

→ SPRING | 2023

# COMMUNITY EDUCATION

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ARTS & HUMANITIES

BUSINESS & TECHNOLOGY

DAY TRIPS

FOOD & DRINK

HEALTH & WELLNESS

HOBBIES & LEISURE

LANGUAGE LEARNING

YOUTH PROGRAMS

# ARTS & HUMANITIES

## GREAT DECISIONS 2023

Join our weekly conversations as we engage in exciting and intellectually stimulating discussions of challenging current global issues and their implications for America today. Lectures, readings and expert commentators, provided in video programs developed by the Foreign Policy Association, will provide context for our lively discussions. Topics will include, among others, energy geopolitics, war crimes, especially related to the Ukraine war, China and the U.S., economic warfare, politics in Latin America, global famine, Iran at the crossroads and climate migration.

*Instructor: Dr. John Dreifort, Professor of History, Wichita State University & Executive Secretary of the Wichita Committee on Foreign Relations*

Begins	Day	Time	Classes	Location	Cost
2/2	Th	1:30-3:30p	10	HMC	\$159

## CRAFTING THE SHORT STORY

Writing a novel can seem like (and often is!) a daunting endeavor, yet writing a short story requires all the same fundamentals: a coherent point of view, well-developed characters, a plot that drives the action and a setting that accentuates it all. This course will offer an introduction to the basic building blocks of the short narrative. We will closely read some classics of the form, both old and recent, while we develop an understanding of specific craft elements with prompts and exercises. As the course continues, we will learn how to offer and receive constructive critiques and thoughtful feedback on a full-length story draft. By the end of the course, students will have a story in hand, many ideas for future stories and a toolkit of craft techniques for a variety of writing projects.

*Instructor: Laurie Dove, Author, Editor and Writing Coach*

Begins	Day	Time	Classes	Location	Cost
2/4	Sat	9-10:30a	3	Zoom	\$45

## AMERICAN REGIONALISM: ART FROM THE HEARTLAND

The three most noted artists of American Regionalism will be the focus of this class—Thomas Hart Benton from Missouri, John Steuart Curry from Kansas and Grant Wood from Iowa. How did these artists, with their anti-modernist tendencies, take on European abstract art and form a significant, if not major, American art movement? We'll examine their major works and the influences of their home states and region, an area that most in the class call home.

*Instructor: Dan Kirchhefer, Artist, Professor Emeritus, Emporia State University*

Begins	Day	Time	Classes	Location	Cost
3/7	T	7-9p	3	HMC	\$59

**HMC** • HUGHES METROPOLITAN COMPLEX  
5015 E. 29TH ST. NORTH, WICHITA, KS 67220

**HAYSVILLE** • WSU HAYSVILLE  
106 STEWART AVENUE, HAYSVILLE, KS 67060

## WHO TELLS YOUR STORY?

In the musical *Hamilton*, there is a song called "Who Tells Your Story?"—but think about it—who does tell your story? After a lifetime spent chasing a career, raising a family, watching grandkids—what's left when you are gone? Who will know about you? Or your parents? Grandparents? Who tells your story? Beccy Tanner, former *Wichita Eagle* writer, offers a three-week Zoom class offering insights on how to tell your story and what questions to ask. Students will be encouraged to do video interviews of themselves and family members. Students will explore what technology is available and how it can help in telling your story.

*Instructor: Beccy Tanner, Adjunct Instructor, Department of History, Wichita State University*

Begins	Day	Time	Classes	Location	Cost
3/15	W	7-9p	3	Zoom	\$59

## HISTORIC WALKING TOUR OF COLLEGE HILL AND CROWN HEIGHTS

Explore two of Wichita's best known neighborhoods: College Hill and Crown Heights. We will explore stunning architecture from the 1920s, 1930s and 1940s, Wichita's earliest shopping center of Lincoln Heights Village and the story of suburban development back when this was the east edge of town. From cottages to upscale shopping venues and from Wichita movie theater history to quirky street names, this tour has something for everyone. Lunch is provided.

*Instructor: Dr. Jay Price, Chair & Professor, Department of History, Wichita State University*

Begins	Day	Time	Classes	Location	Cost
4/22	Sat	10-1p	1	--	\$45

## BUSINESS & TECHNOLOGY

### GRANT WRITING 101 FOR THE NON-PROFIT COMMUNITY

Understand the "must haves" in every fundable concept. Learn how and where to find grant makers interested in you, the grant seeker, and your idea. Learn how to create a proposal capable of securing funds for your department or organization. This class will help beginners hone the skills needed to begin research and prepare fundable proposals.

*Instructor: Robert Hull, Co-founder & Past President of the Kansas Professional Grant Association*

Begins	Day	Time	Classes	Location	Cost
2/7	T	7-9p	4	Zoom	\$119

### PHOTOGRAPHY

Learn the basic functions of your camera, the reasons for using different settings and how to compose for the best images. For those with a point and shoot, bridge or DSLR camera. Please bring your camera to every class. You will also need a pen and notebook or voice recorder.

*Instructor: Brian Duram, Duram Photography*

Begins	Day	Time	Classes	Location	Cost
2/21	T	6:30-8:30	3	HMC	\$59

### ESTATE & LONG TERM CARE PLANNING

What are the issues to consider in planning an Estate or preparing for long-term care? How does one avoid probate? How do you pay for long-term care, especially when filing for Medicaid assistance? This class will discuss the issues and strategies one should consider to protect themselves and their loved ones.

*Instructor: Mike Brown, JD, Author and Attorney, Elder Law of Kansas*

Begins	Day	Time	Classes	Location	Cost
2/21	T	7-9p	2	HMC	\$49



## PREPARING FOR THE LAST SEASON OF LIFE

Most of us don't want to think about growing old or passing away—but at some point, it happens to us all! This class will walk through two of the most important areas you must have organized correctly: legal documents and medical expense planning. You have three risks that can derail retirement and inheritance plans—taxes, medical expenses, inflation. This seminar will talk about how to prepare and put in place the types of documents and types of insurance coverage that will allow you minimize and avoid the worst of those risks. Many of the most useful strategies require advance planning of five years or more. So, it is never too early to 'get your ducks in a row' on these important items.

*Instructor: Dr. Stana Martin, Mrs. LTC*

Begins	Day	Time	Classes	Location	Cost
2/25	Sat	8:30-11:30a	1	Hybrid	\$49

## BUYING AND SELLING A HOME IN 2023

From browsing on Zillow to watching a movie with your family in your new home, explore the process of becoming a homeowner in the 2023 Wichita market. We will take a deep dive into understanding the steps to making the move of your dreams. Two classes offered.

### First Time Home Buying

Tuesday, Feb 28 | 6-8pm

First time home buying? We will cover topics including finding the right home, getting to know the lending process, calculating your monthly payment, inspections and easily getting to the closing table.

### Current Homeowners Buying and Selling

Saturday, March 11 | 9-11am

Not a first-time buyer or already own your home? This will be the perfect session for you to attend. Getting a valuation of your home, staging, the timing of selling and buying at the same time and taking the headache out of moving will all be hot topics in this class.

*Instructor: Jacob Martinez, Urban Cool ICT*

Begins	Day	Time	Classes	Location	Cost
2/28	T	6-8p	1	HMC	\$29
3/11	Sat	9-11a	1	HMC	\$29

## INTRO TO OFFICE 365

Learn the basic functionality of Microsoft Word, Excel, PowerPoint and Outlook in this overview course. You will learn how to create, edit and format documents using Word. You will apply your knowledge in class as you work with tables, document styles and layout pages. You will also learn how to utilize Excel for home and work. You will learn how to enter, navigate, modify, move, copy, format and print data. You will then use this new knowledge to create images, charts and diagrams. In PowerPoint, you will learn how to create and edit slides, use drawing tools, clip art, charts and graphs, while adding transitions, animation and sound. The class will conclude with a presentation on Outlook. You will learn how to set up and manage email, calendars and contacts in Outlook. Cost includes text.

*Instructor: Jeremy Webster, Media Resources Center, Wichita State University*

Begins	Day	Time	Classes	Location	Cost
3/15	W	6-9p	6	HMC	\$149

## WILLS & ESTATE PLANNING

We all know we need one, so why do we delay preparing our will? I'm too busy! I don't have time! It's too expensive! I don't know what I want or what to do! I don't know or like lawyers! What's your excuse? Here's your chance to learn about wills, probate, living trusts, powers of attorney, taxation and living will declaration. This course will prepare you to leave a clear, organized and orderly transfer of assets to your family, friends or charity. Your instructor has 40 years of experience helping clients plan their estates.

*Instructor: Jeffrey Willis, JD, Attorney at Law*

Begins	Day	Time	Classes	Location	Cost
3/20	M	6:30-8:30p	1	HMC	\$39

## ADOBE PHOTOSHOP

This course is designed for photographers with basic to intermediate level photography skills. Students will learn to shoot and then creatively finalize images. Topics to be covered include camera functions, basic color correcting, cropping, retouching and finalizing images using some advanced techniques with layering. Students will have the opportunity to shoot on location and apply techniques learned in class to create amazing and one-of-a-kind works of art.

*Instructor: Brian Duram, Duram Photography*

Begins	Day	Time	Classes	Location	Cost
3/21	T	6:30-8:30	4	HMC	\$79

## HOW TO: MONTHLY BUDGETING

*The Budget Book* is a simple workshop that helps students figure out where their money is going—pinpoint where it should go and how to redirect their funds, so it benefits them in the future. Participants will be encouraged to take a serious look at their finances—and might be blown away at how much of their money is not being utilized to its highest potential. The class will begin with a discussion about how students truly feel about budgeting. We will then look at their own finances by using monthly budgeting tools from *The Budget Book* by Sontia LM. Doing this activity will help participants look at their finances from a different perspective and be encouraged to find more freedom in their finances from knowing exactly where every penny is going.

*Instructor: Sontia Mason, Owner, Write Vibez Publishing*

Begins	Day	Time	Classes	Location	Cost
4/13	Th	5:30-7:30p	1	Haysville	\$35

## INTRO TO VOICEOVERS: GETTING STARTED IN VOICE ACTING

Do you have a passion for voiceovers? Want to earn income using your talents from the comfort of your home? Explore the fun, rewarding possibilities of the growing remote voiceover industry! Discover the current trends in the industry and how easy and affordable it can be to learn, set up and work from home. You'll learn about different types of voiceovers and tools you'll need to find success. Your instructor, a professional voice actor from Voices For All, will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery. You'll receive a professional voiceover evaluation later in a follow up call. One-time, 90-minute, introductory class. Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience.

*Instructor for each student will vary depending on student's availability*

Begins	Day	Time	Classes	Location	Cost
Various	-	90 min	1	Zoom	\$49

**Photo usage** 📷 By attending WSU Community Education classes, you give Wichita State the right to take photos and use your image in future promotional materials.

**Accessibility** ♿ Wichita State University is committed to making programs accessible to persons with disabilities. If you wish to volunteer information regarding any special assistance you may need, please notify the Office of Community Education, 316-978-3731.

**Notice of Non-Discrimination** 🚫 Wichita State University does not discriminate in its employment practices, educational programs, or activities on the basis of age (40 years or older), ancestry, color, disability, ethnicity, gender, gender expression, gender identity, genetic information, marital status, national origin, political affiliation, pregnancy, race, religion, sex, sexual orientation, or status as a veteran. The following persons have been designated to handle inquiries regarding WSU's non-discrimination policies: the Institutional Equity and Compliance Director (Telephone: (316) 978-3205), Title IX Coordinator (Telephone: (316) 978-5177), or Equal Opportunity Coordinator (Telephone: (316) 978-3186), each located at Wichita State University, 1845 Fairmount, Wichita, KS 67260, Human Resources Building.

**Cancellation Policy** 🕒 A student who withdraws a minimum of 24 hours prior to the first class will receive a registration refund less 15%. Failure to attend class does not constitute withdrawal. All withdrawals must be received in writing and postmarked prior to the first class meeting. No refunds will be issued after the first class meeting. We will refund 100% of your registration fee if the class you wish to take is full or if the class is canceled. TRIP CANCELLATION: A 15% administrative fee will be assessed on all cancellations received more than 7 days prior to departure. NO REFUNDS will be issued within 6 days of trip departure.

**COVID NOTICE** 🦠 COVID-19 is a complex, challenging, and fluid situation which continues to evolve rapidly. All information on these pages is subject to change as deemed necessary by University leadership in accordance with guidance and recommendations issued by federal, state, and local public health and government officials.

## DAY TRIPS

### OOOOOKLAHOMA, WHERE THE WIND COMES SWEEPING DOWN THE PLAINS NEW

Northeastern Oklahoma is our destination! We begin our day in Catoosa, OK, with a stop at the big blue whale, located on the iconic Route 66. Built in the early 1970s, the Blue Whale and its pond became a favored swimming hole for both locals and travelers alike. It's then on to Claremore for a guided tour of the Will Rogers Memorial Museum. Will Rogers, Oklahoma's favorite son, called Claremore home. The museum hosts 12 galleries of artifacts and memorabilia, depicting his life as a Trick Roper, Vaudeville & Ziegfeld Follies performer, movie star, radio commentator, Syndicated Newspaper Columnist, Humorist and proud citizen of the Cherokee Nation. Lunch is on your own at Main St. Tavern, a local favorite. After lunch, we will stop at the J.M. Davis Arms & Historical Museum, which is home to over 12,000 firearms and thousands of non-firearm artifacts. We will also visit the Claremore Museum of History, which showcases Claremore's unique history, from radium baths to playwright, Lynn Riggs. Enjoy artifacts from the musical Oklahoma! including the original "surrey with the fringe on top". It's then back to Route 66 with a stop in Foyil, OK, to see Ed Galloway's Totem Pole Park, a monument to the American Indian. Before heading home, we will end the day with dinner at The Hammett House, a local Claremore favorite.

*Facilitator: Beccy Tanner, Adjunct Instructor, Department of History, Wichita State University*

Tour Date	Day	Time	Departure	Cost
4/15	Sat	6:45a-10:15p	HMC	\$129

### ABILENE - TRAINS AND TREASURES NEW

Join us on an adventure to Abilene, KS, one of the Smithsonian Top 20 best small towns to visit and True West Magazine's #1 True Western Town of the year. Begin the day with an epic 2-hour train ride on the Abilene & Smoky Valley Excursion Train pulled by a vintage diesel electric locomotive. Halfway, we will stop at Enterprise, KS, to see the working Hoffman Grist Mill. You will also be provided a delicious picnic lunch to enjoy on our return trip to Abilene. Our next stop is one of Abilene's most iconic and newly renovated attractions, the Dwight D. Eisenhower Presidential Library, Museum and Boyhood Home. Whether you're a WWII and history enthusiast, a fan of Ike or simply exploring Kansas, the Dwight D. Eisenhower campus will leave you in awe. The Seelye Mansion and Patent Medicine Museum is our next stop. Named an "8 Wonders of Kansas - Architecture", the Seelye Mansion is like a time capsule. The home features the original Edison light fixtures and Tiffany-style mantel. The home was featured on the History Channel's Mysteries at the Mansion. Visitors even get to bowl on the 1904 Box Ball alley, which was purchased at the World's Fair. We will end our day with dinner at Legacy Kansas Munson's Prime and Brookville Hotel before heading back to Wichita.

*Facilitator: Beccy Tanner, Adjunct Instructor, Department of History, Wichita State University*

Tour Date	Day	Time	Departure	Cost
4/29	Sat	8:30a-8p	HMC	\$134

**HMC** • HUGHES METROPOLITAN COMPLEX  
5015 E. 29TH ST. NORTH, WICHITA, KS 67220

**DHS** • DERBY HIGH SCHOOL  
920 ROCK RD, DERBY, KS 67037

## VÄLKOMMEN TO "LITTLE SWEDEN" USA! NEW

The charming Swedish Community of Lindsborg, KS awaits! Your day will be filled with artistry, history and folklore as we attend the community's annual Millfest, celebrating the history of the 1898 Smoky Valley Roller Mill and the pioneer heritage of the region. We will tour the mill and retrace the steps of a bygone era as artisans and musicians showcase their talent and skills. After we will enjoy a one-of-a-kind Swedish buffet at the Coronado Heights Castle, we will visit the Birger Sandzen Memorial Art Gallery at Bethany College. Born and raised in Sweden, Sandzen is referred to as the Van Gough of the Prairie. No tour would be complete with a visit to the Hemslojd (Dala Horse Factory). We will learn about the process of making dala horses and the story behind them. We will also visit the Small World Gallery and the works of world-traveled National Geographic Photographer Jim Richardson. We will finish the day with dinner at a local favorite the Crown and Rye. The restaurant has a long running history in Lindsborg, originally opening as the Swedish Crown more than 50 years ago.

*Facilitator: Beccy Tanner, Adjunct Instructor, Department of History, Wichita State University*

Tour Date	Day	Time	Departure	Cost
5/6	Sat	9a-7:30p	HMC	\$129

### WINE, CIDER AND MORE WINE - A LOCAL KANSAS TASTING! NEW

Join us for a day of tastings and tours. Our first stop is the award-winning Somerset Ridge Vineyard & Winery, a family-owned artisanal winery located near Paola, KS. Sommerset has over 9,000 grapevines and produces over 5,000 cases of hand-crafted premium wines annually. After our private tour of the winery and vineyard, we will partake in a Comprehensive Tasting (more than a regular tasting). Lunch will be provided along with live music for your enjoyment. No trip to the Paola area is complete without a tour and tasting at the Louisburg Cider Mill and Country Store. Started as a roadside stand nearly 50 years ago, it has grown into a thriving brand and institution. Two of its most recognized products, Louisburg pure old-fashioned apple cider and Lost Trail Soda, can be found at major retailers and small local markets. The Cider Mill has also become a regional destination that offers customers a unique opportunity not only to taste great apple cider and apple cider donuts, but to see where and how those products are made. We will finish the day in Whitewater, KS, at the Grace Hill Winery, a local Wichita favorite. We will have a private tasting of 7 of the Grace Hill "greatest hits" in their beautiful event center. After our tasting, we will tour the vineyard, winery, and cellar to see the journey from vine to wine. Snacks are available for a small fee. **You must be at least 21 years of age to enroll.**

Tour Date	Day	Time	Departure	Cost
5/20	Sat	8:30a-9p	HMC	\$134



## BLOOMS, BOATS AND BBQ NEW

We start our day at Powell Gardens, aka, the Kansas City Botanical Gardens. Established in 1988, Powell Gardens has more than 175 acres of lush, rolling hills and windswept meadows and is home to a large collection of plants located in eight themed display gardens. Summer will be in full bloom, and you will experience a variety of bold summer color along the winding brick paths. Our next stop is the National WWI Museum and Memorial. The National WWI Museum and Memorial is America's leading institution dedicated to remembering, interpreting and understanding the Great War and its enduring impact on the global community. Lunch will be on your own at Over There Cafe. Guests dine surrounded by World War I-themed décor featuring the flags of the Allied and Central Powers and a poppy field mural. Our final stop will be the Arabia Steamboat Museum located in the historic City-Market district of Kansas City. When the mighty Steamboat Arabia sank near Kansas City on September 5, 1856, she carried 200 tons of mystery cargo. Lost for 132 years, its recovery in 1988 revealed a treasure trove of well-preserved artifacts that will captivate and amaze you. To finish off our day in true Kansas City fashion, we will have dinner at Jack Stack BBQ. Today, Jack Stack Barbecue is in its 4th generation of Fiorella family ownership and has evolved into the largest wood-fired cookery in the US.

*Facilitator: Becky Tanner, Adjunct Instructor, Department of History, Wichita State University*

Tour Date	Day	Time	Departure	Cost
6/10	Sat	6:30a-10:15p	HMC	\$134

## FOOD & DRINK

### THE BASICS OF TASTE: AN ADVENTURE IN WINE

WSU wine educator and sommelier, Guy Bower, will present a casual overview of the mechanics of taste, how to recognize and describe varietal characteristics and to identify personal likes and dislikes. Learn about grapevines and the vineyard year as well as the basics of fermentation and wine production. You'll have the opportunity to taste an array of wines from different regions and countries while gaining an understanding of winemaker techniques that impact wine enjoyment. Each class will consist of a brief introductory lecture followed by a tasting of different wines. **You must be at least 21 years of age to enroll.**

*Instructor: Guy Bower, Level-1 Sommelier, Host of The Good Life radio program on KNSS, Founding Chairman, Wichita Chapter of the American Institute of Wine & Food*

Begins	Day	Time	Classes	Location	Cost
1/23	M	7-9p	3	HMC	\$99

## MEXICAN COOKING CLASS NEW

Join John Mendoza's Mexican foods cooking class! Learn how to cook Spanish rice, fried beans and fresh salsa, all served with a fantastic entree! These tasty recipes are simple to learn! We eat what we cook, and we cook a lot!!! Each class is a different dish. Pick one or pick all.

2/15 Carnitas with Chili con queso  
3/22 Enchiladas  
4/14 Monterey  
5/15 Fajitas

*Instructor: John Mendoza, Mexican Food Instructor*

Begins	Day	Time	Classes	Location	Cost
2/15	W	6-8p	1	DHS	\$59
3/22	W	6-8p	1	DHS	\$59
4/14	F	6-8p	1	DHS	\$59
5/15	M	6-8p	1	DHS	\$59

### LUXURY WINES

WSU wine educator and sommelier, Guy Bower, will present two classes on luxury wine. The first class will focus on white wines and the second on reds. You will learn about each wine's special growing region or vineyard, production method and pedigree as well as what makes an expensive wine so pricey, all while sampling wines that may be slightly above your everyday wine budget. **You must be at least 21 years of age to enroll.**

*Instructor: Guy Bower, Level-1 Sommelier, Host of The Good Life radio program on KNSS, Founding Chairman, Wichita Chapter of the American Institute of Wine & Food*

Begins	Day	Time	Classes	Location	Cost
2/20	M	7-9p	2	HMC	\$99

### COCKTAIL HOUR WITH SHAKEN OR STIRRED NEW

Come join the fun and learn how to make three amazing cocktails from scratch! In this class, participants will get hands-on experience making cocktails while learning the fundamentals and history of making a good cocktail. **You must be at least 21 years of age to enroll.**

*Instructor: Pat Pelkowski, Owner Shaken or Stirred*

Begins	Day	Time	Classes	Location	Cost
3/8	W	7-9p	1	HMC	\$79 each or \$119 for 2

### TAMING YOUR ELECTRIC PRESSURE COOKER

Whether you have been using your pressure cooker for years or you're feeling overwhelmed by all the buttons, this class is for you. Together with the other pressure-cooking newbies, we will tame your instant pot/multi-cooker so that you can dazzle your family and friends with home-cooked meals made in a fraction of the time! Please come to class with your electric pressure cooker and an appetite to learn and eat. Ingredients will be provided.

*Instructor: Tricia Thomas, Cooking Instructor*

Begins	Day	Time	Classes	Location	Cost
3/16	Th	7-9p	2	HMC	\$79

## INTRO TO SINGLE MALT SCOTCH

Single Malt Scotch is one of the fastest growing drinks in the global spirits industry. This isn't your grandfather's drink—Scotch is a spirit for adults of all ages, backgrounds and tastes! Whether you are new to the world of whisky or a seasoned enthusiast, this class will be an exciting exploration of Scotland's national drink. This two-week class includes a brief history of Scotch whisky, an exploration of the whisky regions of Scotland and an overview of the Scotch process. You'll learn how to taste Scotch and will sample five different Single Malt Scotches from various whisky regions. Six lucky winners will go home with a Glencairn glass—the official tasting glass for Scotch! This class is perfect as a solo event or a date night with your significant other! **You must be at least 21 years of age to enroll.**

*Instructor: Jason Bosch, Certified Scotch Professional*

Begins	Day	Time	Classes	Location	Cost
3/24	F	7-9p	2	HMC	\$89

## THE CULINARY ADVENTURES OF SUE CHEF AND THE FOOD GOD NEW

Carrie Rengers became known as Sue Chef when her husband, former *Wichita Eagle* food editor Joe Stumpe, used to write about her in his food columns. She's called Sue for her second-class status as sous chef when they cook, and she sarcastically calls Joe the Food God. He's now editor of the *Active Age* and teaches culinary classes at Mark Arts. Carrie is a columnist for the *Wichita Eagle*, where she's broken a lot of business news and has written on numerous other topics, including everything from serious subjects, such as COVID-19, to fun stories, such as what it's like to raise backyard chickens. Carrie and Joe are going to share several easy recipes for Asian dishes, including Vietnamese spring rolls, pad Thai, coriander chicken and the famous Vietnamese nuoc cham dipping sauce.

*Instructor: Carrie Rengers, Wichita Eagle columnist; Joe Stumpe, former Wichita Eagle food editor*

Begins	Day	Time	Classes	Location	Cost
3/23	Th	6-8p	1	DHS	\$59

## HEALTH & WELLNESS

### T'AI CHI

Experience peace and relaxation as you learn the art of T'ai Chi! T'ai Chi is a purposeful and flowing, slow-motion choreography based on martial arts movement T'ai Chi Ch'uan. This practice integrates mind and body while teaching balance, grace and flexibility. Performed with awareness and without strain or force, it is a no-impact exercise that can be practiced anywhere, anytime and without special equipment or clothing. Ideal for adults of all ages.

*Instructor: David Larsen, T'ai Chi Instructor*

Begins	Day	Time	Classes	Location	Cost
2/11	Sat	10a-12p	4	HMC	\$59

## WOMEN'S SELF DEFENSE NEW

Do you know that fighting like a girl is a really GOOD THING? Do you know what to do if you are knocked to the ground? Grabbed by a wrist? Grabbed from behind? Think you are being followed? Relax and take a deep breath, Fearless and Female is here! Dress comfortable and experience a morning filled with fun, laughter and self-defense skills that you will help you BECOME YOUR OWN BEST PROTECTOR!

*Instructor: Cindy Coughenour, Founder, Female and Fearless*

Begins	Day	Time	Classes	Location	Cost
3/7	T	5:30p	1	Haysville	\$39 for 1 or \$59 for 2

## HOBBIES & LEISURE

### BEGINNING BEEKEEPING

Beekeeping is a satisfying hobby that has many potential outcomes. Class study will provide the opportunity to become acquainted with the structure of a beehive. To become a successful beekeeper, one must know the essential tools of operation and understand the correct terminology that applies to the hive structure, the bees and the beekeeper themselves. Students will gain an understanding of the importance of the honeybee to our lifestyles and survival as well as an appreciation of this insect's work ethic and teamwork used for their colony to survive.

*Instructor: Jim & Sharon Rowan, Rowan's Honey Shop*

Begins	Day	Time	Classes	Location	Cost
2/6	M	7-9p	4	WEST	\$69

### BEGINNING BRIDGE

Are you ready to play bridge? We will have you playing this fascinating and captivating card game right away. Novice players will be introduced to the basic mechanics of how to bid and play bridge in guidance with the American Contract Bridge League rules. These guidelines will allow students to play socially or in duplicate bridge games.

*Instructor: Mary Beck, Bridge Instructor*

Begins	Day	Time	Classes	Location	Cost
2/8	W	6:30-9p	8	HMC	\$69

### FLY FISHING: CASTING

Fly Fishing Casting is a course to learn more about the art of casting a fly rod. This course will cover the basic casts needed to get started in the sport. Topics covered during this course will include the skills and casting principles needed to become proficient with the overhead and roll casts. Students will receive hands-on instruction on these casts. The course will provide the equipment you will need.

*Instructor: Ryan Allred, Education Chairman, Flatland Fly Fishers Club*

Begins	Day	Time	Classes	Location	Cost
2/13	M	7-9p	6	HMC	\$74

**HAYSVILLE** ➔ WSU HAYSVILLE  
106 STEWART AVENUE, HAYSVILLE, KS 67060

**WEST** ➔ WSU WEST CAMPUS  
3801 N. Walker Ave, Maize, KS 67101

### FLY FISHING: THE BASICS

The Basics fly fishing course is for the beginner, as well as the intermediate, interested in learning more about fly fishing. This is a lecture-based course that will cover all aspects of the sport, from the history to the equipment needed to get started in the sport. Students will receive information about how to buy their first fly rod and reel. Participants will also get hands-on training on how to tie knots while on the water as well as how to rig a fly rod for fishing different types of flies. Other topics covered during this course will include gear, fly lines, entomology, reading water, conservation and etiquette. This class is more focused on trout fishing, but we will also cover some warm water fish. All equipment will be provided.

*Instructor: Ryan Allred, Education Chairman, Flatland Fly Fishers Club*

Begins	Day	Time	Classes	Location	Cost
2/14	T	7-9p	6	HMC	\$74

### FLY TYING INTRODUCTION

The introduction to fly tying course is for the people interested in learning to tie their own flies. This course will go over the tools and materials used. It will cover the basic tying technique needed to get started and become proficient in tying. Topics covered during this course will include both wet and dry flies for both warm and cold water fish. The course will provide fly tying vices and tools for those that need tying equipment. The course will provide all the materials you will need.

*Instructor: Ryan Allred, Education Chairman, Flatland Fly Fishers Club*

Begins	Day	Time	Classes	Location	Cost
2/16	Th	7-9p	6	HMC	\$89

### FLORAL ARRANGING

Learn to create unique, personalized and one-of-a-kind floral arrangements that will add color and pizzazz to your home décor. Each week you will make one new arrangement using a variety of fresh and silk materials. Week 1: You will create beautiful vase arrangements. Week 2: You will create container arrangements with floral foam. Week 3: You will work with silk flowers. Week 4: You will use silk or fresh flowers to create a wreath or swag. A supply list will be provided each week.

*Instructor: Tisha Tucker, Perfect Petals*

Begins	Day	Time	Classes	Location	Cost
3/7	T	7-9p	4	HMC	\$59

### INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE 📺

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. This class will be held online with Zoom. You will be able to sit at your piano or keyboard and take this course with no pressure at all. Since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session and a recording of the class is included as well. The course is partly lecture/demonstration and partly hands-on instruction.

*Instructor: Craig Coffman, Chords are Key, President, Seminar Instructor*

Begins	Day	Time	Classes	Location	Cost
3/27	M	6:30-9:30p	1	Zoom	\$59



## INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and have you playing along with your favorite songs right away. Since this class is being held online with Zoom, you will be able to sit at home with your guitar and take this class without any pressure. Since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session and a recording of the class is included as well. Class limited to 15 students. For ages 13+.

*Instructor: Craig Coffman, Chords are Key, President, Seminar Instructor*

Begins	Day	Time	Classes	Location	Cost
3/28	T	6:30-9:30p	1	Zoom	\$59

## CONTAINER GARDENING - GROW YOUR OWN SALAD

Container gardening is a fantastic way to grow vegetables, especially when you lack yard space! If you have a small gardening area or only have access to a patio, balcony, driveway or rooftop, join our class! It's almost like "growing your own salad!" We will go over types of pots, soils, plants, seeds, watering, fertilizer and harvesting. We will also learn about warm and cool season plants and seeds.

*Instructor: Charolett Knopic, Owner, Echo Landscapes*

Begins	Day	Time	Classes	Location	Cost
5/6	Sat	9a-12p	1	NICT	\$59

## GET YOUR COLOR ON - MINDFUL COLORING

Reconnect with your inner child through the art of mindful coloring! Join us as we experience the positive effects that mindful coloring has on our minds and hearts in this class! Perfect for the entire family and packed with creativity, colorfulness and fun. The objective is to help participants unplug in a fun creative way, help them engage with their friends/family around them and educate them about how beneficial mindful coloring can be for their lives. Participants are encouraged to observe and discuss the artwork provided and then select one of the coloring pieces that speaks to them. With the coloring materials provided, students will then begin to transform their coloring sheets into masterpieces using their own creativity. Coloring books will also be available for purchase during the event. Materials are provided; however, participants are encouraged to bring their own materials to maximize their creativity.

*Instructor: Stonia Mason, Owner, Write Vibez Publishing*

Begins	Day	Time	Classes	Location	Cost
5/12	F	5:30-7:30p	1	Haysville	\$39

## LANGUAGE LEARNING

### ITALIAN FOR TRAVELERS

This 12-week course will teach "survival" language for travelers. Students will learn about culture and handy phrases to use when greeting people, ordering a meal, shopping, or asking directions. No prior knowledge of the language is necessary. A textbook is provided.

*Instructor: Gina Austin, Italian Instructor*

Begins	Day	Time	Classes	Location	Cost
2/2	Th	7-9p	12	HMC	\$149

### FRENCH FOR TRAVELERS

This 12-week course will teach "survival" language for travelers. Students will learn about culture and handy phrases to use when greeting people, ordering a meal, shopping, or asking directions. No prior knowledge of the language is necessary. A textbook is provided.

*Instructor: Sirana Jamkartanian, French Instructor*

Begins	Day	Time	Classes	Location	Cost
2/6	M	6-8p	12	HMC	\$149

### SPANISH FOR TRAVELERS

This 12-week course will teach "survival" language for travelers. Students will learn about culture and handy phrases to use when greeting people, ordering a meal, shopping, or asking directions. No prior knowledge of the language is necessary. A textbook is provided.

*Instructor: Mary Williams, Spanish Instructor*

Begins	Day	Time	Classes	Location	Cost
2/7	T	7-9p	12	HMC	\$149

### GERMAN FOR TRAVELERS

This 12-week course will teach "survival" language for travelers. Students will learn about culture and handy phrases to use when greeting people, ordering a meal, shopping, or asking directions. No prior knowledge of the language is necessary. A textbook is provided.

*Instructor: Refika Sarionder, German Instructor*

Begins	Day	Time	Classes	Location	Cost
3/1	W	6-8p	12	HMC	\$149

### ENGLISH I FOR BEGINNERS - CONVERSATION + GRAMMAR + WRITING

This class will use an innovative methodology that focuses on maximizing the learner's conversational practice while in class. Learn with experienced ESL instructor step by step. Inglés para principiantes con instructor con experiencia en la enseñanza de inglés como segunda lengua. You will learn and be able to make simple sentences in your first class. Aprenderá en la primera clase hacer oraciones sencillas. Topics covered include Verb To Be + Introductions + Yes/No Questions + Asking for help / Information, etc.

*Instructor: Rebeca Serrano, Wichita State University*

Begins	Day	Time	Classes	Location	Cost
3/27	Mon & Tue	6-8p	8	HMC	\$69

## CONVERSATION ENGLISH FOR MID-LEVEL ENGLISH LEARNERS

This class focuses on oral English building upon basics of the English language through practice. Scenarios addressed will be: grocery shopping, addressing bills received, asking for directions, giving information about oneself, participating in daily conversations with peers, scenarios involving the need for medical attention, etc. Curso de conversación en inglés, temas vistos serán el ir de compras al supermercado, como consultar o pagar un recibo, pedir direcciones, dar información acerca de uno mismo con personas, senarios médicos, entre otros.

*Instructor: Rebeca Serrano, Wichita State University*

Begins	Day	Time	Classes	Location	Cost
3/30	Th	6-8p	4	HMC	\$59

## YOUTH PROGRAMS

### COURTEOUS & COOL - MANNERS & ETIQUETTE WORKSHOPS

We aren't born with good manners, so how are we supposed to start to instill good manners? These workshops offer boys and girls an opportunity to learn the social skills that will help them become confident and self-assured young adults. That's where courteous and cool training begins.

#### Manners and Etiquette - Ages 7-12

Saturday, Feb 18 | 9a-12:30p

It's never too late to have good manners and etiquette. Topics covered in this fun, interactive workshop include proper table manners, which utensil to use during a meal, the art of polite conversation, how to politely decline a food, how to pass dishes around a table and how to clean up after oneself. This class also includes a light lunch, where they will put their new skills to the test.

#### Manners and Etiquette - Ages 5-8

Saturday, Feb 25 | 9a-12:30p

During this workshop, kids will learn the importance of handshakes, introductions, making eye contact and other simple courtesies that go along with making friends and stepping out into the world. Topics include making new friends, patience, restaurant behavior, manners and cleaning up after yourself. This class also includes a light lunch, where they will put their table manners into motion. Kids will have fun while playing games that will reinforce their manners at home.

#### Navigating Pre-teen years - Ages 7-12

Saturday, March 4 | 9a-12:30p

This workshop is a great way to give your pre-teens the skills they need to succeed in the world today! Through fun interactive games and role-playing, kids will learn amongst their peers the importance of good behavior at home, school and in public, confident body language, proper handshakes, and much more. Topics include self-hygiene, helping with chores around the home, keeping their rooms tidy, communicating needs/wants in a proper manner, the art of please and thank you and dining in and out.

*Instructor: Rebeca Serrano, Wichita State University*

Begins	Day	Time	Classes	Location	Cost
2/18	Sat	9a-12:30p	1	HMC	\$29
2/25	Sat	9a-12:30p	1	HMC	\$29
3/4	Sat	9a-12:30p	1	HMC	\$29

NICT & NOURISH ICT  
2516 E CENTRAL AVE, WICHITA, KS 67214



**For Office Use Only**

Registration taken by: \_\_\_\_\_

Method of payment: \_\_\_\_\_

Entered in Enrole by: \_\_\_\_\_

\_\_\_\_\_

**PRINTABLE REGISTRATION FORM**

Register online or complete this form and return to:

WSU Community Education, 1845 Fairmount St., Box 136, Wichita, KS 67260-0136

\_\_\_\_\_  
Name

\_\_\_\_\_  
Mailing address

\_\_\_\_\_  
City, State & Zip

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
E-mail address

Please check your age bracket:

18 or under  19-30  31-45  46-60  61-75  75+

Is this your first time taking a WSU community education class?

YES NO

Are you a WSU graduate? YES NO

May we e-mail class information to you? YES NO

How did you hear about the WSU Community Education program?

(Please check all that apply.)

Brochure received in the mail

Brochure received on WSU Campus

WSU Email

Social Media

Friend or Family

I am registering for the following classes:

\_\_\_\_\_  
Class Cost

\_\_\_\_\_  
Class Cost

\_\_\_\_\_  
Class Cost

\_\_\_\_\_  
Class Cost

Make check or money order payable to the **Office of Community Education** or provide the following credit card information (\*A fee of \$15 will be charged for all returned checks.):

Credit card information: (Visa, Mastercard, Discover, American Express)

Type: \_\_\_\_\_

Card number: \_\_\_\_\_

Expiration date: \_\_\_\_\_

Security code : \_\_\_\_\_

(3 digit code on back of card or 4 digit code on front of AMEX)

Name on card: \_\_\_\_\_

Signature: \_\_\_\_\_

Date : \_\_\_\_\_

**Photo usage** By attending WSU Community Education classes, you give Wichita State the right to take photos and use your image in future promotional materials.

**Accessibility** Wichita State University is committed to making programs accessible to persons with disabilities. If you wish to volunteer information regarding any special assistance you may need, please notify the Office of Community Education, 316-978-3731.

**Notice of Non-Discrimination** Wichita State University does not discriminate in its employment practices, educational programs, or activities on the basis of age (40 years or older), ancestry, color, disability, ethnicity, gender, gender expression, genetic information, marital status, national origin, political affiliation, pregnancy, race, religion, sex, sexual orientation, or status as a veteran. The following persons have been designated to handle inquiries regarding WSU's non-discrimination policies: the Institutional Equity and Compliance Director (Telephone: (316) 978-3205), Title IX Coordinator (Telephone: (316) 978-5177), or Equal Opportunity Coordinator (Telephone: (316) 978-3186), each located at Wichita State University, 1845 Fairmount, Wichita, KS 67260, Human Resources Building.

**Cancellation Policy** We will refund 100% of your registration fee if the class you wish to take is full or if the class is canceled. A student who withdraws a minimum of 24 hours prior to the first class will receive a registration refund less 15%. Failure to attend class does not constitute withdrawal. All withdrawals must be received in writing and postmarked prior to the first class meeting. No refunds will be issued after the first class meeting. TRIP CANCELLATION: A 15% administrative fee will be assessed on all cancellations received more than 7 days prior to departure. NO REFUNDS will be issued within 6 days of trip departure.

**COVID NOTICE** COVID-19 is a complex, challenging, and fluid situation which continues to evolve rapidly. All information on these pages is subject to change as deemed necessary by University leadership in accordance with guidance and recommendations issued by federal, state, and local public health and government officials.

**IF YOU WOULD LIKE TO REGISTER OVER THE PHONE, PLEASE CALL 316-978-3731.**