garden Service.)

Saturday, 9-10 a.m., Sept. 27 [1 time]
Class Fee: $4, pay at registration
Limit: 10

GLASS ETCHING

STEVEN SIEGELBRIDGE
539-4597

Glass etching is a simple way of enhancing glass and especially mirrors. It makes nice inexpensive gifts and can be used to accessorize furniture projects. Anyone with the slightest amount of artistic ability can do it. (Steven is a student at KSU and has been etching glass for 4 years.)

Wednesday, 7-9 p.m., Oct. 1 [1 time]
Class Fee: $4, pay at registration
Materials Fee: $2, pay at class
Limit: 4

RENOWN

RUSSELL RIEDEL
539-4173

Are you thinking of renovating an older home? Then you'll need to know some of the problems and solutions involved. We'll discuss the usual work required in most renovations, answer individual cases and give you some encouragement. (Russell has renovated 25 older homes or exterior houses, some as a rental, others as a desire.)

Thursday, 7-9 p.m., Sept. 15 [1 time]
Class Fee: $4, pay at registration
Limit: 15

WIND POWER

GENE MUELLER
539-6556

Generate your own electricity. Electrical wind-generators offer many opportunities for self-sufficiency in electrical energy. Gene will discuss how to evaluate the potential that electrical wind power could have for your individual needs, the various systems available for different financial investments, and provide an information packet. (Gene has been working for the last 4 years as Extension Specialist in Small Business for extension outreach programs.)

Tuesday, 7-9 p.m., Sept. 23 [2 times]
Class Fee: $4, pay at registration
Limit: 15

MADE TO ORDER FURNITURE

CAROL ECKER
1-468-2841

Now you can concoct your own special body parts. Learn how to mix body rubs, hair rinse, cologne, bath oils, and signature perfumes. Be creative and discover the uniqueness of your own products. (Carol owns an herb shop and makes many of her herbal products.)

Thursday, Section I: 1-30-98, Dec. 11 [1 time]
Class Fee: $4/session, pay at registration
Materials Fee: $15, pay at class
Limit: 12

OPTING FLOWERS

JOAN JENSEN
539-2892

Let's dry some native and cultivated plants for bouquets and wreaths. June will show you how. June is a horticulturist with 10 years experience.

Tuesday, 7-9 p.m., Sept. 30 [1 time]
Class Fee: $4, pay at registration

MAINTAINING YOUR HOUSE FOUNDATION

TONY HAMMER
776-9898

Learn how to assess your foundation and take the appropriate steps to preserve it or make needed repairs. Discussion will cover typical problems that concern leakage and answer individual problems/questions (you bring to class). (Tony has 12 years experience working with foundations and owns second life Restoration.)

Wednesday, 7-9-30 p.m., Oct. 22 [1 time]
Class Fee: $4 at registration
Limit: 12

TOURS

MILFORD FISH HATCHERY TOUR

FA-58

Opened in 1984, the Milford Fish Hatchery is one of four warm-water intensive fish hatcheries in the US. Racesways, fry tanks, and the entire facility is open to the public. (Tom Vetter is a biologist at the hatchery.)

Sunday, 9-11 a.m., Sept. 27 [1 time]
Class Fee: $4, pay at registration
Limit: 20

HISTORICAL MUSEUM AND WAR MEMORIAL TOUR

FA-60

OWEN R. JONES
537-7976

This is a guided tour of the Junction City Historical Museum and WW II War Memorial. Tour will end in Manhattan (City Park by the Civil War Monument). Ends at the Riley County Historical Society.

Saturday, 10-amp, Oct. 11 [1 time]
Class Fee: $4, pay at registration
Limit: 15

HOMESTORE

Home improvement of all kinds.

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776-4811 Seth Cilds Road
BEGINNING CALIGRAPHY FA-34

Cass Gabrieller

Shade and shadow, form and shape, perspective and texture. These are the basic techniques for pencil and charcoal sketching. We'll practice them, learn the basic elements of design and participants will have a chance to sketch a subject of their choice. At the first meeting we'll organize and design the class to meet our needs. A graphic designer, Cass has done many design projects for businesses in Manhattan.

Mondays, 7-9pm, Oct. 6-Nov. 3 (5 times)
Class fee: $30, pay at registration
Limit: 10

ARTISTS AND WATERCOLOR TECHNIQUES FA-31

Lillian C. Elam

In this class, you will learn the basic techniques of how to draw and paint with watercolor and use it with other media such as India ink. You will learn how to mix the colors and use the brushes. The subjects will be still lifes and buildings. We will produce full paintings and Christmas cards. Should be lots of fun, so come join us! (Lillian most recently studied watercolor and India ink in the French Quarter and Garden District of New Orleans.)

1st meeting: Saturday, 1-4pm, Sept. 13
Other meetings: Sundays, 2-4pm, Sept. 25-Nov. 2 (8 times)
Class fee: $30, pay at registration
Materials Fee: $20, pay at class
Limit: 10

ARTS FOR CHILDREN FA-33

Neelan Jain

776-6306

We'll be making small projects on canvas using brushes and paints provided by the instructor. Learn basic oil painting techniques and make a nice fruit bowl or animal portrait. Wear a smock to protect your clothes. A native of India, Neelan learned to paint at school.

Saturday, 10am-12p, Section I Oct. 7
Section II: Oct. 18
(1 class/section)
Limit: 5/section
Class fee: $4/section, pay at registration
Materials Fee: $5, pay at class

CENTURY SYSTEMS, INC.

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Century Office Products
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WE DELIVER!
539-3304

Open daily 11 a.m. - Late
806 N. 12th - Abilene

Class locations will be noted on your receipt.

The Original Cafe Latino

Mexican Food

- Great Food, Great Prices!
- Fast Service
- We Serve All Your Mexican and American Favorites
Look at me now!

S 47

Judy Goodson

Prep yourself! Here's your chance to achieve the look, beautiful and healthy nails that you've always admired but didn't think possible for yourself. A professional manicurist will demonstrate and help you with actual hands-on experience. You'll discuss techniques used in giving a professional manicure, hand care problems, safety precautions and use of equipment. Treat yourself and feel great when you leave! (Judy owns Van's Hair Fashion and is also a trained manicurist and hair stylist.)

One Time: Monday, 7pm, Sept. 15
Class Fee: S 34, pay at registration

Limit: 8

DECIDING HOW MUCH TO WEIGHT

S 48

Pan Narr

776-6600

This class is intended to explore the factors that influence a decision to lose weight: sociocultural, familial, personal, health. Factors that influence weight loss, weight maintenance, and possible hazards of "dieting" will also be discussed. (Pan is a doctoral student in marriage and Family Therapy and is currently employed as a Behavior Education Counselor at Nurit/System Medical Weight Loss Center.)

One Time: Monday, 7-30pm, Sept. 16
Class Fee: S 34, pay at registration

Limit: 10

SHOULD YOUR ADOLESCENT LOSE WEIGHT?

S 49

Pan Narr

776-6600

Healthy weight loss is a difficult feat. It is even more of a challenge during adolescence. This class is intended to help parents of adolescents discuss issues related to weight loss: special nutritional needs, vulnerability to peer pressure regarding food habits, sensitivity of adolescents to body image, and considering physical, emotional development, potential hazards of "dieting".

One Time: Monday, 7-30pm, Sept. 22
Class Fee: S 34, pay at registration

Limit: 10

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

Merry COSMETICS
Julie Clark
Independent Beauty Consultant
539-8792

Call for a complimentary facial

REDKEN PRODUCTS
The Full Service Salon
Super Hair Cutting
Chemical Processing
Scientific Skin Care
Ear Piercing
1330 Westloop
Manhattan, Kansas 66502
537-4528
Pan Nabors, owner

SELF UFM
532-5866
1221 Thurston

Spirituality

How
Franklin

532-9045

The principle classic asanas, breath control, introduction to meditation, as taught by T. K. Krishnamacharya or V.I. (Bernard taught Yoga with Krishnamacharya in Madras, India.)

Tuesdays, 5:30-6:30pm, first meeting Sept. 23
Length: 6 times
Class Fee: $ 110, pay with registration
Materials Fee: $ 10, pay at registration

TODA

S 2

Rob Sheridan

776-6689

Yoga is an ancient self-discipline, the practice of which improves the quality of one's life. In this class we will work with basic asanas (postures) and pranayama (breath-controlling techniques). Please come on empty stomach and wear shorts or lycra. (Long baggy pants are not recommended.) Bare feet are essential. (Rob has been studying for several years with Dr. Albert Franklin, long-time student of Sri Krishnanacharya of Madras, India.)

Mondays, 5:30-6:30pm, first meeting Sept. 15
Length: 6 times
Class Fee: $ 110, pay with registration
Materials Fee: $ 11, pay at class

Limit: 10

INTRODUCTION TO ZEN

S 4

Leona Nappert

532-6680

The artifice and history of zen philosophy and practice will be described. Emphasis is given to the basic tradition of zen meditation, including instructions and demonstrations. Wear loose clothing and bring a cushion to sit on. (Leona has been a student of zen for several years.)

Wednesdays, 7-30pm, Oct. 8, 15, last date to register Oct. 1
Class Fee: $ 56, pay at registration
Materials Fee: $ 3, pay at class

Limit: 10

LISTENING TO YOUR INNER VOICE

S 4

Sharon Lodrith

539-1546

Many people have experienced the feeling of being guided at some point in their lives. Spiritual guidance is available to all who take the time to listen to the inner voice. (Sharon will share with you her spiritual experiences and her channeling abilities developed over many years.)

Tuesdays, 7:30 pm, Sept. 23, 30 (2 times)
Class Fee: $ 56, pay at registration

INTERNET YOUR DREAMS

S 6

Gary Plumbury

The interpretation of dreams is as old as the human race. Do you understand the meaning of your dreams as a way to discover your true self? The CVX-ary teaches this and more, as well as giving you proven techniques for remembering and recording your nightly adventures. Dreams are a reflection of our psycho-spiritual experiences which are recurrent in everyone. We will try to explore the linear workings of dreams. Please bring a notebook and pencil. (Gary has been a student of CVX-ary for several years.)

Thursdays, 7:30-9:00pm, Sept. 18, 25 (2 times)
Class Fee: $ 56, pay at registration
Materials Fee: $ 10, pay at class

Limit: 20

UNITARIAN-UNIVERSALIST FELLOWSHIP OF MANHATTAN

If you like to do your own thinking about religion, you may already be a Unitarian without knowing it!

Located at Oak Grove Center K-18 1/4 mile east of K-177 Meeting Sundays at 11:00am Phone 537-1817 or 337-2025

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

EFFECTS OF DIVORCE ON CHILDREN 5-11
Larry N. Peak $37-0014

This class is directed to parents and their children regarding divorce and its effects on children. Children's emotional responses to divorce, meeting emotional needs of children, normal feelings and problems parents may anticipate, differentiating roles of parent and spouse, parenting issues and divorce will be discussed. Larry is in private mental health practice. He deals with psychodynamic counseling with children and divorced parents, evaluations and mediation regarding divorce and custody issues.

One Time: Wednesday, 7-9pm, Oct. 8
Class Fee: $4, pay at registration
Limit: 20

PARENTING YOUR PRESchooler 5-13
Linda Tener $380-4365

Your child's years 0-6 are energetic, exciting, challenging...for both of you! This class will help you understand more about his or her development and how parents can adjust, happily, to this new or renewed role. Specific topics will include understanding the child's capabilities, discipline, recognizing and developing talents, and building a supportive home. Participants will have plenty of time for questions, comments, and sharing about what 'works' in their homes. (Linda is a Ph.D candidate in Human Development and Family Studies and is a father of a 3-year-old boy.)

Wednesdays, 7-9pm, Sept. 24, Oct. 1, 8 (3 times)
Class Fee: $6, pay at registration
Limit: 20
Materials Fee: book available, purchase optional

PARENTING PReSchoolers 5-14
Linda Tener $380-4365

Parenting preschoolers is both joyful and frustrating. This class will explore effective ways to communicate with your child. We will also look at discipline and ways to maximize positive experiences. (Linda has two preschoolers of her own and manages Tems Family and Childcare centers.)

Wednesdays, 7-9:30pm, Sept. 22, 29 (2 times)
Class Fee: $6, pay at registration

LIVING WITH YOUR TEENAGER 5-15
Beth Hughes $380-5337

Understanding what comes naturally can help de-tram spirit for parents. For this class, you will find common ground with other parents. (Beth is a Substance Abuse Counselor Specialist at Parental Mental Health Services. She is a mother of 2, a teacher, former teacher, and former drug/alcohol rehabilitation counselor.)

One Time: Tuesday, 7-9pm, Oct. 7
Class Fee: $4, pay at registration
Limit: 5

FIGHTING FAIR IN MARRIAGE 5-20
Tony Jurich, PhD $320-6984

Every marriage has conflicts. The key to a good marriage is not avoiding conflicts but resolving them. Tony will help class participants understand and practice the art of fighting fair. This is your chance to talk with a 30-year family therapist for free. (Tony is an ISU professor in the Family and Child Development Sept.)

One Time: Monday, 7-9pm, Sept. 22
Class Fee: $4, pay at registration

CONSULTING: A RATIONAL EMOTIONAL APPROACH 5-43
Greg Potter, PhD $37-0076

Have you ever wondered what happens during counseling, or what you might expect from counseling? This class will explain the counseling process from a Rational Emotive viewpoint. Dr. Potter will then take one or two volunteers from the class to conduct counseling demonstrations using Rational Emotional Therapy (RET). (Greg is a certified clinical mental health counselor in private practice in Manhattan.)

One Time: Tuesday, 7-10pm, Sept. 16
Class Fee: $4, pay at registration
Materials Fee: $7.50, pay at class
Limit: 15

ASSERTION SKILLS: RESPONDING TO REQUESTS 5-19
Dori Lambert $320-6927

An opportunity to learn and practice assertive ways to respond to requests made of you; in particular, to learn how to say "no" when you want to decline a request. This is a structured learning experience incorporating attention to individual examples and group practice through use of role-play. ISU students should call Dori to register.

Tuesdays, 6-8pm, Sept. 14, 21, 28, Nov. 4 (4 times)
Class Fee: $10, pay at registration
Materials Fee: $5, pay at class

ASSERTION SKILLS: MAKING REQUESTS OF OTHERS 5-20
Dori Lambert $320-6927

An opportunity to learn and practice assertive ways to ask for what you need/want or to ask for changes in your environment. This is a structured learning experience incorporating attention to individual examples and group practice through role-play. ISU students should call Dori to register. (Dori works in the ISU Center for Student Development.)

Tuesdays, 6-8pm, Sept. 14, 21, 28, Nov. 4 (4 times)
Class Fee: $10, pay at registration
Materials Fee: $5, pay at class

SUDDENLY SINGLE 5-29
Jan Gopkind $320-6927

Dealing with the end of a marriage through death or divorce brings about many changes. How do we deal with change? What can we be happening right now? What about the future? We will take a close look at the reality of living single again. Jan is divorced, a mother of four, and a student in Human Development and Family Leadership at ISU.

One Time: Wednesday, 7:30-9pm, Sept. 17
Class Fee: $4, pay at registration
Materials Fee: $7.50, pay at class

HAN TO GAIN SELF-CONTROL 5-23
Greg Potter, PhD $37-0076

Do you look forward to each day with confidence and enthusiasm? If not, why? This class explores the development of self-control by taking control of your happiness and achievement.

One Time: Tuesday, 7-9pm, Nov. 4
Class Fee: $4, pay at registration
Materials Fee: $7.50, pay at class
Limit: 15

THE SCIENCE OF GOAL SETTING 5-24
Greg Potter, PhD $37-0076

Appraoching life without well defined, meaningful goals can be likened to playing a basketball game without baskets. This class is designed to help you stop approaching life aimlessly and gain more control of making your goals a reality.

One Time: Tuesday, 7-9pm, Dec. 2
Class Fee: $4, pay at registration
Materials Fee: $7.50, pay at class
Limit: 15

HAN TO GAIN SELF-ACCEPTANCE 5-22
Greg Potter, PhD $37-0076

In childhood you learned your personal worth was determined by your intelligence, actions, appearance, or ancestry. If you reassessed, you were allowed a high self-esteem. But most of us never live up to the expectations put on us by ourselves and others. This class explores how to totally accept yourself regardless.

One Time: Tuesday, 7-9pm, Oct. 7
Class Fee: $4, pay at registration
Materials Fee: $7.50, pay at class
Limit: 15

Suzanne M. Shaver, M.A.
Licensed Marriage, Family & Child Counselor
Specializing in the Treatment of:
• Marriage & Family Problems
• Anxiety & Eating Disorders
• Depression

776-9411
Manhattan Counseling Services

Class locations will be noted on your receipt.
Food and drink for everyone

WINE TASTING - F-1
Tom Allen
Here's an opportunity to demystify the alcohol that takes you from vine to wine and to eliminate the mystique of choosing a pleasing wine. Learn how to match wines to food and make your friends envy your savvy. Educate your palate to the wines you appreciate. You will taste a large selection of wines and will have each expertly explained. REQUIREMENT: YOU MUST BE OF LEGAL AGE TO ENROLL IN THIS CLASS. (This is a saleman for Standard Liquor Corp.)

Mondays, 8pm, Sept. 15-Oct. 6 (4 times)
Class Fee: $4.50, pay at registration
Materials Fee: $2.50, pay at class
Limit: 15

COOKING WITH FLOWERS - F-3
Elaine Schuffeld Barkley 520-8312
Have you ever nibbled on a marigold or a nasturtium? Many flowers are edible and can add color and variety to your cooking. We'll discuss flower cookery, sample several dishes, and share more nicks to take home. (Flower cookery is the perfect combination of Elaine's training in botany and her hobby of cooking.)

Tuesday, 7pm, Sept. 16 (1 time)
Class Fee: $4, pay at registration
Materials Fee: $2, pay at class
Limit: 8

STUFFED STUFF - F-5
Patti Passon 776-0964
Enjoy eating your own cooking. Make stuffing variations and fill bread and noodle shells, such as pita and cannoli, from the Mediterranean area. (Patti enjoys cooking.)

Register and you will be contacted for day/date/ class.
Class Fee: $4, pay at registration
Limit: 10

BEER MAKING - F-6
Pat Drew 529-9150
Ever dream about your own home-brew? This class will teach you how to modify standard brewing procedures to fit your own personal taste. You will learn what equipment you'll need for your basement brewhery as we brew and bottle a batch of beer. The final product will be divided among class participants. REQUIREMENT: YOU MUST BE OF LEGAL AGE TO ENROLL IN THIS CLASS. (Pat has been brewing beer for 2 years.)

Thursday & Tuesday, Oct. 30-Nov. 11 (2 times)
Class Fee: $6, pay at registration
Materials Fee: $1.75, pay at class
Limit: 6

HALLOWEEN TREATS AND CRAFTS - F-7
Paula Boyd 529-1983
Halloween is a great time for little elves and goblins to do something special. Come and makefinger plays and songs. (Paula really enjoys young children.)

Thursdays, 7:15-8pm, Oct. 1 through Nov. 10 (2 times -- you'll be contacted for dates)
Class Fee: $4, pay at registration
Materials Fee: $1.50, pay at class
Limit: 6

SCIENCE EXPERIMENTS YOU CAN EAT (5-10 YEARS) - F-8
Cindy Kleinz 776-7166
Science is fun! Explore science through experiments you can create and eat in your own kitchen. This will be a hands-on class so come prepared for a science experiment and an snack! (Cindy has taught this class before.)

Saturday, 10am, Sept. 27 (1 time)
Class Fee: $4, pay at registration
Materials Fee: $2, pay at class
Limit: 6

CARE DECORATING - F-2
Jo Rodriguez
This basic cake decorating class will cover how to make the icing, how to apply the frosting and how to cut the cake! Frosting decorations which will be demonstrated include roses, sweet peas and star and shell borders. Mrs. Rodriguez will also bring some photos of wedding class she has made in the past. (Jo studied cake decorating at Chicago and has taught cake decorating for years. She also does wedding cakes by order.)

Wednesday, 6-9:30pm, Sept. 18 (1 time)
Class Fee: $4, pay at registration

CHINESE COOKING CLASSES - F-4
Lee Shih Wo 539-7641
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 eating. (Lee Shih is a native of China and graduated from the Chinese Cooking Institute in Taiwan.)

Saturdays, 9:15-10pm all sessions
Section 1: Sept. 15; Section 2: Oct. 6; Section 3: Nov. 3; Section 4: Dec. 8; Section 5: Jan. 3
Class Fee: $6, pay at registration
Materials Fee: $3.50, pay at class
Money matters

Money: for women only

Barbara Held 537-4505

Regardless of your age or income, the decisions you make today or fail to make will determine, to a great extent, your financial future. Part 1 - Risk Management - We will discuss property and casualty, health, disability and life insurance in relation to present needs.

Part II - We will discuss taxes, retirement planning and estate planning.

Saturdays, 9:30-11:30am, Sept. 29-Oct. 3 (3 times)
Class Fee: $4, pay at registration

BUDGETS: WORKSHOP FOR COUPLES

Barbara Held 537-4505

Workshop I - We will discuss how to draw up a personal net worth statement, listing income concerning your assets and liabilities. We will then work on the net worth statement. Workshop II - We will discuss priorities and goals, budgets, and refine the net worth statement. Workshop III - We will make out a budget, discuss how it acts and what we will accomplish with it.

Limit: 20 Individuals

Thursday, 7-9pm, Sept. 29-Oct. 9 (3 times)
Class Fee: $6 per person, pay at registration Materials Fee: $2.50 per person, pay at class

THE BASICS OF INVESTING

Greg Barron 376-1066

This class will take the confusion out of the investment world. You will learn the class with a working knowledge of stocks, bonds, mutual funds, and pensions. We will discuss the 10 areas of focus in the various investment vehicles. Investment alternatives for the smaller investor will also be examined (as small as $500/ month). (Greg has a masters degree in economics and is a financial advisor for Stifel Nicolaus & Co.)

Tuesdays, 7-9:30pm, Sept. 22-Oct. 21 (2 times)
Class Fee: $6, pay at registration

Estate Planning and Financial Planning

W. Sabatke CUA DFCU CFP 776-4873

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 each family and estate objectives, thus maximizing the benefits for their family and heirs. (W is a registered investment advisor who has been in practice for 12 years. His professional credentials include the Chartered Life Underwriter, Chartered Financial Consultant, and Certified Financial Planner professional designations.)

Monday, 7-9pm, Sept. 20 (1 time)
Class Fee: $4, pay at registration

12 Class locations will be noted on your receipt.
**Guide to Community Services**

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

**BIG LAKES DEVELOPMENTAL CENTER, Inc.**
1500 Hayes Drive, Manhattan, KS 66502
Training of Developmentally Disabled.
913/767-9001

**EMLOYMENT & TRAINING SERVICES**
Children’s Bank Building, Suite J
16 & Hamps, Manhattan, KS 66502
Job and vocational training.
913/359-0991

**The HUNGER PROJECT**
PO Box 1329
Manhattan, KS 66502
Information and empowerment on ending hunger.
913/357-9768 or 352-8886

**FLINT HILLS BREADCRUST COMMUNITY FOOD NETWORK**
901 Yuma, Manhattan, KS 66502
Foodbank services for agencies and charitable organizations that serve low income families.
Distribution center for the USDA surplus commodities in Riley County.
Distribution center for the Community Holiday Food Program.
Open: Weekdays, 8:30am-12:30pm
913/357-2730

**ST. JOHNS' ASSESSMENT CENTER**
210 Southwind Place, Manhattan, KS 66502
Assessment and referral
Outpatient Counseling: family, marital, adult and adolescent alcohol and drug.
913/776-7533

**SCORE/ACE**
505 Poyntz Avenue, Manhattan, KS 66502
This program offers assistance to small businesses.
913/776-8529

**HOME HEALTH SERVICES**
2803 Claflin, Manhattan, Kansas 66502
Home Health, Private Duty Nursing, Homemaker, Companion Sitter, and Personal Care Services
24 HOURS CALL: 913/357-0688
A UNITED WAY AGENCY

**RILEY COUNTY/MANHATTAN HEALTH DEPARTMENT**
2039 Tecumseh Road, Manhattan, KS 66502

Available Services:
- Family Planning
- Pregnancy Testing
- Labor and Birth Classes
- Immunization
- WIC Nutrition Program
- Venereal Disease Testing
- Well Baby Visits
- Blood Pressure Checks
- Car Seat Rentals
- And more...

913/776-4779

**CRISIS CENTER, Inc.**
PO Box 104, Manhattan, KS 66502
24-hour service to spouse abuse and sexual assault
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**
Hulon 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.
913/532-6442

**MANHATTAN EMERGENCY SHELTER**
831 Leavenworth, Manhattan, KS 66502
Providing temporary and emergency shelter, food and clothing. We teach life skills and assist with employment and apartment placement.
913/357-3113

**BIG BROTHERS BIG SISTERS of Manhattan, Inc.**
103 South Fourth, Manhattan, KS 66502
The program has a broad goal of providing mature volunteers to serve as friends and role models for youth who benefit from the example and commitment of an 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.
913/776-9575

**TALENT EXPERIENCE WISDOM**
RILEY COUNTY RETIRED SENIOR VOLUNTEER PROGRAM
412 Leavenworth, Manhattan, KS 66502
Shopping assistance, transportation, senior companion, volunteering opportunities.

913/776-RSVP
Supported by the Riley County Council on Aging

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**Job Skills**

<table>
<thead>
<tr>
<th>STUDY SKILLS</th>
<th>C-12</th>
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<tbody>
<tr>
<td>Judith Lynch</td>
<td>530-6492</td>
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<tr>
<td>Students from all classes and minors can benefit from this workshop on study skills. Topics will include reading and summarizing text books, note taking and preparing for exams. (Judith is assistant director of the KSU Academic Assistance Center.)</td>
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<td>Thursday, 7-4:30pm, Nov. 6 (1 time)</td>
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<td>Class Fee: $4, pay at registration</td>
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<tr>
<th>BRUSH UP YOUR GRAMMAR</th>
<th>C-14</th>
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<tr>
<td>Patricia Kearney</td>
<td>530-4429</td>
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<tr>
<td>We all know how to talk and write but sometimes it is useful to know the &quot;rules.&quot; This class, on essential English skills, is for the person who wants to review fundamentals and avoid common sentence structure problems, improper use of words and conventional punctuation. This class will help you get, keep, or advance your job. (Patricia is a senior at K-State majoring in English and literature. She has previous tutoring experience.)</td>
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<td>Tuesdays, 7:00-9:00pm, Sept. 16-23 (2 times)</td>
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<td>Class Fee: $6, pay at registration</td>
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<tr>
<th>SELF-HELP FINANCIAL GROUP</th>
<th>C-25</th>
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<tr>
<td>Lela Brown</td>
<td>1-632-5202</td>
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<tr>
<td>Come to the (organizational) meeting and we’ll discuss daycare, credit, loans, etc. Bring your financial problem and we’ll try to deal with them. (Lela thinks this class will be a good &quot;support&quot; group.)</td>
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<td>Tuesday, 7pm</td>
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<td>Beginning Oct. 7: Length: ongoing</td>
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<td>Class Fee: $4, pay at registration</td>
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<tr>
<th>KEEP READING -- MOTIVATION</th>
<th>C-17</th>
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<tr>
<td>Joe Younger</td>
<td>532-6277</td>
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<tr>
<td>What makes you do what you do? Everyone has a motivator within themselves that says “do it” for whatever reason. Explore the dynamics of motivation and development. Study why people keep reaching to satisfy needs. (Joe is manager of staff training and development programs at KSU that provide instruction in support of employee skill development.)</td>
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<td>Thursday, 7-8:30pm, Sept. 18 (1 time)</td>
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<td>Class Fee: $4, pay at registration</td>
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<td>Limit: 25</td>
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**THE SIDE-TRACKED HOMEPAPER**
Susan Hartdale | 1-948-2831 |
Learn about how two amazing women, both mothers of several children under 17, created a unique system that transformed their homes from pigsties to paradise. You, too, can learn this system and the secrets of scrubbed children, a well-organized and tidy home, a spotless floor and对此 all while you relax and pursue your favorite hobby. No longer will you have to envy those immaculate homes that are photographed for magazine covers. (Susan has taught this class for the Shaipa Area Resource Center and is anxious to share the techniques with others.) |
| Thursday, 7-9pm, Oct. 9 (1 time) |
| Class Fee: $4, pay at registration |
| Materials Fee: $1, pay at class |

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**Cont.**

**Class locations will be noted on your receipt.**
HOW TO GET BACK TO SCHOOL WHEN YOU DON'T KNOW WHERE TO START (OR ASK, AND YOU TOTALLY MEAN IT) 

Jennifer McMillan & Beverly Larsen

Going to college as an adult can be exciting, but are you pondering whether you have the time, money, ability or physical energy to do it? Does the educational institution confuse you? Do you know how to study, to take exams? We'll help you find the answers, think through the decisions, take the first steps, learn how to cut red tape, and know where to turn for help on campus.

Ruth and Beverly are directors of a new program for students over 25. They are former Gurne of Home Economics, have conducted research on adult students, and are a firm believer in lifelong learning. Beverly was formerly Director of Admissions and Records and a financial aid officer as well as an education advisor at a large state university. (Both are members of the Gurne faculty.)

Register and you will be contacted for time/date class fee: $5, pay at registration Materials fee: $2.50 pay at class

PREPARING FOR EMPLOYMENT C-15

Joan Mc Cutlough & Gwen Daily

As unemployment increases, so does the competition for the available jobs. This class will give you the edge in your job search: identifying your skills and interests, filling out applications, interviewing techniques, and 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. (Gwen and Joan are looking forward to this class.)

Tuesdays, 7-9pm, Oct.-Nov. 16 (4 times) Class fee: $6, pay at registration Limit: 15

INTERVIEWING C-10

Bob Bruce

The final hurdle to getting a job is the interview. How to present yourself may make all the difference between you and the other candidates. We will cover job interviewing skills, expressing interest, emphasizing your strengths and skills, appearance, and how to behave at an interview. (Bob has a master’s in vocational rehabilitation counseling. He has worked as a placement and follow-up counselor as well as a developmental training program.)

Class fee: $5, pay at registration Limit: 15

PUBLISHING YOUR OWN BROCHURE C-21

Rhonda Feigh

A brochure should make you want to pick it up and be read. How can you make sure your message has a chance of being noticed among the hundreds of messages the public is bombarded with daily in print and otherwise? This class will cover the basics - design and layout (though it's not an art class), how to get by without an artist, and how to work with printers. Bring your own projects for individual attention. (Rhonda is a professional writer and editor with ICU brochure production.)

Class fee: $6, pay at registration Materials fee: $5, pay at class

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HEALING WITH DIFFICULT PEOPLE AT WORK C-16

Ron Downey, PhD

Discussion will deal with techniques for handling difficult people in your work situations. We will focus upon the motivations, attitudes, and situations that can lead to these problems. Your ability to cope with difficult people will make your day a more pleasant one. (Ron is an ICU psychology professor.)

Wednesday, 7-9pm, Oct. 15 (1 time) Class fee: $5, pay at registration Materials fee: $3, pay at class Limit: 20

WORLD TRADE MANAGEMENT C-19

From Sea to Shining Sea

The class is designed for women in or aspiring to management positions. We will focus on obstacles to effective performance. Can't be your own worst enemy! Take this class and gain self-confidence. (From is an associate professor of psychology and is on the women's studies faculty.)

Tuesday, 7-9pm, Sept. 22 (1 time) Class fee: $4, pay at registration

SPEECHCRAFT C-22

Elizabeth Hall

Do your knees wobble and your mouth go dry when you're asked to give a special presentation? Do you believe it or not -- FUN, try speechcraft presented by Manhattan Toastmasters. A pleasant, helpful class for men and women to become better speakers, listeners and leaders.

Wednesday, 7-9:30pm, Sept. 24, (1 time) Class fee: $4, pay at registration

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537-7340
HEALTH AND SAFETY

ALZHEIMERS: THE LOSS OF THE SELF
AND HEALTHER OFFENDERS
Dr. Nancy Reynolds 537-0969
This class will cover how the self develops, the myth of senility, and the various forms of dementia. We will also discuss a case history of a family and look at the sources of health and our mental health. Nancy is a lecturer in sociology at IUP and IUPUI. She specializes in social gerontology and worked for 21 months with the Family Agency on aging.

Sat., 9-11 am, Oct. 11-18, (2 times)
Class Fee: $4, pay at registration
Materials Fee: $2, pay at class

HEARING WITH CHRONIC HEALTH PROBLEMS
Grace Reischman, DC 537-9330
If you are plagued by chronic health problems, you can learn techniques to deal with them more effectively. A class to stimulate self-understanding with a holistic approach.

Sun., 2-4 pm, Oct. 12 (1 time)
Class Fee: $4, pay at registration
Limit: 10

CREATIVE VISUALIZATION
Grace Reischman, DC 537-9330
Feel stuck, dissatisfied or frustrated? You have the ability to create your life as you desire. Learn the power of visualization and how to make it work for you.

Sun., 2-4 pm, Oct. 12 (1 time)
Class Fee: $4, pay at registration
Limit: 6

RED CROSS FIRST AID

Jared Karr 537-8380
Learn the basics of first aid, the skills and information needed in daily life, as well as those critical to saving lives and minimizing injuries. General first aid and accident prevention are stressed.

Tuesdays & Thursdays, 9:30-12:30
Class Fee: $16, pay at class
Limit: 12

CHIROPRACTIC IN LIFE
Dr. Timothy & Dr. Grace 537-3988
"Chiropractic is the root cause of nonmedical healing." According to a 1982 paper published 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 this drugless profession are, and where it is today. Two of our newest Manhattan doctors of chiropractic will conduct the class. (Dr. Grace and Dr. Timothy Reischman are a husband and wife team and practice together at Manhattan's Alternative Health Care Center.)

Wed., 7-9 pm, Oct. 8 (1 time)
Class Fee: $4, pay at registration

RED CROSS STANDARD MODULAR FIRST AID

Van White 537-0969
This class will teach CPR, mouth-to-mouth breathing, splinting, bandaging, etc. The students will also learn the basics of vehicle rescue. The class will cover many medical emergencies as well as treatment of injuries.

Sat., 9-11 am, Oct. 11-18, (2 times)
Class Fee: Free
Materials Fee: $2, pay at class
Limit: 6

Cont.

MED-MATE

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Class locations will be noted on your receipt.

15
Health and Safety

When death occurs, there are many arrangements and decisions that have to be made -- and made fast! Considering some of the options in advance is a positive way to prepare for this inevitable event. Discussion will focus on pertinent consumer and legal issues related to death and dying. Topics included are funeral services and cost, alternatives to traditional funerals, organ donation, living wills, wills and estate planning, financial death benefits, memorial societies, (Shirley is a PhD student in family life education with special interest in thanatology -- death and dying.)

Thursday, 7-10pm, Oct. 23 (1 hour)
Class Fee: $4, pay at registration

Europe on a Budget: Low Cost Travel Tips

Do you dream of Paris in the spring, catching a glimpse of the Queen in London, or maybe sailing down the Rhine? It really is not as expensive as you might think. Now is the time to take advantage of low fares and the strong dollar and take that once-in-a-lifetime trip. We will discuss the cheapest ways to travel and fun places to stay that you can afford. (David and his wife own Creative Travel, a local agency. They have been in the travel business 7 years.)

Thursday, 7-10pm, Oct. 16 (1 hour)
Class Fee: $4, pay at registration

What do you know about Argentina?

Ralpho Plocher

You will get an in-depth look at the land of bulls and pampas while you learn about the culture and customs of this exotic country. We'll also take a look at its social structure, economy and politics. We'll see slides and film, listen to Argentine music and engage in lively discussion. (Rudy is a Rotarian scholar, studying Business Administration at a graduate school.)

Tuesday, 7-9pm, Oct. 21 (1 hour)
Class Fee: $4, pay at registration

Register early!
The class you want may fill quickly.

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Class locations will be noted on your receipt.
Birds and nature
RAPTOR REHABILITATION TOUR E-14
Terry Campbell 532-5890
Hawks and owls are raptors. Find out about these birds that are cared for when they are sick or injured. The rehabilitation program at the KU Veterinary School cooperated with the Prairie Raptor Project at Salloo to care for 220 raptors last year. We will tour both facilities. Bring a lunch and some money for gas. (Terry directs the KU raptor rehabilitation program.)
Saturday, 9am-2pm, Sept. 6 (1 time) Class Fee: $2, pay at registration

BRETTLE BIRDWALK E-15
Mark Hetrich 776-2295
Turning over rocks on a Flint hills hillside is likely to uncover anything from a ring-necked pheasant or mallard duck to a collared lizard or skink. We'll search such an area and capture, release and release whatever reptiles we find. Bring a pillowcase to hold your finds. This is an especially good field trip for kids. (Mark is a veterinary student who earned a master's degree for his research on reptiles of the Kansas Prairie.)
Saturday, 9:30am-12:30, Sept. 13 (1 time) Class Fee: $2, pay at registration

TUTTLE CREEK NATURE HIK E-17
Paul Welihais 539-8511
While Tuttle Creek Reservoir isn't a nature hike along its shoreline that support a diversity of animals and plants, it is a good place to search for birds. We should see a lot of herons and other wading birds. We'll look for the occasional white pelican. (Paul has been a park ranger at Tuttle Creek Lake for many years.)
Saturday, 8:30am-12:30, Oct. 11 (1 time) Class Fee: $2, pay at registration

FOSSIL HUNT FOR KIDS E-18
Neil Schaner 539-5705
Before the age of the dinosaurs, shallow seas covered Kansas. Many small marine animals were fossilized and we can find and identify them today. Bring a container to carry home your fossils. Parents are welcome to accompany. (Neil is the wildlife manager at Olivet.)
Sunday, 2-4pm, Oct. 19 (1 time) Limit: 10 Class Fee: $2/child, pay at registration

OLIVET NATIONAL WILDLIFE REFUGE E-20
Jim McCallum
The Northern Flint Hills Audubon Society will sponsor a program on Olivet National Wildlife Refuge in this its monthly meeting. Located near Staffure, Kansas, Olivet is often described as one of the two most important wetlands in the Central Flyway. Ducks, geese, and shorebirds by the hundreds of thousands annually use this area. A slide show will be presented. (Jim is the wildlife manager at Olivet.)
Wednesday, 7:30-9:30pm, Nov. 19 (1 time) Class Fee: $2, pay at registration

FULL AFTERNOON CAUCUS E-19
Pat Greener 539-9750
What could be more enjoyable than to leisurely float down a wooded stream in the most pleasant time of the year? That's just what Pat has planned. You'll need to provide your own canoe plus whatever supplies you'll need (water, lunches, dry clothes, etc.). Pat will contact us with details of the trip. (Pat has enjoyed canoeing in Kansas for years.)
Sunday, 1:30pm-5pm, Oct. 19 (1 time) Class Fee: $2, pay at registration

BEGINNERS' BIRD WATCHING E-20
Diane Kerr 1-466-2771
The best way to learn about bird identification is to get out with experienced birders and watch birds. On this trip we should see many songbirds as well as a good variety of raptors and waterfowl. Bring your binoculars and bird book if you have them. Extra binoculars and spotting scopes will be available. (Diane is president of the local Audubon Society.)
Sunday, 7:30am-12, Oct. 26 (1 time) Class Fee: $2, pay at registration

WILD GOOSE CHASE E-21
Diane Kerr 1-466-2771
Visit two great places in one weekend! We'll go to Indian Cave State Park [SE Nebraska] on Saturday for a day of hiking in the woods along the Missouri River. Sunday morning we'll head for Square Creek National Wildlife Refuge (NE Missouri) to see how many birds are nesting and roosting in the area. (We will need 100 or more and other food and money for meals and camping fee ($10 should do for these), and we'll split transportation costs. Class Fee: $2, pay at registration Limit: 8

SCARY COUNTY BIRDS E-22
Ted Cagle 539-6119
The Junction City/Hillford Reservoir area of Geary county each year seems to harbor bird species that are rarely seen around Manhattan. We'll be looking for rarities such as puffy hawfinches, Bohemian waxwings, and scoters, but we'll also pass to observe the more common species. Bring your binoculars and some munchies for the trail. Good for beginners and experts alike. (Ted is one of the top birders in the Manhattan area.)
Saturday, 8am-1pm, Nov. 15 (1 time) Class Fee: $2, pay at registration

SAVAGE CHEYENNE BOTTOMS II E-23
J. Garrett 539-3004
Cheyenne Bottoms is an extremely valuable wetland near Great Bend. It's in danger of drying up. Participants will learn about the results of a feasibility study and will discuss the options for saving Cheyenne Bottoms. If you want to help the Bottoms, please attend! (Jen is coordinator for saving Cheyenne Bottoms and is a member of the Northern Flint Hills Audubon Society.)
Saturday, 9am-5pm, Nov. 22 (1 time) Class Fee: $2, pay at registration

NATURE HIK FOR KIDS E-16
Neil Schaner 539-5766
Let's identify some trees, plants, bugs, birds, and rocks on a fun nature hike. Near long pants, socks and comfortable walking shoes are welcome to accompany. (Neil is working towards a master's degree in biology education.)
Sunday, 2-3:30pm, Dec. 6 (1 time) Limit: 10 Class Fee: $4/child, pay at registration

WINTER BIRDS FIELD TRIP: CHRISTMAS COUNT E-24
Audubon Society Members 1-466-2771
If you're new on a bird list or bird watching and want to go on the annual Christmas count, here's a chance to get acquainted with many of the species that will be seen on December 20. Bring your binoculars and we'll try to come up with a wide assortment for you to study. Saturday, 7:30am-12, Dec. 6 (1 time) Class Fee: $2, pay at registration

117TH ANNUAL AUDUBON CHRISTMAS BIRD COUNT
John Zimmerman 1-466-6599
The most ways to learn to identify feathers friends is to birdwatch with experienced birders. The Christmas Bird Count, conducted in Manhattan since 1949, is the yearly highlight of birdwatchers and a great opportunity for beginners. On Dec. 10, submit all or part of the day counting ducks, hawks, woodpeckers and songbirds. For more information, call John Zimmerman. Saturday, all day, Dec. 10 (1 time) Class Fee: free

BIRD FEEDER PARTY E-25
Diane Kerr 1-466-2771
Come on this tour of Manhattan's backyard birdfeeding hot spots and pick up ideas for your own yard. We'll not only look at equipment and set-ups, but we'll also discuss which foods attract which birds. DRESS WARMLY.
Saturday, 9am-3pm, Dec. 10 (1 time) Class Fee: $2, pay at registration

EAGLE EXCURSION E-27
Diane Kerr 1-466-2771
Leave your fireside for a few hours to see one of the greatest wildlife displays in the Manhattan area. Bald eagles come to our region every winter and can be regularly seen along the rivers. While we are out, we'll also observe and identify other birds associated with the open water. DRESS WARMLY.
Sunday, 7:30-9:30pm, Dec. 17 (1 time) Class Fee: $2, pay at registration

THE IN-AND-OUT PATTERNS AND PERCEPTIONS OF THE NATIONAL PRAIRIE E-28
Bob Regier
The Northern Flint Hills Audubon Society is proud to host a very special synchronized double-projector slide show set to music and featuring the prairie environment. This unique presentation should not be missed. (Bob is known locally as the "prairie keeper.")
Wednesday, 7:30-9:30pm, Sept. 17 (1 time) Class Fee: $2, pay at registration

ACROSS THE PLAINS IN EIGHTY DAYS E-29
Vicky Fong
This slide presentation is based on a three-month, 500-mile walk across Kansas and eastern Colorado which Vicky completed in summer 1993. The people she encountered along the way are captured and shared in this monthly meeting of the Northern Flint Hills Audubon Society. Discover a Kansas that few people ever see! (Vicky is a lobbyist for Kansas Natural Resources Council.)
Wednesday, 7:30pm-9:30pm, Oct. 15 (1 time) Class Fee: $2, pay at registration

Class locations will be noted on your receipt.
AN OPPORTUNITY TO BE PART OF UFMA
Do you have skills or background that would be useful to UFMA's advertising, public relations, writing skills or others? We are recruiting for a program advisory board. You may apply for membership. Contact Julie Coates, 532-5866.

From stones to stars

BASIC ASTRONOMY E-35
Larry Parks
770-5929
Larry will discuss the basic physical structure of the known universe. After dark, we'll look at planets, stars, comets, and constellations. Please bring a flashlight.

Thursday, 7:30 P.M., Oct. 2 (1 time)
rate/cloud date Friday, Oct. 3
Class fee: $6, payable at registration. Limit: 15

STOCKDALE GARRET PUG FIELD TRIP E-31
Benjamin Mallinson, Sr.
539-3046
Riley County contains at least six iguanid inclusions that blasted through the sedimentary strata ages ago. This volcanic material is very similar to the diamondiferous kimberlite of South Africa. We'll pick up various igneous rocks and minerals; the highlight being small but attractive red crystals. Please bring a camera.

Saturday, 9 a.m.-1 p.m., Sept. 20 (1 time)
Class fee: $18 or $34 for Series E-31/E-34, payable at registration.

THE GREAT INVECTA SHOW E-36
Lightning, Compressors, Generators & Radio
Larry Weaver
532-5786
Learn some of the principles of electricity and magnetism (and maybe rainstorms and infrared huddles) through a variety of interesting and amusing physics demonstrations. Larry will add commentary on the history of physical thought and on seeing the laws of nature at work in our lives. This is a great class for the whole family. Larry will explain the concepts of physics in everyday terms so that everyone can understand.

Larry is a physics professor at KSU.

Thursday, 7-9 P.M., Sept. 31 (1 time)
Class fee: $6, payable at registration.

WANTED: APPROPRIATE TECHNOLOGY/LANDSCAPE E-38
Lynn Dayan
532-5566
Are you interested in appropriate technologies, solar energy, or edible landscaping? UFMA is looking for people to serve as AT tour guides for groups visiting our solar energy and landscape demonstration gardens. Prospective guides, after receiving information and orientation, will lead pre-scheduled tours. Interests and enthusiasm are the only requirements.

Day, time, and dates to be announced.

PASSIVE SOLAR HOME CONSTRUCTION E-37
Bob Habiger
539-2956
Great, you've decided to build a solar home. Now what do you do? We'll look at questions and decisions that can help make this dream come together. Do you pick a contractor? Do you need an architect? Codes, what is required in home construction? Do you want to act as prime contractor? What about contract agreements between contractor and homeowner? This class will look at how to put together all this information and much more. (Bob is an architect specializing in passive solar home design.)

Tuesday, 7-9 P.M., Nov. 4, 18 (2 times)
Class fee: $6, payable at registration. Limit: 20
Materials fee: $5, optional book fee, payable at class.

AGATES E-34
Dr. Lamming & Tom Scovens
537-7599
Dr. Lamming will show Kansas and Mexican Agates. Tom will exhibit his Lake Superior Agates. We'll demonstrate specimens that have been polished, cut, or otherwise treated. Bring your agates and agate questions.

The Manhattan Mineral Club is sponsoring this class.

Thursday, 7-9 P.M., Dec. 1 (1 time)
Class fee: $6 or $34 for Series E-31/E-34, payable at registration.

TURN YOUR BAD VIS AT E-2
Charlotte Hoesel
1-485-2626
Want to show your dog in dog shows? Learn how to find and enter shows. Learn to present your dog to its best advantage. Learn the tricks of the trade from a professional dog handler. Charlotte has a full background as a professional handler and has spent over 20 yrs. showing dogs. She has shown her favorites on numerous dogs of many breeds.

Saturdays, 1-3 P.M., Sept. 27-Oct. (4 times)
Class fee: $6, payable at registration.

HORSESHOEING E-3
Greg Barron
1-466-7236
This will be a beginning cold-horseshoeing class aimed at people who have had no experience in horseshoeing. The use of horseshoeing tools and care of the horse's feet will be covered. Each participant will also get a brief lesson on farriers. (Greg has sold his horses and horses for others for over 10 yrs.)

Saturday, 9 a.m.-1 p.m., Oct. 18 (1 time)
Class fee: $4, payable at registration. Limit: 8
PRHAEW WILDFLOWERS

Gene Towne
532-7233

Would you know silky aster, payetee or compact plant if you saw them? Learn identifying characteristics of both flowering and vegetative plants, and obtain lots of useful information by joining a walk through the first National Wildflower Research Assistant in range management and knows much about the prairies.

Saturday, 10am-12m, Sept. 13 (1 time)
[rain date Monday, 6pm, Sept. 15]
Class Fee: $3, pay at registration

PRHAEW BRASSES

Gene Towne
539-0350

All grasses are not alike! After this class, you too will be able to identify big bluegrass, small prairie grass, switch grass and other common grasses. The effects of burning, grazing, cash crops will be discussed. Immerse yourself in the Flint Hills "cows eat grass, we eat cattle" tour.

Saturday, 10am-12m, Sept. 20 (1 time)
[rain date Saturday, 10am-12m, Sept. 27]
Class Fee: $3, pay at registration

NATURE TRAIL WALK AT THE FIRST TERRITORIAL CAPITAL MUSEUM, FT. BELLE

The Rue
1-784-0635

Do you enjoy exploring native Kansas woodlands but hate fighting dense undergrowth? If you do, then come and enjoy a guided tour along the newly established Raw River Nature and History Trail. Enjoy the flora and fauna that are unique to this mile-long cleared trail located in the Kansas Flint Hills. (Gene is a research assistant in range management and knows much about the prairies.)

Saturday, 10am-2pm, Oct. 4 (1 time)
Class Fee: $3, pay at registration
Limit: 20

KANSAS LANDSCAPE ADVENTURE

Gregory Wurtz
776-0532

The Kansas Landscape Adventure near Leavenworth is a wonderful place to hike, picnic, fish, enjoy nature, study trees and shrubs, see exotic flower and fauna equipment and much more. This slide presentation will be held if there is sufficient interest, a field trip will be organized to take in the autumn colors. (Greg is a life long member of the American Watercolor Society.)

Tuesday, 7pm, Oct. 7 (1 time)
Class Fee: $4, pay at registration
Limit: 20

USING AND GROWING FRESH HERBS

Jayme Linie
539-7605

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 "put up" summer herbs for winter use. Jayme will discuss chives, mint, basil, oregano, tarragon, chives, lemon balm and many others. Uses herbs to season food instead of relying on salt and pepper.

Monday, 6:30-8pm, Sept. 22 (1 time)
Class Fee: $3, pay at registration
Limit: 8

HAPLODICTYON FOR FALL PLANTING

Carol Rapier
776-1600

Did you know there are over 10,000 varieties of daffodils, classified into 12 divisions? Learn to tell a King Alfred from a Narcissus Jonquilla and a Telfair from a Scarlet Jon. We will view slides of examples from each division and discuss garden and show daffodils, bulb care, and sources. Before you buy your bulbs for planting this fall, see what's available. Participants will select and learn to care for 1 bulb to take home.

Wednesday, 7pm, Sept. 10 (1 time)
Class Fee: $4, pay at registration

GRADING THINGS IN YOUR HOME: EXOTIC PLANTS AND SCRUBLANDS

Sam Lacy
539-0404

Even if you're sleepy, lazy or forgetful, Sam will teach you a few basic rules for keeping plants and fish alive and healthy. Learn about fresh water aquaria, indoor/outdoor gardening, exotic plants and plant reproduction. You, too, can have a banana tree in your living room, citrus in your bedroom and poinsettias in your bathroom! (Sam has been interested in exotic plants for 40 years and has kept aquaria for 30 years.)

Thursday, 7-8pm, Sept. 11-18 (2 times)
Class Fee: $4, pay at registration

SHARE PERSONNELS

Lyne Sloan
532-0666

Want more perennial plants around your house? Fall is the time to transplant. Perennials in the JM yard which need to be divided will be dug and split among the participants. Iris, astilbe, rhododendron, alderberry, herbe and others will be available. Participants are also invited to bring plant material from their gardens to share with other participants.

Saturday, 2-4pm, Oct. 6 (1 time)
Class Fee: $4, pay at registration

садABLE LANDSCAPE: INTERNETSHIPS AND VOLUNTEER PROGRAM

Lyne Sloan
532-0666

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

day/date/time to be announced
Class Fee: Free

CHILDREN'S FALL GARDENING

Richard Metson & Shari Kuwai
532-4730

Children of ages 5-12 will be assigned individual and group garden plots. They will learn planting, soil preparation, weeding, harvesting and other cultural practices associated with the gardening season. (Dick is a professor of horticulture at KU; Shari is coordinator of the Manhattan Community Gardens.)

Satudays, 10am, Sept. 13-frost
Class Fee: Free

Goodnow museum series

NATURAL TRAIL - FIRST TERRITORIAL CAPITAL, E-39
HOUHW HOUSE MUSEUM LECTURE SERIES

Tim Ruch & Kathy Hendron
539-3721

A new nature trail by the river has been created at the First Territorial Capital by curator Tim Ruch. Get an inside preview of the trail in this slide-lecture as well as the history of this building and its importance to the early citizens of Manhattan.

Saturday, 10am-12m, Sept. 13 (1 time)
Class Fee: $2, pay at registration
Limit: 20

HOUHW HOUSE MUSEUM LECTURE SERIES

Sona Lierbury & Kathy Hendron
539-3721

Before the railroad tracks were built in Kansas, goods were transported by riverboat. The town of Manhattan was located by two rivers as a riverboat port. This slide-lecture will take a look at river traffic of the last century in the Manhattan area.

Saturday, 10am-12m, Sept. 27 (1 time)
Class Fee: $2, pay at registration
Limit: 20

STAMPS 100 YEARS AGO

HOUHW HOUSE MUSEUM LECTURE SERIES

Tim Lindahorn & Kathy Hendron
539-3721

View envelopes and stamps sent to Isaac Goodnow over 100 years ago. Other stamps and Civil War envelopes correspondence will be included in this class. Participants are encouraged to bring their own historic stamps.

Saturday, 10am-12m, Nov. 1 (1 time)
Class Fee: $2, pay at registration
Limit: 20

RCK COLLECTING 100 YEARS AGO

HOUHW HOUSE MUSEUM LECTURE SERIES

F.C. Silver & Kathy Hendron
539-3721

One hundred years ago Isaac Goodnow was collecting rocks and fossils around Manhattan. This class will get an up close look at Goodnow's rock collection as well as information about collecting today.

Saturday, 10am-12m, Nov. 8 (1 time)
Class Fee: $2, pay at registration
Limit: 15

HISTORY OF CRAY OLUTS

HOUHW HOUSE MUSEUM LECTURE SERIES

Kathy Hendron
539-3721

This class will look at the origins of cray quilts. Actual quilts will be demonstrated and a close-up look at the Goodnow House quilts will be included.

Saturday, 10am-12m, Nov. 15 (1 time)
Class Fee: $2, pay at registration
Limit: 15

Westside Market

7th Annual Houseplant SALE!

OVER 1000 HOUSEPLANTS

Vegetables, Fruits, Herbs, Tropicals, etc.

50% off all plants over $5.00 for this one day only. Plants are available in 4" pots or larger.

Class locations will be noted on your receipt.

$19
Boating and swimming

Recreation UFM
532-5866
1221 Thurston

Boating and swimming

TAPES TO PLAY
R-4

Rex Replogle & T.J. Hittle
537-2643
529-7772

Here's your chance to see if kayaking is for you. We'll see videos, slides and handouts. Boats and equipment will be available for viewing. If you're curious about kayaking, take this class. Then you'll want to take Fundamentals of Kayaking in November. (Rex and T.J. have been kayaking enthusiasts for years.)

Wednesday, July 20th, Sept. 24 (1 time)
Class Fee: $4, pay at registration

OUTDOOR FUN

Fundamentals of Kayaking
(TOPICAL RED CROSS)

Rex Replogle & T.J. Hittle
537-2643
529-7772

Experience the challenge of kayaking! Through video film, demonstrations, and lots of hands-on experience, we'll study equipment, paddle techniques, water manners, and practice American Red Cross safety techniques. The class is an indoor pool. All handouts, textbooks and equipment are provided.

This class will be taught by certified Red Cross instructors.

Sundays, 9am-1pm, Nov. 3-23 (4 times)
Class Fee: $26, pay at registration

ATHLETIC INJURIES

R-7

Dr. Grace & Dr. Timothy Reischem
537-9330

All athletes, whatever their sport, have something in common — taking care of their muscles. Muscle balancing, correct stretching and strengthening techniques and how to treat various sprain and strain injuries at home are a part of this class. Bring your athlete's shoes and wear comfortable clothes or shorts or shorts. (Dr. Grace and Dr. Timothy Reischem are athletic trainers at the Alternative Health Care Center of Manhattan.)

Wednesday, July 20th, Sept. 24 (1 time)
Class Fee: $4, pay at registration
Materials Fee: $1, pay at class
Limit: 16

BEGINNING TENNIS

R-8

Jennifer Hinkin
539-6309

Tennis lessons for the beginner will teach forehand, backhand, serves, court tactics, equipment selection and game rules. Bring a can of marked balls and a racquet. (Jennifer has taught tennis lessons before.)

Sundays, 8:10am, Sept. 14-Oct. 19 (6 times)
Class Fee: $10, pay at registration
Limit: 20

GREEN FOR BEGINNERS

R-11

Jim Gregory
539-1041

For those who have little or no experience, Jim will cover fundamentals of the full swing, short game-pitching and chippering, putting. Bring a 6-iron and putter. If you don't have any clubs, they will be provided free of charge. Here's a chance to find out if golf is the sport for you. (Jim is a PGA Golf Professional and is the golf profession at Stagg Hill Golf Course.)

Thursdays, 6:10pm, Sept. 11-Oct. 16 (5 times)
Class Fee: $12, pay at registration
Materials Fee: $1, pay at class
Limit: 12

KAYAKING (PARENT & CHILD)

R-4

Kathleen Topkaly

This class will deal with methods of teaching the very young child the basics of swimming and personal water safety, for example, back-flotation and survival floating. Equipment will be placed on parent and child to relax and enjoy the water. Activities will include blowing bubbles, going under, stopping, stomping, jumping, floating and others. Important tips and do's and don'ts will be covered. A parent must accompany each child in the water. This is a good program for ages 60 months to 3 years.

(There is a Red Cross certified water safety instructor.)

Sundays, Section I 11am-12n Sept. 14-Oct. 5
Section II 12n-1pm
Each section meets 4 times.
Class Fee: $6 per parent/child pair, pay at registration
Limit: 15

YOUTH BEGINNERS SWIMMING

R-3

Patricia Villalobos
539-8407

Overcome your fears and learn to swim. We'll learn myptic breathing, front and back float-
ing, gliding, kicking, and arm strokes. The goal is to be able to swim a basic crawl stroke and to learn to float comfortably in the water.

(There is a Red Cross certified water safety instructor.)

Sundays, 10am-12n, Sept. 14-Oct. 26 (7 times)
Class Fee: $26, pay at registration
Limit: 12

RECREATIONAL INDOOR OUTDOOR EQUIPMENT SPECIALISTS

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Boots + Tote + Knives
Sale mid Sept. -Dish + Pouch
Sleeping Bags
Camping Equipment

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GET YOURS AT

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.

THE PATHFINDER

PLAYS YOUR FAVORITES

WE'VE GOT YOU BY THE EARS

PLAYS THE ROCK"
A hobby for everyone

THE HOURS OF SHORT WAVE RADIO A-24
Watts Sower 520-7864
Two topics will be discussed. Topic I is short wave listening. Learn about the short wave bands which carry non-commercial broadcasts from around the world in both English and foreign languages: XWA, BBC, Deutsche-Swiss, Moscow, Cuba, and more. Perfect for improving foreign language ability as well as supplementing our US news programs. A wonderful hobby for all ages. Information will be available about short wave radios and a couple of short wave radio dealers will be demonstrated. Topic II is amateur "ham" radio. Learn about the rules for running your own little radio station for talking with other "hams" across town or across the country. (Watts has enjoyed listening to her all-band radio for several years and is president of the Hampton Area Amateur Radio Society.)
Saturday, 7pm, Oct. 11 (1 1/2 hours)
Class Fee: $4, pay at registration
Materials Fee: $5, pay at class

POCKET BILLIARDS FOR BEGINNERS A-28
Marc Greenson 776-6338
This class will start with a brief history of the game and will include an introduction to playing equipment, basic stance, aiming, English, and control. The device game will be P-Ball, P-ball and snooker will be covered as well as the snooker and mental game. (Marc is part owner of Lucky Cue. He has played pool since he could walk and has played serious tournament billiards for over five years.)
Saturdays, 10:30am, Sept. 11-18 (10 weeks)
Class Fee: $4, pay at registration
Materials Fee: $5, pay at class

WEDNESDAY MORNING PLAY GROUP A-33
Barb Stort 520-1279
Gena Hatch 776-9251
This is an ongoing "Support Group" for at-home mothers and their pre-school-age children, a "Mother's Morning In." with children playing and home visiting with other adults. Mothers are responsible for their own children, no supervision necessary. During weather permit, we will be meeting in homes of participants. The group has been in existence for about nine years. (Barb and Gena are mothers of young children.)
Wednesdays, 10am-12
Class Fee: $2, pay at registration

A TOUCH OF MAGIC B-25
David Schaefer
Participants will learn some basic history of magic, close-up magic and stage magic. Also, they will learn flourishes that can make them look like a professional. (David has won several magic contests in the Midwest and taught this magic class before at CMP.)
Mondays, Sept. 16-Oct. 6 (4 classes)
Class Fee: $8, pay at registration
Limit: 10

JUGGLING FOR BEGINNERS B-27
Mike Hudson 520-0931
Juggling can be a relaxing art as well as a wondrous learning experience. The art of juggling develops a good feel for hand-eye coordination. The only requirement is that you must bring three cardboard balls. Juggling is for the young and the old, so come join the fun! (Mike is looking forward to passing on this hobby.)
This class will meet at 7pm
Register and you will be contacted for day/date.
Class Fee: $4, pay at registration

Bride Club B-29
Charles Clark 776-1625
776-2447
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.)
Thursdays, 5:30pm
Beginning Sept. 11, Length: ongoing
Class Fee: $4, pay at registration

BEGINNING DUNGEONS AND DRAGONS B-30
Hal Burnham 776-4766
City life is a bit boring. Journey under strange lands and speak with elves. Stray below the earth where others fear to tread. Come and learn to play the exciting role-playing game of medieval fantasy, Dungeons and Dragons. This is a class for beginning players ages 14 and up. Participants will be taught the basics in the first session and go on to play the game. (Hal has been playing AD&D for the past 7 years and is an experienced dungeon master.)
Mondays, 7:30-9:30pm
Beginning Sept. 15, Length: ongoing
Class Fee: $4, pay at registration
Limit: 10

LEARN TO PLAY AT LOW RATES B-33
Hugh Levine 520-3511
539-3128
The class will be an instruction session to overview what's involved in learning to fly in general and the advantages of the K-State Flying Club in particular. Options available for ground school and for flight training in the Manhattan area will be discussed. Introductory flight lessons and/or short sight-seeing flights at minimum cost will be scheduled at the conclusion of the meeting. (Hugh is a FAA Certified Flight Instructor and a member of the K-State Flying Club.)
Saturday, 10:30am, Sept. 13 (1 1/2 hours)
Class Fee: $4, pay at registration

CLOWNING WORKSHOP B-36
Ron Sheehan 520-0593
Learn to juggle in five minutes, magic, movement, storytelling and maybe even eat fire! This workshop is meant to help you with the basic skills of clowning, costume and makeup. Maybe you'll be able to find some others who want to work together. Lots of helpful and helpful materials to begin clowning. Bring a sack lunch on Saturday. (Ron is the director and producer of "The Howl Show," a local group of clowns who have performed in five states. He works part-time as a professional clown doing public performances, openings, parties, etc.)
Friday 7:30pm & Saturday 10am-4pm
October 10-11 (2 days)
Class Fee: $36, pay at registration
Materials Fee: $8, pay at class
Limit: 10

STAMP COLLECTING B-38
Tom Linsenmuth 520-4415
This class is for beginning, intermediate, and advanced stamp collectors of all ages. Three little shows will be presented on the basics of collecting, how to grade stamp centering and cancellations, and how to show collections and watermarks. You will receive an envelope full of stamps to work with as you participate in several hands-on exercises. Also discussed will be how to trade, buy and sell stamps. Each class will last 2 to 2 1/2 hours. (A collector for 40 years, Tom is a long-time member of the American Philatelic Society and the local Flint Hills Stamp Club.)
Monday, 10am, Oct. 13-27 (3 weeks)
Class Fee: $36, pay at registration
Materials Fee: $5, pay at class
Limit: 8

TRIVIAL PURSUIT B-32
Jim Bean 776-4505
If you're interested in testing your knowledge of trivia, this is the class for you. Trivial Pursuit is a board game in which participants are asked trivia questions in entertainment, sports, history, literature, science and geography. There are 6000 questions. The purpose of the game is not necessarily to win, but to have fun. All ages are welcome. (Jim has enjoyed playing Trivial Pursuit ever since we offered this class.)
Wednesday, 7:30pm
Beginning Sept. 17, Length indefinite
Class Fee: $2, pay at registration

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ICE CREAM • SANDWICHES
OLD TOWN MALL
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1 mile south of campus
32 YEARS OF SERVICE
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Class locations will be noted on your receipt.
JUJUTSU FOR BEGINNERS R-16
Stan Wilson 539-7723

Japanese in origin, jujutsu stresses hands-on combat featuring throwing, low arts and wrist, and arm locking. The class will include the hakke ryu basic forms which is self-defense oriented, not exercise oriented. Participants must be age 16 or over. (Class has a black belt in jujutsu and has taught martial arts for 7 yrs.)

Sundays, 7-8:30pm
Beginning Sept. 16, Length: ongoing
Class Fee: $12, pay at registration
Materials Fee: $2, pay at class

ADVANCED JUJUTSU R-19
Stan Wilson 539-7723

This class is a continuation of the beginner class. Participants will learn kata, application of kata, self-defense, awareness drills and sparring.

Tuesdays & Thursdays, 9-10pm
Beginning Sept. 11, Length: ongoing
Class Fee: $12, pay at registration
Materials Fee: $2, pay at class

BEGINNING FENCING R-21
Doug Verney, Randy Hanna 539-1510

Learn basic fencing skills with foil, epee, or saber. Footwork, conditioning and blade play will be emphasized with some practice focusing toward the end of the session. The materials fee pays for rental of all needed equipment. Men and women of all ages welcome! (Doug and Randy enjoy fencing.)

Wednesdays, 7:30pm
Beginning Sept. 18, Length: all semester
Class Fee: $30, pay at registration
Materials Fee: $10, pay at class

INTERMEDIATE FENCING R-22
Doug Verney 539-1510

Uses the play of the blades make you want to dig out your foil, epee, or saber! We are looking for fencers with previous experience who want to become involved again. Practices will include a combination of drills and free fencing. Traveling to IFFA meets and circuit events are planned. On Guard, Press Allegro! 

Tuesdays, 5:30pm and Wednesdays, 8:30pm
Beginning Sept. 9, Length: all semester
Class Fee: $10, pay at registration

ADVANCED JUJUTSU R-19
Stan Wilson 539-7723

This class is a continuation of the beginning jujutsu class. Participants will further their knowledge of jujutsu including drills and self-defense techniques.

Sundays, 8:30-9:30 pm
Beginning Sept. 16, Length: ongoing
Class Fee: $12, pay at registration
Materials Fee: $2, pay at registration

TAI CHI CH'UAN DEMONSTRATION R-20
Lo Shih Wu 539-7841

Tai chi ch'uan is a very slow moving series of classic Chinese postures which enable the practitioner to develop grace, poise, and inner strength. This is a very popular exercise practiced in Taiwan by all age groups. (Lo Shih Wu is from Taiwan and learned her art from her master. She has been associated with this class for over 7 years.)

Wednesdays, 7:30pm, Sept. 18-17 (2 times)
Class Fee: $4, pay at registration

TANG SOO DO KARATE R-12
Joel Cederberg 537-7000
Richard Damm 488-2480

This course will cover the basics and is for those who don't know anything about karate but really want to learn. Karate is not easy and requires much hard work, practice, patience, and perseverance. If you stay with it, you will test for your first belt rank at the end of the course. Some wearing loose clothing that you don't mind getting sweaty. You are encouraged to consider buying a uniform, which will be available from the instructors. (Joel and Richard have taught this class for several yrs.)

Mondays, Wednesdays, Fridays, 6:30-9:30pm
Beginning Sept. 10, Length: All semester
Class Fee: $12, pay at registration
Materials Fee: $2, pay at class

ALL STYLE KARATE WORKOUT R-14
Joel Cederberg 537-7090
Richard James 488-2480

Have martial experience and want to work out with fellow enthusiasts? All styles welcome. Join us!

Mondays, Wednesdays, Fridays, 6-9:30pm
Beginning Sept. 10, Length: All semester
Class Fee: $12, pay at registration
Materials Fee: $2, pay at class

YAMAH KEMPO KARATE (EXPERIENCED ONLY) R-16
Mark Buono 527-0228

Karate is good exercise and great self-defense. Wear comfortable clothing, ages 16 and up only. (Mark has a first degree black belt with over three years teaching experience.)

Tuesdays, 6:30-8pm
Beginning Sept. 16, Length: all semester
Class Fee: $12, pay at registration

Class locations will be noted on your receipt.

If you are considering purchasing any audio equipment for your home or car, consider this:

- Compact discs are here to stay.
- One-brand systems are not often the best way to buy.
- "Sales" don't always save you money.
- Prices are going up very soon (because of the dollar/yen problem)
- Extended warranties are seldom a good deal (except for the dealer)

For straight talk about audio, check out the equipment & people at The Sound Shop

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Volunteers, we love you!
And, we couldn't do much without you.
To all of you—THANKS!
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<td>Zen</td>
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</table>

Class locations will be noted on your receipt. 23
Registration

Priority Registration Period: August 18-September 6.
After September 6, you can still register if space is available.
Three ways to register:

A. WALK-IN: Come to the UFM house, 1221 Thurston, during business hours or register at one of the locations listed below.

<table>
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<tr>
<th>Date</th>
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<tr>
<td>Tuesday</td>
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<tr>
<td>Sunday</td>
<td>Wal-Mart</td>
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<tr>
<td>Monday</td>
<td>KSU Union</td>
<td>9 am-2 pm</td>
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<tr>
<td>Tuesday</td>
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<td>September 3</td>
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<td>Thursday</td>
<td>Public Library</td>
<td>11 am-2 pm</td>
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<tr>
<td>Thursday</td>
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<td>5 pm-7 pm</td>
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B. MAIL-IN: Fill out 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 fees 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 (annual SGA allocation supports student participation)

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

UFM will only give a CREDIT voucher (redeemable for UFM classes) in these instances:
1. you are unable to attend a class and you have notified UFM and the teacher a minimum of three days before the first meeting
2. you earn credit by teaching or volunteering for UFM
If you have problems with UFM, please call us at 913-532-5866.

1987 Winter Brochure will be mailed to Manhattan area residents January 6, 1987

We Need YOU To Teach These Classes:
- Swimming
- Stress Management
- Self Development
- Auto Maintenance
- Aerobics
- Golf
- Computers
- Painting
- Foreign Languages
- Typing
- Word Processing

Call us to set up your very own class.