## A Special Invitation to the Handicapped

UNIVERSITY FOR MAN EXTENDS A SPECIAL INVITATION TO HANDI-CAPPED INDIVIDUALS IN OUR COMMUNITY WHO WISH TO ATTEND UFM CLASSES OR EVENTS. ARRANGEMENTS WILL BE MADE TO INCLUDE INDIVIDUALS WHO HAVE A VISUAL OR HEARING IMPAIRMENT, A MOBILITY HANDICAP OR MENTAL HANDICAP OR OTHER DISABILITIES. YOU CAN ASSIST BY INDICATING SPECIAL NEEDS ON YOUR REGISTRATION CARD.

## **UFM Staff**

UFM Staff... Back Row: Dave Ayers, Alan Edgar, Joe Rippetoe, Beverly Wilhelm, Sue Maes, Sue Walek, Doug Walter. Middle Row: Rosemary Dukelow, Sue Rieger, Julie Coates, Jenny Chinn, Julie Govert Walter, Bill Draves. Front Row: Mike Wilson, Cindy Bryant, Jane Barnes, Benjamin Barnes, Keith Ludden, Bruce Snead. Not pictured: Moses Bayton, Labron Koons, Sondra Smith, Neil Schanker, Charla Shrimplin, Mike Hensley, Donna Haynes, Meriam Kierstead, Jim Killacky.

#### UFM Board of Directors

James Benjamin Stephan Bollman James Boyer Enell Foerster Charles Green

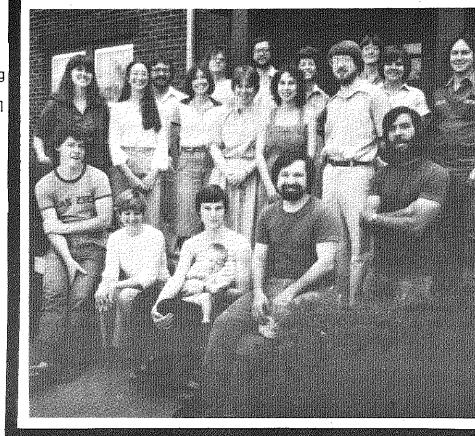
Dorothy Koepsel Arthur Loub James McCain Caroline Peine Edward Seaton

#### Photo Credits:

Farrell Library Special Collections: Cover Photo Rex and Martha Slack: page 16

Doug Walter: page 2 Beau Valance: page 9 George Kren: page 7

Because of budget reductions, the UFM brochure has been substantially reduced. Many classes had to be omitted. Information about additional classes available will be posted at registration.



# The Courses

Community

Play

Crafts & Fine Arts

Self

Earth

Skills & Tours

Food

Kids

# Community

## for questions about Community call Julie Govert Walter at 532-5866

#### PUBLIC FORUM ON DOWNTOWN REDEVELOPMENT

Thursday, July 24, 7:30pm, UFM Fireplace Rm

The issues involved in plans for Manhattan's downtown redevelopment will be the focus of this discussion. (Gary Stith, Downtown Redevelopment Advisory Committee Chairman, Bernd Foerster and others will be available to answer your questions.)

#### IT'S YOUR VOTE: THE ELECTORAL PROCESS

The Manhattan League of Women Voters

Thursday, July 10, 7pm, Manhattan Public Library Juliette & Poyntz

If this year's upcoming election has put your mind in a spin, or if you'd simply like more information about the electoral process, this class is for you. Participants will have the opportunity to register to vote in the August 1 Kansas primary, and spokespeople from the major political parties will explain their parties and answer questions. (This program is sponsored by the Manhattan League of Women Voters.)

#### CITY GOVERNMENT: WHO AND HOW?

Ed Horne

537-0056

Wednesday, July 2, 7:30pm, UFM Fireplace Rm

Find out how city government operates, how decisions are made and who makes them. Join Ed and others representing city government for an informative evening. This class will emphasize the roles and responsibilities of the various boards within the city. (Ed is Mayor of Manhattan.)

#### WAR WITHOUT WINNERS

Christine Van Swaay Mike Klassen

539-5439

Thursday, June 26, 7:30pm, 1st Presbyterian Church

War Without Winners is a film produced by the Center for Defense Information. Admiral LaRocque, who spent eight years in strategic planning at the Pentagon, interviews Russians and Americans who talk about our future in an age when nuclear weapons can incinerate civilization in minutes. Discussion afterwards. (Christine, a member of Manhattan Friends Meeting, has experienced war in Europe. Mike is Pastor of Manhattan's Mennonite Fellowship.)

#### MILITARY POWER AND GEOPOLITICS

Robert Deemie

Tuesdays, 7:30pm, 1218 Kearney, #7

First Meeting: June 24

Limit: 12 Length: 2 times

This discussion class can cover a wide range of topics including the limits of military power, the implications of uneven resource distribution. and other topics. We will aslo listen to shortwave news from BBC and Moscow. (Robert is an avid observer of geopolitical trends.)

#### DOWNTOWN FARMERS MARKET WORKGROUP

Jim Converse

Roxanna Howe

Length: Indefinite

Saturdays, 11am-12:30pm First Meeting: June 21

3rd & Humboldt (bring a folding seat)

The Manhattan Farmers' Market is now incorporated. How it fits into downtown redevelopment plans, helping produce co-ops get started, and expanding to sell new items are a few of the topics we'll be dealing with. (Jim and Roxanna are leaders in the Downtown Farmers Market.)

#### WHAT'S WRONG WITH THE AMERICAN ECONOMY?

John Exdell

539-6076

Mondays, 7:30pm, 1014 Laramie First Meeting: July 7

Length: Indefinite

Fee: \$2.00, pay at class Limit: 12

We will spend several evenings in discussion of the current economic crisis in terms that non-experts can understand. We will read a small amount of non-technical literature on the underlying causes of inflation, recession, declining productivity, etc. (John teaches courses in social philosophy of economics at KSU.)

#### MANHATTAN ORAL HISTORY

Diane Sitts, Keith Ludden, Jennie Chinn

Tuesdays, 7pm, UFM Fireplace Rm

Length: 4 times First Meeting: July 8

Let's talk about Manhattan. If you have memories of Manhattan's past or would like to talk to those who do, join us! Those interested in learning oral history interview techniques will be provided with information and training. (Diane is Communications instructor for the HARVEST project. Jennie and Keith are UFM staff members.)

#### HISTORIC K-STATE!

Richard Wagner

Saturday, June 28, 9am, KSU, Union, Rm 213

Just what is so special about the buildings on the K-State campus...Anderson Hall, Holton Hall, Nichols Gymnasium? Join Richard for a walking tour of America's oldest landgrant university. (Richard is a professor in the College of Architecture and Design.)

#### OUR KANSAS HERITAGE

Doris and Leona Velen

539-8758

Tuesday, July 1, 7:30pm, Manhattan Public Library Juliette & Poyntz

View Kansas, its people and places, past and present. Appreciate its resources, limestone treasures, and scenic beauty through this slide show. (Doris and Leona are Manhattan teachers who grew up in the Blue Valley area.)

#### INTRODUCTION TO GENEALOGY

Elaine Olney

539-4512

Tuesday, July 8, 7pm, KSU, Eisenhower Hall, Rm 226 Thursday, July 10, 7pm, KSU, Eisenhower Hall, Rm 226

This beginner's course in family history will include basic procedures for collecting and recording family records. There will be genealogy sheets for sale at the class. (Elaine is active in the Riley County Genealogical Society.)

#### UNDERSTANDING CONSUMER LOAN DISCLOSURE STATEMENTS

Mark A. Furney

537-9406

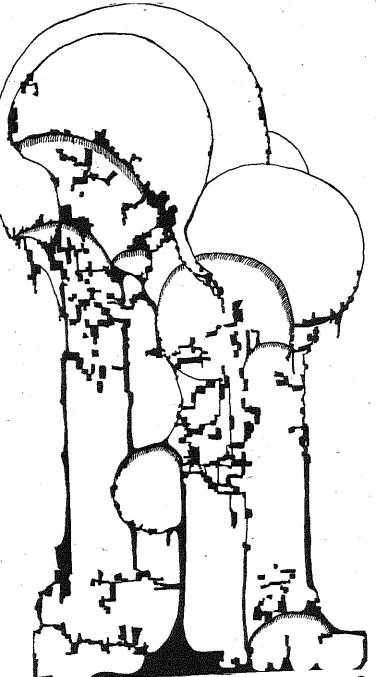
776-1413

539-1980

537-1345

Wednesday, July 9, 7:30pm, UFM Conference Rm

This class will examine standard loan forms under the Kansas Consumer Credit Code: the distinction between closed-end accounts and open-end accounts. An explanation of consumer's rights and duties under the act will also be presented. (Mark is a Washburn Law School graduate.)



Community



# Registration June 16 & 17

June 16, 17: K-State Union,

9am - 4pm

June 16 June 17

June 16

June 16

: UFM House, 1221 Thurston : UFM House, 1221 Thurston

7am - 6pm

9am - 5pm

: Manhattan Public Library

9am - 7pm : Douglass Community Center Annex 10:30am - 1pm

7pm + 9pm

# Recycle...share this brochure

If it is impossible for you to register at one of the above locations, you may call 532-5866 to register during the following hours only:

June 16

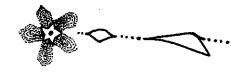
7am-6pm

June 17

9am-5pm

Phone registration is limited to 4 classes.

Please register for only those classes you're sure you can attend. Mark your class dates on your calendar. You may register for only yourself and one friend. Class fees must be paid by the end of the day on which you register in order to hold your place.



University for Man 1221 Thurston Manhattan, Ks. 66502

## Aging Issues: Aging Answers

The following classes will be of special interest to older adults in the Manhattan area.

#### MANHATTAN WORLD TRAVELLERS: A TRAVEL SERIES

Mondays, 7pm, Manhattan Public Library, Juliette & Poyntz First Meeting: July 7 Length: 4 times

Join your friends as world travelers in the Manhattan community share their experiences through slides.

- China: Mrs. Kling Anderson will share her experiences of her visit to China.
- July 14 Thailand: The Palace Dorothy Koepsel will present her view of beautiful and historic Thailand.
- July 21 The Phillipines: Yesterday and Today Leonard Neff and Glenn Busset will offer a rare look at the changes that have taken place on the islands in the last 20 years.
- July 28 Poland: Deryl Waldren, who spent a year living and working in Poland, will tell of his experiences.

#### FLINTHILLS FOLKDANCE FELLOWSHIP

Esther Gray

539-2021

Fridays, 7pm, College Ave. United Methodist Church 1609 College Ave.

First Meeting: June 20 Length: 2 times

Dances and activities of this folkdance group will be geared to the special needs of older adults. See page for more information.

#### BENEFITS TO FIGHT INFLATION

Cindy M. Davis

776-9294

Monday, July 7, 2pm, Apt. Towers, 300 N. 5th

This class will examine the various public benefit programs including food stamps, medicaid, homestead resale and others. (Cindy is a social worker specializing in consumer assistance to older persons.)

#### CRIME PREVENTION

Riley County Police, Harold Sylvis

537-2112

Wednesdays, 2pm, Meadowlark Hills Community Room 2121 Meadowlark Rd.

First Meeting: July 2

Length: 4 times

This class will deal with a variety of topics, home crime prevention, street crime problems, fraud and con games, as well as programs, plans and activities that are available to help prevent these crimes in our community. (Harold is a lieutenant in the Riley County Police Department.)

#### HOME FIRE PREVENTION PROGRAM

Glen Wilkinson

537-0055

Monday, June 30, 7-8:30pm, Apt. Towers, 300 N 5th

In this class we'll discuss all types of fire prevention procedures. We'll also discuss smoke detectors, fire extinguishers, and their use, and evacuation escape routes. (Glen is a 14-year member of the Manhattan Fire Department.)

#### SORTING THROUGH THE MEDICARE MUDDLE

Perry Seaton Marie Dellen 539-4681 539-4861

Thursday, Aug 7, 7pm, Carlson Plaza, 425 Pierre

This class will help the participants understand the paperwork involved in using the medicare system. The leaders will provide medicare forms for participants to fill out as a learning experience. (Marie and Perry are both experienced in helping people solve their Medicare problems.)

#### RACE FOR LIFE - CPR

Enell Foerster

537-2180

Wednesday, June 25, 12:30pm, Douglass Center, 901 Yuma Fee: \$2.00, pay at class

CPR is a skill everyone should know. In this class, priority will be given to those over 60 years of age. (If unable to pay fee, please indicate this on registration form.) (Enell is a certified CPR instructor.)

## 4 Community



#### AGING, FAMILY RELATIONSHIPS AND THE LAW

Millie Schroeder

539~5367

Wednesday, July 23, 7:30pm, UFM Conference Rm

Legal responsibilities for care will be discussed as well as other aspects of family relationships and the older citizen, property ownership, the estate and public benefit programs. (Millie is a lawyer with Flint Hills Legal Services whose work involves older adults.)

#### THE LIVING LEARNING SCHOOL: RESOURCES FOR TEACHERS PARENTS AND OTHERS 1011 Osage

These workshops, sponsored by the Living Learning School, are especially for adults interested in providing new and creative learning resources for children.

#### Binding Books Children Make

David Hursh

Saturday, July 19, 10am-noon

Limit: 15

Fee: \$2.00, pay at class.

Children like to write and bind their own books, we'll go over several book binding methods from the simple to the elegant.

#### Games to Teach Children

Saturday, July 19, 1-5pm

Limit: 15

Fee: \$3.00, pay at class

We'll make and play games of all kinds--fun games that teach children about math, thinking and themselves.

Aging Well, Dying Well, Mourning Well

Esther Gray

David Hursh

Saturday, July 26, 1-4pm, Manhattan Public Library

From growing babies to the guinea pig that died--kids puz-

zle about death. We will share literature, films and teaching techniques.

#### SMALL FARMERS: AN ENDANGERED SPECIES?

Jim Converse

776-1413

Thursday, July 17, 7:30pm, UFM Conference Rm

The many references to a rural renaissance and small town population growth mask the fact that many small farms are still going out of business. What are the causes for this and how does it affect us as a country? (Jim is finishing a 2-year research projection on farm and community change.

### BEYOND FUTILITY: THE HUNGER PROJECT

Edith Stunkel

776-3624 532-5945

Section I: Wednesday, July 2, 12:30pm, KSU, Union Rm 203 Section II: Wednesday, Aug 27, 7:30pm, KSU, Union Rm 203

Through John Denver's color documentary movie "I Want to Live," and group discussion, we will confront the myths that hold hunger in place. (Edith is the chairperson of the Manhattan Hunger Project Committee.)

#### RUSSIAN WINTER TOUR

Joe Hajda

532-6301

Hednesday, July 9, 4pm, KSU Kedzie Hall, Rm 220

The 1979-80 tour was a unique 15-day educational experienwhich included the advantages of low-cost group travel to Moscow, Leningrad, Tallinn (Estonia) and Helsinki, Finlan This class will be an organizational meeting for those interested in participating in the 1980-81 winter tour. (Joe is a KSU specialist in Soviet affairs.)

# Crafts & Fine Arts

## for questions about Crafts & Fine Arts call Rosemary Dukelow at 532-5866

DISCO DANCE

Chuck & Joy Stratman

776-6194

Saturdays, 7-8:30pm, Mother's Worry

Limit: 30 each section

Section I: June 28, July 5

Section III: July 26, Aug 2

FLINTHILLS FOLKDANCE FELLOWSHIP

Kathy Hall

539-1650

Fridays, 7pm, College Ave United Methodist Church, 1609 College Ave

First Meeting: June 6

Length: 4 times

Activities are geared for ages from grade school to fit older adults. (The class will be jointly led by Kathy Hall, Esther Gray, Enid Cocke, Sue Cohen and Sandy

Section II: July 12, 19

MOVEMENT AWARENESS

Susan Warden

539-6336/532-6765

Sign up and you will be contacted

This workshop is designed (1) to aid character development, and (2) to increase spacial awareness and personal knowledge of body habits. (Susan is Asst. Prof. of Dance.)

COUNTRY-WESTERN SWING DANCE

Leroy Irby Lorie Montgomery 5372408

Sign up and you will be contacted

Length: 4 times

Learn the basic steps, turns and patterns of country western swing dance. (Lorie and Leroy have taught swing dance to many people.)

INDIAN BEAD WEAVING

Cindy Bieler

539-1277

Saturday, Sunday, June 21-22, 1:30pm· Monday, June 23, 7pm, UFM Banquet Rm

Brightly colored beads are woven to make necklaces, belts, and decorative strips for clothing. Costs are minimal and we will make our own looms. (Cindy is a KSU art ed graduate.

CANDLEMAKING

Neil Schanker

539-5766

One timé, Section I: Tuesday, July 15, 7:30pm One time, Section II: Wednesday, July 16, 7:30pm Limit: 12 each section Location: UFM Kitchen

Fee: \$1.50, pay at registration

We'll discuss candle types, waxes, wicks, molds, colors, scents, safety and troubleshooting. Then everyone can make his or her own personalized candles. (Neil started out making sand candles on beaches.)

BASKET WEAVING OF SORTS

Diane Dollar

539-6947

Saturdays, 1:30pm, UFM Pottery Studio First Meeting: July 19 Length: 2 times Limit: 10

Basket weaving can be done with commercial reed or whatever you may find. Participants should feel free to bring any material that's long and thin (except live snakes) if they want to create woven containers from exotic, strange, cheap, primitive material. (Diane is generally given to making baskets from whatever is handy, except live snakes.) SIGN LANGUAGE

Brian Hettrick

532-5172

Tuesdays, 1-3pm, UFM Fireplace Rm

First Class: June 24 Length: 10 times

The students will learn to communicate in sign language both by finger spelling and signs. Classroom experience will be supplemented by some real-life activities. (Brian taught a spring Sign Language Class.)

BEGINNING FRENCH

John Payton

Tuesday, 7-9pm, June 24, 1205 Ratone Basement

Length: Indefinite

Limit: 10

This class will be on traveler's "survival" French, stressing vocabulary and pronunciation. A dictionary is recommended and a text may be required. (John has had 4 years of French classes.)

DRAMA WORKSHOPS

Sign up and you will be contacted

All class leaders are associated with Manhattan Civic Theatre.

Stage Makeup: Susie Niederhieser will teach the how-to's of makeup under the bright lights.

Stage Fighting: Beckie Nelson will break a fight into its component parts: punches, slaps, rolls, etc.

Beginning Acting: Charlotte McFarland will offer a workshop in character development, script analysis and audition techniques.

Let's Do A Play: Passing an audition is not necessary to act in the summer production of Spoon River Anthology. The play will be produced in late June. Jim Hamilton leads the class.

CLOWN WORKSHOP

Barry Steven

239-2180

Saturday, July 12, 1pm, Ft. Riley Gaslight Theatre Bldg #881, Main Post Limit: 15

Learn the basics of movement/pantomine, makeup, and costume. Minor fees may be incurred for materials. (Barry is interested in all aspects of Dramatic Arts.)

PLAYING BY EAR

Peter Della Femina

776-9698

Section I: Tuesdays, June 24, 7pm (First Meeting) Section II: Wednesdays, June 25, 7pm (First Meeting) Length: 6 each section

Location: Unitarian Church, 709 Bluemont

Limit: 8 per section Fee: \$1.00, pay at registration

This course covers techniques of playing any instrument (or singing) by ear. Participants will learn how to pick songs off recordings, etc. You must be familiar with at least two keys. (Peter is a self-taught vocalist.)

BEGINNING GUITAR

Tim Verschelden

537-2617

Length: Indefinite First Meeting: June 26 Thursdays, 7pm, 1801 Anderson Limit:15

In this class we will learn basic guitar chords. (Tim has performed professionally.)

Crafts & Fine Arts 5



Dave Verschelden

537-0148

Section I: Tuesdays, 7:30pm, Beginning First Meeting June 24, 748 Midland

Section II: Tuesdays, 9pm, Intermediate Limit: 8 each section

I can teach various methods & styles by use of tablature, but not by written music. (Dave has played the banjo for more than 5 years.)

## UFM Darkroom

UFM Darkroom Cooperativ€

Doug Walter

532-5866

Organizational meeting, Saturday, June 21, 10:30am Location: UFM Firepalce Rm Fee: \$15.00 new members, \$12.00 renewals, pay at registration

The UFM photography darkroom is available to anyone needing access to a wellequipped facility. The fee includes use of the darkroom and all necessary supplies.

The Following Classes Will Be Located in The UFM Darkroom BASIC DARKROOM TECHNIQUES

Thad Noto

776-7100

Mondays, 7:30pm First Meeting: June 23 Length: 2 times Fee: \$20.00, pay at registration

This class will cover black and white film developing and print processing. Fee includes chemicals, paper, and  $\frac{\text{darkroom co-op membership.}}{\text{roll of exposed B \& W 35mm}}$  Class members should bring a developing. (Thad is a professional photographer.)

#### ADVANCED DARKROOM CONCEPTS

Lyle Richards

1-485-2561

Thursdays, 7pm First Meeting: June 26 (no class July 3) Length: 4 times Limit: 7

Fee: \$10, pay at registration (covers supplies only)

Some of the concepts we'll cover include reducing film grain, push processing, copy work, printing control, special effects and variable contrast printing. (Lyle has done much study in advanced darkroom techniques.)

UFM Pottery Studio

The Following Classes Will Be in the UFM Pottery Studio UFM Pottery Studio

Janet Holcomb

539-5775

Saturday, June 21, 12 noon (organizational meeting)

Individual Fee: \$15, pay at registration Family Fee: (parent and a child) \$25

The UFM Pottery facilities are available for four hours per week at \$15 per semester, which includes some kiln space and 25 lbs clay. Co-op members maintain the studio facilities.

RAKU FIRING

John & Janet Holcomb

539-5775

First Meeting: Saturday, 12 noon, June 28 Second Meeting: Saturday, 10am, July 26 Limit: 6 Fee: \$15, pay at registration

Raku is a method of glaze firing that demands the continuous involvement of the potter throughout the entire process of production. In Raku, the pottery is placed in a pre-heated kiln and removed, glowing hot when the glaze has matured. This is not a beginners class.

The following classes will be located in the UFM Pottery Studio. Each will meet 8 times and have a fee of \$15 which covers 25 1b of clay, glaze and firing.

#### Beginning Ceramics

Hope McGuire (Section I) . John & Janet Holcomb (Section II) 776-8158 539-5775

Section I: Saturdays, 9am, First Meeting: June 21 Section II: Wednesdays, 7:30pm, First Meeting: June 25 Limit: 8 each section

We will learn sculptural handbuilding and wheel throwing techniques. (Hope is an art student at KSU; John is a senior at KSU and Janet is the UFM Pottery Studio Manager.)

Beginning & Advanced Pottery

539-8484

Janet Holcomb

539-5775

Tuesdays, 7;30pm, First Meeting: June 24 Limit: 8

Janet will demonstrate centering, opening up, and throwing a simple cylinder for beginners and more advanced forms for those with some experience.

Earth for questions about Earth call Barbara Howard or Sue Maes at 532-5866 **Animals** 

BACKYARD FISH GARDENING

Bob Kirk

Sunday, June 19, 1pm,1410 Yuma

Fee: 50¢, pay at class

This class will demonstrate how to raise Hybrid Tilapia (fast growing vegetarian/ algae eating fish) and Hybrid Bluegill in various cheap and easy, portable or semi-permenant, 50-1500 gallon pools. Extra Tilapia are available for you. (Bob is a backyard hobbyist.)

#### IDENTIFICATION OF KANSAS FISHES

Harold Klassen

Monday, June 30, 7pm, KSU, Ackert Hall, Rm 116 Limit: 40

Color slides and drawings of the common Kansas fishes will be shown. Characteristics useful for field identification will be pointed out. Life history and habitat details will also be discussed. (Dr. Klassen teaches Icthyology.)

BEGINNING SALT-WATER AQUARIUMS

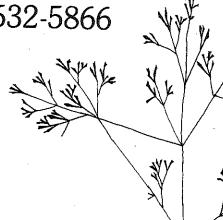
Barbara Parker

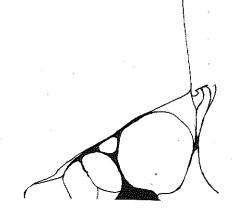
537-4157/539-1900

Tuesdays, 7:30pm, Spectacular Eyes, 411 N. 3rd First Meeting: June 24 Length: 3 times Limit: 15

We will cover the basic equipment, set-up, maintenance and nitrogen cycles in the first session. Salt-water fish and invertebrates and their co-habitation: will be covered in the second one, and in the final session, we'll tour some of the salt-water aquariums in Manhattan. (Barb maintains 2 salt-water aquariums.)

6 Crafts & Fine Arts, Earth





Jim Converse

776-1413

Organize: Thursday, June 26, 4:30pm, UFM House, Fee \$5, pay at registration. Build: Saturday, June 28, 29, Community Limit: 12 Gardens, 9th & Riley Ln.

Learn to build a wood-conserving, attractive Guatemalan stove of mud. (Jim has built two stoves in Manhattan.)

#### PROS AND CONS OF WORMING

George Halazon

532-5840

Monday, July 14, 7:30pm, KSU, Ackert Hall, Rm 201

Discover the benefits and alleged benefits of worming! We will discuss the role of worms in ecology, techniques of raising worms and their use as bait. (Dr. Halazon is a professor in Wildlife Ecology.)

#### DOG AND CAT CARE

Dr. F. J. Fishburn, Dr. W. J. Bracken

539-7922

Wednesdays, 7:30pm, First Presbyterian Church 801 Leavenworth

First Meeting: June 25 Limit: 4 times

In addition to feeding your cat and dog, this class will help you learn how to keep your pet healthy. You will learn to recognize symptoms of trouble, and how to prevent infections and disease. (Drs. Fishburn and Bracken are local veterinarians.)

#### **EQUINE CARE**

Dr. Jack Easley

532-5700

Tuesdays, 7:30pm, St. Isidore Catholic Newman Center Bsmt. First Meeting: July 8 Limit: 3 times

The general health and nutritional care of the horse will be covered. This class will be flexible to fit the needs of the participants so bring your questions and ideas about what you would like to learn about horses. (Dr. Easley is with the Dept. of Medicine and Surgery at KSU.)

#### THE RABBIT TREE

Suzy Klinker

539-4543

Monday, June 23, 7:30pm, 822 Bertrand

The general care and feeding of rabbits will be discussed. We will discuss common diseases, veterinarian services, sanitation and hutches. If you are big or little, want a pet or to start a business, this is for you. (Suzy has been raising rabbits for 4 years.)

## Gardens/Landscaping

#### A SELF-SUFFICIENT BACKYARD

Randy Kidd

1-494-2796

Monday, July 21, 7:30pm, Kidd's Farm - Go e. 4 mi on US 24, turn n. (where hwy narrows from 4 to 2 lanes) for 1 mi. then e. 与 mi to brown house on s side. No dogs.

You don't need ten acres of land to begin to be self-sufficient. It is possible to change your urban backyard into a workable, integrated, food producing system. The Faral→ lones Institute Model, which combines rabbits, fruit trees, berry patches, gardens, animal feed crops, chickens, composting toilets, etc. will also be discussed. (Randy writes the Manhattan Mercury column, "On the Outside.")

#### PLANTS OF KONZA PRAIRIE RESEARCH AREA

Craig Freeman

532-6619/776-1678

Section I: Saturday, July 19, 9am (July 20 - rain) Section II: Saturday, July 19, 2pm, (July 20 - rain) Location: KSU, Parking lot south of Ackert Hall Limit: 20

This class will be a field introduction to some of the plants indigenous to a native tall grass prairie. The classification and natural history of plants as observed in their native hatitats will be covered. Wildflower keys are welcome and may prove helpful. (Craig's a KSU graduate student in botany and active in the Konza Research Area.)

#### PRAIRIE GRASSES

Gene Towne

Wednesday, July 2, 6pm

Location: KSU, Parking lot north of Waters Hall

All grasses are not alike! A tour throught the prairie will focus on identifying characterstics and tidbit information of species common to the Flint Hills.

#### NATURE STUDY FOR PARENTS

Stephen M. Hoffman

776-8072

Saturday, 10am, UFM Fireplace Rm

First Meeting: June 28

Length: 6 times

This class is intended to help parents answer their children's questions about nature. We'll talk about plants and animals of Kansas, and how they relate to one another. We'll look at slides, live specimens and go on field trips to see different habitats and meet the citizens of each in person. (Stephen has recently published several magazine articles for young people on various nature topics.)

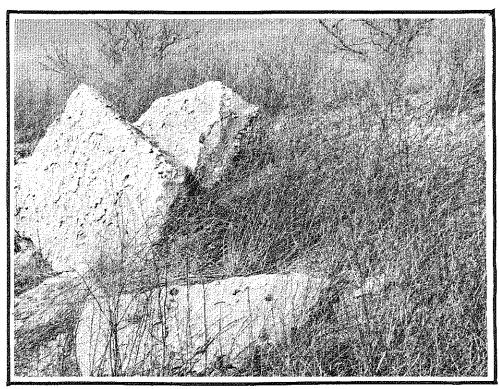
#### PRAIRIE WILDFLOWERS

Gene Towne

532-6101

Section I: Wednesday, June 25, 6pm (June 26 - rain) Section II: Wednesday, July 9, 6pm (July 10 - rain) Location: KSU, Parking lot north of Waters Hall

Learn to easily identify wildflowers and obtain interesting information about each plant by joining in a walk through the Flint Hills. Sign up for one or both sections to observe plants flowering at different times. (Gene is a research assistant in Range Management.)



#### FIREWOOD PROCESSING

Len Gould, Fred Atchison, Ray Aslin

Thursday, July 24, 6:30-8:30pm, Extension State Forestry 2610 Claflin Rd

A field trip will be taken to cover processing of trees, BTU ratings, timber management, timber stand improvement and chainsaw safety. Literature will be handed out. (Len, Fred and Ray are Extension Foresters.)

#### OPEN HOUSE AT HORTICULTURE RESEARCH FARM

July 15 and 16, 6pm, Research Farm, Ashland Bottoms

Has your garden got the ho-hums? Come to the annual KSU Horticulture Department field days to learn about better varieties of fruits and vegetables and how to grow them. Staff members will describe their research for you. (Ashland Bottoms is six miles south on McDowell Creek Road, then follow the signs.)

#### DOG DAYS DISEASE AND INSECT CLINIC

Jim Lindquist

776-4781

Thursday, July 24, 1-7pm, Courthouse Lawn, 500 Poyntz

Bring a garden problem, plant or bug down to Dog Days. The Riley County Extension Service will have resource people on hand to answer your questions and help solve your problems. In case of rain, clinic will be in the Extension Office -Courthouse Annex. (Jim is a Riley County Extension Agent.)

#### MULCHING AND COMPOSTING

Harlan J. Trennepohl

532-5923

Thursday, June 26, 7-9pm, Harlan's Gardens ½ mi west of Sedalia Church

An on-site visit to an organic garden to view strawberries, gooseberries, rhubarb, asparagus, horseradish, you name it. Sedalia Church is on US 24-177, 1 mi north of Tuttle Trapshooting sign. (Gardening has been Harlan's avocation since Larth /

Earth

## Earth

#### EDIBLE PLANTS

Max Miller Sue Maes 539**-**3488 532**-**5866

Thursday, July 10 (rain-July 17), 6pm, 3117 Bermuda Lane

Before you pull or spray that weed why not investigate if it can be enjoyed in a cuisinaire style. Twenty to fifty local plants will be reviewed and displayed for the class. You'll be serving stinging nettle quiche to your next supper guest. (Max and Sue make up a team with years of professional and amateur experience.)

#### FALL VEGETABLE GARDENING

Bill Hoyt

532-5944

Tuesday, June 24, 7pm, Community Gardens, 800 Riley Lane (rain date June 25)

Extend your garden's productivity! Grow traditional spring crops in the fall. Spinach, beets, cabbage, lettuce and potatoes can do beautifully in the cool of the fall season. (Bill is a graduate student in Horticulture.)

#### PLANT CUTTING EXCHANGE

Mary Lou Durham

776-0238

Tuesday, July 8, 7pm, UFM Basement

Have you ever wished you could trade in some of your overabundant Swedish Ivy for a few African Violets, or for some attractive ground cover? Bring healthy plant cuttings in a container you don't need to have returned. Please label the plants with their botanical names. (Mary Lou is also secretary of the local African Violet Society.)

#### LANDSCAPING FOR ENERGY CONSERVATION

Darrell Westervelt

539-2671

Tuesday, June 24, 7pm, Manhattan Public Library Juliette and Poyntz

This lecture and slide presentation will illustrate the selection and placement of trees, shrubs, evergreens and modification of land forms to conserve energy needed to heat and cool the home. (Darrell has 25 years experience as a landscape nurseryman.)

#### FRENCH INTENSIVE GARDENING

Bill Hoyt

532-5944

Monday, June 30, 7pm, Community Gardens, 800 Riley Lane (rain date July 1)

French Intensive, Chinese Intensive and Medieval European Intensive share important fundamental similarities. We will attempt to integrate the wisdom of these historic systems with research findings of contemporary soil scientists. (Bill is currently Co-Coordinator of the Manhattan Community Gardens.)

#### PROPAGATION OF FLOWERING BULBS

Houchang Khutamian

532-6170

Thursday, Aug 21, 7pm, UFM Fireplace Rm

Learn how to divide, propagate and handle flowering bulbs, corms and rhizomes such as those of tulips, daffodils, hyacinths, crocus, gladiolus, iris, peonies and dahlias. (Dr. Khutamian is a professor or Ornamental Horticulture.)

#### HOW WOULD YOU LIKE TO WAKE UP TO A SUNDIAL?

Bill Fately

537-1387

Tuesday, July 1, 6:30pm, Stagg Hill Pro Shop, Rt. 1

Working with sundials can be simple enough to match the budding talents of a twelve-year-old; yet we know that sundials attracted the interests of such prodigies as Sir Isaac Newton and Thomas Jefferson. Build a sundial to grace your garden and to find time in other cities or by moonlight. This class will cover the art and construction of sundials and also view the world's largest sundial. (Bill is a collector of sundials nationally.)

#### RELATIVITY--BEFORE AND AFTER EINSTEIN

Dean Zollman

539-4547

Mondays, 7:30pm, KSU, Cardwell Hall, Rm 216 First Meeting: July 7 Length: 2 times Limit: 20

Many ideas of relativity were around long before the 20th century. We will explore these concepts and discuss Einstein's contributions. (Dean is particularly interested in teaching physics to people with little math or science.)

# Food for questions about Food call Julie Govert Walter at 532-5866

#### COMMUNITY GARDENERS COOKING SERIES

The following series of classes emphasizes ways of nutritiously preparing and preserving home grown vegetables. Manhattan Community Gardeners will share their expertise and age old secrets. Join us!

MANHATTAN COMMUNITY GARDENERS COOKING SERIES

#### COMMUNITY GARDENS COOKBOOK

Nancy Leiker

Saturday, 1pm, UFM Conference Rm First Meeting: June 28 Length: Continuing

With your help we'd like to gather recipes using fresh garden produce. We will form committees and begin to collect information and hopefully see the finished product in "The Community Gardens Cookbook" by fall. (Nancy researched pre-school nutrition and edited the "Sunwheel Snacks" cookbook last year.)

#### BEYOND ZUCCINI BREAD

Nancy Leiker

Saturday, July 12, 2:30pm, UFM Kitchen

Fee: 50¢, pay at class

Here's your opportunity to get some ideas on how to creatively use those prolific zucchini, explore various cooking methods, exchange ideas and feast. (Nancy is a collector of good recipes.

#### FOOD DRYING

Susan Schonweis

Saturday, July 12, 1pm, UFM Kitchen

Saturday, July 19, 9am, UFM Kitchen

Fee: 75¢, pay at registration

Preparation and storage methods of this popular food preservation alternative will be discussed. (Susan's food preservation efforts have won state and county attention.)

#### CANNING BASICS

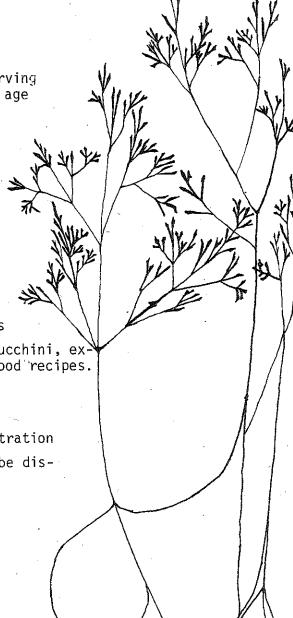
Anne Thompson

776-7460

Limit: 20

This class will concentrate on blanching and preparing foods for canning. We will demonstrate pressure canning showing how to preserve those fabulous garden vegetables. (Anne is an experienced canner of home-grown vegetables.)

8 Earth, Food



onda Horsch ursdays, 7:30pm, 1326 Fremont

rst Meeting: July 10 Length: 2 times Limit: 15

is course will cover how to meet nutritional needs on a getarian diet. We will talk about protein sources and mplementary proteins. Bring your own tips to pass on. r the second meeting, the class will have a vegetarian tluck. (Rhonda is in Foods and Nutrition at KSU.)

ROUTS AND LIVE FOODS

ite Cashman avid Kamerer 539-4811 537-9281

uesday, July 1, 7pm, People's Grocery, 811 Colorado Fee: 50¢, pay at class imit: 20

prouts are delicious and nutritious, and a real food argain. We'll talk about what to sprout, how to sprout nd share recipes. (Kate and David are sprout lovers.) OKING MORE WITH LESS

ısan Shaw

onday, July 7, 6-9pm, College Ave Methodist Church 1609 College Ave

ee: \$1, pay at class

pes your food budget money run out before the month does? ır three demonstrations will enable you to eat better and onsume less of the world's limited food resources. Our emonstrations are based on Doris Longacre's book More With ess, and will center on breads and cereals, vegetables, nd how to use less meat. (Susan is a homemaker interested n good nutrition.) Samples provided.

IE CHINESE ART OF COOKING AND DINING

ıristina Chang

539-2591

iturday, July 12, 5:30pm, 708 Lee St

Fee: \$3.00, pay at registration

e will make and eat a few of the traditional dishes of the orth and the south. We will also introduce the Chinese way f table setting and the use of chopsticks. (Christina is dietician and native Chinese cook.)

JTCH OVEN OUTDOOR COOKING

ohn Selfridge | Williams

537-7411 532-59 8

riday, July 25, 5:30-6pm, UFM Front Yard aturday, July 26, 2:30pm-?, UFM Front Yard ee: To be decided at class

ooking in the great outdoors can include: Chicken Curry, ineapple Upside-down cake. We will explain the "how-to's" nd, as a group, plan a menu. Each participant will prepare portion of the feast. (Al and John are experienced dutch ven cooks.)

ORLD FRIENDSHIP NOON POTLUCKS

usan Shaw

537-2432

uesdays, noon, Jardine Park, KSU Campus Length: Continuing irst Meeting: June 24

hare friendship, fun and lunch with members of KSU's nternational community. Bring your friends, a potluck ish and your own table service. Everyone welcome!

LECHE LEAGUE

cki Maline y Ring

537-4954

539-2468

iturday, June 28, 10am, St. Isidore's Upper Lounge n introductory session on breastfeeding and the La Leche eague will be held. Fathers and babies are welcome, too.

SUPERMARKET SLEUTH

Gail Zeller

913/494-2639

uesday, June 24, 7:30pm, UFM Fireplace Rm

Do you feel like a detective when it comes to supermarket hopping--searching for "specials" and comparing products? le will examine aspects of the supermarket, including product labeling and displays. We'll also provide budget tips to help you stretch your dollar. Bring your ideas. Gail is a working mother of three small children with a nonthly grocery bill of around \$200.00.)

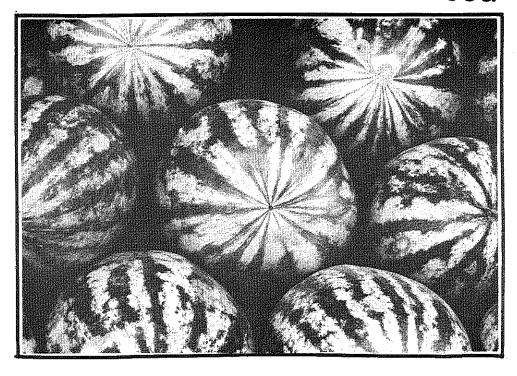
HEALTHY ALTERNATIVE TO HIGH-PRICED FOOD

(ate Cashman

537-9281

uesday, July 8, 7pm, People's Grocery, 811 Colorado .imit: 20

f your grocery bill is causing headaches, you are invited o check out Manhattan's food cooperative. This class will explain the purpose of People's Grocery and how food is tocked. (Kate is a 3 yr member **of** People's Grocery.)



CHEESE MAKING

Wally Hankley

539-2731

Saturday, 1:30pm, 3000 Sunnyside Dr. First Meeting: July 5

Length: 2 times

In the first session we'll make a soft cheese--a type of cottage cheese. By adding milk or cream, this cheese can substitute for cottage cheese. In the second session we'll make a harder cheese similar to cheddar. (Besides making cheese, Wally enjoys beekeeping, goat keeping and gardening.)

MAKING YEAST BREADS

Jeri L. Neal

Saturdays, 8am-1pm, KSU, Shellenberger Hall, Baking Lab First Meeting: July 12 Length: 2 times Limit: 12 Fee: \$10.00, pay at registration

We will use the test baking equipment in Shellenberger Hall to make "straight" doughs and sweet goods. Everything you need will be supplied. (Jeri is a graduate in Milling.) HOME-MADE BABY FOOD

Marty Hartford

Wednesday, July 2, 9:30am, 318 Leavenworth Fee: 50¢, pay at class Limit: 10

We will discuss how to prepare good, nutritious first food for our babies. The class can share ideas and recipes, amd see a demonstration on baby food preparation. (Marty has made baby food for her two children.)

SUMMER BARBEQUE WITH A KING

Max Heinly

539-6088

Friday, July 18, 7pm, Longs Park Pavillion Fee: \$1.25, pay at registration Limit: 30

Selection of meat cuts, with an emphasis on pork, proper barbeque methods and new ideas and recipes will be discussed. Class participants will sample various barbequed meats. (Max is 1979 Kansas Pork King.) GLUTEN: AN ALTERNATIVE PROTEIN SOURCE

Sandy Ayers

539-1797

Monday, July 14, 7:30pm, UFM Kitchen

Been trying to use less meat lately? Gluten, a wheat protein, can provide an easy, high quality alternative. (Sandy has been using gluten for months with success.)

THE BASICS OF BETTER BREAD

Martha Cornwell

532-6260

Tuesday, June 24, 7pm, 3100 Heritage Ct #93 Limit: 7

Fee: \$1.50, pay at registration

Baking bread for your family doesn't have to be an impossible task? Come and share short-cut ways of making bread. Emphasis will be placed on using whole wheat flour in recipes. (Martha is a KSU Dietetics graduate.)

THE UNCOCKTAIL PARTY

Linda Teener

532-6434

Thursday, June 26, 7:30pm, UFM Banquet Rm Fee: \$2.00, pay at registration

Join us in exploring drinks that taste and look good, but offer an alternative to alcoholic drinks. We'll sample drinks using fruit juice, soda pop, and other ingredients. We'll also demonstrate how to dress up the glass and sample snack ideas. (Linda is always looking for recipes to sample.)

Food 9

## Play for questions about Play 532-5866



#### VOLLEYBALL FOR FUN

Lois Morales

539-8867

Section I: Tuesdays, 6pm org. meeting

June 24 6:30 volleyball

Section II: Fridays,

UFM front yard June 27

6pm potluck 6:30 volleyball

UFM front yard

Length: continuing

Fee: \$1.00 - pay at registration

If you miss the first meeting, look for a schedule on the blackboard in the UFM lobby. (Lois has played UFM volleyball for years.)

#### OLD GAMES - NEW GAMES

Sue, Dave and Neil

532-5866

Sunday, Aug 10, 1pm potluck, 2pm games, UFM Front Lawn Did you ever play four square, red rover or duck-duckgoose? We'll also try some non-competitive new games. Bring games, equipment, food and friends. Children are encouraged to come. (Sue, Neil and Dave are all kids who never grew up.)

#### OUTING CLUB

Bob Deemie

537-9406

1st & 3rd Wednesday of each month, 7:30pm

First Meeting: July 2

Location: UFM Outdoor Area

This summer we will go camping, backpacking, canoeing, sky diving, spelunking, bike touring, kite-flying, rapelling, rock-climbing, and sailing. (Bob is starting his 4th year of fun in the Outing Club.)

#### BEGINNING FENCING

Bob Deemie

537-9406

Mondays, 7pm, Douglass Community €enter Annex, 901 Yuma First Meeting: June 23 Length: Continuing Limit: 25

Fencing is a vigorous and challenging sport that can be enjoyed for a lifetime. Some physical conditioning will be involved in learning the basics of fencing. (Bob enjoys the art of fencing.)

## 10 Play

#### BASIC TECHNICAL ROCK CLIMBING

Clarence Leist David Engle

776-3271 537-2678

First Meeting: Sign up and you will be contacted Limit: 10 Fee: \$10.00, pay at class

On-belay! The class will start with a slide show introduction to equipment, safety, movement, ethics, and ecological climbing using a rope. Local structures will be climbed, leading to Fall River Resevoir. (Clarence has climbed for over 10 years and has taught extensively. David is a climber too.)

#### FAMILY FLAT-WATER CANOEING

Bob Poresky

539-2967/532-5510

Tuesdays, 7pm, June 24, 3016 Claflin Length: Indefinite

For families of any composition, we will review canoeable waters and set a schedule for upcoming Sunday afternoons. Instruction will be combined with paddling. You must provide a canoe, paddles, safety jackets, and transportation. (Bob has taught similar classes for UFM before.)

#### WIND SURFING FOR ALL AGES

Kurtis Robinson

539-1938

Section I: Wednesday, 7pm, June 25 (rain-July 2, 7pm) Section II: Sunday, 1pm, June 29 (rain-July 6, 1pm) Location: UFM parking lot

Kurtis will demonstrate wind surfing, a combination of sailing and surfing. We'll carpool out to Tuttle Reservoir. (Kurtis has been wind surfing for years.)

#### FANTASTIC FREE-FALL FLICKS

Paul Mulcahy

537-4794

First Meeting: sign up and you'll be contacted Fee: \$1.50, pay at registration Limit: 40

Paul will show several films that will demonstrate what people can do in the air. The skydiving films will be accompanied by equipment demonstrations and training information. (Paul is a member of the KSU parachute club.)

#### KITE MAKING AND FLYING

Douglas Nolting David Kamerer

776-4125 776-7887

Saturday, July 12, 10am, UFM Parking lot Fee: \$2.50 - pay at registration

We'll carpool to windy Tuttle Reservoir to learn construction techniques and principles of lift for standard and box kites. Bring some kids and picnic lunch. (Doug has flown kites all over the world. David is looking forward to hot Kansas breezes.)

#### INTRODUCTION TO BICYCLE TOURING

Phil Fay

532-5650

Saturdays, 9am, UFM Banquet Rm First Meeting: June 28 Length: Indefinite

For beginners and experienced riders, we will organize regularly scheduled rides and some longer trips. Those who wish to ride the day of the first meeting should com ready to do so. (Phil has been an active cyclist in touring and racing for seven years.

#### SEE SMALL TOWN KANSAS BY BIKE

Jim Converse

776-1413

Saturdays, 2:30pm, SW corner of 3rd and Humboldt First Meeting: June 28 Length: Indefinite Fee: \$1.00 - pay at class

We will haul bikes out into the country to ride between outlying small towns. Overnights or picnics can be added later. (Jim has been scared off of most of the access roads out of Manhattan.) **BEGINNING TENNIS** 

Members of the KSU varsity Tennis Team

Sundays, 8:30-10am, KSU, Washburn Complex First Meeting: June 29 Length: 6 times Fee: \$1, pay at registration Limit: 20

We will learn forehands, backhands, serves, and court tactics. Bring a can of marked balls and a racquet. (These folks know their stuff.)

#### FRISBEE ANYONE?

Marcia Wilmore Kathy Saunders

776-7479 776-1702

Play

Wednsedays, 2pm, KSU Band Practice Field

First Meeting: June 25 Length: Indefinite

We'll learn throws, catches, team and individual activities. (Marcia and Kathy have been going to frisbee tournaments for the last couple years.)

ROLLER SKATING

Everet Stilley

776-6175

Mondays, 6pm, 400 Tuttle Creek Blvd. Length: 3 First Meeting: June 30

Fee: \$3, pay at class

Techniques to be taught, depending on your skill level, include body position, jogger skating, spins, jumps and racing. (Everet has been a skating pro for over 30 years.)

AEROBIC DANCE DEMONSTRATION

Candice Altoff, Enell Foerster

537-0977

Monday, June 23, 7pm, KSU, Ahearn Complex, Rm 301

Aerobic dancing combines the health benefits of jogging with dancing. Bring tennis shoes and come prepared to dance. (Candice and Enell are both certified aerobic dancing instructors in Manhattan.)

DIAL-A-PARTNER/TENNIS/RACQUETBALL/INDOOR GAMES

Neil Schanker

539-5766/532-5866

Thursday, July 3, 5pm, UFN House

This is an opportunity for you to get some challenging experience and to meet new faces. At registration, indicate the game, your skill level, days and times available, and UFM will compile a list for you.

# Self

## for questions about Self call Julie Coates at 532-5866

FIRST AID MULTIMEDIA/CPR

Participants will earn Red Cross Certification from certified instructors.

CPR: Instructors Enell Foerster and Brenda Merrima Section I: Monday & Wednesday, July 7 & 9, 9am-1pm Section II: Monday & Wednesday, July 7 & 9, 6-10pm Location: Red Cross Office, 208 Poyntz

Limit: Section I - 10, Section II - 15

Fee: \$4.00, pay at class

FIRST AID MULTIMEDIA: Enell Foerster and Neil Schanker Section I: Saturday, June 28, 8am-5pm, Section II: July 19 Location: Red Cross Office, 208 Poyntz

Limit: 15

Fee: \$6, pay at class

FIRST AID INSTRUCTOR'S COURSE: Enell Foerster Saturday, July 12, 8am-5pm, Red Cross Office, 202 Poyntz Limit: 10 (Prerequisites - 17 or older with Red Cross standard or multimedia certification.)

BLOOD PRESSURE CONTROL

Kathy Brunin

776-4779

Saturday, July 12, 10am, UFM Fireplace Rm Limit: 25

We will discuss meanings of blood pressure readings, help you understand medication to control blood pressure and discuss other aspects of blood pressure control. (This is not a health department function.) (Kathy is a public health nurse.)

RELAXATION & STRESS MANAGEMENT

David Danskin

532-6927

Wednesday, June 25, 7:30-9pm, KSU, Union Rm 213

Turn your stress into strength. Find out what bio-feedback is, how it is being used, and try bio-feedback training yourself. (Dave is a bio-feedback trainer at KSU.)

ADVANCED SCUBA

George Halazon

532-5840

776-1731

Monday, 7:30pm (org. meeting), KSU, Umberger Hall, Rm 11 First Meeting: June 23

PADI Certification in open water and advanced open water techniques is the goal of this class. The course will include classroom work and dives. (George has taught scuba classes for UFM for years.)

SWIMMING: ALL CLASSES

Limit: 10 Location: KSU Natatorium

Fee: \$1 - pay at registration Beginning Swimming (For Kids)

776-1731 Joan Robinson

Saturdays, 9-10am, June 28-Aug 2

Adult Beginning Swimming

776-1731 I: Joan Robinson

Saturdays, 10-11am, June 28-Aug 2 Lorie Montgomery

Saturdays, 11-12noon, June 28-Aug 2

Adult Advanced Beginning Swimming

776-4243 Barb Stork

Saturdays, 12-1pm, June 28-Aug 2

Basic Water Safety (regardless of swimming ability) 776-1731 Joan Robinson Saturdays, 11-12noon, June 28-Aug 2

Advanced Lifesaving (minimum Age - 16)

537-2962 Tom Deever

Saturdays, 8-11am, Sundays 5-7pm, June 28-Aug 3 Materials fee: \$2.25 + \$1.00 = \$3.25

Individual Lessons (call Joan)

Joan Robinson

Saturdays, 5-7pm, June 28-Aug 2

TAE KWONDO EXERCISE

539-8211 Jose Lee

Section I: Mondays, 7:30-9pm, June 23 Section II: Thursdays, 7:30-9pm, June 26

Location: KSU, Justin Hall, Rm 251

Length: 6 times Limit: 20 each section

Learn self-defense and exercise at the same time. The basics, including stretching and kicks will be stressed. (Jose has black belt experience in Tae Kwondo.)



#### BOOKS BY AND ABOUT WOMEN

Flossie Snyder

539-5213

Alternate Tuesdays, 7:30pm, UFM Conference Rm First meeting: June 24

New members are invited to read with us. (Flossie is interested in women's issues.)



#### ANCIENT THEORY OF YOGA

Bert Franklin

539-0495

Wednesday, July 23, 7pm, UFM Fireplace Rm

Bert will summarize the views and teachings of the Samkhya Sutras and the Yoga Sutras, called by Heinrich Zimmer "among the most astounding works of philosophical prose in the literature of the world." (Originally a philologist, French and Spanish professor, and diplomat, Bert is giving much of his retired life to the study of yoga.)

#### YOGA I AND YOGA AFTER 40

Bert Franklin

539-0495

Yoga I: Thursdays, June 26, 5:30pm
Yoga After 40: Tuesdays, June 24, 5:30pm
St. Paul's Episcopal Church
Length: 8 times
Limit: 8

Fee: \$2, pay at class

Learn basic classical asanas and pranayamas. Object: know-ledge of the self, enjoyment of the mind and body through regular yogic practice. (Bert can introduce you to the joys of youth throughout life.)

#### INTRODUCTION TO ZEN BUDDISM PRACTICE AND PHILOSPHY

Leon Rappoport

532-6850

Thursdays, 8:30pm, UFM Banquet Rm

First Meeting: July 10

Length: 3 times

Zen Mind Beginner's Mind by Shunryu Suzuki Roshi will serve as the basis for class discussion. The class will also include taped lectures and zazen (meditation) instruction. (Leon is a psychology professor.)

#### SELF IMAGE

Dr. Gene Schneider

539-7927

Monday, June 23, 7:30pm, 1825 Anderson Length: 2 times

Negative elements in life can be used positively. Depression, loneliness, lack of hope or direction and feelings of rejection have a cause. Understanding the causes and the self-developed attitudes that perpetuate despair can help us effectively deal with them in ourselves and others. (Gene is a professor in vet medicine.) TAKING CHARGE

Marvin Kaiser, Liz Gowdy

Thursday, June 26, 7pm, UFM Conference Rm

Limit: 10 Shar

Starting with the book: "Taking Charge," we will share our ideas and experiences on topics like communal living, non-materialism, and other living alternatives. Read "Taking Charge" before the first meeting. (Marv is an Asst. Prof.  $12\ Self$  in social work, and Liz is Director of FONE.)

#### HELP YOUR NEIGHBOR

Sign up and you will be contacted

Volunteer some of your time to give a person with a disabled spouse an opportunity to get out and do some things on their own. Your help can mean a lot.

#### THE SINGLE LIFE

Dave Stewart

Thursday, July 10, 7:30pm, Baptist Campus Center Length: 6 times 1801 Anderson

In addition to sharing personal experience, we will consider topics such as: highs and lows of single life; personal wholeness; sex and the single life; meeting vs. mating. (Dave is the campus Baptist minister.)

#### MARRIAGE: A REAL LIFE POSSIBILITY

Kay Bieber

1-625-6439

Thursday, June 26, 7pm, Justin Hall Rm 341 Length: 6 times

Marriage should be a rewarding experience. We will develop 6 major themes: 1. establishing the value of marriage and dealing with attitudes; 2-3. the responsibility of the husband and wife and their rewards; 4. communication; 5. the physical relationship; 6. living in harmony; possibilities unlimited. (Kay is an experienced speaker on this topic.)

#### REAFFIRMING OR FINDING NEW DIRECTIONS IN LIFE

Marcia Schuley

Wednesdays, 7-9:30pm, 320 Sunset

First Meeting: June 25 Length: 6 times Limit: 15 Fee: \$5, pay at first class

Women 25 and over can explore who they are and what they want from life. The Strong-Campbell Interest Inventory and the Quick Job-Hunting Map will be included in fee cost. (Marcia is a Specialist in Consultation and Education.)

#### RETURNING TO SCHOOL

Sandra Grey Margaret Nordin Ted Wischropp

539-5996 532-6434 532-5724

Tuesday, July 15, 7pm

Location: Manhattan Public Library, Juliette & Poyntz

Are you thinking about entering or re-entering college? Are you concerned about the time, money and energy to do so? Come share your hopes (and doubts) with others. (Sandra, Margaret and Ted are KSU faculty members.)

#### UNDERSTANDING YOUR AGING PARENT

Larry A. Stansbury

776-7178

Tuesday, June 24 & Thursday, June 26, 7-8:30pm Location: 214 Poyntz Limit: 20

Physical, social and psychological changes often manifested by retirement, impairments, living arrangements, and confronting death will be discussed. (Larry is with the Pawnee Comprehensive Mental Health Center.)

#### LESBIAN/FEMINISM STUDY GROUP

Cathy

537-0329

Monday, June 30, 7pm, UFM Fireplace Rm

This class will explore the relationship between lesbianism and feminism. Theorists, writers, and history are included areas. The class will be structured by the participants.

#### THE ABORTION ISSUE

Bonnie Funk

537-9300

Wednesday, June 25, 7pm, UFM Conference Rm

Most Americans believe in the right to make their own medical decisions, and to choose an abortion when needed. We will discuss why this choice is under attack. (Bonnie is a graduate student in Family Life Education.)

#### SUPPORT GROUPS

Section I: Wednesday, June 25, 7pm, UFM Fireplace Rm Women's Resource Center (532-6541) sponsors an organizational meeting for women who wish to form small sharing groups.

Section II: Wednesday, July 2, 7:30pm, UFM Conference Rm Dr. Evelyn Hausman (532-6561) will discuss the Displaced Homemaker Services for women making life changes.

#### CHILD ABUSE AND NEGLECT

Sharon Iandolo

776-3322

Wednesday, June 25, 7pm, St. Mary's Hospital Meeting Rm

Is there child abuse in Manhattan? What preventive and corrective measures are being utilized? Representatives of the Family Council will discuss child abuse and neglect. (Sharon is a Social Worker at St. Mary's Hospital.)

539-2785

Monday, July 7, 7-9pm, UFM Conference Rm

The Battered Woman: Who is she?, what are her options?,

and how can she get out? The Assailant: Who is he?, why does he beat?, what can be

done to help him?

Diane Hicks & Judy Davis

The Children: How are they affected by family violence? (Judy & Diana are staff of the Regional Crisis Center.)

EARLY PREGNANCY CLASS

CEA of Manhattan

776-7814

Tuesday, June 24, 7:30pm Location: to be announced Fee: \$8.00, pay at class Length: 2 times

For a healthier pregnancy start early to learn about fetal development, preventable birth defects, nutritional needs, body conditioning and much more. (The Childbirth Education Association of Manhattan has offered childbirth education to Manhattan for 10 years.)

CESAREAN BIRTH CLASS

Sue Zschoche

539-0851

Sign up and you will be contacted

Length: 2 times Fee: \$5, pay at class

This course will cover reasons for, procedures involved, recovery suggestions, emotional involvement, father's feelings, group support and discussion with cesarean parents. (Sue is a cesarean birth mother.)

RAISING A HEALTHY CHILD

Beth Babb

1-628-2953

Tuesday, July 1, 7:30pm, Justin Hall Rm 249 Length: 3 times

We will develop 3 key areas: 1. establishing the value of the child; 2. discipline and instruction; 3. teaching the child to have a valuable opinion of himself.

STROKE VICTIM SPOUSE SUPPORT GROUP

Pat & Ruby Barclay

539-3894

Mondays, July 7 and 14, 7pm, 738 Midland

If you would like to know more about strokes and the programs that have been developed to meet the needs, spouses of stroke patients will tell you about them. (Pat and Ruby have been dealing with the effects of astroke for 17 years.)

HOSPICE

Dr. George Bascom, Joyce Delehanty, Theresa Hansen

Thursday, July 10, 7:30pm, Justin Hall Rm 249

This program will inform the community about the nature and purposes of hospice care for the incurably ill and provides a chance for those interested to apply for volunteer work. (Dr. Bascom is a local surgeon.)

SHADOWS: ONE PERSPECTIVE

Dan Parkinson

532-6072

Tuesday, June 24, 7pm, Justin Hall Rm 341,

Length: 3 times

This course examines the religious forms of Mormonism, Jehovah's Witnesses and The Worldwide Church of God. We will study their claims to validity and contrast their doctrine and ideology in light of the Bible. (Dan had studied religious groups for about 3 years.)

TOO LATE? (REVELATION)

Mike Hensley

Length: 3 times

537-7367

First Meeting: Tues, June 24, 7:30pm Length: 5 times, 350 N 16th, Apt. #11

What does God have up His sleeve before he draws time to a close. The Bible does say. (Mike is interested in religion.)

Skills & Tours for questions about Skills & Tours call Mike Wilson at 532-5866

BACKPACKING: A PRACTICAL INTRO

Tom Hittle

776-9715

First Meeting: June 22 Sundays, 7:30pm, UFM Fireplace Rm

This course is for those with no experience or less than 3 years of backpacking. We will place emphasis on backpacking styles, equipment, topo maps, local trails, sources of information, individual techniques and necessary checklists. (Tom backpacks and canoes year-round throughout the Midwest.)

HIKING THE GRAND CANYON

Charlie Griffin

485-2762

Wednesday, June 25, 7:30pm, UFM Banquet Rm

Exploring the living canyon past 20 million years of geological strata--this will be a slide show-introduction to backpacking in the canyon. We'll discuss planning, equipment, and setting your limits while hopefully emphasizing the wondrous side trips along the way. (Charlie makes yearly spring pilgrimages to the Grand Canyon.)

BACKWOODS COLORADO

Richard Harris

537-1383

Tuesday, June 24, 7:30pm, UFM Banquet Rm

Come and share ideas of where to have pleasant day hikes in Colorado away from the summer crowds. Bring a few slides, pictures, maps, etc. or just your enthusiasm. (Dick goes to Colorado often to hike and camp.)

RENOVATING HOMES

Russell Reitz

Thursday, June 26, 7pm, UFM Fireplace Rm

Renovating an older home may provide an economically attractive alternative, but know what to look for before making a financial commitment. Topics will include: examining the building; finding out the original purchase price; furnace costs and improvements; and determining the electrical capacity. (Russell has renovated 20 homes in Manhattan.)

INTRODUCTION TO UPHOLSTERING

Bettie W. Currie

537-7527

Thursday, June 19, 7:30pm, UFM Fireplace Rm

Limit: 30

Bettie will demonstrate the basics of upholstering. If you have something to upholster, bring it to class and Bettie will help you. (Bettie has done her own upholstering for years.)

BICYCLE REPAIR

Bill Jacoby

537-1510

Tuesdays, 7pm, Bill's Bike Shop - 1207-A Moro(in the alley) First Meeting: June 24 Length: 5 times

Limit: 25

We will learn the fundamentals of bicycle care and repair. (Bill owns his own bike shop.)

Self, Skills & Tours 13

## Skills & Tours

ALL THERE IS TO KNOW ABOUT MOPEDS

Bob Altland

776-6656

Thursday, July 3, 7pm, 496 Poliska Ln

Limit: 15

Bob will cover moped history, safety, laws, features, maintenance, and how to buy an appropriate moped. (Bob owns and operates a moped dealership.)

HOW TO BUY A BIKE

Bill Jacoby

537-1510

Wednseday, 7pm, Bill's Bike Shop, 1207-A Moro First Meeting: June 25 Length: 3 times

We will cover 5 and 10 speed bicycles, 3 speeds, and single gear bikes. (Bill owns his own bike shop.)

BASIC AUTO REPAIR

Jerome Martin

776-7604

Saturday, June 28, 1pm Location: To be announced

Limit: 30

This is a course in basic maintenance and repair of diesel and gas cars, including brakes, ignition, etc. (Jerome is a former USAF Auto Mechanic Instructor.)

TIPS FOR DEVELOPING GRANT PROPOSALS

Bert Biles, John Murry

532-6194

Monday, June 23, 7pm, KSU Union, Rm 208

This course will focus on identifying sources of federal and private support for research, educational and community service projects & providing tips on proposal writing. (John is the Associate Dean for Sponsored Programs at KSU. Bert is the Director of Special Projects.)

HOW TO BUY A HOME

Larry Fox, Sharon O'Neal

776-4733

Wednesday, July 16, 7-9pm, Manhattan Public Library Limit: 30 Juliette & Poyntz

We'll cover what to look for in a home, renting vs. buying, how to deal with the lender, and other aspects of homebuying. (Sharon and Larry are loan officers.)

INVESTMENT BASICS

Steve Harrison, Sherl Prawl

537-0594

Tuesday, June 24, & Thursday, June 26, 7-9pm Location: KSU, Eisenhower Hall, Rm 15

This course will give you a thorough survey of the securities industry including stocks, bonds, and other investments. (Steve and Sherl are registered representatives of a member firm, NY Stock Exchange.)

FINANCIAL PLANNING: "HOLD ONTO YOUR DOLLARS: COPING WITH INFLATION"

Albie Rasmussen

913/785-2476

Friday, 9-11am, Family Center, 3rd Floor, 1221 Thurston First Meeting: July 11

Limit: 10

Length: 2 times Fee: \$1, pay at registration

This class will discuss how to cope with inflation and live within one's budget. Topics to be covered: insurance, credit, savings, decision making and long range goals. (Albie is the financial counseling director in the family center, KSU College of Home Economics.)

ESTATE PLANNING: THE HUMAN SIDE

Gary A. Walter

537-2261

Wednesday, June 25 & Thursday, June 26, 7:30pm, Kansas State Bank, 1010 Westloop

This will not only focus on the financial resources and requirements but the human considerations that are essential to estate planning. (Gary is an assistant General Manager, Advanced Sales Specialist of a local life insurance company.)

JOB SEARCH WORKSHOP

Patty Lawlis

539-3794

Saturdays, 9am-noon, UFM Conference Rm

First Meeting: June 21

Length: 2 times

Limit: 10

The Jobsearch Workshop is designed to help participants develop skills important in finding a job. Where and how to look for a job, and job interviewing are discussed. (Patty works as the KSU Gerontology Counseling and Placement Coordinator for the Center for Aging.) TEENS - GET THAT JOB!

Joyce Grover

539-5181

Section I: Tuesday Section II: Thursday Limit: 10 per section

7-10pm 7-10pm June 24, one time, Douglas Community Center, 901 Yuma June 26, one time, Douglas Community Center, 901 Yuma

This workshop, geared especially for teens looking for their first job, will cover the job application forms, job interviewing techniques and tips, and what to do following an interview. (Joyce is a youth counselor for CETA.)

SUCCESSFUL MONEY MANAGEMENT SEMINAR

Doug Smith Fred Freeby

Tuesdays, 7-10pm, KSU Union, Rm 206 Length: 2 times First Meeting: June 17

Learn how to use inflation to your benefit, reduce your taxes and uncover hidden assets. An attorney will discuss estate planning, wills and trusts. Both spouses should attend! (Fred and Doug are local financial planners.)

BASIC HOUSE WIRING

Richard Napper

**TOURS** 

539-6973

539-2071

537-4505

Section I: Monday, June 23, Section II, Wednesday, June 25, 811 Osage, 3 times Fee: \$5, pay at registration Limit: 20 each section

We will cover tools and equipment needed to service house wiring and the proper way to add wiring to homes. Women are encouraged. Bring your own chair. (Richard is an electrical engineer.

WOLF CREEK NUCLEAR POWER PLANT

Saturday, July 12, 9:30pm, Neil Schanker, Mike Wilson Fee: \$6.50, pay at registration For more information see poster at registration

June 18 - 9:30am, Fort Riley: Meet at the MP Information Booth on Post. Note at registration if you want lunch at the officers club.

June 24 - 1:30pm, City Water Plant, 3rd & Ratone.

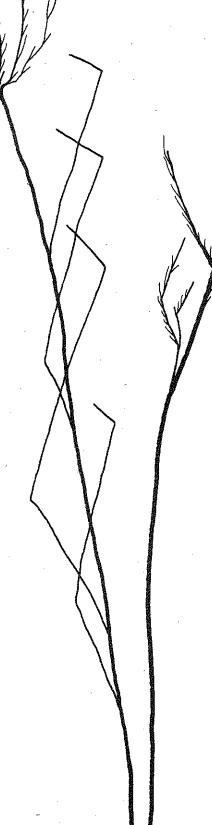
June 25 - 6:30pm, KMKF Broadcast Studios, 2414 Casement Rd.

June 26 - 10am, McCalls Patterm Factory, 615 McCall Rd.

July 8 - 1:30pm, Parkview Funeral Home, 1317 Poyntz

July 19 - 10:30am, Riley Co. Historical Museum, 2309 Claflin Rd. Aug 14 - 1:30pm, American Institute of Baking, 1213 Baker's Way.

14 Skills & Tours



EARTH-SHELTERED HOUSING

Nina Miley

Monday, July 7, 7:30pm, UFM Banquet Rm

532-5686

Limit: 30

Skills & Tours

Neil Schanker Steve Coulson

INTRO. TO WOLF CREEK

532-5624

Monday, July 7, 7:30pm, UFM Fireplace Rm

A slide show and discussion on the construction and workings of nuclear power plants will be presented. (Steve is in the KSU nuclear engineering department. Neil is a member of the Sunflower Alliance.)

ETHANOL GRAIN CONVERSION

Dwight Wiebe

532-5735

Tuesday, July 1, 7:30-9:30pm, UFM Fireplace Rm

We will discuss the process of converting distressed grain into fuel. Ethanol can be used in cars and tractors at a cost less than \$1 per gallon, and the residues fed to livestock. (Dwight served as a relief director overseas 44 yrs.)

WINDOWS WORKSHOP

Mike Wilson

Saturday, June 21, 10am, UFM Banquet Rm Limit: 20

Windows can account for one-third of your home's heating and air conditioning costs. Many companies are starting to market energy saving window devices. We'll discuss how to evaluate these devices, as well as how to make your own energy savers. (Mike is a member of UFM's appropriate technology staff.)

## Location: You will be contacted

Monday, July 14, 7:30pm

ATTACHED SOLAR GREENHOUSES

Alan will demonstrate and explain the greenhouse at the swine research facility and how to build a home greenhouse. (Alan works at the swine facility and has his own green-

Nina will show slides of the earth-sheltered house in which her family lives and discuss the benefits and drawbacks.

Se will also talk about their first solar home. (Nina has

lived in two energy efficient homes in Manhattan.)

UFM GREENHOUSE

Alan Johnson

Bruce Snead

Monday, June 23, 7:30pm, UFM Fireplace Rm

Have you been wondering about the new structure being built just west of the UFM House? See a slide show-discussion of how this innovative facility will work, and then tour it. You'll learn about perimeter insulation, beadwall, passive heating, thermal mass, solar hot water, earth tubes, and more. (Bruce helped design the UFM Greenhouse.)

#### SUMMERTIME ENERGY CONSERVATION

Mary Neel

Wednesday, June 25, 7:30pm, KP&L Auditorium, 501 Poyntz

This energy class will cover air conditioning tips to help save energy dollars, home appliances as energy users, insulation needs, etc. (Mary is the customer assistance advisor for KP&L.)

## Kids for questions about Kids call Julie Coates 532-5866

CHILDREN'S GARDENING

Dick Mattson Pam Rupp

532-6170 532-5944

Saturdays, 10am-12noon, No class if raining First Meeting: June 21 Length: Continuing til frost Location: Community Gardens, 9th & Riley Lane

In this class, children of all ages learn how to use organic gardening practices to grow peanuts, Indian corn, tepee pole beans, giant gourds, etc. Individual and group gardens, adjoining the raised gardens for the elderly, are available. (Dick & Pam are horticulturists.)

STARS AND MYTHS

Kim and Dean Zollman

539-4547

Wednesdays, 7:30pm, KSU, Cardwell Hall, Planetarium First Meeting: July 9 Length: 2 times Limit: 40

We will discuss how to use star charts to find objects in the summer sky and myths associated with these objects. Myths from different cultures will be included. This class is a family affair. Adults must be accompanied by a person under 18. (Kim is a twelve-year-old who enjoys telling stories about mythical characters. Dean, her father, knows how to push buttons on the planetarium.)

#### BASKETBALL FOR BOYS (AGES 7-9)

Avery Demby

776-4125

Tuesdays, 10am, Bluemont School (outside) First Meeting: Aug 5 Length: 3 times Limit: 10

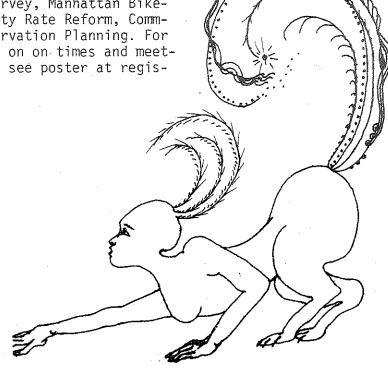
We will work on skills like shooting, passing and playing for fun. Bring a basketball if you have one, and some friends. (Avery, a nine-year-old, taught this class last spring.)

#### KIDS SWIMMING

Joan Robinson Saturdays, 9-10am, June 28-Aug 2 776-1731

The following committees will be working this summer: Manhattan Gasoline Survey, Manhattan Bikeways, Utility Rate Reform, Community Conservation Planning. For information on on times and meeting places, see poster at registration.

MANHATTAN AREA ENERGY ALLIANCE



#### SELECTING CHILDREN'S LITERATURE

Kim Schumm

539-3641

Sign up and you will be contacted

We'll take field trips to the public library and learn how to select books for your child's level and interests. (Kim has taught elementary grades.) IMPROVISATION FOR CHILDREN

Cham Ferguson & Company

539-4856

Mondays, 11:00am, 2140 College Hts. Rd. First Meeting: July 7 Length: 3 Limit: 15

Our class will include warm-up exercises, improvisation fundamentals, and exercises in improvisation. At our last meeting participants will have a chance to perform. (Cham is president of Thespian Troupe #941, and a member of the Manhattan High Forensics Squad.)

WATER BABIES (I) AND TINY TOTS (II)

Charmaine Mazzia

537-2013

15

Section I: Saturdays, 9:30-10:30am, July 12 Section II: Sundays, 5:30-6:30pm, July 13 Length: 3 times Location: KSU Natatorium I: 10 Parent/child couples (6 mo-18 mo old) II: 10 Parent/child couples (18 mo-3 yrs old) Fee: \$1.00, pay at registration

These classes will concentrate on teaching the parent(s) how to have fun and enjoy the water with their baby. Emphasis will be placed on building the baby's confidence and water safety. (Charmaine has taught swimming to children from 6 months to 16 years.)

Skills & Tours, Kids

## Invest in UFM

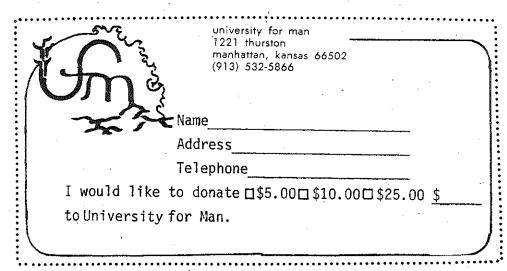
This may be your last opportunity for learning to make homemade noodles, learning to handle pre-exam stress, building a solar collector or identifying edible plants we all thought were weeds. These are just some of the unique learning opportunities afforded by University for Man and which may no longer be available. In addition, UFM has provided opportunities to meet new friends and to pursue fresh ideas. UFM knows no age limits. Our participants range in age from 7-94 and come from all segments of the community.

Unfortunately, our ability to continue to provide the level of service we have given in the past is now seriously threatened. The KSU Student Governing Association (SGA) has tentatively recommended a cut of 50% in the level of funding they have traditionally supplied. The rationale for the recommendation is based on the fact that about

half the participants in UFM programs are non-students. Since SGA has provided the major source of funding for UFM's local program, the proposed cut will have a significant impact. The recommended amount is not sufficient to allow our program to continue in the tradition that we have established.

Currently, we have enough funding to publish one brochure next year. After that, unless additional funding is located, there will be no more brochures.

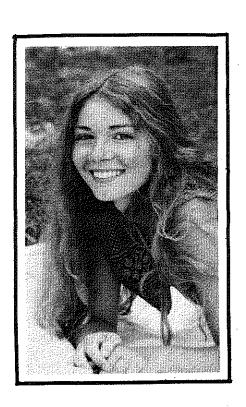
We have tried to avoid charging a fee, and will continue to do so. However, our situation is very serious and we must ask for your help. Please invest in your educational future. Clip the coupon below and return it to UFM. Or, send us your contribution. It will make a lot of difference.



## Karen

A simple breath of life, of shyness, of beauty . . . In 1973-74 Karen Slack brought these qualities to us as a member of our staff. During those years as a high school student Karen brought a fresh young perspective to us and helped UFM to meet the special needs of high school students. In addition to providing that educational link for UFM many will remember her art which graced the UFM brochures during that time and which can still be seen in the colorful banner hung each registration session.

This brochure is dedicated to Karen who was struck and killed in a hit and run accident last August. Sketches and art work throughout the brochure are taken from her work. UFM wishes to thank the Slack family who made her work available.



## Summer 1980

This summer UFM will offer some exciting new classes and some old favorites. These classes reflect the broad scope of interests at UFM, and among the offerings, we hope there is something for you. We would like to thank the many people in our community who help make our programs better through their generous donation of time and sometimes dollars. Without these friends, we probably wouldn't be here. UFM receives funding or support from the KSU Division of Continuing Education, KSU Student Governing Green Thumb.

Association United Way of Riley County, Kansas Department of Human Resources-CETA, Fund for improvement of Post Secondary Education, Clearinghouse for Community Based, Free Standing Educational Institutions, The Kansas Arts Commission, (a state agency) and the National Endowment for the Arts, (a federal agency), Kansas Department of Economic Development, Title I of the Higher Education Act (1965), U. S. Department of Energy, and the Kansas Farmers' Union Green Thumb

## Old Staff, New Staff

We are pleased to welcome new staff members, Neil Schanker, Charla Shrimplin, Mike Hensley, and Rosemary Dukelow.

These people will work with the Campus Community Staff.

Jennie Chinn and Keith Ludden have joined us to gather data on traditional arts in Kansas. Sheila Stogsdill, who did

the excellent brochure layout last semester has left us to pursue her career as an architect. Sue Walek, Ken Torleumke, and Bill Vientos have also moved on to other activities. Jane Barnes and Liz Silva, who worked with our evening childcare program have also left and will be greatly missed.