TEACHING · LEARNING · GROWING

CLASSES BEGIN SEPTEMBER 7, 1988

UFM FALL CATALOG
Dear Friends

On the catalog cover is the UFM logo. It was designed by Steven Boar as part of an Interior Architecture Design Studio in 1984. Roark wrote this about the logo:

The overall theme is the tree of knowledge with the foliage having a twofold meaning. The first is the similar shape of an oak leaf, which connotes strength and longevity. The second is an abstraction of a person, as UFM is a college of people each depending on, learning from, and growing with each other. The line at the base of the tree establishes a stable ground plane that represents the original ideas of the founders. The three words below the tree—teaching, learning, growing—symbolize the meaning of UFM and your programs.

The tree keeps growing. Many interesting and exciting course offerings are again available. Take the time to browse through the catalog.

The tree keeps growing. Chris Heavy, manager of Manhattan Town Center, is making available a room for UFM classes. We hope you enjoy the comfort of the Mall for some of our classes.

And thanks to all the rest of you who keep on watering the tree in so many ways.

Richard Friesen
Executive Director

Bunice Bost
Coordinator of Educational Programs

REGISTRATION SCHEDULE
* Registration forms are on the back page.

Wed. Aug. 31 K-State Union 10am - 2pm
Thurs. Sept. 1 Manhattan Public Library 11am - 2pm
      5pm - 7pm
Tues. Sept. 6 K-State Union 10am - 2pm
Wed. Sept. 7 Manhattan Public Library 11am - 2pm
      5pm - 7pm
Thurs. Sept. 8 K-State Union 10am - 2pm
Sun. Sept. 11 Manhattan Town Center 2pm - 4pm

Class locations will be noted on your receipt.
COMMUNITY

539-8763
1221 Thurston

WHAT'S UNDER YOUR HOOD?
DON'T GET RIPPLED OFF!

Michelle Erazzen

Find out what is under the hood of your car and how it mechanically works. You will learn how to check for problems, choose a garage and mechanic, and learn how to get a repair estimate. Also, you will have some hands-on 'under the hood' experience and learn how to save a lot of money.

(Michelle has 3 years experience as a mechanic at a car dealership, is an ASE certified automobile technician, and has been teaching automobile classes at the college level for 2-1/2 years.)

Sect. I: Sat., Sept. 10, 4-6pm
Sect. II: Sat., Sept. 17, 4-6pm
Sect. III: Sat., Sept. 24, 4-6pm
Class Fee: $5/Sect. Pay at registration
Materials Fee: None
Limits: Min. 2 / Max. 10

BASIC ELECTRICAL WIRING

Paul Burke

This class is a MUST for anyone who does their own home repair work! We will discuss different kinds of electrical problems and how they can be solved. Supervised hands-on instruction and kits will be provided to actually learn how to change light fixtures and worn-out cords, install dimmers, switches and receptacles and how to install ceiling fans.

(Paul has over 30 years experience in electrical work and is currently working in USD #383 maintenance department.)

Tuesdays, Sept. 13-27, 7 pm (meets 3 times)
Class Fee: $6, pay at registration
Materials Fee: $1, pay at class
Limits: Min. 1 / Max. 15

INTRODUCTION TO RADIO BROADCASTING

Ed Klinek

Tour the KQLA radio studio facilities. Learn how to write and record a commercial. Find out how a radio station programming, sales, and news department operates. Teachers will include the KQLA General Manager, Sales Manager, Program Director, and News Director. A member of a previous UFP class held at KQLA joined our staff as a sales representative. It could happen to you!

(Ed is general manager of KQLA and has been in broadcasting for over 10 years with a two-year stint as a marketing director.)

Tuesdays, Oct. 11,18,25, 7-8:30pm (meets 3 times)
Class Fee: $8, pay at registration
Materials Fee: (Bring one blank cassette tape)
Limits: Min. 4 / Max. 8

BEGINNING GENEALOGY

J. Harvey Littrell

Where are the roots of your family tree? Do you know anything about your ancestors before your grandparents were born? Learn the tricks of the trade as we find out where and how to research the elusive past.

This class is for beginners who want the basic knowledge needed to make a genealogical study of their families. We will go beyond just names and dates. Bring the names and dates of ancestors you already possess.

(Harvey is a retired KSU professor. He is currently the editor of the Riley County Genealogical Society quarterly, Kansas Kin.)

Mondays, Oct. 31 & Nov. 7, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: $1, pay at class
Limits: Min. 5 / Max. 12

ADVERTISED GENEALOGY

C-5

J. Harvey Littrell

539-2646

This class is designed for students who have had Beginning Genealogy or who have had practical experience. We will be concerned with sources for differing kinds of information, special techniques for making genealogical decisions, and organizing and publishing your genealogical data.

(Harvey is a retired KSU professor. He is currently editor of the Riley County Genealogical Society quarterly, Kansas Kin.)

Mondays, November 14 & 21, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: $1, pay at class
Limits: Min. 5 / Max. 15

PUBLISHING YOUR LIFE STORY OR FAMILY HISTORY

C-6

Rhonda Keith

532-6419

How many times have you wished you knew more about the lives of your parents or grandparents or anyone who's not there to tell you their stories? Your children and grandchildren — and historians, perhaps — can fill in some of the gaps in their knowledge if you take the time and trouble to make a record on paper or tape. This class will help get you started, and explain how to publish a book in small quantities for your family and friends — the perfect gift.

(Rhonda regrets very much not recording her grandfather's memories. She is head of Only You Publications, specializing in personal and family histories.)

Thursday, September 22, 7-9 pm
Class Fee: $4, pay at registration
Materials Fee: $3, pay at class
Limits: Min. 2 / Max. None

THE WORKS

Haynes Style Shop & Beauty Supply
Full Service Salon
We carry the largest selection of hair, skin & nail items.
718th N. Manhattan
539-6512

Class locations will be noted on your receipt.
Rhonda Keith 532-6419

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

Thursday, October 6, 7-9 pm
Class Fee: $5, pay at registration
Materials Fee: $1, pay at class
Limits: Min. 4 / Max. 10

FOR WOMEN ONLY — MONEY MANAGEMENT

Rene J. Radil 537-4505

More and more women are or will be in a position of taking an active role in their family finances, either through their career, a divorce, or loss of their spouse. Therefore, it is essential that women understand the importance and the basics of money management. Through discussion and slides, we will learn about investments, insurance, retirement programs, and wills. (Rene is a Registered Representative of Waddell & Reed.)

Sec. I: Tues., Sept. 20, 7-9pm
Sec. II: Sat., Nov. 5, 9:30-11:30am
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

INTRODUCTION INTO WORDPERFECT 5.0

Matthew Doe

This class will get progressively harder and you will learn more and more features of WordPerfect Version 5.0. You will learn how to load, edit and save files. The class project will be to make a newsletter with text and graphics.

NOTE: This class will be taught with the IBM System 50 or 30 and using a 6p Deskjet printer.

Mon/Wed/Mon/Wed, Sept 19-28 7:30pm (meets 4 times)
Class Fee: $10, pay at registration
Materials Fee: $5, pay at class
(Class handbook and 5-25" diskette)
Limits: Min. 6 / Max. 15

Class locations will be noted on your receipt.

WOMEN IN MANAGEMENT

Frank Saul, Ph.D. 532-6850

This class is designed for women in or aspiring to management positions. We will focus on obstacles to effective performance. Don't be your own worst enemy! Take this class and gain self-confidence.

(Prank is a professor of psychology and is one of the Women's Studies faculty.)

Tuesday, October 4, 7:30-8:30pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

INTRODUCTION INTO Phase III

Matthew Doe

This class will start up with a simple introduction to Phase III: Uses and Capabilities. The class will decide on a data base program that they wish to design and then the class will go about developing it and finally we will compile it to be a stand alone program. (Matthew has five years experience as a software developer for IBM and Apple computers.)

Mon/Wed/Mon, Oct 3,5,10, 7:30pm (meets 3 times)
Class Fee: $10, pay at registration
Materials Fee: $5, pay at class
(Class handbook and 5-25" diskette)
Limits: Min. 6 / Max. 15

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776-3600

* Haircutting
* Permanent Waves
* Electrophysics (permanent hair removal)
* Shampooing
* Barber Forecning

1201 Lamarie
Basics of Investing
Rene J. Raddi
537-4505

This is a three-part workshop to help individuals learn how to become financially independent. We will start with the basic concepts of when and how to set up an accumulation program, and cover risk management, cash reserves, and income and growth investments. We will also study how personal preferences and attitudes, as well as inflation and taxes, have an impact on investments. At the conclusion of this workshop each participant will have his/her own customized, personalized financial plan.

(Rene is a Registered Representative of Waddell & Reed, one of the largest financial planning organizations in the United States with over $7 billion under management.)

Thursdays, October 6, 13, 20, 7:30 PM (meets 3 times)
Class Fee: $10, pay at registration
Materials Fee: None
Limits: Min. 6 / Max. 30

Money Management Seminar
C-15
Fred Freeby
537-4505

This class will cover the following topics:

• Structuring savings, investments and insurance programs for today's world.
• Saving taxes today while providing funds for education or retirement.
• The impact of inflation and how to make it work for you, rather than against you.
• Affordable ways of investing and saving regardless of your budget.
• And much more....

(Fred is a Senior Account Executive at Waddell & Reed Inc., and has over 12 years experience in financial planning.)

PLANNING FOR YOUR RETIREMENT YEARS
C-14
Fred Freeby
537-4505

You may be retired for nearly half as long as you worked. As Americans approach or reach retirement age, they begin to face the potential problem of outliving their financial resources, of becoming dependent on others. Financial wellness is the key to preserving independence, and proper financial planning is the key to financial wellness. You owe it to yourself....and those you care about.

(Fred is a Senior Account Executive at Waddell & Reed Inc., and has over 12 years experience in financial planning.)

Sect. I: Mon., Sept. 12, 7:30-9 PM
Sect. II: Mon., Sept. 19, 7:30-9 PM
Sect. III: Mon., Sept. 26, 7:30-9 PM
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. 30

Understanding Medicare & Health Insurance
C-16
Elaine Johannes
776-9294

What does medicare cover? What doesn't it cover? How will medicare change in January 1989? These and other questions will be answered at this evening session. Medicare supplement insurance will also be highlighted.

(Elaine Johannes has worked with the Area Agency on Aging since 1982 and has helped people from all county areas solve their medicare problems.)

Tuesday, Oct. 18, 7-8 PM
Class Fee: None
Materials Fee: None
Limits: Min. 4 / Max. none

Multimedia First Aid
C-19
Red Cross Instructors
537-2180

Learn the basic facts 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. You will learn how to restore breathing, care for fractures, and how to treat poison, shock, and burn victims. You pace yourself through a separate workbook for each topic. When you are ready, you will be individually evaluated by a Red Cross instructor. You will earn a Standard First Aid Certificate.

Tuesday & Thurs., Oct. 25 & 27, 6-10 PM
Class Fee: $5, pay at registration
Materials Fee: $12, Pay at registration
Limits: Min. 6 / Max. 12

MIRACLE OF HEARING
C-17
Ricky Hartwick
539-8621

This course will address the issue of hearing loss — our nation's number one handicapping disability — and its major social-economic implications. Furthermore, we will explore the anatomy and physiology of the ear, including early warning signs of hearing loss and preventative measures.

(Rick is a licensed hearing technician with Miracle Ear covering North East Kansas.)

Sect. I: Monday, Sept. 27, 7:30-9 PM
Sect. II: Thurs., Oct. 13, 7:30-9 PM
Class Fee: $3, pay at registration
Materials Fee: None
Limits: Min. 1 / Max. None

CPR for Adults
C-18
Red Cross Instructors
537-2180

This is the "top of the line" Red Cross CPR training. Learn one-person CPR and choking.

LEARN VALUABLE LIFE SAVING SKILLS — you may know when you may have to use them.

Tuesday & Thurs., Nov. 8 & 10, 6-10 PM
Class Fee: $5, pay at registration
Materials Fee: $12, (for book)
Pay at registration
Limits: Min. 6 / Max. 12

ReCycling
C-29
Dave Sampson
1-499-5311

The problem of solid waste disposal is looming its ugly head over the Kansas River Basin. The Riley County Landfill has long been filled in and is now towering thirty feet above the flood plain. Efforts are now underway to close the landfill and find an alternative solution to the avalanche of trash being trucked in daily.

This class will focus on recycling, the terminology, types of plastic that are recyclable, separation of glass, aluminum cans, paper, methods of collection and marketing will all be discussed. This has to be looked at sometime, we might as well start now.

(Dave is starting up Oak Grove Recyclers and needs 42,000 pounds of plastic jugs. Do you have any you do not need?)

Tuesday, Sept. 12, 7 PM
Class Fee: $2, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

Class locations will be noted on your receipt.

5
EFFICIENT LEARNING  
C-21
Rajan S. Mahadevan
We will explore efficient principles of learning and remembering. Most of the material is based on scientific evidence. I would like to warn people however, that there is no "magical quick-fix way" to learn better study habits, it takes a lot of hard work and effort. Rajan has given several lectures in India on this topic. He was listed in the Guinness Book Of World Records 2008 for reproducing Pi to 31,811 places.

Thurdays, Begins Sept. 15, 7-8pm  
Class Fee: $10, pay at registration  
Materials Fee: to be determined  
Limits: Min. 6 / Max. 12  
(ongoing)

LITETRACY COURSE  
C-22
Karen McCullough
45 million Americans can't read. Most people realize the seriousness of this problem, especially after seeing ads on television and in the newspapers, but few actually have any expertise and no way to help. In reality, all a reading tutor needs is a lot of patience and some of our best tutors are late readers themselves. Karen McCullough would like to explore possibilities of expanding the already existing program at the Adult Education Center, and would like to meet with interested tutors and learners.

Wednesday, October 5, 7pm  
Class Fee: $1 for the term (max. $10)  
Limits: Min. 6 / Max. 12

SOME COMMON CHEMICALS AND SAFETY  
C-20
F. C. Lanning  
557-7999
In everyday life we come in contact or work with substances that need to be properly cared for. In this course we will consider a number of substances such as inflamables, acids and bases.  
(Dr. Lanning has been Chairman of the Safety Committee of the Chemistry Department at KSU.)

Thursday, Nov. 10, 7:30pm  
Class Fee: $2, pay at registration  
Materials Fee: None  
Limits: Min. 6 / Max. 12

PEACEMAKING: ISSUES, ACTIVISTS, AND CHANGE  
C-24
Al Zimmerman  
539-4281
A look at issues of peace and justice in today's world; an activisim primer including non-violence training and affinity group building; and an opportunity to participate in a national demonstration and protest next spring. Subjects addressed will include Southern Africa, Latin America, the Middle East, World Hunger, Militarism, and the Arms Race. Come and learn what's going on in the world and how you can make a difference.

(Al is a campus minister at Kansas State University, and has been an activist for a number of years, taking part in a variety of demonstrations and protests around the country for the sake of peace & justice issues.)

Tues, Sept.13 - Nov.15, 7:30-9pm  
(meets 10 times)
Class Fee: $5, pay at registration  
Materials Fee: None  
Limits: Min. 5 / Max. None

LEGISLATIVE PROCESS AND THE LEAGUE OF WOMEN VOTERS  
C-25
Elaine Johannes  
776-9294
Since 1920 the League of Women Voters has studied national, state, and local issues and acted on what they have discovered. In preparation to vote November 8, join us October 13, to learn about your role in the legislative process and the role of your local league.

Thursday, Oct. 13, 7-8pm  
Class Fee: $3, pay at registration  
Materials Fee: None  
Limits: Min. 4 / Max. None

FRIENDSHIP CITIES PROJECT, INC.  
C-26
Dr. Susan Allen
Do you know Manhattan has a sister city? Come get acquainted with our sister city, Manidiri, Nicaragua and the non-political citizens Friendship/Sister Cities concept. Board members of the Manhattan Friendship Cities Project, Inc. will show slides and a 20-minute video taken during the U.S. Nicaragua Friendship Cities Conference in June 1988 and tell about Manhattan's library building project.

Wednesday, Oct. 19, 7pm  
Class Fee: None  
Materials Fee: None  
Limits: Min. 6 / Max. None

F PLURINS UNUM...OUT OF MANY, ONE  
C-23
Susan Scott, Dave Stewart  
532-6432
Ann Butler, and Charlotte Olsen
To live and work effectively with individuals having backgrounds different from one's own, requires an understanding of and knowledge about race and gender biases, and how these constructs interact within our own framework of culture. In three sessions we will share current common elements of culture, racism, and sexism, and ways individuals can empower themselves to combat the "isms."

(Ann, Dave, Susan, and Charlotte have all been committed to and active with issues of diversity throughout their careers.)

Tuesdays, Sept. 27-Oct. 11, 4:30-6pm  
(meets 3 times)
Class Fee: $6, pay at registration  
Class Materials: None  
Limits: Min. / Max. 20

INTRODUCTION TO FOSTER PARENTING  
C-29
Janice Okier  
456-2057
Foster Parenting can be a rewarding challenge and an enriching experience for your family. Foster homes need to be a warm, nurturing environment for troubled children. Learn the basics of foster parenting and about the children we serve.  
(Janice and her husband were foster parents for 22 years and she is the foster parent licensing worker for Wamego SRS.)

Sect. I: Wed, Oct.12, 7:30pm  
(Manhattan)
Sect.II: wed, Nov. 9, 7:30pm  
(Wamego)
Class Fee: $3/sect, pay at registratin  
Materials Fee: None  
Limits: Min. 2 / Max. None

WEDNESDAY MORNING PLAY GROUP  
C-28
Diana Hatch  
756-9921
Barb Stork  
539-1399
This is an ongoing "Support Group" for at-home mothers. Pre-school age children play while moms visit with other adults. Mothers are responsible for their own children, so no supervision is necessary. During nice weather we will meet outside, and during the colder months we will meet in homes of participants. This group has been in existence for about ten years.

Register and you will be contacted for first meeting.  
Class Fee: $2, pay at registration  
Materials Fee: None  
Limits: Min. None / Max. None

6 Class locations will be noted on your receipt.
FINE ARTS

539-8763
1221 Thurston

BEGINNING CONVERSATIONAL ENGLISH
Anita Bond
FA-1

This is a conversational class for the beginning English speaker only! We will work on basic vocabulary, idioms, and everyday usage of the language. We will also discuss cultural differences and similarities.

PLEASE NOTE: This is a class for beginning SPEAKERS OF ENGLISH ONLY. Anita is a learning skills specialist and works with Educational Supportive Services at Kansas State.

Beginns Thurs., Sept. 15, 7-8 pm (ongoing)
Class Fee: $10, pay at registration
Materials Fee: $2, pay at class
Limits: Min. 5 / Max. 20

VOICE CLASS
Miki Thompson
FA-5
537-8238

Always fancied yourself on stage? Get out of the shower and learn how to sing for your own pleasure, and perhaps you could even astound your friends at your next party. This class will feature individualized voice instruction and will cover the mechanics of voice such as breath control, acoustics, etc., and how to use them in whatever style of music you like to sing. If you have a particular song you enjoy singing, bring along the music and we will work with it.

(Miki is a graduate student in music at KSU, and has been interested in music since she was a child, which is not surprising as she comes from a musical family.)

Tuesdays, Sept.13-Oct.18, 7-7:15 pm (meets 6 times)
Class Fee: $10, pay at registration
Materials Fee: None
Limits: Min. 1 / Max. 8

BOOKS BY AND ABOUT WOMEN
Lorrie Cross
539-5337
FA-2

Women writers say special things. Women readers often hear them. This class provides time for women to talk with each other about novels, non-fiction works, humor, and satire. Dimensions of self-image shaped by literary models are examined as we discuss books selected by group members. Books we have recently read are: A Bird in the House by Margaret Laurence; Bluebeard's Egg & other Stories by Margaret Atwood; If Morning Ever Comes by Anne Tyler; and Slater Age by M.F.K. Fisher.

(Lorrie has been a member of this informal reading group since 1978.)

1st Meeting: Wed. Sept. 14, 7:30-9:30 pm (ongoing)
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 1 / Max. None

TOTO-LY OZSOME! PLAYSHOP
Ilene A. Kinsey
537-2924
FA-4

A playful event where we will re-live the adventures of the Wizard of Oz. Through music, movement, and drawing we will experience Scarecrows' knowledge, Tinman's heart, Lions' courage, Wizards' power, Witches' balance, Totos' love, and Dorothy's home within. Join me on this joyful adventure down the Yellow Brick Road. (Ilene has been working creatively with the story of the Wizard of Oz for four years, her Masters in Human Development added to making this event TOTO-LY OZSOME!)

Sec. I: Sat., Sept.24, 10am-Moon
(For children 5+ and adults)
Class Fee: $5/Sec for adults
$3/Sec for children, Sec. I only
Materials Fee: $1, pay at class
Limits: Min. 4 / Max. 12

COLLECTING ART
Julie Strecker
529-2139
FA-3

Do you know how to make an intelligent decision when buying art, whether it be for decoration or an investment? In this class you will learn how to select works of art which are personally pleasing to you. We will identify specific techniques, evaluate artists, discuss appropriate prices, and learn about framing and care of art once you own it.

(Julie is the owner of Strecker Gallery and has been a collector of fine art for many years.)

Monday, Oct. 3, 7:30-8:30 pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. 12

GEORGIA O'KEEFE EXHIBITION
The Art Department of Kansas State University is planning an excursion to visit the centennial exhibition of Georgia O'Keeffe in Dallas on Saturday, October 1. The itinerary is as follows:

Depart 5:00 am Friday, September 30
Arrive in Dallas at approx. 10:00 am with stops in Tulsa and Oklahoma City.
Saturday morning will be devoted to the exhibition, the afternoon for shopping, and Saturday evening for the entertainment of your choice. We will stay at the Drury Inn, 2421 Walnut Hill.

Cost: $130 includes gallery tickets, transportation, lodging, and edibles on the bus.

Full payment must be received by September 10.

PRETRIP LECTURE
Dr. LouAnn Culley will be offering a pretrip lecture on September 26, 7:00 pm, at the UPF House. You will find her readings a valuable addition to the experience. You do not have to be going on the trip to attend this lecture.

Cost: $2 Payment will be accepted at the door.

Class locations will be noted on your receipt.
AUTOHARP WORKSHOP
Linda Teener 537-0508
Tuning, use of fingerpicks, rhythm backup and picking melody lines, is some of the topics to be covered in this class. A basic orientation to the autoharp will be given and information on distonic tuning will be available. (Linda has been playing the autoharp for years and has also taught others to play.)
Saturday, Oct. 15, 1-3pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 2 / Max. 8

SWING DANCE
Art Clack 539-4121
Are you looking for a foot-stompin' good time? Take a spin with Art and do the sharp moves, dips, turns and slides of country western swing dance. Come join the fun and learn a life-long way to keep in shape and relax. (Art has been teaching swing dance for eight years.)
Wednesday, Oct. 5, 12, 19, 6:30-8pm (class meets 3 times)
Class Fee: $6, pay at registration
Materials Fee: None
Limits: Min. 6 / Max. 18

FOLK DANCING
Paul Weidhaas 539-4805
Enid Cooke
Learn to dance the polka, waltz, schottische, and hambbo. (Learn what a hambbo is!) In its eighth year, the Flint Hills Folk Dance Fellowship does a wide variety of traditional dances from America, Europe and Israel. Beginners are welcome and partners will be provided. (Enid and Paul danced before they could walk.)
Friday, Sept.23, 7:30-9:30pm
(Other meetings will be determined at class)
Class Fee: $6, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. 70

AN INTRODUCTION TO SIGN LANGUAGE
Shirley A. Reeser 494-2241
This course will introduce you to an alternative method of learning sign language through the use of flash cards. We will teach the symbols used for words signed rather than the letters. This method has been proven to have a more rapid rate of learning and a higher level of retention. (Shirley lost her hearing due to the side effects of medication. She has now regained her hearing, but realizes how necessary it is for everyone to learn sign language.)
Thursday, Oct. 6-27, 7-8pm (meets 4 times)
Class Fee: $10, pay at registration
Materials Fee: None
Limits: Min. 2 / Max. None

INTRODUCTION TO FREEHAND DRAWING
Ernie Peck
Gene Ernst
Pencil sketching in, for many of us, the best way to record images, express/explore ideas, and to prepare sketch-studies for later paintings or finished drawings. Often our crude sketches have little resemblance to the subject represented, herein lies the challenge of this course, TO LEARN AND PRACTICE DRAWING, and to do it well and quickly. Our media will be soft pencils and 9"x12" pads. We'll start with simple geometric solids in perspective with shading and cast shadows. Progress will be made toward objects found in the home and simple buildings and trees. Our primary goals are: to draw accurately in proportion to the real subject, to make your sketches believable, and to start to develop line quality and an artistic skill. (Ernie and Gene have taught water-color photography, calligraphy, and other UVM courses over the years.)

BEGINNING CALLIGRAPHY
Ernie Peck
Calligraphy, the art of beautiful lettering, will be introduced. We will learn about lettering tools, materials, references, and one calligraphy alphabet. Felt-tipped calligraphy pens and necessary paper will be provided. Because the pens have a short shelf life and have to be ordered, it is necessary to sign up for this class as early as possible! (Ernie has been lettering since he was 13 years old and has taught many others this skill.)
Monday, Nov 14 - Dec 5, 7-9pm (meets 4 times)
Note: The last registration date will be Nov 2.
Class Fee: $8, pay at registration
Materials Fee: $15, pay at class
Limits: Min. 4 / Max. 15

BEGINNING CALLIGRAPHY FOR RIGHT-HANDERS
Debra Rospy 1-239-3026
Do you enjoy seeing the elegant script of calligraphy, but think you could never do anything so lovely? Well, you are wrong. Once you learn the steps for each letter, you will be amazed at how quickly you can pick it up with a little practice. There are a variety of styles to choose from. Once you learn the basics, you will be able to progress onto the most difficult styles with very little extra effort. (Deb learned calligraphy in Denver in 1980 and has been using it ever since for cards, posters, and other personal items.)
Friday, Oct. 14, 6:30-9pm
Class Fee: $5, pay at registration
Materials Fee: $2, pay at class
Limits: Min. 5 / Max. 15

H OW TO WRITE FOR NON FICTION MARKETS
Randy Edd
Writing for the non-fiction markets can be profitable as well as fun. In this class we will look at some ways to use your talents as a non-fiction writer. (Dr. Kidd has written several hundred articles for a variety of magazines, newspapers, and books.)
Wednesday, Oct. 5, 7-9pm
Class Fee: $6, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. 15

8 Class locations will be noted on your receipt.
YOU CAN WRITE!  FA-14

Jeanne Joy Findley  532-5851

Do you believe you really cannot write? Do you believe you have nothing to say? Do you like to write but don't know what to write about? Do you suffer from writer's block? Do essays and reports drive you up the wall? In this world of instant coffee, instant tea, instant everything, there is an instant method of getting on with writing. Bring a notebook or other paper supply and pens or pencils and come join the fun. (Jeanne has been using this method of writing for some time now and has found it a useful tool for releasing her creativity. She has received several awards for her poetry including the 4th Seaton Award in 1984, and the Manhattan Mercury Annual award in 1981.)

Mondays, Sept. 12, 19, 26, 7 pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 2 / Max. None

STORY & NOVEL WRITING  FA-15

Leonard Bishop  1-258-2066

All levels of craft in fiction writing will be covered: dialogue, foreshadowing, characterization, major and minor relationships, story, plot-line, situations, dramatic events, 1st person, 3rd person, opening chapters, general devices, narration, introspection, continuity, motivation, sex situations, proper prose, cameo characters, complex characters, complicated scenes, details, etc. (Leonard has taught writing for over 25 years, has published nine novels, and has written a book on professional writing published by Writers Digest.)

Tuesdays, Oct. 4, 11, 18, 7-9:30pm
Class Fee: $10, pay at registration
Materials Fee: $2, pay at class
Limits: Min. 8 / Max. None

RENGA WORKSHOP  FA-16

Ray Hall, Jr.  539-7143

Want a party game for your family and friends? Write renga. Surprises for all as you find self expression within a group effort. (Ray received a BA in English Literature at Washburn University in Topeka and attended English Graduate School at K-State. Ray has led renga workshops in Topeka & Manhattan.)

Friday, September 9, 7-8pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 1 / Max. None

CERAMICS/BASIC WHEEL THROWING  FA-17

Stephanie Lindholm  775-0004

Have you always loved the look of handthrown pottery, but didn't know how to begin? Here is your chance to learn in six cheerful, low-pressure sessions (plus a little spare time to practice). We will cover the basics in wheel throwing: wedging, centering, cylinders, trimming, pulling, and attaching handles. By the end of this course, you will have made your own self at least one special project and have the expertise and knowledge to work on other projects in the future. (Stephanie is a member of the UPM Pottery Studio.)

Mon & Thurs, Oct. 10-27, 6:30-9:30pm (meets 6 times)
Class Fee: $8, pay at registration
Materials Fee: $18, pay at class
Limits: Min. 4 / Max. 4

CHAIR CANING  FA-18

Barbara Poresky  539-2967

Do you have a chair that needs a new cane seat? Be innovative and try caning it yourself. The first meeting will be organizational so bring your chair and Barbara will specify materials that are needed and order them for you. After the materials have arrived, the following sessions will guide you through the steps necessary to repair your chair. (Barbara has taught this class several times before and is willing to share her skills and knowledge, once again, with others.)

Begin Thurs, Sept. 8, 7:30-9:30pm (meets 6 times)
Class Fee: $0, pay at registration
Materials Fee: Depends on size of project
Limits: Min. 3 / Max. 10

HISTORY OF CRAZY QUILTS  FA-24

Kathy Brown  539-3731

Ever wonder how the warm quilts you cover up with on cold days were made? Join Kathy and take a look at the origins of crazy quilts. Actual construction details will be demonstrated and a close-up look at the Goodnow House quilts will be included. (Kathy is the curator of Goodnow House Museum and has worked extensively with the State Historical Society collection of quilts in Topeka.)

Saturday, Nov 19, 10:30-11:30am
Class Fee: $3, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

UM POTTERY COOPERATIVE

The Pottery Studio is a facility available to anyone who feels confident working alone. No instruction is provided. The studio is a self-supported facility run by members for members with two coordinators to provide structure and to fire the kiln. Your membership entitles you to 12-1/2 lbs of clay every four months, all the recycled clay you can produce (to be used at this studio only), kiln space and glazes. In order to cover material and facility costs, the membership is based on a cash fee and in-kind contributions.

ANNUAL MEMBERSHIP

Cash Fee: $45/annum  (May be paid at the rate of $16 every 4 months.)

OTHER MEMBERSHIPS

4 MONTHS:
Cash Fee: $25

8 MONTHS:
Cash Fee: $35

(Shorter periods or one time usage can be arranged)

IN-KIND CONTRIBUTIONS

* UPM Coffee mugs for resale
* Co-teach classes or workshops
* Locate teachers for classes or workshops
* Assist with other income producing projects

Any member signing up for a period of more than four months will be expected to sign up for one or more of the above in-kind contributions

ADVANTAGES

** You will have the opportunity to meet and work with other area ceramicists
** You can explore several areas of ceramics other than functional pottery
** You can become involved in a studio operation
** You may sell your pottery through pottery sales at the UPM House

FOR FURTHER INFORMATION

CALL UPM 539-8763

Class locations will be noted on your receipt.
BEGINNING KNITTING ADULT  FA-19
Jean Johnston  776-3292
This is a class for all ages, male as well as female. The only items you need are knitting needles, size 10, and light colored 4 ply yarn. The rest is easy—just knit one, pearl one. (Jean has been knitting for over 20 years and has taught knitting for UPM several times.)

Tuesdays, Sept. 13-Oct. 4, 7-8pm  (meets 4 times)
Class Fee: $6, pay at registration
Materials Fee: $2, pay at class
Limits: Min. 4 / Max. 10

INTERMEDIATE KNITTING  FA-20
Jean Johnston  776-3292
Come to one, two, three, or all four classes. Each class will be independent of the others, the only requirements for all of them is that you know the basic knitting steps (cast on and off knit and pur1 and increase and decrease). Just bring size 10 knitting needles and a light color 4 ply yarn. For the cable class you need a cable stitch holder. With the knitting in the round class you will need two types of knitting needles in size 10, double point and circular (call me if you have questions.) (Jean has been knitting for over 20 years and loves to try new knitting techniques.)

Tues, Oct 11, 7-9pm—2 color knitting (flat knitting)
Tues, Oct 18, 7-9pm—Cables
Tues, Oct 25, 7-9pm—Pattern stitches
Tues, Nov 1, 7-9pm—knitting in the round
Class Fee: $5/class or $10/4 classes
Materials Fee: $2, pay at class
Limits: Min. 4 / Max. 10

PETTOURI  FA-21
Jayne Link
Learn a little folklore, how to make two potpourri blends and then take home one ounce of each blend. 
NOTES: Please bring two small glass jars to take your creations home in. (Jayne has a small herb business called Fragrant Memories and has enjoyed playing with herbs and flowers for years.)

Wednesday, Oct. 19, 6:30-8pm
Class Fee: $4, pay at registration
Materials Fee: $4.50, pay at class
Limits: Min. 6 / Max. 10

PERFUMES AND POTIONS  FA-22
Carol Ebert  1-456-2841
How you can concoct your own special body perfumes. Learn how to mix body oils, hair rinses, colognes, bath oils, and signature perfumes. Be creative and discover the uniqueness of your own signature products. (Carol owns a herbal shop and makes many of the herbal products.)

Monday, Dec. 12, 7-8:30pm
Class Fee: $4, pay at registration
Materials Fee: $1.50, pay at class
Limits: Min. 4 / Max. 10

MAKING COVERED ALBUMS  FA-25
Deb Resproy  1-239-3026
Covered albums are one of the easiest and most adaptable items/gifts to make for yourself or friends. They can be used for weddings, birthday or Christmas gifts, made fancy for the feminine lady, or masculine for a man. The material pattern you use, plus the trim, determines whose style it will fit. 
If you have a hot glue gun, please bring it to class. Also bring 1-1/2 yds. of your choice of material plus 3 yds. of trim (lace, ruffles, etc.) to fit the notebooks provided. (Deb learned how to do these at Ben Franklin's in 1985 and has made many varieties for friends and family ever since.)

Friday, Sept. 30, 6:30-9pm
Class Fee: $4, pay at registration
Materials Fee: $4, pay at class
Limits: Min. 4 / Max. 10

TATTING — THE ART OF MAKING LACE  FA-26
Jessie Pouveaux  776-6806
Tattting, or frivolite as the French call it, is a very old art. This process of making lace by looping and knotting a single strand of thread on a small shuttle originated in Europe. Years ago tatters used very fine thread and many long picots to create a lacy effect. Modern tattting has shorter and fewer picots, uses heavier thread, and will outwear the cloth it is on. Please bring a plastic tattting shuttle, spool of tatting thread (#20 or 30), crochet hook or needle, and a basic tattting instruction booklet. 
(Jessie has taught tatting for UPM for many years.)

Thursday, Oct. 6,13,20, 7-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 2 / Max. 4

BOOKMARKS  FA-23
Evelyn Campbell
Save those beautiful flowers in your garden! Make a bookmark or a greeting card from dried and pressed flowers. We will be cutting, press, and show you how to dry and press your own flowers and how to use them to make small gifts for your friends. (Evelyn is a 1988 Co-ordinator of the Manhattan Community Gardens and a senior in horticultural therapy at K-State.)

Tuesday, Sept. 27, 7pm
Class Fee: $3, pay at registration
Materials Fee: $3, pay at class
Limit: Min. 5 / Max. 15

CUTTING PAPER SNOWFLAKES (Or, Create your own blizzard)
Ages 10 and up  ES-1
Leo Schell  539-6540
It is easy to cut eye-catching, artistic, creative, icy snowflakes in a variety of styles. Numerous examples will be displayed, various patterns will be cut, and original creations will be cut and shared. A catalog of examples will be available for purchase at cost. Fun for young, old, or in-between! Please bring sharp scissors.
(Leo is a former elementary school teacher who has delightedly cut paper snowflakes for years and has a large collection of them.)

Saturday, Nov. 12, 9am-12pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 2 / Max. None

PINEBOW CHRISTMAS TREE  FA-27
Deb Resproy  1-239-3026
Would you like to have a new decoration for Christmas at a relatively small cost? Learn how to make a tree that can be personalized to match you home's decor; or make great gifts for friends and family! Please bring a variety of small to no larger than 2 inch pinecones and you'll be shown the technique for making these lovely trees. We will not be cutting up the pinecones. The instructor will bring some extra cones, but please bring enough to share with everyone. (Deb attended 2 classes on pinecone art in Denver in 1982 and has made a variety of projects since using these techniques.)

Friday, Dec 2, 6:30-9pm
Class Fee: $3, pay at registration
Materials Fee: $2, pay at class
Limit: Min. 4 / Max. 10
BIRD ATTRACTION/FEEDING WORKSHOP
Northern Flint Hills Audubon Society

Would you like to have birds and other wildlife in your yard year-round? We will demonstrate feeders, houses, and other equipment; provide information on various foods available, and discuss how to plan your own back-yard wildlife sanctuary.
(Northern Flint Hills Audubon Association is a grassroots environmental organization that is interested in birds and all other components of the natural world.)

Saturday, October 15, 10-11:30am
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

GERMANY BIRDS
Ted Cable
539-6119

The Junction City/Milford Reservoir area of Geary County harbors bird species each year that are rarely seen around Manhattan. We will be looking for rarities, but we will also pause to observe the more common species. Bring your binoculars and some munchies for the trail. This class is for beginners and experts alike.
(Ted is one of the top birders in the Manhattan area.)
Saturday, November 12, 8am-1pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

RECYCLE NOW
Call 537-6332
CORE (Committee on Recycling)
Flint Hills Recycling Directory & Cash or Trash Brochure
Additional copies available for organizations

Class locations will be noted on your receipt.
Holistic health for pets teaches how to use all of life’s vitals to help you create optimum health for your pets. This class will show ways to enhance your pet’s health through nutrition, exercise, relaxation, and proper people interaction.

(Dr. Kidd is a local veterinarian and professional writer with a special interest in holistic health.)

Thursdays, Nov. 3 - 24, 7-9 pm
Class Fee: $6, pay at registration
Materials Fee: $3, pay at class
Limits: Min. 6 / Max. 20

RAISING CATS FOR FUN AND PROFIT
Lois Wright
922-6937

For people who like cats and want to earn money with an at-home project. We will discuss tips on getting started with registered cats, keeping them healthy, and how to get the best price for your kittens. (Lois has been raising and selling Persian and Himalayan cats for the past 10 years.)

Saturday, Sept 10, 1-3 pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

NATURAL CAT CARE
Kate Cashman

If you are aware that pre-packaged foods are not wholesome choices, and have a loved pet in your life that eats packaged food; let us look at some alternatives in diet and care. (I am a finicky owner and as a result Miss Sabie is a fine, sleek, and happy cat!)

Monday, October 3, 7:30-8:30 pm
Class Fee: $3, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. 15

USING GEM STONES IN JEWELRY
W.L. Lala

Jewelry making, designs, findings, bezel settings, cabochons, sprues, casting. If you have some interest in gem stones and jewelry, this class is for you. Bring your questions. This class is sponsored by the Manhattan Mineral, Gem and Fossil Club. (Dr. Lala learned wax-casting in dental school and has been making jewelry for many years.)

Thursday, Sept. 8, 7-30 pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

OUR PRAIRIES AND WOOD LOTS ARE FILLED WITH WILD PLANTS, TRADITIONALLY USED AS “HEALERS”. IN THIS CLASS WE WILL LOOK AT SOME OF THESE PLANTS AND THEIR USES.

(As a part of holistic health, Dr. Kidd believes that it is important to understand some of the local plant healers.)

Class: Wednesday, Sept.21, 7-9pm
Field Trip: Sat. Sept.24, 9-11am
Class Fee: $4, pay at registration
Materials Fee: $3, pay at class
Limits: Min. 10 / Max. 20

GET TO KNOW MILFORD LAKE
Gregory Wurst

Let an experienced ranger show you Milford’s popular fishing holes, camp sites and attractions, including the new fish hatchery. The tour will be adapted to meet the interest of the participants. (Greg has been a ranger at Milford for ten years and knows the lake inside and out.)

Saturday, Sept. 10, 12:30-4:30pm
Class Fee: $5, pay at registration
Materials Fee: $1, pay at class
Limits: Min. 3 / Max. 5

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1402 Anderson Ave, Manhattan, Phone 832-3420
NATURE TRAIL WALK
E-12
Tim Rues
784-5535
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 Kaw Valley River Nature and History Trail. Over 50 native plants are identified on this mile-long cleared trail located in the Kansas River bottoms behind the old historic First Territorial Capitol building. After the walk a guided tour of the museum will be given. (Tim has been the curator of the First Territorial Capitol for the past three years. He has an interest in Kansas history and its native plants.)
Saturday, Dec. 10, 10am-1pm
Class Fee: $3, pay at registration
Materials Fee: None
Limits: Min. 1 / Max. 15

KANSAS LANDSCAPE ARBORETUM
FIELD TRIP
E-14
Gregory Warst
The Kansas Landscape Arboretum near Wakefield is a wonderful place to hike, picnic, fish, enjoy nature, study trees and shrubs, see antique farm equipment, and much more. Sign up early; this trip will fill up fast.
(Greg is a lifetime member of the arboretum and a ranger for the Milford Lake Corps of Engineers.)
Saturday, Sept. 10, 8am-noon
Class Fee: $3, pay at registration
Materials Fee: $1, pay at class
Limits: Min. 3 / Max. 5

GRANDCHILDREN OF THE PIONEERS:
MEETING TO SHARE THEIR FAMILY LIVING HISTORY
E-16
Owen R. Jones
Grandchildren of the pioneers of Riley and Pottawatomie counties need to meet to make plans to take short tours of ghost towns and the small towns in the counties around Tuttle Creek Lake. Many of us remember the building of Tuttle Creek Dam 25 years ago. Hundreds of years before 1883, Indians farmed the Big Blue Valley from Manhattan to Nebraska, past Beatrice. Now the history of the Big Blue Valley and its tributaries, as told by our grandparents, has been passed down from one generation to another, join us for an evening of sharing past memories.
Wednesday, Oct. 26, 7:30-8:30 pm
Class Fee: $3, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. 15

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****TWENTY FIFTH ANNIVERSARY****
You are cordially invited to a special presentation commemorating the twenty-fifth anniversary of Tuttle Creek Lake. The Corps of Engineers, in cooperation with the Riley County Historical Society, will present an interesting program on the history of Tuttle Creek Lake at the Riley County Historical Museum, 2309 Claflin Road, Manhattan on October 2 at 2pm.
Learn about the initial project. Discover some of the secrets about the construction of what was then the fourth largest earth dam in the country. Find out about the important role that dam has played since 1963. Take a look into the future of Tuttle Creek Lake.
Archival photographs, newspaper articles, and related memorabilia will be displayed in a special exhibit. Please feel free to bring your photos or remembrances from the period; a table will be available for sharing your items of interest.
All are welcome to this free presentation.

GRAND TOUR OF THE UPPER WATERSHED
OF TUTTLE CREEK LAKE TO VISIT
IRVING, BIGLOW, AND HARRETT TOWNSHIPS.
E-15
Owen R. Jones
There are many family farms in Marshall County that have been farmed by the same family for over 100 years. Most of the these are in the south part of Marshall County and are now under a flowage easement of Tuttle Creek Lake. The first settlers came in 1854. In 1855 a party of 60 Quakers came with A.G. Barrett from Ohio and brought the first saw mill to Marshall County Kansas. Now, 25 years after the completion of Tuttle Creek Dam it is time to up-date the living history of that part of Marshall County. (Owen was born in 1912 in a large stone house where 3 generations had lived from 1880 to 1901. His father, O. M. John, was 23 years old when his grandfather, H.L. Sage finished his work on this earth at the age of 91 years; 9 months, 5 days in 1901.)
Wednesday, Nov. 9, 9am - 4pm
Class Fee: $2, pay at registration
Materials Fee: $0.50, pay at class
Limits: Min. 5 / Max. 15

Class locations will be noted on your receipt.
TOUR OF THE TUTTLE CREEK STATE PARK IN THE RIVER POND AREA

E-17

Owen R. Jones

There are four Tuttle Creek State Parks around Tuttle Creek Lake. The most popular park of the four is the River Pond Tuttle Creek State Lake, below the dam. Once one takes a tour of that State Park, one has a place to show off to visitors. Senior Citizens are given a free use sticker to the Tuttle Creek State Parks. (Having spent the first 53 years of his life on a farm, in Marshall County, Owen has always been interested in public parks. The picnics that he had in small towns started his interest in parks and that interest grew when he visited the Manhattan City Park.)

Thursday, Oct. 6, 10am-noon
Class Fee: $2, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. 20

WALKING TOUR OF THE MANHATTAN CITY PARK

E-18

Owen R. Jones

There are a lot of interesting historic buildings in the 45 acre park of the City of Manhattan. We will talk about the Log Cabin days from 1870 to 1988. A lot of historical items are to be found in the 1916 log cabin built by the Son's of the Pioneers, and used as the first museum of Riley county. Florial Hall, now called the Round House, was built in 1875 by volunteer labor with donated material.

Owen has been interested in the history of the City Park since 1980, when Manhattan celebrated its 125th year. He believes it is one of the oldest, if not the oldest city park in the state of Kansas.

Thursday, Sept. 15, 9:30-11:30 am
Class Fee: $2, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. None

FIELD TRIP TO GLACIAL AREA OF POTAWATOMIE COUNTY

E-19

F.C. Lanning 537-7599

How do we know that glaciers visited Kansas? By the rocks from Minnesota they left behind! We will visit northern Potawatomi County to collect glacial materials: agate, jasper, quartz, quartzite, petrified wood and others, some of which may be of gem quality. Bring something to drink and a container for rocks so you can be a rockhound for the day.

(Or. Lanning is a long-time member of the Manhattan Mineral, Gem and Fossil Club which is sponsoring this class.)

Saturday, Oct. 15, 9am-Noon
Class Fee: $3, pay at registration
(Children under 15, may accompany parents free of charge)
Materials Fee: None
Limits: Min. 4 / Max. None

WHAT THE NEW AGE IS ABOUT

S-4

Steve and Erika Morgan

This is an introduction to the increasingly popular movement called the New Age. Learn about creating your own reality, visualization, affirmations, healing and health, crystals, channeling and channelers, and recommended books and tapes on these and other related subjects. (Steve and Erika are teachers, healers, and channelers.)

Wednesday, Sept. 14, 7-9 pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 6 / Max. 30

CHANNELING

S-5

Steve and Erika Morgan

Two channels will explain and demonstrate the increasingly popular process of channeling non-physical entities or guides. Bring your questions about channeling and also receive answers from a higher perspective. (Steve and Erika have taught several New Age and Channeling courses, and those who participated have rated them very highly.)

Wednesday, Oct. 5, 7-9 pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 6 / Max. 30

Creating a New Reality

S-1

Eunice Dorst

Day by day, moment by moment, we create our reality, a reality based upon our beliefs. Within that belief system lie limiting beliefs that prevent us from fulfilling our potential. Using visualization, affirmations, meditation, release, and other techniques, we will go within to discover our true being and take conscious control of our lives by creating our own reality.

Saturday, Sept. 17, 9-4pm
Class Fee: $20, pay at registration
Materials Fee: None
Limits: Min. 6 / Max. None

Class locations will be noted on your receipt.

MENTAL ENERGIES

S-3

David G. Damkht 532-6927

Our thoughts/mental energies affect us all the time. Learn some fascinating and not-so-obvious ways this goes on all day. Practice strategies for directing mental energies for health.

(Dave has worked in the KSU Counseling Center for years and has longstanding interests in voluntary self-regulation and self-enhancement.)

Sec. I: Tues, Oct. 4, 7-9pm
Sec. II: Wed, Oct. 19, 7-9pm
Class Fee: $5/sect., pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None
ADVANCED MANIFESTING AND MAGNETIZING
Steve and Erika Morgan
S-6

This class will be based on a workshop taught in California by Sanaya Roman and her guide Orin and Duane Parker and his guide Daben. It is open only to those who know they have reached a certain level of connection to the higher realms, who are sensitive to energy, and who are open to the idea that they can have anything they want.

Wed & Thur, Sept. 7-8, 7-9:30 pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. 9

THE HUMAN AURA
Floyd (Jean) Dorsey 776-4479
S-9

The human body, the ethereal body, and the astral body are energies that are part of every human being. These energies are commonly called the aura. Some people are blessed with the ability to see and interpret these energies. Jean has this gift and is happy to share his ability, knowledge, and experience with others. (Jean has been reading auras and teaching about these energies for several years.)

Wednesday, Sept. 14, 7:30pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. 40

PAGANISM
Flynt
S-11

What is Paganism? We will look at historical and contemporary attitudes and functions of the Pagan religion. Did you know Goddess worship is the oldest religion on earth? Come and explore an alternative religion that has grown up with mankind.

(After exploring a number of religions, Flynt became a Pagan in 1981 and now leads a group in the Manhattan area.)

Monday, Sept. 19, 8pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

INTRODUCTION TO ZEN
Al Potter & other members of the Manhattan Zen group
S-12

The origins and history of Zen philosophy and practice will be described. Emphasis is given to the Soto tradition of Zen meditation, including instruction and demonstration. Wear loose clothing and bring a cushion to sit on.

(Leon has been a student of Zen for many years.)

Wednesdays, Sept. 14, 21, 28, 7:30-9pm
Class Fee: $5, pay at registration
Materials Fee: $6, pay at class
Limits: Min. 3 / Max. 9

THERAPEUTIC TOUCH - THE BASICS
Lonnie Catlin 539-8763
S-2

What is Therapeutic Touch? Can it help you? During our look at this body/energy work we will learn how to lessen pain and anxiety, promote health, accelerate the natural healing process, and maintain a higher level of wellness. This will be a hands-on experience and each of you will gain enough experience to start using Therapeutic Touch in your daily lives. Areas we will explore: the energy field (aura), chakra-polarity connection, the use of crystals and other healing stones, smudging, and the use of music as a healing tool. Wear loose clothes and be comfortable.

(Lonnie has studied Therapeutic Touch as a method of wellness since 1980 and received his Practitioner in 1986.)

Saturday, Sept. 10, 9am-5pm
Class Fee: $20, pay at registration
Materials Fee: $3, pay at class
Limits: Min. 2 / Max. 10

INNER GUIDANCE
Sharon Landrith 539-1546
S-7

Sharon began consciously receiving inner guidance in 1976. She acts as a bridge between the guidance and the individual she is working with. Information is provided about one’s Life Path, blockages, and relationships, as well as suggestions for improving health and balance. Sharon would like to share her experience and help each individual become aware of their own sense of inner knowing and guidance.

(Sharon is a Professional Channeler, Re-birther and Regressor. She was a working partner in the Natural Healing Center near Billings and gained extensive experience in all areas of Holistic Healing and therapies.)

Wednesday, Oct. 19 & 26, 7:30-9pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. 25

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537-1616

Class locations will be noted on your receipt.

15
WOMEN’S REALITY S-16

Diane Perrote
Joyce Ansen

Our reality is created by our acceptance of other’s opinions, whether they be from parents, peers, or society, and we accept that reality as true. During this class we will explore and discuss women’s reality. What that reality means, if it is real, if there are differences between women’s and men’s reality, and how these differences are perceived by society. We will also explore how to recognize the subtle differences between the sexes. (Joyce is the Military outreach worker for The Crisis Center. She has a M.S. in English and Anthropology and has worked on her Ph.D. in Anthropology at BU with special emphasis on gender roles. Diane is working on her M.S. at ESU in Family and Child Development and is growing more aware of how reality and role differences are affecting all of us. Diane is also on F.B.W.)

Monday, Sept. 19, 7pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

SPouse ABUSE DISCUSSION S-22
Dianne Perrote

Dianne, a former battered wife, will lead this discussion on spouse abuse. She will identify the signs and respond to questions such as why do women stay in abusive situations, what help is there for the abused spouse, and how can friends help? (Dianne was in a battering situation for many years with the assistance of crisis centers she has now made the transition to living on her own and is working on her Master’s degree in Family Life Education.)

Tuesday, October 4, 7pm
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 2 / Max. None

THE ANGER TRAP S-20
Greg Potter, Ph.D

Are you trapped by the vice grips of anger? This class will explore the causes of anger, who is responsible for your anger, where the control lies, and how to handle anger in your life. Discussion is invited, but will stay in general terms. Participants will not be asked to self-disclose personal situations. (Dr. Potter has been in private practice in Manhattan since 1981.)

Monday, Sept. 19, 7-9 pm
Class Fee: $5, pay at registration
Materials Fee: $7, Cassette tape, pay at class
Limits: Min. 4 / Max. 10

BUILDING BETTER RELATIONSHIPS S-14
Mary Fenton

539-7613

Learn how to put love into action. We will be applying Biblical lessons to meet today’s challenges of everyday living. (Mary has a Ph.D. in counseling, and is married with three growing boys. She is currently in private practice as a family counselor.)

Thursdays, Sept. 8 - Oct. 27, 1:30-3pm
Class Fee: $10, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

ESTABLISHING AND MAINTAINING FulFILLING RELATIONSHIPS S-15
Sharon Powers

The basic premise of this workshop is that our relationships are really mirrors of ourselves, and every relationship, even if conflicting, is of great benefit in getting in touch with our "stuff". Let’s try reaching with our images and beliefs as if we can attract the kind of healthy, loving, communicative relationships we really want to have. (Sharon has a Master’s degree in Human Development, is a Unity teacher, and is actively engaged in healing her own relationships.)

Sec. I: Sunday, Oct. 9, 2-5 pm
Sec. II: Sunday, Nov. 6, 2-5 pm
Class Fee: $5/Sec., pay at registration
Materials Fee: None
Limits: Min. 2 / Max. None

TODAY’S QZSOME PLAYSHOP PA-4
Ilene A. Kinsey
537-2924

A playful event where we will re-live the adventures of the Wizard of Oz. Through music, movement, and drawing we will experience: Scarecrows’ knowledge, Tinman’s heart, Lion’s courage, Wizard’s power, Witches’ balance, Totos’ love, and Dorothy’s home within. Join me on this joyful adventure down the Yellow Brick Road. (Ilene has been working creatively with the story of the Wizard of Oz for several years her Masters in Human Development add to making this event TODAY’S QZSOME.)

Sec. I: Sat., Sept. 24, 10am-Noon (For children 5+ and adults)
Sec. II: Tues., Sept. 27, 7-9pm (For adults only)
Class Fee: $5/Sec for adults
3/$Sec for children,
Materials Fee: $1, pay at class
Limits: Min. 4 / Max. 12

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Class locations will be noted on your receipt.
WOMEN WHO FEEL GUILTY

S-21
Dianne Ferrone

Women are socialized to accept the sole responsibility for the success of their relationships and the happiness of others. When a relationship fails, or if we are unable to 'fix' the unhappiness of another, we feel guilty—somehow, somewhere we failed. Learn to free yourself from guilt by not accepting responsibility that is not yours. Through discussion and sharing experiences, we will find ways to let go of guilt.

(Dianne has become very aware of the sociological pressure to accept misplaced responsibility and guilt.)

Sec. I: Tuesday, Sept. 27, 7pm
Sec. II: Wednesday, Oct. 12, 7pm
Class Fee: $4/Sect., Pay at registration
Materials Fee: None
Limits: Min. 3 / Max. None

FOR PARENTS OF CHILDREN WHO HAVE WITNESSED ABUSE

S-23
Dianne Ferrone

Children who have witnessed abuse can have many problems. In this class we will share our experiences of how our children coped with their problems, and discuss what strategies have helped us to help them.

(Dianne has children who witnessed abuse and has had to deal with the resulting problems.)

Tuesday, Oct. 11, 7pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 3 / Max. None

ASSUMPTIONS TRAINING: MAKING REQUESTS

S-18
Dorinda Lambert, Ph.D. 532-6927

You will learn fundamental assertion rights, responsibilities, and skills which you will practice in group using role-play exercises. There is a $5 fee for materials to be paid at the first session. After you register, you will be contacted by Dr. Lambert to discuss details and location. Register through UFM; ESU students should register by calling 532-6967 direct.

(Dori Lambert is a licensed psychologist on staff at the University Counseling Services; she has 10 years of experience with assertiveness training groups.)

Tuesdays, Sept.13, 20, 27, 6-8 pm (meets 3 times)
Class Fee: $6, pay at registration
Materials Fee: $5, pay at class
Limits: Min. 5 / Max. 10

ASSUMPTIONS TRAINING: RESPONDING TO REQUESTS/SAVING "NO"

S-19
Dorinda Lambert, Ph.D. 532-6927

You will learn fundamental assertion rights, responsibilities, and skills which you will practice in group using role-play exercises. There is a $5 fee for materials to be paid at first session. After you register you will be contacted with details. Register through UFM; ESU students should register through calling 532-6967 direct.

(Dori is a licensed psychologist on staff at the University Counseling Services; she has 10 years of experience with assertiveness training groups.)

Tuesdays, Oct.18,25, Nov.1,8, 6-8pm (meets 6 times)
Class Fee: $6, pay at registration
Materials Fee: $5, pay at class
Limits: Min. 5 / Max. 10

WOMEN, HEALTH, AND THE LAW

S-24
Teresa Parsons 776-6807

A feminist perspective of historical and current U.S. and Kansas laws governing women's health. This lecture and group discussion will cover reproductive rights, protection laws, and proposed legislation concerning women's health insurance.

(Teresa Parsons is an OB/GYN Nurse Practitioner who has a special interest in women's health laws.)

Tuesday, Oct. 4, 7-9pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

HANDWRITING ANALYSIS

S-25
Miriam Field 539-5866

This class offers an overview of the traits revealed in handwriting. This is a unique opportunity to learn more about yourself through analysis of your handwriting.

(Miriam is a master certified graphologist. She also teaches more in-depth introductory courses.)

Mondays, Sept 12 & 19, 7-9pm
Class Fee: $6, pay at registration
Materials Fee: None
Limits: Min. 6 / Max. None

CLOTHES: THE OUTER EXPRESSION OF THE INNER BEING

S-26
Kate Cashman

Clothes are an integral part of our appearance. They reflect a great deal about us. We dress every day — too often our wardrobes are a source of discomfort. Let's explore dressing as an expression and affirmation of the self. Wear a favorite from your wardrobe and bring a clothing catalog you like.

Begins Thurs., October 20, 7:30-9 pm (ongoing)
Class Fee: $6, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

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Class locations will be noted on your receipt.
BASIC ASTROLOGY

Vanessa Brock

Have you ever wondered about the placement of the planets at the time of your birth and how they influence you? This is a basic course for those who only know their "sign" and would like to know more. You will receive a computer printout based upon your birthdate and an explanation of basic definitions. Please pay the $9 material fee at registration along with the following information.

Name, birthdate, time and place of birth. If the time is not known, we will use 12 noon.

Wednesday, Oct 26, 7pm
Class Fee: $4, pay at registration
Materials Fee: $9 (see above)
Limits: Min. 10 / Max. 15

INTERPRET YOUR DREAMS

Gary Plumberg

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 Ekk-Ynari teaches this and more, as well as giving you proven techniques for remembering and recording your nightly adventures. Dreams are reflection of intra-psychic experiences which are recurrent in everyone. We will try to explain the inner workings of dreams. Please bring a notebook and pencil to class. (Gary has been a student of the Ekk-Ynari for several years.)

Thursday, Sept. 8 & 15, 7:30-9pm
(meets 2 times)
Class Fee: $6, pay at registration
Materials Fee: $1, pay at class
Limits: Min. 6 / Max. None

SACK LUNCH THEOLOGY WESTERN SPIRITUALITY, ROOTS AND ROUTES

Dave Stewart

Has western religion lost touch and, therefore, vitality with its spiritual tradition? We will survey several writers who focus on the longstanding tradition of creation-centered spirituality that sees life as blessing rather than curse; that is rich in compassion rather than judgementalism for human experience. Recovering these roots in our spiritual tradition will naturally lead to the discovery of ecumenical routes that lead us to kinship and common bonds with other spiritual traditions.

Mondays, Sept. 26-Nov. 28, 11:30-1pm
Class Fee: $4, pay at registration
Materials Fee: $10, pay at class
Limits: Min. 1 / Max. None

FOR KIDS ONLY

539-8763
1221 Thurston

CUTTING PAPER SNOWFLAKES
(Or, Create your own blizzard)
Ages 10 and up
KS-1
Leo Schell
539-6540

It is easy to cut eye-catching, artistic, creative, lacy snowflakes in a variety of styles. Numerous examples will be displayed, various patterns will be cut, and original creations will be cut and shared. A catalog of examples will be available to purchase at cost. Fun for young, old, or in-between! Please bring sharp scissors.

(Leo is a former elementary school teacher who has delightfully cut paper snowflakes for years and has a large collection of them.)

Saturday, Nov. 12, 9am-12pm
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 2 / Max. None

TOOTO-LY OZONE TM PLAYSHOP

Ilene A. Kinsey
537-2924

FA-4

A playful event where we will re-live the adventures of the Wizard of Oz. Through music, movement, and drawing we will experience: Scarecrows' knowledge, Tinsmans' heart, Lions' courage, Wizards' power, Witches' balance, Totos' love, and Dorothy's home within. Join me on this joyful adventure down the Yellow Brick Road. (Ilene has been working creatively with the story of the Wizard of Oz for four years, her Masters in Human Development add to making this event TOOTO-LY OZONE)

Sec. I: Sat, Sept.24, 10am-Noon
(For children 5 & adults)
Sec. II: Tues., Sept.27, 7-9pm
(For adults only)
Class Fee: $3/Sec for adults
$3/Sec for children, Sec. I only
Materials Fee: $1, pay at class
Limits: Min. 4 / Max. 12

BEGINNING KNITTING 10 YRS-UP

Jean Johnston
776-3292

KS-3

Think it looks easy, well it is. Just bring size 10 knitting needles and light colored 4-ply yarn and you will find out how easy it really is. We will learn how to cast-on, knit and purl, simple increase and decrease steps, and how to cast off. (Jean started knitting when she was 9 years old and has taught knitting for 15+ several times.)

Thursdays, Sept. 8-29, 7-8pm
(meets 4 times)
Class Fee: $4, pay at registration
Materials Fee: $2, pay at class
Limits: Min. 4 / Max. 10

ORIGAMI FOR KIDS

Qiaping Jia

Enjoy the fun of making animals, birds, flowers and objects from a simple piece of paper, just as children in China have done for centuries. This is an opportunity for children to practice skills using both minds and hands while developing creativity and imagination. (Qiaping, now a graduate student at KSU, is originally from China. She enjoys teaching origami.)

Satudays, Oct. 8,15,22,29, 10-11am
(meets 4 times)
Class Fee: $4, pay at registration
Materials Fee: $2, pay at class
Limits: Min. 1 / Max. 10
**RECREATION**

- **AIKIDO**
  - **R-1**
  - Armando Flores
  - 1-784-4055
  - Aikido is known, technically, as a "Martial Art" such as Jujitsu, Judo, Kendo, or Karate, since it does teach techniques which enable one to defend his/her self against physical attack if necessary. Aikido is much more than a mere "self defense", it can become a way of life. When those daily problems of living cause tension, nervousness, pain, or poor health, aikido can help to dramatically decrease them. Sincere practice of the art will gradually change the way you breathe, stand, and move, in your everyday activities which can lead to relaxation, self-confidence, balance, and control in both the physical and mental parts of life.
  - Meets: Mon/Wed/Sat. Begins Sept. 7
  - Class Fees: $15, pay at registration
  - Materials Fee: None
  - Limits: Min. 2 / Max. 10

- **BEGINNING KUNG FU**
  - **R-2**
  - Stan Wilson
  - Pai Te Lung is a Kung Fu style combining hard, soft, and internal methods. Beginners will learn basic techniques, some self-defense, drills, one-step sparring, and if we have time, the three short forms. Wear comfortable clothing.
  - (Stan has studied martial arts for 17 years, is a black belt, and also a member of the Pai family. He is the author of 40 Intermediate Techniques of the Yam Nushia Tai, a Kung Fu manual and video set.)
  - Tues & Thurs. Begins Sept. 8, 7-8 pm
  - Class Fee: $14, pay at registration
  - Materials Fee: $2, pay at class
  - Limits: Min. 3 / Max. None

- **ADVANCED KUNG FU**
  - **R-2**
  - Stan Wilson
  - This class is available for those who wish to learn katas, application of katas, self-defense, awareness drills, and sparring. Please contact Stan Wilson, 539-7723.
This is an introduction to Scuba Diving for those 12 years and older. We will have a short slide presentation, a discussion period about safety, and then... a chance to experience scuba diving in a pool. All you will need is your swimsuit and bath towel. We do all the work, you have all the fun!

Roger and Sheryl are the owners of Divers Dine in Manhattan.

Sunday, Sept. 18, 2pm
(Note: New classes will start as max. registration is reached.)
Class Fee: $6, pay at registration
Materials Fee: $5, pay at class
Limits: Min. 2 / Max. 12

GOLF FOR BEGINNERS

Jim Gregory 539-1041

For those who have little or no experience, Jim will cover fundamentals of the golf swing, short-game pitching, and chipping and putting. Bring a wood, 9 iron, and putter. If you don't have 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, is the golf pro at Stagg Hill Golf Course.)
Thursdays, Sept. 8, 15, 22, 6-7pm (meets 3 times)
Class Fee: $5, pay at registration
Materials Fee: $1, pay at class
Limits: Min. 4 / Max. 12

LEARN TO FLY AT LOW RATES

Hugh Irvin 532-6311

The class will be an informational session to overview what is involved in learning to fly in general, and the advantages of the E-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 also be scheduled at this meeting.
(Hugh is an FAA Certified Flight Instructor and a member of the E-State Flying Club.)

Saturday, Sept. 10, 9-10:30 am
Class Fee: $4, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

BEGINNING FENCING

James Eicher

En Garde! Learn basic fencing skills with foil, epee, or sabre. Fencing is one of the oldest sports known to man. It began with the ancient Romans in preparing for battle. Now, it has come to Manhattan, Kansas. Modern fencing is an exhilarating and fast-paced olympic sport. The materials fee pays for the rent of all needed equipment. Men and women of all ages are welcome. Come cross blades with us.
(James began fencing in the Philadelphia area with one of the top clubs in the nation, SALE "CIS/SZAR. He has fenced in the National Championships in Phoenix, Arizona, and Chicago, Illinois, and is currently a ranked foilist.)
Wednesday, Sept. 7, 7:15-8:15 pm (class ongoing)
Class Fee: $12, pay at registration
Materials Fee: $10, pay at class
Limits: Min. None / Max. 30

BEGINNING BRIDGE

Charles Clack

What makes bridge the best card game? Charles' here to let you in on the fun. In a few quick and entertaining lessons, you can cast off your training wheels and start enjoying a lifelong hobby.
(Charles learned to play bridge when he was knee high.)
Wednesdays, Begin Sept. 7, 6 pm
(ongoing)
Class Fee: $5, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. None

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GUIDELINES TO FISHING AND HUNTING OPPORTUNITIES AND BASIC REGULATIONS
Chuck Bever 539-9479
Information will be presented covering the excellent fishing and hunting opportunities in the Manhattan area. The class will also cover the permits, licenses and regulations necessary to enjoy these outdoor sports.

(Fish is a Fisheries Biologist for the Kansas Department of Wildlife and Parks, who has enjoyed the outdoor recreation in the Manhattan area for the past 11 years.)

Thursday, Sept. 22, 7:30-9 pm
Class Fees: $2, pay at registration
Materials Fees: None
Limits: Min. 10 / Max. 20

FUNDAMENTALS OF KAYAKING
(AMERICAN RED CROSS)
R-5
Rex Replogle 537-2643
Experience the challenge of kayaking! Through video films, demonstrations, lectures, and lots of hands-on experience, we will study equipment, paddle techniques, fast water maneuvers, and practice American Red Cross safety techniques. The class meets at an indoor pool. All handouts, textbooks and equipment are provided.

Sundays, Nov. 6-27, 9am-1pm
Class Fee: $5, pay at registration
Materials Fee: $45, pay at class
Limits: Min. 4 / Max. None

INTERMEDIATE KAYAKING WORKSHOP
R-6
Rex Replogle 537-2643
This workshop is for those kayakers with some experience who desire to improve their skills. Informal critiques will be provided on rolls and strokes in indoor pools. Boats are available for rent at the pool, or you can bring your own.

Sec. I: Sunday, Oct. 30, 9am-1pm
Sec. II: Sunday, Dec. 4, 9am-1pm
Class Fee: None
Materials Fee: $2.50, pay at class
Limits: Min. 4 / Max. None

FRIENDLY KANSAS CANOEING
R-9
Bob Poresky 539-2967
Basic canoeing techniques will be incorporated into trips to nearby lakes, streams and rivers on Sunday afternoons. Participants will be responsible for providing canoes, paddles, life jackets, etc. The fall schedule will be set at the meeting. This class welcomes both families and individuals.

Organizational Meeting:
Monday, Sept. 12, 7:30-8:30 pm
Class Fee: $6, pay at registration
Materials Fee: None
Limits: Min. 4 / Max. 12

VOLLEYBALL FOR FUN (16 AND OVER)
R-9
Lois Morales 539-8867
Indoor volleyball can provide low-key competition, exercise and a great time. It doesn't matter if you are an advanced player or a beginner. Nets and balls will be furnished.

(Teens has played UP volleyball for many years.)

Tues. & Thurs. Begins Sept. 13
6:30-8:30pm (Ongoing)
Class Fee: $3, pay at registration
Materials Fee: $1, pay at class
Limits: Min. 1 / Max. None

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- Garden tools for Manhattan Community Gardens
- Floor covering suitable for pottery studio

FOOD
539-8763
1221 Thurston

CHINESE COOKING
F-1
Li Huang 539-2482
During this series of seven classes, Chinese cooking will be demonstrated step-by-step. Each week a different dish will be prepared, including Pot Sticker, Lemon Chicken, Moo Choo Pork, Almond Chicken, Kung Pao Chicken, Sweet and Sour Pork, and many other popular dishes. Recipes will be handed out after each class.

(Dr. Huang is an experienced Chinese cook and is a Registerd Dietician. She spent a month in the Orient this past summer and now wishes to share her new recipes with us.)

Tuesdays, Nov. 1 - Dec. 13
Class Fees: 7 classes = $12
6 classes = $9
4 classes = $5
1 class = $3
Please pay class fees at registration
Materials Fee: $5/class - please pay at each class
Limits: Min. 6 / Max. 8

JAPANESE COOKING
F-2
Nao Ohno 539-5013
Mrs. Ohno will teach three different Japanese dishes: Tempura, Suki-yaki, and Shabu-Shabu. These delicious dishes from a native of Japan are all very easy to prepare! These foods are especially popular with the Japanese in the winter.

(Mrs. Ohno has been in the States for about two years and says, "I'm afraid I can't speak English very well yet. This is the first time that I have been in the United States. I like Manhattan, Americans are kind and friendly. I will live here a long time.")

Sect. I: (Tempura)
Sat. Nov. 5, 2-4pm
Class Fee: $5, pay per reg
Materials Fee: $5 per section, payable at class
Limits: Min. 4 / Max. 10

Class locations will be noted on your receipt.

21
PIZZA PARTY

Eunice, Lonnie, Linda, and Donnas

Let's build a pizza! We will make the dough and sauce from start to finish and everything in-between. Bring your favorite topping and we will have a feast. (Please let us know at registration what topping you will bring). This is going to be a low stress/no stress good time, come and join the fun! Materials fee will cover dough, sauce, and something to wash the feast down with.

Friday, Nov. 14, 7-10 pm
Class Fee: $3, pay at registration
Materials Fee: $2, pay at class
Limits: Min. 2 / Max. 10

CAKE DECORATING

Jo Rodriguez 537-8817

Have you always wanted to be able to decorate your own cakes? In this class you will learn how to decorate a cake from a professional. Bring a pre-frosted cake to class (white frosting please). At registration, you will be given a list of materials needed to decorate your cake. If you do not wish to decorate your own cake, you may sign up for a demonstration only.

(Duration of cake decorating in Chicago and taught cake decorating for many years. She also does wedding cakes to class.)

Tuesday, Sept. 13, 6:30-8:30pm
Class Fee: $3, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. 10

BEGINNING CANDY MAKING

Debra Roemey 1-239-3026

Would you like to make candies for family and friends? Pay now cost you at least $5 for just 1 lb! Come learn about the variety of things you can make, which cost less money and are more attractive than store-bought candy. We will make candy by dipping and using molds. We will stress Halloween candy ideas in the October class, and Christmas candy in the November class. Once you learn the basics, you will be amazed at the variety of things you can do. Come and have a great time and take home some goodies to try.

(Deb took a basic candy decorating class from Mrs. Mayo's Cake and Candy Store in Denver in 1982, and has had fun making candy ever since. She has won prizes in various shows in Kansas City and Denver.)

Sect. I: (Halloween Candy)
Monday, October 10, 6:30-9pm
Sect. II: (Christmas Candy)
Friday, November 11, 6:30-9pm
Class Fee: $3, pay at registration
Materials Fee: None
Limits: Min. 5 / Max. 10

INTRODUCTION TO WINE

Lloyd W. Davenport 539-1823

The study of wine from vine to glass, including chemistry, geography, history and viticulture. Studies will be accompanied by the tasting of domestic and foreign wines. The first meeting will be an organizational one to discuss the class structure, arrange future meeting dates, and collect the materials fees. You must be 21 years or older to attend this class.

(Floyd is retired from KSU and is a member of The Society of Wine Educators. He is also a wine maker and tends a small experimental vineyard. Lloyd has taught wine classes for many years.)

Friday, Sept. 16, 7-9:30pm
(Added classes will be determined at first class meeting.)
Meets 4 times every other Friday.
Class Fee: $3, pay at registration
Materials Fee: $10, pay at class
Limits: Min. 8 / Max. 14

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22

Class locations will be noted on your receipt.

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**TEACHING•LEARNING•GROWING**

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Registration Form
539-8763
1221 Thurston Manhagen, KS

REGISTRATION

Four ways to register:

A. WALK-IN: Come to the UFM office, 1221 Thurston during business hours (8 a.m. – 5 p.m., closed Monday). If you are in need of assistance, please call 913-639-8763.

B. MAIL-IN: Fill in your registration form and mail it with check, money order, or Visa/MasterCard number to: UFM 1221 Thurston, Manhattan, KS 66502. (Enclose a self-addressed envelope if you need a receipt.)

C. PHONE-IN: With Visa or MasterCard only, you may call 913-639-8763 during business hours to register and obtain a confirmation number.

D. SITES: See below.

Wed. Aug. 31 K-State Union 10am - 2pm
Thurs., Sept. 1 Manhattan Public Library 11am - 2pm
Tues. Sept. 6 K-State Union 10am - 2pm
Wed. Sept. 7 Manhattan Public Library 11am - 2pm
Tues., Sept. 13 Manhattan Public Library 5pm - 7pm
Thurs., Sept. 8 K-State Union 10am - 2pm
Sun. Sept. 11 Manhattan Town Center 2pm - 4pm

UFM CLASS FEES:
All UFM classes are offered by volunteers. All fee income will be used to defray 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 to those who cancel their class by:
1. Under 13 years of age
2. Over 60 years of age
3. Handicapped
4. Full-time KSU students
5. If the class is cancelled by the instructor
6. If you are unable to attend a class you have notified UFM and the teacher a minimum of three days before the first meeting
7. If you are unable to teach or volunteer for UFM.

If you have any questions, please call 913-639-8763.