The Creative Activities Program (CAP) has had a long history in the Ohio Union at The Ohio State University with its first courses being offered in 1973. CAP is once again offering dynamic non-credit programs that provide unique leisure time learning experiences for students, faculty, staff, alumni, and the community.
Intro to Capoeira Angola
With Ed Luna of T.A.B.C.A.T. Columbus
Come learn the dance-game-martial art from Bahia, Brazil!
Capoeira Angola is a dance, game, and system of self-defense developed by Africans and their descendents in Bahia, Brazil. Students will be introduced to the music, rituals, philosophy, and movements of Capoeira Angola in an environment of non-competitive fun, improvisation, and mutual respect. Through this unique art-form, students will gain upper-body strength, flexibility, spatial awareness, and sensitivity to the energies and intentions of a partner. Recommended attire: comfortable, flat, non-marking shoes, white t-shirt and comfortable athletic pants/scrubs.

Date: **4 sessions, beginning Wednesday, Oct. 11**
Location: **The Ohio Union, 1739 N. High St.**
Gray E (basement)

Time: **6:30–8 pm**
Cost: **$35**
Class Limit: **20 (15 min)**

Beginning Belly Dance
With Salome
Move to the rhythms of Middle Eastern music as you learn the initial techniques, transitions, hip movements and more, in this ancient dance form. You'll develop body isolations and basic walking patterns then progress into the dance movements with explanations of the styles. Wear comfortable clothing with ballet or soft-soled shoes.

Date: **6 sessions, beginning Thursday, Oct. 12**
Location: **The Ohio Union, 1739 N. High St.**
Scarlet D (basement)

Time: **6–7:15 pm**
Cost: **$45**
Class Limit: **25 (15 min)**

West African Dance
With Aziza West
Discover the intricate dance steps from the land of rhythm and movement. You will learn West African dance techniques and the history behind the movements, costumes, as well as the differences between dances in the various regions. To get into the spirit, you'll dance to authentic West African drums. Wear comfortable clothes because the movements are high impact in nature.

Date: **6 sessions, beginning Monday, Oct. 16**
Location: **The Ohio Union, 1739 N. High St.**
Scarlet D (basement)

Time: **6:30–7:45 pm**
Cost: **$55**
Class Limit: **30 (20 min)**
Handmade Cards & Envelopes
With Stephanie Howser
Discover how fun and inexpensive it is to create your own one-of-a-kind greeting cards and envelopes. Learn how to combine simple craft tools with common everyday materials to create unique designs. Each student receives a handy plastic portfolio containing cardstock, decorative papers, and embellishments. Please be sure to bring an old magazine or catalog to recycle. *$10 materials fee paid to instructor at the first class.

Date: **Saturday, October 14**  
Location: **The Ohio Union, 1739 N. High St.**  
Failer Lounge (3rd floor)

Time: **10 am–1 pm**  
Cost: **$25**  
Class Limit: **10 (7 min)**

Beginning Black and White Darkroom Photography
With John A. Makuch
Discover what veteran photographers know; putting your own style on photos doesn’t stop when you’ve shot a roll of film. Designed for the totally inexperienced, this program gives you guided practice in the darkroom. We will also review basic camera uses, film development, and printing. You may never again want to leave your film with a commercial processor. Bring an unloaded 35 mm single lens reflex camera with manual capability to the first session. Other supplies available for purchase will be discussed at the first session.

Date: **6 sessions, beginning Thursday, October 19 (except Nov. 23)**  
Location: **The Ohio Union, 1739 N. High St.**  
Photography lab (basement)

Time: **6:30–8:30 pm**  
Cost: **$95**  
Class Limit: **12 (10 min)**

Mosaic Art Class
With Jason Slagle
Want to get in touch with your creative side? Give a try at laying mosaics, an art form that has existed since antiquity. You can bring in any surface that you’d like to mosaic on or use the MDF square that is provided in the class. A wide-variety of colored glass tiles, related materials, and tools are provided. You will need to return another day at anytime to grout. Firing is done in-house at no charge.

Date: **Monday, October 16**  
Location: **Cowtown Art, 668 N. High St.**

Time: **6 - 9pm**  
Cost: **$15**  
Class Limit: **18 (15 min)**
Jewelry Making: “Earrings 101”
With Alyson Kaczkowski
Learn to make unique, one-of-a-kind earrings to wear or give as gifts! Designing earrings is a wonderful way to explore jewelry making on a beginner’s level. This class will teach the very basics of combining beautiful glass beads in your own color schemes and designs, and the techniques used to wrap the wire and secure to french wires. This is a great girls’ night out!

Date: **Wednesday, October 11**
Location: **The Ohio Union**, 1739 N. High St.
Board room (3rd floor)
Time: 6–8 pm
Cost: $25
Class Limit: 20 (15 min)

“A Taste of…Dream Dinners: Make and Freeze Meals”
With Valerie Delany
Dream Dinners is a unique meal-assembly store. The meals are delicious, the process is fun and it makes dinnertime so much easier during the week. Dream Dinners does all the shopping and chopping so you can assemble your selections with ease (and you don’t even have to clean up after yourself). Learn how to save money and time with this unique opportunity to create three restaurant-quality entrees (4-6 servings each) you can take home to freeze and cook later for considerably less than $4 a serving! (A list of six meals will be available for students to choose from. Final selection must be made no later than October 2, 2006.)

Date: **Tuesday, October 10**
Location: **Dream Dinners**, 31 Cherri Park Square, Westerville
Time: 6–9 pm
Cost: $65
Class Limit: 12 (10 min)

Scrumptious Holiday Cookies Go Vegan!!
With Chef Del Shrof
Holidays are the time to over-indulge just a little. But there’s no reason to start off the New Year with that guilty “I over did it again” feeling. This class will teach several great cookie recipes: raspberry thumbprint, gingerbread people, Del’s Mom’s Rum Balls and Del’s Chocolate peanut butter surprise cookies.

Date: **Wednesday, October 18**
Location: **Benevolence Café**, 41 W. Swan Street
Time: 6–8 pm
Cost: $35
Class Limit: 15 (10 min)
## Ciao Bella! Italian Comfort Food

With Sur La Table

Join us for this great hands-on opportunity to learn how to create a fabulous meal and impress your friends. The menu features a delectable assortment of traditional Italian cuisine of Italian chopped salad tricolore, fettucine with tomato-vodka cream sauce, chicken marsala and homemade chocolate chip cannoli.

<table>
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<tr>
<th>Date: <strong>Monday, October 23</strong></th>
<th>Time: <strong>6 - 9pm</strong></th>
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<tr>
<td>Location: <strong>Sur La Table</strong>, Easton Town Center</td>
<td>Cost: <strong>$95</strong></td>
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<td>Class Limit: <strong>16 (10 min)</strong></td>
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## Shaken Not Stirred: Martini Mixing and Tasting 101

Spend a unique and exciting evening learning how to mix classic and the latest martini drinks for entertaining. Come and meet someone and learn something new at one of Columbus’ hottest lounges. Recipes and appetizers are provided. Proof of age (21 and over) required.

<table>
<thead>
<tr>
<th>Date: <strong>Wednesday, October 25</strong></th>
<th>Time: <strong>6–7:30 pm</strong></th>
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<tr>
<td>Location: <strong>Spice Bar and Lounge</strong>, 491 N. Park Street</td>
<td>Cost: <strong>$30</strong></td>
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<td>Class Limit: <strong>25 (20 min)</strong></td>
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## Wine and Cheese Tasting

With Charles and Mary Frobose

Take advantage of this unique opportunity to learn the differences, various tastes and selections of wine while getting hands on experience with the actual wine making process. You’ll be able to bottle your own wine at the end. There will also be a cheese master on site so you can also learn the subtle flavors of cheese and how it is a great accompaniment to wine. Proof of age (21 and over) required.

<table>
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<th>Date: <strong>Wednesday, November 16</strong></th>
<th>Time: <strong>6:30-8:30 pm</strong></th>
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<td>Location: <strong>Camelot Cellars, LTD.</strong>, 958 N. High St.</td>
<td>Cost: <strong>$35</strong></td>
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<td>(appetizers provided)</td>
<td>Class Limit: <strong>30 (20 min)</strong></td>
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Drywall 101
With Jim Smithson
Ever wanted to know how to fix that unsightly picture frame hole in your wall or how to cover up a stain on drywall? This program will provide you with the basic methods used in drywall repair and refinishing for your home. This two-session course will cover basic spackling and repairing small and large holes, as well as how to cover and paint water or ink stains in your home. Light refreshments provided.

Date: **Two sessions - Sat., Oct. 28 & Nov. 4**
Location: **The Ohio Union,**
1739 N. High St.
Gray C (basement)
Cost: **$30**
Class Limit: **15 (10 min)**

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Container Gardening for Fall
with Christie Nohle of Urban Gardener
Design a striking and colorful fall container for outside using hearty plants in this fun hands-on workshop geared toward the autumn season. Take home a beautifully planted fall container that you create at the class. Celebrate the autumn season and learn how to turn your own overgrown, tired summer containers into something that lasts until winter. All supplies, even the container, are included in the registration fee.

Date: **Thursday, October 12**
Location: **The Ohio Union,**
1739 N. High St.,
Room Gray G (basement)
Time: **7-8pm**
Cost: **$40**
Class Limit: **30 (10 min)**
**Investing Basics**

With Stephen Daley, Financial Advisor for Smith Barney

Whether you are just beginning or a novice investor, a check-up on the fundamentals of investing are always in order. At this program, Steve will discuss:

- Why you should invest
- What steps to take before you start an investment plan
- The basics of assembling a portfolio
- The principles of diversification

**Date:** Tuesday, November 14  
**Time:** 6:30–8 pm  
**Location:** The Ohio Union,  
1739 N. High St.  
Scarlet V (basement)  
**Cost:** $25  
(refreshments are provided)  
**Class Limit:** 25 (15 min)

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**Financial Planning in an Uncertain World**

With Stephen Daley, Financial Advisor for Smith Barney

Experts have long agreed that an essential element of investment success is having a sound financial plan, one that takes into account the investor’s resources, goals and tolerance for risk. But any such plan is based on assumptions about future market performance, a highly uncertain business at best. Uncertainty can’t be avoided, but advanced planning tools can at least give investors a clearer idea of the risks they face. This presentation reviews a number of critical points, such as:

- The limitations of conventional planning methods, particularly for investors with more complex goals and time horizons.
- How market volatility and the timing of future portfolio cash flow timing can upset even the most carefully thought-out financial plan.
- The use of probability-based simulations to test investment scenarios.

**Date:** Tuesday, November 28  
**Time:** 6:30 pm–8 pm  
**Location:** The Ohio Union  
1739 N. High St.  
Scarlet V (basement)  
**Cost:** $25  
(refreshments are provided)  
**Class Limit:** 25 (15 min)
Basic American Sign Language
Adult Sign Language Classes provide an opportunity for you to improve your communication-abilities with people who are deaf or hard-of-hearing. You will learn to fingerspell the alphabet, sign numbers, sign simple courtesy phrases and much more.
Course facilitated by specialist from the Columbus Speech and Hearing Center.

Date: Six sessions - Wednesdays, beginning October 11
Location: The Ohio Union, 1739 N. High St.
Scarlet U (basement)

Time: 6–8 pm
Cost: $85
(includes light refreshments)
Class Limit: 12 (10 min)

Glammed Up! Makeup Techniques & Application
With Sina Som
Do you ever wonder how models and celebrities get that flawless look? Learn some advanced tips from a national makeup artist from M.A.C. cosmetics. From faux lashes to contoured sculpted skin, with some costume makeup techniques for good measure, you too can be fierce darlings!

Date: Wednesday, October 25
Location: The Ohio Union,
1739 N. High St.
Board Room (3rd floor)

Time: 6:30–8:30 pm
Cost: $35
(refreshments are provided)
Class Limit: 25 (20 min)

Negotiations and Mediation: Moving from Conflict to Resolution in Everyday Life
With Eileen Pruett of the Franklin County Municipal Court Dispute Resolution
Gain a useful understanding of basic theory and concepts about conflict and negotiation that you can use in everyday life. You will have an opportunity to understand formal mediation process and the services available in Central Ohio then put theory to practice with some interactive exercises that test your negotiation and mediation skills.

Date: Wednesday, November 1
Location: The Ohio Union, 1739 N. High St.
Board Room (3rd floor)

Time: 6–9 pm
Cost: $35
(includes light refreshments)
Class Limit: 15 (10 min)
Introduction to Hand Gun Marksmanship
With Coach James Sweeney, PhD
An introduction to recreation handgun target shooting including basic firearm safety, shooting techniques, equipment selection, and competitive and recreational opportunities. All equipment is provided for the target practice portion of the class. This course is taught by Ohio State’s Pistol Team Coach.

Date: **Friday, October 20**
Location: **The Ohio State University**
Driving Range - Converse Hall,
room 041 Tuttle Park Place
Time: **7pm - 9pm**
Cost: **$15**
Class Limit: **17 (10 min)**

Want to be on our email listserve or mailing list?

Contact Kai Landis, CAP Coordinator
at (614) 292-8763
landis.81@osu.edu

Are you interested in being a CAP instructor?

We are currently looking for prospective instructors our winter quarter which runs late January to early March. If you are interested in having your class considered, please submit your resume or summary of qualifications and one proposal form per proposed class by Friday, October 13, 2006. The proposal forms are available on-line at [www.ohiounion.osu.edu/cap](http://www.ohiounion.osu.edu/cap)
Registration Begins Friday, September 1, 2006 and will continue on a rolling basis.

3 Easy Ways to Register:

In Person: Come to the CAP office housed in the Ohio Union Business office (Room 237) at 1739 N. High Street. Cash, check, money order, or MasterCard or Visa is accepted.

By Phone: Call 292-7924 with your Mastercard or Visa number during regular business hours (8am-5pm). Your telephone call will serve as your confirmation of your registration.

By Mail: Fill out the registration form included in the catalog or download online at www.ohiounion.osu.edu/cap and send with payment to:

CAP Ohio Union
c/o Kai Landis
237 Ohio Union
1739 N. High St.
Columbus, Ohio 43210

Note: CAP programs are designed for adults 18 and older

Refunds

Please be certain of the program(s) you want and read the refund policies prior to registering.

There are four keys to a CAP refund:

1. You can receive a refund only if your program is canceled by CAP.

2. You will receive a full refund by cash, check or a credit card to your MC/VISA for a program canceled by CAP, depending on your method of payment.

3. Please allow 3-4 weeks for processing your refund. You will be asked to fill out the required university documentation for those who pay by check.

4. Please understand that CAP reserves the right to change instructors without notice to participants. No refunds will be issued on this basis.
Date: ______________________
Name: _____________________   Email: _______________________
Address: _____________________
City, State, Zip: _____________________
Day Phone: _____________________   Evening Phone: _____________________
Other than CAP, how are you affiliated with OSU?
Student               Faculty/Staff  Alumni   None

Payment:
• Make checks payable to The Ohio State University.
• Please do not send cash.
Master Card or VISA   Credit Card #__________________________
Name on Credit Card: _____________________   Exp. Date _____________________

Mail to: CAP Ohio Union
c/o Kai Landis
237 Ohio Union
1739 N. High Street
Columbus, OH 43210

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Office Use Only
Payment Method:
Cash $_________  Receipt #_________  Check $_________  Check #_________
MC/Visa:_________  Approved _________  Declined _________  Contacted _________
Other:__________________________