

Adult Evening EDUCATION

a publication of the Wake County Public School System



■ Take the first step to a new career in
Dental Career Fundamentals
page 11

■ Prepare a variety of luscious summer fruit desserts.

page 20

■ Cope, thrive, and win with adult ADHD.

page 30-31

■ Learn self-defense tactics to protect yourself.

page 37

Welcome!

Lifelong Learning with Community Schools is a program of Wake County Public School System (WCPSS) where you can enjoy courses that are educational, recreational, cultural, civic, and social in nature.

Check out our *Adult Evening Education* catalog published three times per year (fall, spring, and summer) available in libraries, schools, community centers, and select businesses throughout the county.

If you're 16 years old to 109 years young, you're invited to come grow and learn with us!



Cultivate your delicious food products into a profitable at-home business.

page 19



Get one-on-one health and fitness coaching that will revolutionize your life.

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Inside the Catalog:

Popular Demand Classes



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Get out of debt fast. page 33

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Icon Key

LL

Lifelong Learning

www.wcpss.net/adult-edu
Lifelong Learning Program
Calendar

Summer 2014 Semester:
Monday-Thursday,
May 20 - July 30

Holidays:
May 28 Memorial Holiday

WT

Wake Tech

<http://continue.waketech.edu>
Wake Tech Program
Calendar

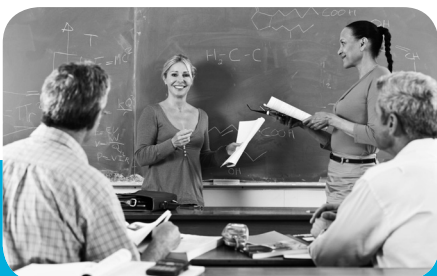
Summer 2014 Semester:
Monday-Thursday,
May 20 - July 30

Holidays:
May 28 Memorial Holiday

ICON KEY

LL This symbol in the catalog represents Lifelong Learning courses held at area Wake County Public Schools.

WT This symbol in the catalog represents Wake Tech courses held at area Wake County Public Schools.





LL Jewelry Making: Stringing, Crimping, and Wire Wrapping

Create designer jewelry that will wow your friends and family! In this engaging class, discover designer jewelry making techniques and leave every workshop with at least one stunning, finished project! Learn how to string and crimp using two different techniques. Make wrapped and simple loops with beads. Then, in the finale class, construct a bangle bracelet completely out of wire and beads. Jewelry instructor, Elizabeth Strugatz, is a passionate self-taught bead artist and metalsmith. Visit www.WirednTwistednStoned.com for additional information about this exciting workshop. Supplies included.

See page 47 to register online, by phone, or mail; call the Provider, Elizabeth Strugatz, at 919-649-2123 for more information.

Athens Drive HS 7:00-9:00 PM M
6/02-6/23 \$200



WT Expressions in Oils

Materials \$

Develop artistic awareness and express your observations. Supply costs are about \$40.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Athens Dr HS 6:30-9:30 PM T
121978 5/27-7/15 \$100

“What people are saying...
I would recommend that anyone who has the desire to paint with oils to join this class. Learning from David Benz advances your capabilities quickly. You also learn a great deal from others in the class.”

-Gene Molnar
Expressions in Oil



Spotlight: Medical Billing with Vision Medical Billing Services

LL Medical Billing I & II

Get your start in a thriving career path. Enjoy learning from a knowledgeable instructor while gaining the knowledge you need in this two-part series. The first part will cover the five modules of medical billing, HIPAA compliance, insurance/commercial billing, customer service, and collection. Walk away understanding insurance verification, claim submission, commercial insurance, Medicare, and Medicaid. Part two will cover claim follow-up, refunds, and collection. A certificate of completion will be provided at the culmination of class. Register online for this class and pay by credit or debit card on the first night. **Checks and money orders cannot be accepted.**

See page 47 to register online, by phone, or mail; call the Provider, Vision Medical Billing Services, at 919-521-6480 for more information.

*No checks accepted for this course.

Millbrook HS 6:30-9:00 PM TTh
5/20-6/17 \$230

“What people are saying...
“Thoroughly enjoyed this instructor. Gwen makes learning medical billing fun!””

-Jaime Mitchell
Medical Billing I & II

As sole proprietor of Vision Medical Billing Services (VMBS), **Gwendolyn Thompson** has over 13 years of medical billing experience. She started VMBS to support providers with reimbursement challenges and prospective students in their knowledge quest. She covers medical billing for emergency room physicians, family practice, radiology and pharmacy.



LL New 10 Ways College Students and Recent Graduates Can Impress Employers

Excited about life after college? Looking forward to making a difference, but frustrated with the pace in which things are progressing in securing your first professional role? This class looks at 10 ways to get the attention of prospective employers. Instructor Dan Galloway has a diverse background and fresh perspective on the job market as a corporate recruiter, career coach, job candidate, and business owner.

See page 47 to register online, by phone, or mail; call the Provider, Dan Galloway, at 919-539-3907 for more information.

Sanderson HS	6:30-9:30 PM	W
	6/11	\$59
Sanderson HS	6:30-9:30 PM	Th
	7/17	\$59

LL New Adult ADHD—Coping, Embracing, Thriving

ADHD is gift wrapped in unique, complex packaging. This class looks at the dynamics of Adult ADHD, offers coping advice, sheds light on its positive attributes, and provides hope for those determined to fully embrace it and thrive. Instructor Dan Galloway brings a lifetime of firsthand experience, along with a humorous and inspiring angle to the world of Adult ADHD, clearly one of society's hottest topics.

See page 47 to register online, by phone, or mail; call the Provider, Dan Galloway, at 919-539-3907 for more information.

Sanderson HS	6:30-9:30 PM	W
	6/25	\$67
Sanderson HS	6:30-9:30 PM	Th
	7/24	\$67

LL New Bring Joy to Seniors for Fun and Profit

Join this incredible three-hour seminar introducing an outlet for activities and entertainment at senior facilities. Pay is \$35-\$150 per hour for programs held most any time seven days a week. Vast market for singers/dancers/musicians; fitness trainers; arts and crafts; skill demonstrators; history, foreign cultures, and other topical lecturers; poetry/short story readers; aroma/pet therapists; and more. Instructor Karen Raines is a syndicated speaker at over a dozen senior facilities in the Triangle. Register for this fun and informative session.

See page 47 to register online, by phone, or mail; call the Provider, Senior Play List, Inc., at 919-954-9745 for more information.

Millbrook HS 6:30-9:30 PM M
7/7 \$59

LL New Catering for the Home Chef

This course discusses in detail the critical aspects of management involved in running a catering business. Learn how to obtain appropriate licenses and permits, what kind of kitchen you need, basic food safety practices, party planning, cooking for a crowd, meal planning, customer service, how to price your services, and how to move food safely from one location to another.

See page 47 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-840-8108 for more information.

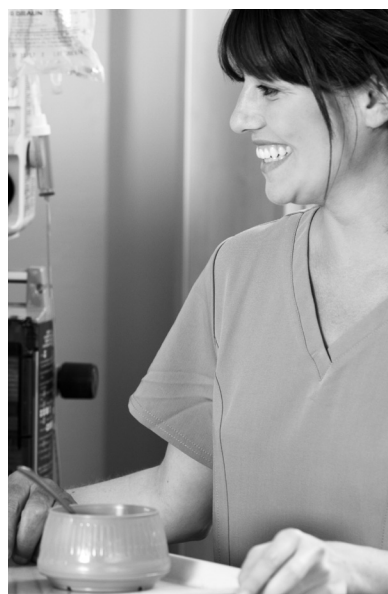
Athens Dr HS 6:30-9:00 PM M
7/7-7/28 \$100

LL New Certified Nursing Assistant Level 1 Short Course

Hunter Heath Career Academy offers a 4-night program that covers medical technician and CNA competencies. Using an efficient teaching modality, Hunter presents skills in a streamlined timeframe. Training is hands-on, comprehensive, and instructs you in the 22 skills covered on the state examination. Theory and basic nursing care skills are taught with an emphasis on the psychosocial-cultural approach to patient care, preparing you to function as a hospital, home health care, or term care nurse aide. Course cost includes a training kit of the following materials: PPE gown, mask, gloves, skills training DVD, skills practice test, study handbook, Hunter Health Career Handbook, instructional materials, test prep handbook, comprehensive review and practice exam, and North Carolina Nurse Aid 1 Handbook. Three hours of additional laboratory training required at Hunter clinical facility. Additional hours at the clinical facility beyond the three required are available free of charge upon completion of the class.

See page 47 to register online, by phone, or mail; call the Provider, Hunter Heath Career Academy, at 919-627-4693 for more information.

Knightdale HS 6:30-9:30 PM MT
6/9-6/17 \$375



LL Certified Nursing Assistant Level I

Topics covered in the classroom portion of this course will include the role of the CNA, communication, safety, patient rights, personal care, vital signs, elimination, nutrition, emergencies, rehabilitation and mental health. Upon completion of this course, students will be able to demonstrate skills necessary to be listed on the North Carolina Nurse Aide Registry. Contact the instructor for a supply list. Classroom instruction is nine weeks. Clinicals run for 18 hours following classroom instruction. Last night of classroom instruction at Providence Training Institute, Inc. Note: This Provider is listed with NC Stars. Vouchers are welcome.

See page 47 to register online, by phone, or mail; call the Provider, Providence Training Institute Inc., at 919-647-9021 for more information.

Sanderson HS 6:30-9:30 PM M
6/2-7/28 \$375

LL New Certified Nursing Assistant Level II

Most level II CNAs supervise or mentor CNA trainees and level I CNAs. In addition to providing basic patient care, CNA IIs may administer oxygen and warm and cold therapy, 12 Lead EKG, hemocult testing care for wounds, suction for patients, or urinary catheter or feeding tube insertion. As well, many work in dementia care wards. Each of these skills will be covered in the class. Minimum requirements for this class include the completion of an accredited CNA program, certification from the state board of nursing, and Basic Life Support (BLS) certification from the American Heart Association. Last night of classroom instruction at Providence Training Institute, Inc. This Provider is listed with NC Stars. Vouchers are welcome.

See page 47 to register online, by phone, or mail; call the Provider, Providence Training Institute Inc., at 919-647-9021 for more information.

Sanderson HS 6:30-9:30 PM M
6/2-7/28 \$651

Spotlight: Dental Course with NC Dental U

LL **New Dental Career Fundamentals**

Take the fast-track path to a new, exciting, high-paying career. Dental Career Fundamentals provides you an introduction to dentistry and establishes fundamentals of the dental profession. Learn roles of the dental assistant, specialty fields of dentistry, dental terminology, areas of the dental office, equipment, treatment, sterilization, and lab work. Upon successful completion of this program, you will be equipped to obtain entry-level employment in a dental office. Continued education is available to those seeking to become a Dental Assistant or Registered Dental Hygienists. Take the first step to a NEW career. Register today!

Visit www.ncdentalu.com for more information.

See page 47 to register online, by phone, or mail; call the Provider, NC Dental U, at 877-432-3555 for more information.

Athens Dr HS 6:30-9:30 PM TTh
6/10-6/26 \$499

Tammy Hughes, founding Partner of NC Dental U, has enjoyed 17 years of career success in the dental industry. She has worked in the capacity of a DAll, front desk receptionist, manager, and consultant. Her expertise is in New Practice and Team Development. She is a motivated leader who instinctively understands the business of dentistry. Tammy has successfully built, staffed, and coached new dental offices throughout North Carolina. With extensive knowledge in all aspects of dental care, she has the business savvy and technical skill to lead any team to success!

A North Carolina native, she resides in Wake County with her husband and three sons.



LL **New CPR & Basic Life Support for Healthcare Providers**

In this classroom-based course, you will learn to recognize several life-threatening emergencies; provide CPR to victims of all ages; use an AED; and relieve choking in a safe, timely and effective manner according to the American Heart Association (AHA) guidelines. Upon completion, you will receive a card certifying you for two years. Note: This Provider is listed with NC Stars. Vouchers are welcome.

See page 47 to register online, by phone, or mail; call the Provider, Providence Training Institute Inc., at 919-647-9021 for more information.

Sanderson HS 6:30-9:30 PM W
6/25 \$60

LL **New Event Planning 101: From Conferences to Dinner Parties**

Learn how to create and coordinate successful special events. Develop skills, find resources and gain confidence to plan and produce any size or type of event. This course reveals proven tips, tools, techniques, and procedures used by experts and master event planners to help you avoid embarrassing and costly planning errors or production mistakes.

You'll discover how to select the right food, decorations, entertainment, and you'll learn how to effectively employ them within your own budgetary constraints. You'll be so excited with your newly gained confidence and expertise that you'll want to start planning your next event even before this course is over.

See page 47 to register online, by phone, or mail; call the Provider, Timothy Mangum, at 919-215-4329 for more information.

Sanderson HS 6:30-8:00 PM MW
6/23-7/23 \$50



New For Parents—The Big Picture of ADHD!

This energizing class, rich with information, is for parents whose children are gift wrapped in the unique packaging otherwise known as ADHD. In addition to a review of coping mechanisms, the class offers a close look at ADHD's positive attributes, something that is typically smothered by negative controversy. Instructor Dan Galloway brings a lifetime of firsthand experience, along with an inspiring angle to the world of ADHD, clearly one of society's hottest topics.

See page 47 to register online, by phone, or mail; call the Provider, Dan Galloway, at 919-539-3907 for more information.

Sanderson HS	6:30-9:30 PM	W
	6/18	\$67
Sanderson HS	6:30-9:30 PM	Th
	7/31	\$67



New Job Skills for Career-Readiness

Are you a teen launching into the workforce or an adult worker wanting to improve your employability? Well this class will cover everything you need to know about building a successful career. In this hands-on class taught by Sharon Lawrence, a career development coordinator, explore and develop employable skills, evaluate your career goals, create a job application package or career portfolio you can use in your job search, and enhance interpersonal skills needed to conquer the social decathlon, so you can quickly move to the top.

See page 47 to register online, by phone, or mail; call the Provider, Sharon Lawrence, at 919-217-8433 for more information.

Knightdale HS	6:30-9:30 PM	W
	6/25	\$30



Medical Coding I

Materials \$

Students will be instructed in the analysis of medical records (charts) and the assignment of codes for indexing diagnoses and procedures to provide information for reimbursement purposes "Coding" means transforming the written or verbal description of diseases, injuries, and procedures into numerical designations.

See page 47 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-840-8108 for more information.

Athens Dr HS	6:30-9:00 PM	MW
	6/2-7/9	\$135

30 Days to Living On Purpose

Stop the cycle of day-to-day drudgery, no matter where you are in life right now.

Under the guidance of experienced life coach, Tracy Mac, become a force for success, greatness, balance, wealth, and power.

For course details, turn to page 37.



Wealth

Power

Success

Balance

Greatness

LL Medical Terminology

Materials \$

This course introduces the basic medical terminologies, concepts, and procedures. Students who don't have a medical background need to take this course to fulfill their basic medical knowledge requirement.

See page 47 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-840-8108 for more information.

Athens Dr HS 6:30-9:00 PM TTh
6/3-7/10 \$135

LL New Phlebotomy Technician Training

Materials \$

Become a phlebotomy technician in weeks. Topics covered in the classroom portion of this course will include the role of the phlebotomist, the healthcare setting, the human body, blood collection procedures, and special cases. Upon completion of this course, students will be able to demonstrate skills necessary to take a certified exam that is transferable nationally. Call for payment plans. This Provider is listed with NC Stars. Vouchers are welcome.

See page 47 to register online, by phone, or mail; call the Provider, Providence Training Institute Inc., at 919-647-9021 for more information.

Sanderson HS 6:30-9:30 PM W
5/28-7/2 \$710



LL New Older Job Candidates—The Superhero Within!

The presence of superheroes is not limited to comic books, movies, and television. During one's career transition, both job candidates and employers are looking to be rescued from precarious situations. This class looks at the unique potential that older job candidates offer employers. Instructor Dan Galloway has a diverse background and fresh perspective on the job market as a corporate recruiter, career coach, job candidate, and business owner.

See page 47 to register online, by phone, or mail; call the Provider, Dan Galloway, at 919-539-3907 for more information.

Sanderson HS 6:30-9:30 PM WTh
6/4-6/5 \$79

Sanderson HS 6:30-9:30 PM WTh
7/9-7/10 \$79

LL New ServSafe Certification

See Cooking, page 23.

LL You're on the Air...How to Really Make it in Voice-Overs

See Communications, page 13.

WT Auto Dealer & Repair Shop Overview

This course is designed to help students understand the car care and maintenance business. It covers business management, required licenses, and vendors. Students will learn about customer's expectations and best business practices. Licensing procedures for used car and truck sales will also be discussed. The third class is a Saturday field trip to local small business dealers.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Knightdale HS 6:30-9:30 PM TTh
119911 6/3-6/7 \$95

WT Notary Public Education

This course is mandatory for becoming a Notary Public in North Carolina. You must attend each class session and be on time (no late arrivals admitted), and bring a valid, government-issued, picture ID and the notary guidebook to each class. For the requirements for becoming a notary public, go to www.sosnc.com. Notary Public Education. Text: *Notary Public Guide Book*, ISBN 139781560114802. Bring valid, government-issued, picture ID.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Knightdale HS 6:30-9:30 PM TTh
122587 5/27-5/29 \$95

WT Special Event Planning

Learn to plan polished, professional events for social groups and corporate industries as well as private family gatherings. Learn the basics of special event planning, including budget preparation, invitation and program design, music, food, and floral selection. This could be a follow-up course to "Start Your Own Wedding Consultant Business" for wedding planning or it could be your first course in planning events. Tap into your creativity and plan memorable, professional special events.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Knightdale HS 6:30-9:30 PM M
122729 5/19-6/30 \$95

Register Now!



Dental Career Fundamentals



When you enter your local dental office, you may think that the only staff members working in the clinical areas are hygienists and dentists. But this is not so. Dental assistants are also at work performing necessary tasks related to running the office and facilitating care.

Responsibilities

The duties of the dental assistant include prepping the patient for teeth cleaning and other treatments, utilizing suction equipment, processing x-rays, maintaining records, and, with additional training, moving on to apply fluorides and sealants and polish teeth.

Future

The Bureau of Labor Statistics shares that more than 74,000 new positions will open for dental assistants through 2022. This is a 24.5% increase in job opportunities in this field, which is much faster than the average for all occupations.

Reasons vary, but a few speculated reasons for growth include expanded health coverage for dental services and a stronger societal focus on healthy teeth and gums.



Wages and Conditions

Dental assistants can expect to make \$34,500 a year on average and generally work in favorable conditions with strong sanitation standards, safe lighting, banker's hours, and mobile, non-repetitive work. Successful dental assistants enjoy working with customers, are empathetic and patient, and carefully follow instructions to ensure best practices.

74,000 new positions will open for dental assistants through 2022, a 24.5% increase.



Growth

Upward mobility in the field is available as dental assistants can, with ongoing training, go on to become hygienists or dentists. The hands-on training and exposure provided in the clinical environment make this an entry-level position with plenty of room for advancement.

How to Get Started

Education begins with entry level, non-certified training. Dental Assistant Fundamentals is the perfect class to quickly launch interested students into this winning career.



For course details, turn to page 8.

Have a service, product, skill or talent?



Become a Provider

Our program offers you the opportunity to create classes and instruct students in a variety of areas, to include culinary art, investing, marketing, sewing, photography, writing, painting, and homeownership, among many others.

We invite all interested persons to apply, but we are currently seeking teachers for these specific courses:

- ASVAB Test Prep
- Calligraphy
- Floral Arranging
- Soap Making
- Graceful Aging
- Xeriscaping

Qualifications

- Strong marketing skills
- Expertise in your area of teaching interest
- An entrepreneurial spirit
- A student-centered teaching approach

Visit us at www.wcpss.net/adult-edu



Spotlight: Voice-overs with Jillian

LL You're on the Air...How to Really Make it in Voice-Overs

Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as James Earl Jones, Linda Hunt, and Donald Sutherland lending their voices to commercials, films, and videos, one would think that it would be next to impossible to break into this field. Not so! In this class, you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business!

Jillian Nielsen is an expressive voice talent with over 15 years experience in radio and television commercial and promotional voice-overs. After graduating with a marketing degree from the University of Colorado, Boulder, she began working for a radio station in Denver where she gained knowledge and experience with voice-overs. Her continued career at radio and television stations gave her a vast knowledge of the commercial and promotional voice-over industry. A graduate of the Such A Voice Master class in 2009, she has developed a thriving business that includes over 30



The instructor will demonstrate voice-over technique and will introduce students to the voice-over business as a whole. The course will cover the numerous opportunities, the income potential, and the all-important demo and how to have it produced. You'll step up to the microphone to do some practice recording, and best of all, hear the results!

See page 47 to register online, by phone, or mail; call the Provider, Such A Voice, at 802-275-0153 for more information.

Athens Dr HS 7:00-9:00 PM T
6/24 \$35

local, national, and international clients. She is delighted to be a part of Such A Voice and loves that she gets to introduce people to the wonderful career of a voice-over artist!



LL New Author Marketing

Harness emerging technologies and tools in the digital age. Unprecedented changes in publishing have occurred in the past decade, but most novelists and memoirists are so focused on their book that they are lost when it comes to marketing. If authors don't evolve their marketing, their work may be overlooked in the competition. Once the creative side of writing is done, you have to get ready for business. Minimize your frustrations in the book business and sell your work!

See page 47 to register online, by phone, or mail; call the Provider, Tara Lynne Groth, at 919-740-8528 for more information.

Athens Dr HS 6:30-9:30 PM T
7/29 \$55

WT Accent Reduction Training

With more and more non-native English speakers in the Triangle, there is a growing need for this course. Pronunciation is especially important for those in professional positions. If you are striving to get a higher-level job requiring polished speaking skills, this course can help!

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Reedy Crk MS 6:30-9:30 PM W
122735 5/28-7/9 \$95

WT Advanced Public Speaking

Become a better listener and develop your critical thinking skills through public speaking! This course examines the technique and substance of public address by exploring the use of language and rhetorical strategies, fallacies, arguments, and audience demands.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Athens Dr HS 6:30-9:30 PM Th
122734 5/28-6/26 \$95

WT Introduction to Directing

If you're interested in writing, directing, and producing, this course is for you! Learn how to communicate with actors and crew and how to break down and craft scenes to achieve a great performance. You'll have an opportunity to write, direct, and produce a scene.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Knightdale HS	6:30-8:30 PM	M
121593	6/9-7/14	\$95

WT Public Speaking for Everyday Use

Improve your public speaking skills! Make dynamic presentations that can persuade your audience or increase your sales. You will learn in a comfortable, non-threatening setting how to organize effectively, create outlines, and speak without stumbling.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	T
122733	5/20-6/24	\$95

WT The Basics of Film Production

Learn the stages of development and production. Learn the roles of each production department, how to procure crew members and permits, and how to plan for shooting and producing a film, video, or commercial.

To register visit continue.waketech.edu; call 919-866-5800 for more information.

Knightdale HS	6:30-8:30 PM	W
121597	5/21-6/25	\$95

LL New Job Skills for Career-Readiness

See Career Skills, page 9.

WT Story Development and Plotting for Screenwriters, Fiction Writers, and Novelists

Develop a tight plot for your screenplay or novel, heighten the dramatic tension, and get things going with believable characters in exciting action! This class, which focuses on story concept and plot development using the "Hero's Journey" model, is for all fiction writers. It is an intermediate follow-up to Introduction to Screenwriting and a forum for those working on novels or short stories. Students will read and critique each other's work.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Athens Dr HS	7:00-9:30 PM	Th
122732	5/15-7/24	\$95

Register Now!



What people are saying...
 “Dr. Corbet is an exceptional teacher and creates a fun and supportive culture among students.”

-Reginald Buie
 Advanced Public Speaking



LL **New Apple 101**

Materials \$

Bought an Apple Macintosh computer only to find that the interface for it is totally different from a PC? In this class, you will learn everything you need to know about expertly navigating the Mac operating system. This class will cover user account creation, security, and deletion; managing user log-ins, passwords, and options; employing parental controls; fast-user switching; managing keychains; using file vault; and so much more. Walk away with the tools and tips you need to maximize the capacity of your Mac computer. Take your experience to the next level.

See page 47 to register online, by phone, or mail; call the Provider, Christopher Wager, at 330-332-0885 for more information.

Sanderson HS 6:30-8:30 PM MW
6/9-6/23 \$85

LL **Basic Computer Security**

Identity theft is big business. Hackers have created more than 130,000,000 malicious programs that quietly attack your computer data and siphon it for sale, affecting 94% of users. So what are you to do? Firewalls, antivirus, and the like are good, but you need to take real counter measures. In this class taught by computer expert Christopher Wager, you will learn exactly what you need to do to prevent access to your data. Learn how hackers gain access. Discover how to create a password. See how you can secure your system through updates and hardening. Find out if your system is already infected and what you can do about it. Recognize the symptoms of key loggers, malware, spyware, and viruses. Learn the differences in various third party security software programs. Get into the habit of doing back-ups and creating safe restore points. Learn about email safety. Register now. Don't risk being a victim of identity theft.

See page 47 to register online, by phone, or mail; call the Provider, Christopher Wager, at 330-332-0885 for more information.

Sanderson HS 6:30-8:30 PM MW
6/30-7/14 \$85

LL **Digital Photos and Your Computer**

Materials \$

So you've taken some great digital photos; now what? This course covers the basics of working with digital photos on your computer: downloading your photos, manipulating them to enhance their appearance, adding to printed documents, creating a slide show, attaching and sending via email, and organizing and storing on your computer or burning a CD. Instructor led class. Text provided. Bring your camera, cable, and flash drive.

See page 47 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-833-6739 for more information.

Athens Dr HS 6:30-9:30 PM Th
7/10-7/24 \$85

LL **Excel Introduction for Teachers**

See Teacher CEU/Parenting, page 42.

Register Now!

“What people are saying...
Mr. Wager tailored the course very well to the students' questions. Very informative and useful information. Pace of the classroom instruction was adapted to students' ability to absorb material/information. Good degree of detail in handouts.”

-Lana Barnwell
Basic Computer
Security 101



LL Facets of Facebook

Materials \$

Did you sign up for Facebook without knowing much about it? Do you know the terms wall, newsfeed, post, profile and their differences? Do you know how to customize your Facebook page? Do you know how to set privacy settings? The fundamental terminology and basic functions of Facebook will be clarified in this short course giving you more control and confidence using this popular means of social interaction.

See page 47 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-833-6739 for more information.

Millbrook HS	6:30-9:30 PM	T
	6/3	\$40

LL Internet Skills and Shortcuts

Materials \$

Are you getting the most you can out of your internet connection? Can you bookmark your favorite sites? Where do those downloaded pictures and files go? Can you set your home page to your favorite web site or sites? Do you know how to print an Internet article? Have you learned how to copy an internet link to share with others in email? Polish and enhance your usage of the World Wide Web with this 3 hour course covering these topics and more.

See page 47 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-833-6739 for more information.

Athens Dr HS	6:30-9:30 PM	Th
	6/5	\$40

What people are saying...
 “Julie is great—very patient.”

- Pat Hansen
 Desktop Publishing
 with Word

LL Personal Computer & Windows Introduction

Materials \$

New at using a computer or still feeling confused about it? Maybe you missed some of the foundation you need in order to understand basic computer terminology and operation. Learn how the components of a computer system work, identify special keyboard keys, clarify confusing computer terms like byte, disks, files, memory, and multiple programs operation. Become familiar with many features of Windows, the underlying program running today's computer tasks. Learn techniques for customizing your computer screen, the menus, and other features. Will introduce Internet and email basics. This is a hands-on, instructor led class. Text provided. Bring a flash drive. (CEU=1.0)

See page 47 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-833-6739 for more information.

Millbrook HS	7:00-9:30 PM	TTh
	5/20-5/29	\$85

Athens Dr HS	6:45-9:15 PM	MW
	6/16-6/25	\$85

LL PowerPoint Introduction

Materials \$

Spice up your presentation by using PowerPoint's visual aids of graphics, text, charts, animation and more. Learn how to put together a slideshow of pictures including titles, bulleted items, tables, charts and graphics. Learn many eye-opening special effects. Some previous experience with Windows and mouse required. This is a hands-on, instructor led class. Text provided. Bring a flash drive. (CEU=1.0)

See page 47 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-833-6739 for more information.

Millbrook HS	7:00-9:30 PM	T
	7/8-7/29	\$85

LL Simple Web Page Design

Materials \$

Interested in creating a website or blog for your business or family? Learn fundamental web page creation terminology and create a web page in an hour! Find out about registering a domain name for your site and tips for creating a good one. Learn about some recommended web hosting plans and use one that is free. Create a simple web site with multiple pages with easy drag and drop techniques. No need to learn any special codes. Expand your free website to include a blog, slideshow and photo gallery. Easy to edit whenever you need to make changes too! Text provided. Bring a flash drive.

See page 47 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-833-6739 for more information.

Millbrook HS	6:30-9:30 PM	W
	5/21-6/4	\$85

Athens Dr HS	6:30-9:30 PM	MW
	7/21-7/28	\$85

LL Word for Windows Intro

Materials \$

Get your questions answered about how to use the most popular word processing program, Microsoft's Word for Windows. Learn the basic features and shortcuts of Word: entering, editing and saving text; aligning and enhancing text; moving and copying; and formatting documents. Move onto intermediate features working with tables, columns, mail merge and graphics. Some experience with Windows and mouse required. This is a hands-on, instructor led class. Text provided. Bring a flash drive. (CEU=1.0)

See pages 47 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-833-6739 for more information.

Athens Dr HS	6:45-9:15 PM	MW
	7/7-7/16	\$85

Register Now!



LL **New** Alternate Materials and Methods

Learn how to research, review documents, and receive approval for use of an alternate material or method in construction.

See page 47 to register online, by phone, or mail; call the Provider, DiPietro Solutions LLC, at 919-649-1719 for more information.

Sanderson HS 6:30-9:00 PM M
6/23 \$50

LL Electrical Contractor's Exam Preparation

Electrical Contractor's Exam Preparation prepares you for the National Electrical Contractor's Exam. Material covered in the course includes multi-family dwellings load calculations tool, electric range load calculations tool, motor voltage drop calculator, voltage drop calculations tool, structure of the NEC, details of selected NEC requirements, list of agencies with control over electrical licensing, and much more. Textbook included in course cost. Contact the instructor to reserve your spot and obtain the course dates. Register now. This class offered by Billy Morris fills up fast because of his reputation for extremely high student pass rates.

See page 47 to register online, by phone, or mail; call the Provider, Billy Morris, at 919-469-8823 for more information.

Athens Dr HS 6:30-9:30 PM MTh
6/2-7/28 \$290

LL **New** FireBlock versus Fire Stop—What's the Difference

Overview FireBlock and Fire Stop and how they are used in construction.

See page 47 to register online, by phone, or mail; call the Provider, DiPietro Solutions LLC, at 919-649-1719 for more information.

Sanderson HS 7:00-9:00 PM M
6/16 \$45

LL **New** How to Perform a Hazardous Material Plan Review

Overview general hazardous policies and get step-by-step instructions on how to perform a plan review for a structure that contains hazardous materials.

See page 47 to register online, by phone, or mail; call the Provider, DiPietro Solutions LLC, at 919-649-1719 for more information.

Sanderson HS 6:30-9:30 PM Th
6/12 \$50

LL **New** Strawbale Construction

Learn how strawbale construction complies with current building codes. This construction type is highly energy efficient and has high insulating properties. Be amazed at the fire resistant properties and modern designs available with strawbale construction. Approved for continuing education credit by the NC Code Officials Qualification Board.

See page 47 to register online, by phone, or mail; call the Provider, DiPietro Solutions LLC, at 919-649-1719 for more information.

Sanderson HS 6:30-9:30 PM T
5/27 \$50



“What people are saying...
“Mr. Morris explained, in detail, questions we had and took time to discuss in further detail how what we learned would be used in the field.”

- Benny Lee Currin Jr.
Electrical Contractor's Exam Prep

WT Construction Management 101

Learn the processes and tasks required for management of construction projects. Study construction methods, techniques, and practices, budget development, recordkeeping and documentation, interpreting contracts and specifications, and other duties for efficient project operations and completion.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Sanderson HS 6:30-9:30 PM MW
119910 6/2-7/9 \$150

WT Residential Construction Estimation

Learn the skills and procedures used to estimate quantities and costs in residential construction, including concrete, foundation material, framing material, roofing, sheetrock, interior trim, siding, floor coverings, and other components of homebuilding. The class also reviews terminology, blueprint reading, and math skills.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Sanderson HS 6:30-9:30 PM M
116496 8/4-9/29 \$150

WT Residential Contractor's Exam Prep

Prepare to take the NC Residential Contractor's licensing exam. Study blueprint reading, cost estimation, small business administration, OSHA, worker's compensation, construction technology, and dealing with financial institutions.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Sanderson HS 6:30-9:30 PM TTh
119925 6/3-7/10 \$150

WT OSHA 30-Hour Construction Industry

This 30-hour program is designed to provide more in-depth training for workers whose jobs include some responsibility for workplace safety. The course gives an overview of unsafe workplace conditions and how to recognize and avoid them, along with a basic understanding of OSHA regulations, enforcement, and compliance.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Knightdale HS 6:30-9:30 PM TTh
119912 5/22-6/26 \$150



What people are saying...
“The class was very useful in helping me achieve my goal to pass the NC residential exam.”

-Michael A Rogers
Residential Contractor's
Exam Prep



Spotlight: Home-based Bakery with Jackie Green

LL **New** How to Operate a Home-based Bakery

Cultivate your delicious food products into a profitable business right in your own kitchen. North Carolina is one of only seven states which allows you to bake goods in your home and sell to the public for profit. From mouth-watering baked goods to delicious gourmet products, walk through the process and learn best practices for starting and managing your home-based bakery. You'll learn about NC Department of Agriculture compliance

regulations, kitchen inspection, food storage, kitchen safety and sanitation, and packaging and labeling requirements. You'll also cover start-up requirements, bookkeeping, pricing to sell, marketing, and advertising. Jackie Green, who successfully launched her home-based business into an incredible store front, will prove to you that you can own your own home-based bakery.

See page 47 to register online, by phone, or mail; call the Provider, Jackie Green, at 919-303-9305 for more information.

Reedy Crk MS 6:30-8:30 PM T
6/3-6/24 \$200

What people are saying...
“Nothing beats personal experience and knowledge. Jackie was patient and informative.”

-Jacquelyn Danner
How to Operate a Home-Based Bakery

Jackie Green is owner of Sweet Cheeks, Inc., a specialty bakery offering the highest quality, fresh, deliciously moist baked goods, pies, and pastries. She started as a ServSafe Certified chef baking right in her home after being laid off from a management position. Since then, Jackie has acquired a lovely storefront. If you have longed to start a home-based bakery, but don't know where to begin, then join Jackie. She will share her personal journey and the steps required to get started.



LL **New** Caribbean Cooking

Materials \$

Join Lakia to sizzle up something tantalizing in the kitchen. In this delicious, interactive cooking class, you'll enjoy a lively introduction to Caribbean cuisine. Dishes include Caribbean yam wrap with black beans, rasta pasta, baked herbed tilapia with a papaya mango salsa, Jamaican jerk chicken, Caribbean rice and peas, and steamed vegetables.

See page 47 to register online, by phone, or mail; call the Provider, Lakia Washington, at 919-423-9034 for more information.

Knightsdale HS 6:30-9:30 PM T
6/17 \$59

LL **New** Cheese Making for Beginners

Materials \$

Make fresh cheeses at home, including mozzarella, shkee, queso blanco, marcapone, and ricotta. Cultures, safety requirements, sourcing milk, pairings and more will also be covered in this dynamic and delicious class.

See page 47 to register online, by phone, or mail; call the Provider, Andrea I Smith, at 919-389-6332 for more information.

Reedy Crk MS 6:30-9:30 PM M
6/3-7/22 \$175

LL **New** Event Planning 101: From Conferences to Dinner Parties

See Career Skills, page 8.

Spotlight: Cooking with Cherisse

LL **New** Easy Mother's Day Brunch

Materials \$

Prepare a kid-friendly Mother's Day Brunch using fresh ingredients that can be prepared in advance and popped in the oven on Mother's Day. Menu: Pancetta Wrapped Asparagus, Mini Ricotta & Roasted Red Pepper Frittatas, Roast Shrimp Cocktail, Blueberry Lemon Scones, Family Friendly Mimosas.

See page 47 to register online, by phone, or mail; call the Provider, Foodamentally Sound, at 919-272-3827 for more information.

Sanderson HS	6:30-9:30 PM	M
	5/7	\$50

LL **New** Summer Fruit Desserts

Materials \$

Prepare a variety of desserts using popular summer fruits. Menu: Plum Olive Oil Cake with Orange Whipped Cream, Blueberry Crumb-top pie, Peach-Almond Cobbler, Lemon Panna Cotta with Raspberry Coulis.

See page 47 to register online, by phone, or mail; call the Provider, Foodamentally Sound, at 919-272-3827 for more information.

Sanderson HS	6:30-9:30 PM	M
	6/19	\$50

WT **New** Cooking Kids Favorites: Simplified and Unprocessed

Materials \$

As a childcare provider, you know how challenging it can be to prepare healthy foods that appeal to the children in your care. Learn menu planning, tips for preparing allergen-free foods, and simple ways to make delicious meals and snacks. Childcare providers, Au Pairs, and anyone interested in how to make some American favorites will benefit from this class.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM	M
121608	6/9-7/28	\$100

WT **Global Street Food**

Materials \$

Taste and learn about "street food" from around the world and how it reflects and inspires local culture and cuisine. Students will review the history and influences of particular regions as they learn cooking techniques and sample dishes. Students share food costs and provide supplies.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM	Th
121615	5/29-7/24	\$100

What people are saying...
 “Good taste, easy instruction, calm atmosphere.”

-Harold Stanton
 Global Street Foods



Spotlight: Baking with Wynton

LL Basics of Baking I

Join chef Mann, in this in-depth four-week course of the basics of baking. This participation class will focus on cakes, custards, pastry, plus tarts and pies. Learn the skills of creating pastry cream, angel food cake, crème Brule, fruit tart, chocolate éclairs just to name a few. Plus learn the complexities of chocolate and sugar. Food and materials included in price.

See page 47 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-840-8108 for more information.

Athens Dr HS	6:30-9:00 PM	M
	7/7-7/28	\$115

LL Basics of Cooking I

Learn the basics of cooking in this introductory hands-on course. In four weeks, these classes will provide clear and concise recipes for everyday cooking. The class focuses on simple techniques for easily cooking homemade dinners. Learn how to roast, pan-sear, stir-fry, make soups and simple sauces, bake from scratch, plus how to make fresh pasta. Learn to prepare wonderful meals. Food and materials included in price.

See page 47 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-840-8108 for more information.

Athens Dr HS	6:30-9:00 PM	W
	7/9-7/30	\$115

LL **New** Catering for the Home Chef

See Career Skills, page 7.

LL **New** Gardening for the Home Chef

See Decorating/Gardening page 25.

LL Knife Skills I

Knowing how to skillfully use knives is critical for cooks, yet many people have never mastered proper technique. In this class you'll learn to safely chop, julienne, chiffonade and slice to perfection-this will save you lots of time in your cooking! You will also learn proper care of your knife, sharpening and honing. You'll take home everything you cut up! Bring your own chef and paring knife or use those available in class.

See page 47 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-840-8108 for more information.

Athens Dr HS	6:30-9:00 PM	W
	5/21	\$45

Reedy Crk MS	6:30-9:00 PM	W
	6/11	\$45

Register Now!

A native of New York City, **Wynton Mann**, founder of Wynton's World educational programs is a chef, food writer, and cooking instructor with educational accomplishments in culinary arts and a master's degree in education. Chef Wynton studied Spanish language and culture abroad in Salamanca, Spain before spending nearly 10 years traveling to Spanish speaking countries enjoying the life, food and culture. Chef Wynton continues to influence the Triangle area with his passion for food, Spanish and Latin culture, and travel. He takes American students on study abroad trips to various Latin American countries, introducing the culture and flavors of Latin America.



What people are saying...
 “Chef Mann is very professional. I truly feel like I learned a skill that will serve me lifelong, thanks to Chef Mann.”

-Sam Vadla
 Basics of Cooking I

Spotlight: Parent and Teen Night Out with Wynton

LL **New Parent & Teen Night Out: Mama Mia**

We will make fresh homemade ravioli, three cheese filling, traditional marinara sauce, and delightful Nutella crisps. *One parent admitted free with teen registration.*

See page 47 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-840-8108 for more information.

Sanderson HS 6:30-9:00 PM T
7/22 \$58

LL **New Parent & Teen Night Out: Picnic in the Park**

We will make Bleu cheese burger Sliders with roasted potato wedges, fruit salsa with cinnamon chips and strawberry shortcake cupcakes. *One parent admitted free with teen registration.*

See page 47 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-840-8108 for more information.

Sanderson HS 6:30-9:00 PM T
7/8 \$58

LL **New Parent & Teen Night Out: The Art of Cupcakes**

This hands-on class will create banana nut cupcakes with maple buttercream frosting, gingerbread cupcakes with maple and ginger buttercream frosting, strawberry and cream cheese-stuffed chocolate cupcakes with chocolate cream cheese frosting, and tiramisù cupcakes with mascarpone frosting and chocolate-covered espresso beans. *One parent admitted free with teen registration.*

See page 47 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-840-8108 for more information.

Sanderson HS 6:30-9:00 PM T
7/29 \$58

LL **New Parent & Teen Night Out: Viva Latin America!**

We will make classic hard and soft tacos with various fillings and toppings all accompanied with chocolate cupcakes. *One parent admitted free with teen registration.*

See page 47 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-840-8108 for more information.

Sanderson HS 6:30-9:00 PM T
7/15 \$58

Does your teen share your passion for cooking? Then you'll both enjoy the Parent & Teen Night Out series. Featuring **hands-on cooking, chef demonstrations,** and **class recipes,** this class offers an unforgettable bonding experience for the two of you.

14+ welcome

“What people are saying...
Wynton was very patient and geared the class toward all skill levels.”

-Amy Duffus
My Mediterranean



LL **New Middle Eastern Cuisine**

Join us as we take a journey through the exotic world of Middle Eastern Cuisine. We will learn to prepare a variety of healthy and delicious appetizers, main dishes, salads, and desserts, and explore the regional and cultural origins of many of the staple foods of the region. We will take an in depth look at the spices and seasonings most commonly used in the Middle East, and discover local sources for many unusual ingredients.

See page 47 to register online, by phone, or mail; call the Provider, Andrea I Smith, at 919-389-6332 for more information.

Reedy Crk MS 6:30-9:30 PM W
6/4-7/23 \$150



LL **Russian Cuisine**

Materials \$

Learn how to cook the most popular dishes of Russian cuisine through instructor demonstrations and active participation. Prepare three to four flavorful recipes per class that include chicken, fish, pork, eggs, vegetables, fruit, milk, and sour cream. Savor favorites like Vareniki with potatoes, crepes with cream cheese and mushrooms, salmon salad, warm apple cake, chicken Kiev, chocolate 'drunk cherry' cake and so much more. Students share food costs.

See page 47 to register online, by phone, or mail; call the Provider, Nataliya Rice, at 919-605-4903 for more information.

Athens Dr HS 6:30-9:30 PM Th
6/5-7/24 \$100

LL **New ServSafe Certification**

Enjoy this preparatory course for food service certification. Gain an introduction to basic food safety including time and temperature control, FDA regulations, cross contamination, personal hygiene, and sanitation.

See page 47 to register online, by phone, or mail; call the Provider, Lakia Washington, at 919-423-9034 for more information.

Knightdale HS 6:30-9:30 PM WTh
6/11-6/26 \$207

WT **A Taste of Southern Cuisine**

Materials \$

Learn to prepare the "comfort foods" of the Southeast and learn their history and character. Find out what really distinguishes these dishes that so many have heard about and tried. Students share food costs and provide supplies.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Knightdale HS 6:30-9:30 PM T
121627 6/3-7/22 \$100

WT **Cooking with Summer's Bounty**

Materials \$

People often pass up opportunities to grow new or unusual vegetables or to buy them from the farmers' market because they don't know how to prepare them. This class will take some of the mystery out of those veggies of a different color and make meal time more exciting for vegetarians and meat lovers alike!

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

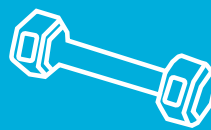
Sanderson HS 6:30-9:30 PM T
121622 5/20-6/24 \$100



What people are saying...
"Chef Brian is awesome and the recipes are very simple, but delicious."

-James Hayward
Cooking with
Summer's Bounty

Register Now!



Spotlight: Ballroom Dancing with Franca

LL Ballroom Dancing

This class is for the beginner with "two left feet" or no formal dance instruction. It covers Ballroom, Latin, and Swing dances. Learn how to use your feet and stand properly, covering essential elements to strengthen your ability to dance with various partners which is great for building confidence, having fun, getting exercise, making friends, and staying in time with the music! Taking this class may be the start of many years of lots of fun in dancing. Discover the possibilities. Note: \$10 discount for couples.

See page 47 to register online, by phone, or mail; call the Provider, Franca Luzzi, at 919-791-6825 for more information.

Athens Dr HS	7:30-8:30 PM	T
	6/3-8/3	\$100

Franca Luzzi has always had a passion for dance which began as a young child watching ballet on television. Her love of dance continued in middle and high school where she participated in a number of talent shows. In college, she took formal ballet and jazz instruction. She began her ballroom training in December 2009 and participated in her first Dancesport Competition in Las Vegas the following summer. Franca more recently participated in a competition at Myrtle Beach, consistently placing first place for her level and age group. She has

LL New Beginner Latin Dance

Tired of going to the night clubs and Salsa bars and not knowing what to do? Now is your chance to learn some basic steps, simple turns, and good techniques! This class will teach you the basic steps in Salsa, Merengue, and Bachata. Come out, learn, and have a blast dancing! Dress in comfortable clothes and shoes that you can easily turn in. Shoes should have less than a two-inch heel.

See page 47 to register online, by phone, or mail; call the Provider, Franca Luzzi, at 919-791-6825 for more information.

Athens Dr HS	7:30-9:00 PM	M
	6/2-7/14	\$100

also enjoyed participating in several showcases in the Triangle area. Franca began at A Step to Gold Ballroom Teachers College two years ago and has completed all 16 dances; she has passed the DVIDA Certification with honors.



LL New You Can Live In Health in an Unhealthy World

Get rid of illnesses and overweight challenges with ease! Meet Health and Wellness Consultant Monica in a one-on-one setting for your consultation and introductory approach to living healthier the holistic way. Session one will provide an opportunity for you to voice your concerns and goals. In session two, you will receive an executable plan developed specifically for you that aligns with your commitment level and current lifestyle. You'll be taught how to make realistic changes with regard to meal planning, grocery shopping, workout planning, and much more.

See page 47 to register online, by phone, or mail; call the Provider, Monica Bundy--Get Fit Stay Fit Too, at 919-792-8631 for more information.

Athens Dr HS	6:30-8:30 PM	M
	6/2-6/9	\$125
Athens Dr HS	6:30-8:30 PM	W
	6/4-6/11	\$125
Athens Dr HS	6:30-8:30 PM	M
	6/16-6/23	\$125
Athens Dr HS	6:30-8:30 PM	W
	6/18-6/25	\$125
Reedy Crk MS	6:30-8:30 PM	T
	7/1-7/8	\$125
Reedy Crk MS	6:30-8:30 PM	Th
	7/10-7/17	\$125
Reedy Crk MS	6:30-8:30 PM	T
	7/15-7/22	\$125

LL Self-Defense, Safety, and Awareness

See Personal Enrichment, page 37.





Decorating and Gardening

LL **New** Create a Farm in Your Backyard

Even if you have a very small space, you can grow an amazing amount of food for yourself, your family, and others. Learn to plan the space you have to optimize productivity, regardless of size. Cover organic grow methods, care, seed storage, sustainability, and organic soil fertility development. Learn the basics of small-scale livestock care of chickens and goats. Build a simple structure to catch rainwater and prolong your harvest well into winter. Join this class offered by Tim Sexton who has an amazingly productive farm on just 1/5 of an acre. Don't just dream about greater productivity and self-sufficiency, take the steps to make it happen.

See page 47 to register online, by phone, or mail; call the Provider, Tim Sexton, at 919-815-6601 for more information.

Millbrook HS 7:00-8:30 PM W
5/28-6/18 \$100

LL **New** Event Planning 101: From Conferences to Dinner Parties

See Career Skills, page 8.

LL **New** Gardening for the Home Chef

This course will offer you the basics of how to create a garden in your space, while also helping you prepare the soil, choose the right fertilizers, and prevent weeding troubles. Additionally, you will learn about organic gardening, as well as container gardening when space is limited.

See page 47 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-840-8108 for more information.

Athens Dr HS 6:30-9:00 PM W
5/21-6/11 \$100

WT Interior Design I

Let a designer show you how to organize your home and make it more beautiful considering space, flow, focal points, furniture, fabric, paint and papering, lighting, and accessories. Learn to measure, install, touch up and experiment with paint techniques. This class is for do-it-yourself homeowners and those who want to know more before hiring a professional, as well as those interested in the profession.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Sanderson HS 6:30-9:30 PM Th
122020 6/5-7/24 \$90

Register Now!



What people are saying...
“Ms. Goode was extremely knowledgeable. She is an expert in her field. She was awesome in conveying her knowledge to her students.”

-Sandra Spivey
Interior Design I

TEACH TODAY TO CHANGE TOMORROW

At Gardner-Webb University, we balance the pursuit of knowledge with a commitment to faith, empowering our students to impact the world. The School of Education will prepare you for professional challenges and responsibilities based upon Christian principles and values in both public and private school settings.



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GARDNER-WEBB UNIVERSITY
GRADUATE STUDIES



Earn Money Bringing Joy to Seniors for Fun and Profit

No more forgiving audience exists than the accepting audience of a senior living facility. Residents will show maximum gratitude for your hard work, providing you an opportunity to grow in your craft while earning an income.

Entertain

Entertainment for seniors runs the gamut: singing, acting, dancing, crafting, and more. To gain this audiences' adoration, you should be patient, humorous, and era-specific. To the last point, songs and vaudeville acts reminiscent of a senior's teen years will go over very well. Dancing to a modern hit can draw blank stares. As well, craft activities that are tedious or large may be met with disdain.



Connect

As a first step, you need to contact a nursing and rehabilitation activity coordinator. This person is in charge of scheduling entertainment at senior living facilities. Pay generally starts at \$35 per event and skyrockets from there. Plus, if you're especially talented, many activity coordinators will share the information with others in the industry, providing you additional opportunities.

Get started

To get started, Karen Raines, a celebrated senior living entertainer, will give you insider tips on facilities, contacts, and pay. Register for "Bring Joy to Seniors for Fun and Profit" on page 36. You'll have so much fun, you'll think the financial reward is just an added bonus.



Sign up today! Turn to page 36 to view the course details.



Medical Careers Outlook



Certified Nursing Assistants (CNA)



Medical Records Health Technicians



Phlebotomists

FEATURES



Certified Nursing Assistants (CNA)



Education: State certification through a test preparation course



Jobs: 1,500,000 and climbing



Outlook: 21% This is faster than the average occupation.



Pay: \$24,000 annually on average



Duties: CNAs meet the personal care needs of those in hospitals, rehabilitation centers, and assisted living facilities. With additional training, CNAs can go on to a variety of high paying medical careers.

To get started, take “Certified Nursing Assistants Level 1.” The class is available at Sanderson High School and Knightdale High School. This class will prepare you to pass the state examination to become a CNA.

Course details are located on page 7.



Medical Records Health Technicians



Education: No minimum education is mandated.



Jobs: 190,000 and climbing



Outlook: 22% This is faster than the average occupation.



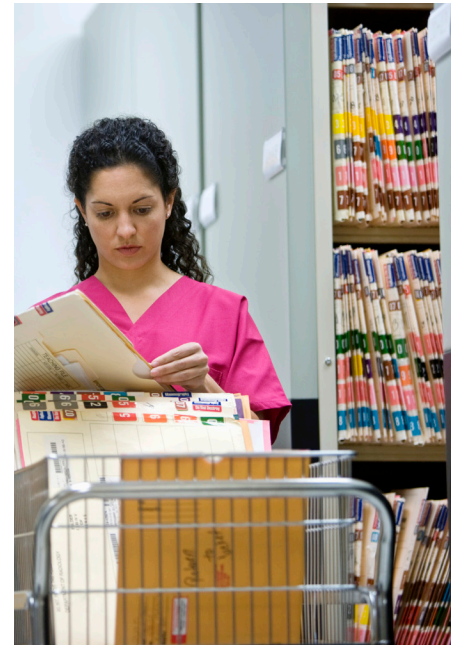
Pay: \$34,000 annually on average



Duties: Medical Records and Health Information Technicians organize and manage health information data, code patient procedures for insurance reimbursement, maintain a database of patient medical conditions and treatments.

To get started, register for “Medical Billing I and II,” “Medical Coding,” and “Medical Terminology.” Classes are available at Millbrook High School and Athens Drive High School. The best class to start with is medical billing.

Course details are located on pages 6, 9, and 10.



Phlebotomists



Education: CNA certification and phlebotomy training



Jobs: 100,000 and climbing



Outlook: 27% This is much faster than the average occupation.



Pay: \$30,000 annually on average



Duties: Phlebotomists draw blood for transfusions, tests, donations, and research. They provide recovery techniques to patients who respond poorly to blood drawing and explain the phlebotomy procedure.

To get started, register for “Phlebotomy Technician Training.”

Course details are located on page 10.





Adult ADHD —Coping, Thriving, Winning!

Many believe that only children have ADHD, but the fact of the matter is that ADHD is a genetic neurological wiring of the brain that continues with the child into adulthood. Issues of restlessness, impulsiveness, mood swings, disorganization, difficulty with task completion, relationship instability, and low stress management are hallmarks of this challenging condition.



Benefits

Still, there are benefits to ADHD that are often overlooked.

hyperfocus



Adults with ADHD can **hyperfocus** on a task they find rewarding. This high level of concentration allows them to achieve a great deal as they zoom in on the task or idea of interest.

athletic abilities



Adults with ADHD often have powerful **athletic abilities**. As vast stores of energy are characteristic of the condition, when that energy is hyperfocused on athletics, much can be achieved.

creativity



Since many with ADHD often have changing interest, they can quickly capitalize on what makes a particular subject more enjoyable, showcasing inventive reasoning to effect positive transformation.

leadership skills

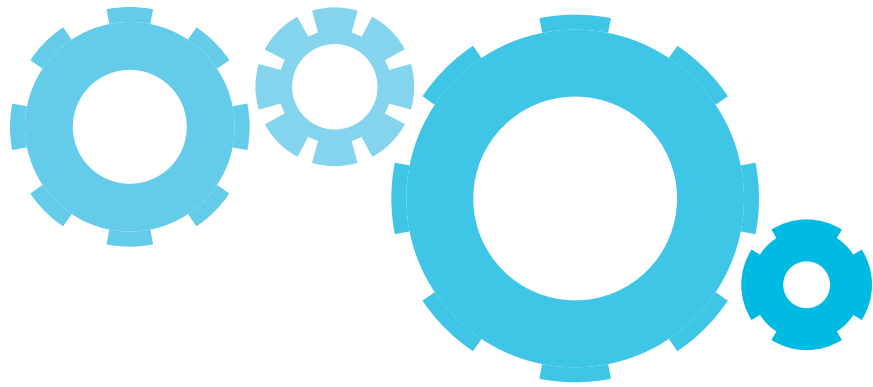


With high energy levels, creative ingenuity, an array of interests, and hyperfocus on what is particularly interesting, adults with ADHD can be strong leaders, solving problems and embracing challenges that others might avoid.

Treatment Strategies

Aside from medical treatments, there are changes that those with ADHD can make for richer life quality. Check out the 29 helpful strategies below. You'll be on your way to a better functioning life in no time.

- 1 Create an encouraging support system—connect with people who truly like you.
- 2 Channel high stimulus seeking needs into constructive interests.
- 3 Love and accept yourself.
- 4 Bring routine into your life and stick with it.
- 5 Get organized with lists, color-coding, reminders, notes, rituals, and files.
- 6 Find a career/hobby that capitalizes on your strengths.
- 7 Accept the inevitable failure of some ventures, commitments, and relationships.
- 8 Make deadlines and obey them.
- 9 Break down large goals into small tasks.
- 10 Do not procrastinate.
- 11 Take time to prioritize. Everything doesn't have to get done right now.
- 12 Don't create unnecessary obstacles to make life more stimulating.



- 13 Find out what conditions work best for maximum productivity and recreate those conditions, regardless of how odd they might seem to others.
- 14 Multi-task—It's better to get several things done at once than nothing done at all.
- 15 Build downtime into your routine.
- 16 Expect depression after a great success.
- 17 Recognize when you're emotionally "stuck" because of something that happened. If necessary, get help to stop obsessing over it.
- 18 Take note of how ADHD results in mistakes and mood swings. Label it, so you can forgive yourself and move on.
- 19 Take a time-out to calm down when you become over-stimulated.
- 20 Advocate for yourself. You are a valuable person.
- 21 See things through to completion.
- 22 When you succeed, take time to celebrate and remember it.
- 23 Hyperfocus on constructive interests.

- 24 Exercise.
- 25 Find a good life partner who will be a patient encourager.
- 26 Learn to laugh at yourself.
- 27 Schedule time with friends regularly.
- 28 Compliment others to see past yourself.
- 29 Get a life coach who understands your challenges and will help you wade through them.

The best coaches are often those with ADHD. Books can only say so much. It's those who share your struggles that can best relate and offer the best advice.

Next Steps

Dan Galloway, is a successful public speaker and life coach gifted with ADHD. Join his life-changing class "Adult ADHD—Embracing, Coping, Thriving" to help you find your path to success.

Turn to page 36 to register now.



WT ESL

ESL classes are for non-English speaking persons who want to improve their English speaking skills. ESL also offers students opportunities to increase reading, writing, and comprehension skills. Classes assist students in pre-employment preparation, community interaction, cultural enrichment, and professional advancement.

Call Wake Tech at 919-334-1501 for more information.

Athens Dr HS	6:30-9:30 PM	MTWTh	
	5/19-7/29		\$0
Millbrook HS	6:30-9:15 PM	MTWTh	
	5/19-7/29		\$0
Reedy Crk MS	6:30-9:30 PM	MTWTh	
	5/19-7/29		\$0

There is no charge for ESL Classes.

Call Wake Tech at 919-334-1501 for more information.

WT Expanding Reading and Vocabulary

Call Wake Tech at 919-334-1501 for more information.

Athens Dr HS	6:30-9:30 PM	MTWTh	
	5/19-7/29		\$0

WT The Road to TOEFL iBT

This course will help you develop the listening, speaking, reading, and writing skills necessary for success on the Test of English as a Foreign Language (TOEFL). You'll improve your speaking and writing competencies and complete exercises to sharpen the note-taking, summarizing, paraphrasing, outlining, and synthesizing skills necessary to get better scores on the TOEFL. Suggested text: *LONGMAN Preparation Course for the TOEFL TEST iBT 2.0* By Deborah Phillips, 2012 ISBN-13: 978-0-13-324800-5

Call Wake Tech at 919-866-5800 for more information.

Millbrook HS	6:30-9:00 PM	T	
122792	5/20-7/22		\$150



Spotlight: Debt Freedom with Tracy D.

LL **New** Get Your Money in Shape

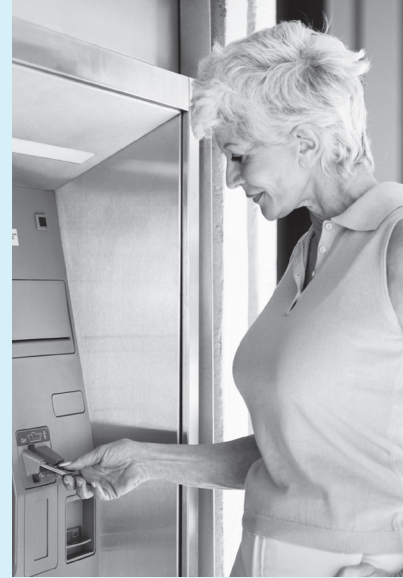
It's time to let your money work for you and gain control of the financial impact of your choices! Learn key tips for budgeting wisely, increasing your savings and improving your credit score while getting out of debt. You can plan and manage your finances to move towards true Financial Independence.

See page 47 to register online, by phone, or mail; call the Provider, Tracy P. Downing, at 919-349-6136 for more information.

Reedy Crk MS	6:30-9:30 PM	T
	5/20	\$48
Reedy Crk MS	6:30-9:30 PM	T
	6/3	\$48
Reedy Crk MS	6:30-9:30 PM	T
	6/17	\$48
Reedy Crk MS	6:30-9:30 PM	T
	7/1	\$48
Reedy Crk MS	6:30-9:30 PM	T
	7/15	\$48
Reedy Crk MS	6:30-9:30 PM	T
	7/29	\$48

What people are saying...
 “Tracy's financial literacy class has given me financial empowerment! She helped me have a whole new outlook in regards to my finances. Learning the simple budget plan has helped me to SEE my money. Learning about the importance of protecting my credit was mind changing. I was so excited about the information she provided that I have booked her to come and share with my church community this summer.

”
 -Nicole Armstrong
 Get Your Money in Shape



A 15-year accounting executive, Tracy's professional career includes being a Director of Budget Services at Durham Technical Community College to a Business Financial Analyst at Progress Energy. Tracy holds a masters in business administration and a bachelors in accounting. Her passion has always been training individuals to be great financial stewards. Join this life changing class to get your money in shape.



LL Basic Conversational Spanish I

Materials \$

This is a beginning course in Spanish which emphasizes oral communication in a variety of topics at a basic level. It covers only that grammar and structure absolutely necessary for speaking. The course is intended for students with no previous knowledge of the Spanish language. Focus is on the *present tense*. (Purchase of textbook required)

See page 47 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-840-8108 for more information.

Athens Dr HS	6:30-9:00 PM	M	
	6/2-7/14		\$100
Reedy Crk MS	6:30-9:00 PM	T	
	6/3-7/15		\$100
Sanderson HS	6:30-9:00 PM	W	
	6/4-7/16		\$100
Millbrook HS	6:30-9:00 PM	Th	
	6/5-7/17		\$100

LL Esperanto Language and Culture Pt 1

Materials \$

Want to learn a foreign language, but not sure which one? This course uses Esperanto, a living language with no irregular verbs, pronunciation, or spelling to establish a good basis for language acquisition. The course includes an introduction to Esperanto history, Internet resources, and growing global culture. Play games, sing, and surprise yourself with how quickly you start communicating in meaningful ways.

See page 47 to register online, by phone, or mail; call the Provider, Charles Mays, at 919-744-8003 for more information.

Athens Dr HS	6:30-9:00 PM	T	
	6/3-7/29		\$40

WT Arabic Beginning Part 1

This is a beginner's course covering the fundamentals of the Arabic language and focusing on how to read and write the language, grammar and syntax, and communication in Arabic.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	W	
122771	5/21-7/23		\$180

WT Basic Russian

This course is designed for those interested in a fun and friendly course that focuses on the practical use of the Russian language. For students at a basic level, the class will consist of conversational Russian in daily situations, from common workplace terminology to that used for ordering in restaurants, shopping, and enjoying vacation destinations.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Sanderson HS	6:30-9:00 PM	Th	
122782	5/22-7/24		\$150

WT Chinese Beginning Part 1

Materials \$

This is the first part in a series designed to develop conversational, reading, and writing skills. Each chapter is developed around a theme, emphasizing everyday life experiences, as well as presenting certain cultural aspects of the Chinese language. ext: *Chinese Link, Level 1/Part 1, 2nd ed.*

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	T	
122772	5/20-7/22		\$180

WT French Beginning Part 1

Materials \$

This is the first in a three-part series designed to develop conversational, reading, and writing skills. Each chapter is developed around a theme, emphasizing everyday life experiences, as well as, presenting certain cultural aspects of French-speaking areas. Text: *Chez Nous, 4th Ed.* by Valdmen, Pons, Scullen - book only.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM	Th	
122773	5/22-7/24		\$180

WT French Beginning Part 2

Materials \$ / Pre-Req

This is the second in a three-part series, designed to develop conversational, reading, and writing skills. Each chapter is developed around a theme, emphasizing everyday life experiences such as weather, geography, and ordering in restaurants. Prereq: French Part 1 or equivalent. Text: *Chez Nous, 4th ed.* by Valdmen, Pons, Scullen - book only.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	M	
122774	5/19-7/28		\$180
Reedy Crk MS	6:30-9:30 PM	T	
122775	5/20-7/22		\$180

WT French Beginning Part 3

Materials \$ / Pre-Req

This is the third in a three part series designed to develop conversational, reading, and writing skills. Each chapter is developed around a theme, emphasizing everyday life experiences and aspects of Francophone culture. Prereq: French Part 1, 2 or equivalent. Text: *Chez Nous, 4th ed.* by Valdmen, Pons, Scullen - book only.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM	W	
123107	5/21-7/23		\$180

WT French Conversation

Materials \$ / Pre-Req

This course is designed to introduce business personnel to the basics of conversational French. Emphasis is on the fundamentals of grammar as well as vocabulary, pronunciation, dialogue, and common expressions. Learn and practice conversational skills through reading, speaking, and listening activities and become familiar with French culture and history. Prereq: French 3 or equivalent experience.

Text: *French/English Visual Bilingual Dictionary* by DK Publishing.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Sanderson HS	6:30-9:30 PM	W
122776	5/21-7/23	\$150

WT Introduction to Korean

Materials \$

This is a beginner's course in the Korean language for students who have never studied Korean or do not remember what they have studied in the past. The course will concentrate on reading, writing, grammar, and syntax, as well as communication with native speakers. Text: *SoGang Korean 1A: Student Books with CD*.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Reedy Crk MS	6:30-9:00 PM	M
122778	5/19-7/28	\$150

WT Introduction to Korean Part 2

Materials \$

This is Part 2 of a beginner's course in the Korean language. Students should have completed Introduction to Korean Part 1 or have studied Korean for at least one semester. Part 2 concentrates on reading and writing the language, including grammar and syntax, and communicating with native speakers. Text: *SoGang Korean 1A: Student Books with CD*.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Reedy Crk MS	6:30-9:00 PM	Th
122780	5/22-7/24	\$150

WT Introduction to Portuguese

Materials \$

This beginning course is for students who have never studied Portuguese or have not retained knowledge from past study. Emphasis will be on reading and writing the language, grammar and syntax, and communication with native speakers. Text: *Portuguese in 10 Minutes a Day* by Kershul.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Athens Dr HS	6:30-9:00 PM	M
122781	5/19-7/28	\$160

WT Japanese Beginning

This course introduces students to basic spoken and written Japanese through work in pairs and small groups, with classroom opportunities to practice everyday Japanese in conversation. Students will also learn to recognize and to write hiragana, katakana, and some of the basic kanji (Japanese characters), with further practice in writing them.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	T
122777	5/20-7/22	\$200

WT Sign Language I Part A

Explore deaf culture and communication by learning American Sign Language. Lessons are based on everyday communication and include role-playing activities. Learn the ASL alphabet as well as common words and phrases.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	T
122730	5/13-7/1	\$95
Knightdale HS	6:30-9:30 PM	W
122731	5/14-7/2	\$95

WT Sign Language I Part C

Pre-Req

This course is for students with solid beginning-level skills in American Sign Language. The course introduces new functions and reviews those presented previously, developing them further using more complex language and situations. Prerequisites: Sign Language I Parts A and B.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	TTh
122736	6/5-7/24	\$95

WT Spanish for Beginners

Materials \$

A comfortably-paced introductory course for beginning students with no Spanish language experience. Text: *Spanish is Fun Book 1, 4th Ed.* by H. Wald.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Athens Dr HS	6:30-9:00 PM	T
122784	5/20-7/22	\$95
Millbrook HS	6:30-9:00 PM	W
122786	5/21-7/23	\$95
Sanderson HS	6:30-9:00 PM	Th
122787	5/22-7/24	\$95

WT Spanish for Beginners - Part 2

Materials \$ / Pre-Req

Part 2 of the 2-part series. Text: *Spanish is Fun Book 1, 4th Ed.* by H. Wald.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Athens Dr HS	6:30-9:30 PM	Th
122808	5/29-7/24	\$95

Register Now!



Spotlight: Fun and Profit with Karen

LL **New** Bring Joy to Seniors for Fun and Profit

Join this incredible three-hour seminar introducing an outlet for activities and entertainment at senior facilities. Pay is \$35-\$150 per hour for programs held most any time seven days a week. Vast market for singers/dancers/musicians; fitness trainers; arts and crafts; skill demonstrators; history, foreign cultures, and other topical lecturers; poetry/short story readers; aroma/pet therapists; and more. Instructor Karen Raines is a syndicated speaker at over a dozen senior facilities in the Triangle. Register for this fun and informative session.

See page 47 to register online, by phone, or mail; call the Provider, Senior Play List, Inc., at 919-954-9745 for more information.

Millbrook HS	6:30-9:30 PM	M
	7/7	\$59



Karen Raines, profiled in Raleigh's News and Observer, has appeared on WRAL-TV's "Tarheel Traveler," is the author of two poetry books, and has been a syndicated speaker for over a dozen senior facilities in the surrounding area. She has broadcast live on Triangle Radio Reading Service and has articles published in Wake Living, NC Builder magazines, Victoria magazine's Reader-to-Reader newsletter, and on Senior Kaboodle.com. Infusing each speech with equal parts wit, sensitivity and passion, whether it's of an inspirational nature, a glimpse into a past era, or a lesson in cat behavior, Karen's engaging manner captivates audiences. As the self-proclaimed "Punny Girl of Raleigh," her penchant for puns and corn (that's 'corn', with a 'c'!), and the ease with which she relates to audiences of all ages combines to create a light-hearted style she uses to deliver her message effectively and memorably.



LL **New** Adult ADHD—Coping, Embracing, Thriving

ADHD is gift wrapped in unique, complex packaging. This class looks at the dynamics of Adult ADHD, offers coping advice, sheds light on its positive attributes, and provides hope for those determined to fully embrace it and thrive. Instructor Dan Galloway brings a lifetime of firsthand experience, along with a humorous and inspiring angle to Adult ADHD.

See page 47 to register online, by phone, or mail; call the Provider, Dan Galloway, at 919-539-3907 for more information.

Sanderson HS	6:30-9:30 PM	W
	6/25	\$67
Sanderson HS	6:30-9:30 PM	Th
	7/24	\$67

LL **New** Couponing for Beginners: Find Great Deals and Save Money with Coupons

The savvy couponer can save 50% or more on brand-name items every time he/she shops. In this class, you will gain knowledge to coupon without it consuming your life, learn to create the couponers shopping list, understand the benefits of stockpiling, use coupons to obtain items for free, and find the best deals and the best coupons. Plus, learn how to stack deals with coupons and how to get free stuff from stores and manufacturers.

See page 47 to register online, by phone, or mail; call the Provider, Amanda DeSimone-Shabrack, at 203-892-8826 for more information.

Millbrook HS	7:00-9:00 PM	W
	7/16	\$29

Spotlight: Life coaching with Tracy Mac

LL **New** 30 Days to Living On Purpose

Your gift is what you do best with the least amount of effort. Think about it. Are you a natural people-person? Do words flow out of you from pen to paper to create something powerful and eloquent? Can you fix just about any machine known to man? Or is it something less obvious like organizing clutter? You won't be happy until you figure out who you are and start living it. Move from latency to fulfillment. Stop the cycle of day-to-day drudgery, no matter where you are in life right now. In this course, get a clear understanding of your life's purpose. You have dreams, and those dreams can move from images in your head to goals you achieve. You CAN enjoy the lifestyle you envision for yourself and your family. It starts with knowing who you are. Under the guidance of experienced life coach, Tracy Mac, become a force for success, greatness, balance, wealth, and power. Register today and begin living your life on purpose.

See page 47 to register online, by phone, or mail; call the Provider, Tracy McNeil, at 919-322-9615 for more information.

Knightsdale HS 6:30-8:30 PM M
6/9-6/30 \$125



“What people are saying... I am so glad to have coach TracyMac. Her help with self-discovery has changed my life.”

-Lashawna P.

The founder of TracyMac Coaching Services, **Tracy McNeil** is a 10-year certified life coach with a bachelors in behavioral sciences. She helps individuals reach fulfillment through spiritual, self, and personal development. Tracy also moves corporations beyond the mundane to advance their strategic mission. The author of *The Book of Purpose: The You Testament*, she reaches audiences with humor and a heartwarming spirit. Clients achieve breakthroughs evidenced in their success. Tracy says, "It's all about helping others discover, evolve, create, implement, and achieve!"

LL **New** Self-Defense, Safety, and Awareness

Protect yourself in any physical crisis without fear. Situational awareness, assault avoidance, de-escalation, prevention, escape techniques, and counterattacks will be covered in this power-packed seminar. With many years experience in martial art, Tae Kwon Do, Hapkido, and self-defense instruction, Sam Shelton will give you the confidence to take action in any situation. All are welcome to attend this class. Training methods will be tailored to the needs of students at every strength and ability level.

See page 47 to register online, by phone, or mail; call the Provider, Sam Shelton, at 336-302-2084 for more information.

Millbrook HS 7:00-9:00 PM T
6/3-6/24 \$200

LL **New** Vision Board Creation for Goal Setting and Beyond

Properly set goals for better outcomes and create a vision board to use as a visual reminder of goals you wish to fulfill. Amanda is a life coach who can help you take your life into the direction you've always dreamed of.

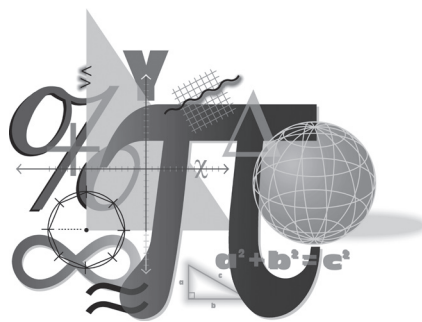
See page 47 to register online, by phone, or mail; call the Provider, Amanda DeSimone-Shabrack, at 203-892-8826 for more information.

Millbrook HS 7:00-9:00 PM M
115431 7/14 \$46



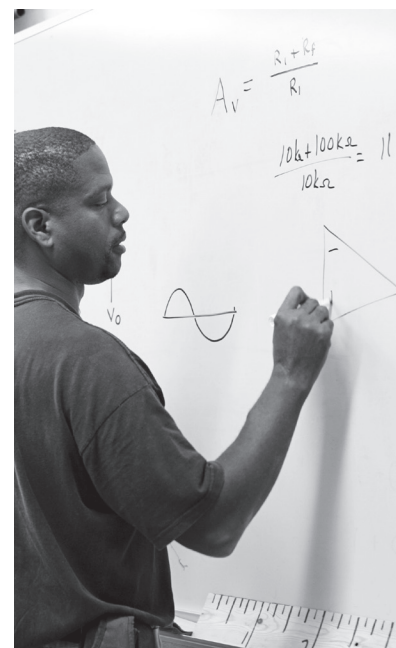
LL New You Can Pass College Algebra

Are you going back to school after having a few years off? Whether you're taking the class now and need additional support or are preparing in advance for success the first time around, this class is for you. Topics of exploration will include, but are not limited to, factoring, linear equations, volume and surface area, linear regressions, quadratic formula, exponential growth, graphing, matrices, and systems of linear equations. The first 45 minutes of each session, you will cover a particular topic. The final 45 minutes will be your opportunity to discuss your specific math questions for one-on-one help.



See page 47 to register online, by phone, or mail; call the Provider, Timothy Mangum, at 919-215-4329 for more information.

Sanderson HS 6:30-8:00 PM MW
6/23-7/23 \$65



Spotlight: Weight Loss with Beth

PERSONAL ENRICHMENT

LL New Does Weight Loss Have to Be So Hard?

Weight loss doesn't have to involve constant hunger, deprivation, and cravings. If you're counting calories and going hungry or trying to exercise away your extra weight with only temporary results at best, you could benefit by learning this approach to weight loss. In this workshop, you will learn the science behind why Americans are gaining more weight each year and how you can become one of the few people who is losing weight and keeping it off.

See page 47 to register online, by phone, or mail; call the Provider, Beth Secosky, at 919-828-8221 for more information.

Athens Dr HS 7:00-9:00 PM Th
5/29 \$28



Beth Secosky, a certified health coach, specializes in helping people overcome weight challenges, digestive conditions, autoimmune disorders, and more using natural strategies while avoiding medications. Her clients are losing weight without traditional dieting and overcoming a wide range of other health symptoms as well. They feel better, focus better, and look better. Plus, they're happier, too. Beth has a certificate of coaching from North Carolina State University. She is trained in a wide range of natural health strategies.

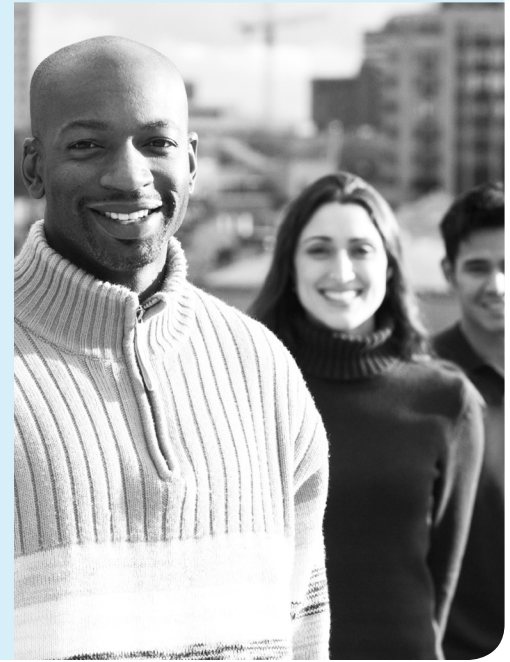
Spotlight: Wellness Coaching with Monica

LL **New** You Can Live In Health in an Unhealthy World

Get rid of illnesses and overweight challenges with ease! Session one will provide an opportunity for you to voice your concerns and goals. In session two, you will receive an executable plan developed specifically for you that aligns with your commitment level and current lifestyle. You'll be taught how to make realistic changes with regard to meal planning, grocery shopping, workout planning, and much more.

See page 47 to register online, by phone, or mail; call the Provider, Monica Bundy—Get Fit Stay Fit Too, at 919-792-8631 for more information.

Athens Drive HS	6:30-8:30 PM	M	
	6/2-6/9		\$125
Athens Drive HS	6:30-8:30 PM	W	
	6/4-6/11		\$125
Athens Drive HS	6:30-8:30 PM	M	
	6/16-6/23		\$125
Athens Drive HS	6:30-8:30 PM	W	
	6/18-6/25		\$125
Reedy Creek MS	6:30-8:30 PM	T	
	7/01-7/08		\$125
Reedy Creek MS	6:30-8:30 PM	Th	
	7/10-7/17		\$125
Reedy Creek MS	6:30-8:30 PM	T	
	7/15-7/22		\$125



More Fun Classes

LL **New** 10 Ways College Students and Recent Graduates Can Impress Employers

See Teens, page 43.

LL Create a Farm in Your Backyard

See Decorating and Gardening, page 25.

LL Event Planning 101: From Conferences to Dinner Parties

See Career Skills, page 8.

LL **New** For Parents—The Big Picture of ADHD

See Teacher CEU/Parenting, page 42.

LL How to Operate a Home-based Bakery

See Cooking, page 19.

LL **New** Job Skills for Career-Readiness

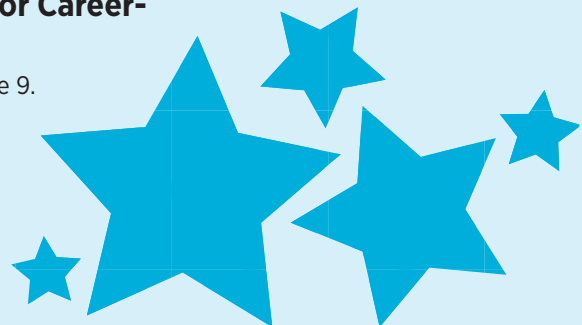
See Career Skills, page 9.

LL **New** Older Job Candidates—The Superhero Within!

See Career Skills, page 10.

LL You're on the Air...How to Really Make it in Voice-Overs

See Communications, page 13.





Spotlight: Photography with AI

WT Basic Digital Photography

Materials \$

New users of digital SLR cameras and those new to digital photography will learn how to use the digital camera's built-in features. The class covers fundamentals such as exposure techniques, manual settings, light meters, filters, and flashes. A digital SLR camera is required.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Knightdale HS 121992	6:30-9:30 PM 5/19-7/14	M \$90
Reedy Crk MS 121977	6:30-9:30 PM 5/21-7/9	W \$90
Millbrook HS 121983	6:30-9:30 PM 6/4-7/23	W \$90

WT Black & White Photography

Materials \$

Are photographs more powerful in black and white? This course provides some of the history of black-and-white photography and helps students learn what goes into the making of a good black-and-white photo. Students will take photographs and present them.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Millbrook HS 121576	6:30-9:30 PM 6/16-7/14	M \$75
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AI Gorham has over 30 years experience in photography. Mainly self-taught, he acquired a passion in childhood while working in a darkroom with his father.

AI teaches for Wake Technical Community College as well as privately for small groups and individuals. He as well works professionally capturing wedding and family portraits and indulges in landscape photography as a hobby.

With a solid background in software design and a passion for taking pictures, digital photography became a perfect fit for him.

AI says, "Each student receives my lifetime support in the use of their cameras and Photoshop. I consider it a privilege and a joy to work with so many students. Many become close friends as we share all things photography."



LL Digital Photos and Your Computer

See Computers, page 15.

WT Taking Photography on Location

Materials \$

Taking photography outdoors provides an excellent opportunity to take better pictures. You will practice nature, action, close-up, architecture, night, and travel shots. A digital SLR camera and a basic knowledge of camera settings and digital photography are required.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Reedy Crk MS 122005	6:30-9:30 PM 6/2-7/21	M \$95
Millbrook HS 121960	6:30-9:30 PM 6/3-7/22	T \$95



“What people are saying... I was looking to use my camera in a more purposeful, intentional and complete way. Jack taught us how to do that and then some. I grew creatively as well as technically.”

- Jennifer Trendrucz
Photography on Location

WT Sewing: Beginning I

Materials \$

Learn about pattern and fabric selection, fitting, and sewing techniques to make a simple article of clothing. Students supply materials.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Sanderson HS 122028	6:30-9:30 PM 5/20-7/8	T \$95
Athens Dr HS 123154	6:30-9:30 PM 5/27-7/15	T \$95

Register Now!



What people are saying...
 “Cassie Blackwelder is an attentive and easy-to-understand teacher. I like how she lets us sew on the first day to get our feet wet and comfortable with machines. Loved this class!

-Sarah Leigh
 Sewing: Beginning I



LL **New** Diagnostic Reading Strategies for the Classroom Teacher

The most critical initiative for our school system today is getting every child reading on grade level by third grade. Why by third grade? Because third grade reading scores are a major predictor of 12th grade graduation rates. If you have students who are struggling readers, you can and must learn effective strategies to help them. No matter their grade level, you can implement a diagnostic kit of proven ideas to catch them up quickly. In this class, Dr. Edris Ryan, a WCPSS Licensed Exceptional Children Administrator, will provide you a diagnostic reading kit, for all grade levels, along with the tools to facilitate speedy learning. Teachers and parents are encouraged to join this powerful class to empower struggling readers for success. Note: This class provides the required literacy credit as deemed necessary by the North Carolina Department of Public Instruction. CEUs=1.0

See page 47 to register online, by phone, or mail; call the Provider, Edris Ryan, at 919-665-8638 for more information.

Knightdale HS	6:30-9:00 PM	W
	5/21-6/11	\$75

What people are saying...
 “Very helpful for classroom use!”

- Kathy Dean Excel
 Introduction for Teachers

LL Excel Introduction for Teachers

Throw away your calculator! Learn to crunch numbers with Excel. Learn the basics of this powerful program to create gradebooks and lesson plans: formatting data, using formulas and functions, moving and copying data, and customizing and printing options. Work with multiple sheets and create graphs. Some experience with Windows and mouse required. Hands-on, instructor-led class. Text and data disk provided. CEU=1.0

See page 47 to register online, by phone, or mail; call the Provider, Computer Tutors, at 919-833-6739 for more information.

Millbrook HS	7:00-9:30 PM	TTh
	6/17-6/26	\$85

LL **New** For Parents—The Big Picture of ADHD NEW!

This energizing class, rich with information, is for parents whose children are gift wrapped in the unique packaging otherwise known as ADHD. In addition to a review of coping mechanisms, the class offers a close look at ADHD’s positive attributes, something that is typically smothered by negative controversy. Instructor Dan Galloway brings a lifetime of firsthand experience, along with an inspiring angle to the world of ADHD, clearly one of society’s hottest topics.

See page 47 to register online, by phone, or mail; call the Provider, Dan Galloway, at 919-539-3907 for more information.

Sanderson HS	6:30-9:30 PM	W
	6/18	\$67

Sanderson HS	6:30-9:30 PM	Th
	7/31	\$67

LL **New** The Counselor and The Dad: Get a College Education Through College Athletics

Join Counselor Karen Parker and an NCSU athlete’s dad in this highly informative session that will cover all you need to know to prepare your student athlete for college education and athletics. Scholarships abound for high school athletes of all varieties. Make college a win-win for your student athlete with tips from the insiders.

See page 47 to register online, by phone, or mail; call the Provider, Karen Parker, at 919-424-6339 for more information.

Athens Dr HS	6:30-8:30 PM	Th
	5/22	\$50

Knightdale HS	6:30-8:30 PM	Th
	6/5	\$50

Millbrook HS	6:30-8:30 PM	Th
	6/12	\$50

WT Dramatic Play to Enhance Child Learning

Through creative and fun dramatic play, parents and educators will learn to successfully use and adapt activities for their own families and students, whatever their ages. The capacity for cognitive development, critical thinking, and real-world problem-solving - practiced in well-crafted dramatic play settings - enhances children’s school performance, social interaction, and ability to engage successfully in new situations.

To register, visit continue.waketech.edu; call 919-866-5800 for more information.

Sanderson HS	6:30-8:30 PM	T
121587	5/20-7/22	\$90



LL **New** 10 Ways College Students and Recent Graduates Can Impress Employers

Excited about life after college? Looking forward to making a difference, but frustrated with the pace in which things are progressing in securing your first professional role? This class looks at 10 ways to get the attention of prospective employers. Instructor Dan Galloway has a diverse background and fresh perspective on the job market as a corporate recruiter, career coach, job candidate, and business owner.

See page 47 to register online, by phone, or mail; call the Provider, Dan Galloway, at 919-539-3907 for more information.

Sanderson HS	6:30-9:30 PM	W
	6/11	\$59
Sanderson HS	6:30-9:30 PM	Th
	7/17	\$59

LL **ACT Test Prep: Help, I Can't Finish the ACT!**

Earn higher ACT scores for college admissions and scholarship qualification. Through proven methods for test time management, you will maximize your score. Learn which questions to answer and how to increase your odds when you have to guess. An ACT study guide and other materials are included in the course cost. Cynthia Hemminger, a 30-year veteran math coach, will reveal to you the tips she's learned over the years that consistently work to help students improve their scores.

See page 47 to register online, by phone, or mail; call the Provider, Cynthia Hemminger, at 919-846-8891 for more information.

Sanderson HS	6:30-9:30 PM	W
	6/11	\$75

LL **New** Parent & Teen Night Out:

- **Mama Mia**
- **Picnic in the Park**
- **The Art of Cupcakes**
- **Viva Latin America!**

See Cooking, page 22.

LL **SAT Preparation**

Want to help your teens gain acceptance into the college of their choice? Sign them up for Educational Services Center's SAT Prep, where score increases average 150-300 points. This course is a 24-hour SAT test preparation covering the math and verbal skills required by the SAT Reasoning test, including essay writing and critical reading. Each three-hour class is divided equally between math and verbal sessions. The math session reviews basic mathematical concepts, basic and advanced algebra, and geometry. The verbal session includes sentence completion, reading comprehension, grammar, vocabulary building and essay writing. Test taking strategies are an integral part of the program. The fee includes all books and materials.

See page 47 to register online, by phone, or mail; call the Provider, Educational Services Center, at 609-953-4001 for more information.

Sanderson HS	6:30-9:30 PM	MTh
	7/7-7/31	\$395

LL **New** You Can Pass College Algebra

See Personal Enrichment, page 38.



“What people are saying... My daughter only took this SAT class, did great, and got into State. This class is cheaper than alternatives and really helps teens hone their testing skills. Now my son is taking the class.”

- Varaprasad Pandigunta
SAT Preparation

Sites and Directions



Athens Drive High School

1420 Athens Drive
Raleigh, NC 27606
Hours: 6:30-9:30 PM
Site Coordinator:
Krista McGivern
Days: Monday - Thursday
Phone: 919-854-1666
Email: kmcgivern@wcpss.net

Directions from North

Raleigh: Take I-440 to Melbourne exit. Turn left onto Melbourne from the exit. Turn right at stop sign onto Kaplan Drive. Turn left at the traffic light onto Athens Drive. The school is on the right; go in the first entrance.

Directions from Cary:

Take I-440 to Jones Franklin Road exit. Turn left onto Jones Franklin from the exit. Turn right at the traffic light onto Athens Drive. The school is one mile away on the right; go in the first entrance.



Knightdale High School

100 Bryan Chalk Lane
Knightdale, NC 27545
Site Coordinator:
Paulette Brooks and Anthony Byrd
Hours: 6:30-9:30 PM
Days: Monday - Thursday
Phone: 919-217-5350
Evening: 919-217-5411
Email: pbrooks@wcpss.net
abyrd2@wcpss.net

Directions from I-440: Take US 64 East to Knightdale. Turn left onto Smithfield Road. Go .9 miles, and immediately past Forestville Road Elementary School take a right onto Bryan Chalk Lane. Parking is straight ahead.

Directions from I-540 E: Take exit 20 for Buffalo Rd. Turn left onto Buffalo Rd (0.6mi). Turn right onto State Rd 2049/Forestville Rd (3.4mi). Turn left onto Horton Rd (0.5mi). Take a right onto Bryan Chalk Lane. Parking is straight ahead.



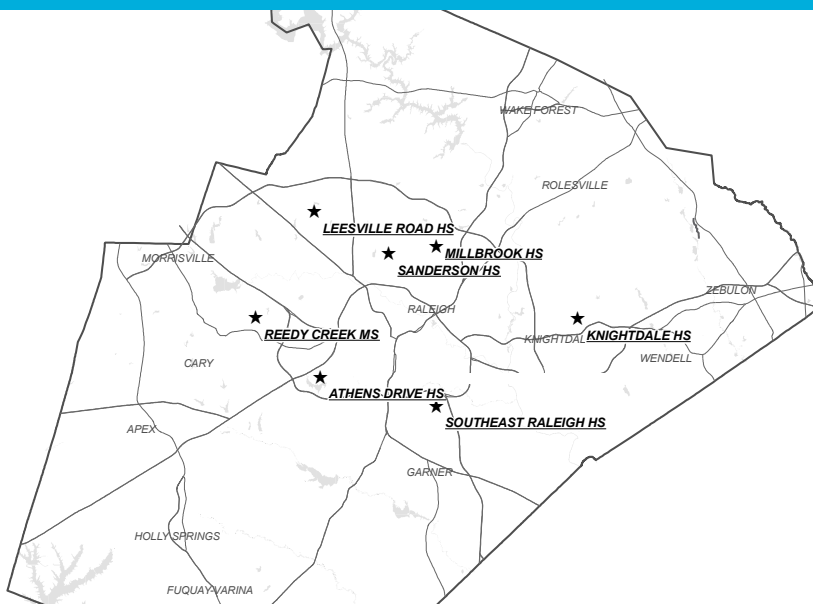
Millbrook High School

2201 Spring Forest Road
Raleigh, NC 27615
Site Coordinator:
Keith Lindsay and Renee Patterson
Hours: 6:30-9:30 PM
Days: Monday - Thursday
Phone: 919-850-8787
Evening: 919-850-8804
Email: wlindsay@wcpss.net
lpatterson@wcpss.net
Fax: 919-850-8803

Directions from I-440:

Take Wake Forest Road (which becomes Falls of Neuse Road) north for 3 miles. Turn right onto Spring Forest Road. The school is one mile on the left. Classes are held in the 200 building; follow sidewalk around the front of the school and it is on the left.

Directions from I-540: Take exit 16 for US-1 S toward Raleigh. Turn right onto U.S. 1 S/Capital Blvd (0.2mi). Take the 1st right onto Old Wake Forest Rd (1.1mi). Continue onto Dixie Forest Rd (0.2 mi). Turn right (0.2mi). Turn left (95ft). Millbrook HS on your left. Park in the main parking lot. Take the walk through to the Wildcat Academy Building and enter through the double doors.





Reedy Creek Middle School

930 Reedy Creek Road
Cary, NC 27513
Site Coordinator:
Ambika Persad and Jim Stewart
Hours: 6:30-9:30 PM
Days: Monday - Thursday
Phone: 919-460-3504
Email: jestewart@wcpss.net
apersad@wcpss.net
Fax: 919-460-3391

Directions from Cary:

From I-40 W, take the Harrison Avenue exit (#287) and turn left at the exit ramp light. Proceed to the stop light at Reedy Creek Road (this is the next stop light after the Cary Academy stoplight). Turn left onto Reedy Creek Road and proceed for .3 miles. Turn left at the sign for Reedy Creek Middle School. Reedy Creek Middle is the first school on this campus.

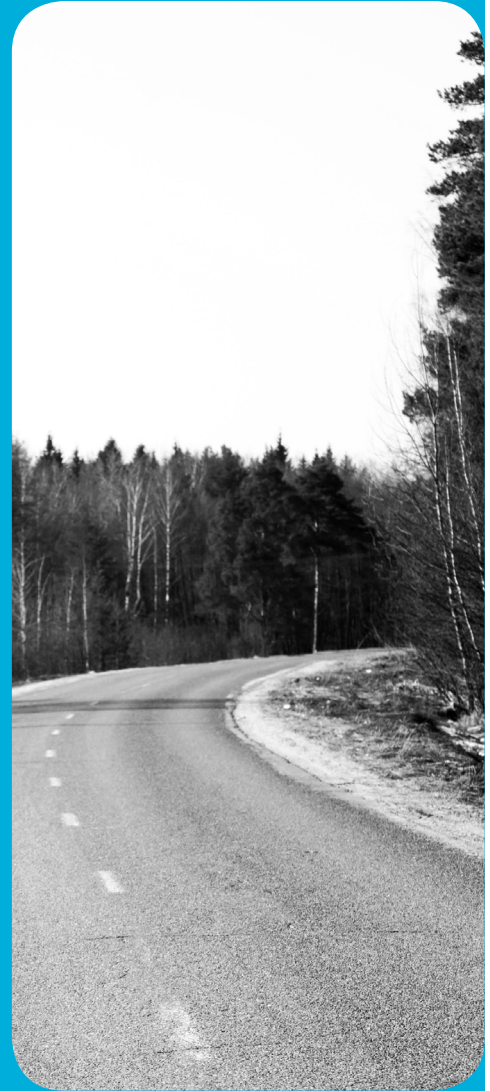


Sanderson High School

5500 Dixon Drive
Raleigh, NC 27609
Site Coordinator:
Debra Lassiter
Hours: 6:30-9:30 PM
Days: Monday - Thursday
Phone: 919-881-4805
Email: dlassiter1@wcpss.net
Fax: 919-881-5006

Directions from I-440: Take Six Forks Road north past North Hills shopping center for 1.5 miles. At the intersection with Millbrook Road turn left. Take a right onto Dixon Drive at the first traffic light. The school is 2 blocks ahead on your right.

Directions from I-540: Take exit 11 for Six Forks Road (4.1mi). Turn right onto W Millbrook Rd (0.5mi). Turn right onto Dixon Dr (331ft). Sanderson HS on your right. Park in the main parking lot and go up the stairs on ramp into the main entrance.



What is Community Schools?

Community Schools, a section of Community Services of Wake County Public School System in the Communications Division, is dedicated to maximizing the use of public school buildings during non-school hours. Lifelong Learning with Community Schools provides local residents with courses and activities that are educational, recreational, cultural, civic-oriented or social, in nature. Most of the courses in this program are designed for all people, ages 16 and older; any exceptions are noted. The goal of Community Schools is to meet the needs of each individual community at the neighborhood level. A catalog

containing Lifelong Learning with Community Schools courses is published three times a year.



Community Schools Staff

Linda Willcox
Director
Community Services

Natasha Moore
Lifelong Learning
Senior Administrator
Lifelong Learning with
Community Schools

Jenny McAllister
Community Schools Technician
Lifelong Learning with
Community Schools

Jan Ruede
Contractor
Lifelong Learning with
Community Schools

FAQS ?



Where is my class?

Room assignments for classes are posted visibly inside of the school on the first night of class. Site coordinators will greet and guide you. The schools open at 6:15 PM. Please arrive on campus after that time.

What is the age for attendees?

Unless otherwise noted, the courses are normally for anyone 16 or older. Classes for younger people will state so in the description.

Is childcare provided?

We regret that childcare is not available for the children of students of the Lifelong Learning program. Children and family members are not allowed on campus.

Are Teacher Continuing Education Units (CEUs) available?

All Wake Tech Continuing Education Courses offer Continuing Education Units (CEUs). However, for specific teacher-targeted courses, see the section labeled "Teacher CEU/Parent." "CEU" will be listed next to the course description. If you have a question regarding whether or not a class is appropriate for your certification, call DPI at 1-800-577-7994, or the Licensure Specialist with the NC Department of Public Instruction at 919-807-3310, extension 3. 100% attendance is required to receive teacher CEUs.



Where do I park?

Park in designated spaces for regular cars only. Do not park in a bus lot.

Is smoking allowed on campus?

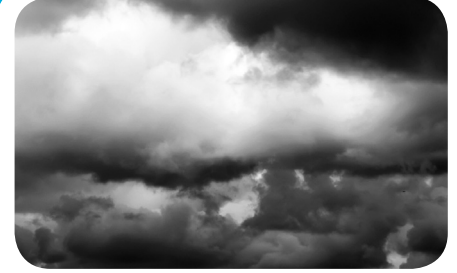
No. Smoking is not allowed on campus. All Wake County Public Schools' campuses are tobacco free! That includes cigarettes, chewing tobacco, and all other tobacco products.

What if my class is canceled?

How do I get my refund?

First, look at the course description to see if a Wake Tech phone number is listed below the course description. If it is, your refund will come from Wake Tech. Please call Wake Tech at 919-866-5800 for more information.

If the telephone number listed below the course description is not Wake Tech, it is up to the provider as to whether there are enough students to hold the class. If the instructor decides to cancel the class then your refund would come from that provider. Refunds are the responsibility of the provider; not Lifelong Learning with Community Schools. To avoid classes being canceled, it is best to register early.



What about inclement weather?

If a school is closed due to inclement weather, it will be posted on the Wake County Public Schools' website at <http://www.wcpss.net> and announced on local radio and television stations. It will be up to the providers to decide if and how they will make up the missed classes.

How do I learn more about a class I am interested in?

If you desire additional information on a course, please call the number that is listed below the course description. For general questions about the Lifelong Learning Program, call 919-431-7593 or send an email to lifelonglearning@wcpss.net.

Can I teach a course through Lifelong Learning?

Yes! We look for providers three times per year for fall, spring, and summer. Providers create their own courses and teach them. The provider decides the schools, dates, times, and fees for the class. For more information, send an email to nmoore3@wcpss.net or call 919-431-7594.

Can I register by 'walk-in' registration?

It is suggested that you always pre-register. However if you're unable to, call the provider and arrive at the class location at least 15 minutes prior to class. The fee must be paid at this time.

How to Register for Lifelong Learning Courses



Look for the symbol above next to the course. Use one of these methods to register:

Register Online

- Go to www.wcpss.net/adult-edu.
- Click the course category of interest.



Call

- Call Jan Ruede at 919-858-1735 to reserve your spot today!



Email

- Email lifelonglearning@wcpss.net



Walk-in

- Call Jan Ruede at 919-858-1735 to ensure the class will run.



Important

* Make checks payable on the first evening of a one-night class and by the second evening of a multi-night class to the provider listed in the course description where it says, "Call the Provider..."

* Some providers accept cash, debit/credit cards, or money orders only.



Adult Evening Education — Summer 2014



How to Register for Wake Tech Courses



Look for the symbol above next to the course. Use one of these methods to register:

Beneath the course description it states "To register visit <http://continue.waketech.edu>; call 919-866-5800 for more information."

You must register directly with Wake Technical Community College.

Use one of these methods to register:

Pay with Credit Card

- Register online at continue.waketech.edu
- Fax credit card form to 919-773-4788



Mail Check

Wake Tech Community College
Continuing Studies
9101 Fayetteville Rd
Raleigh NC 27603

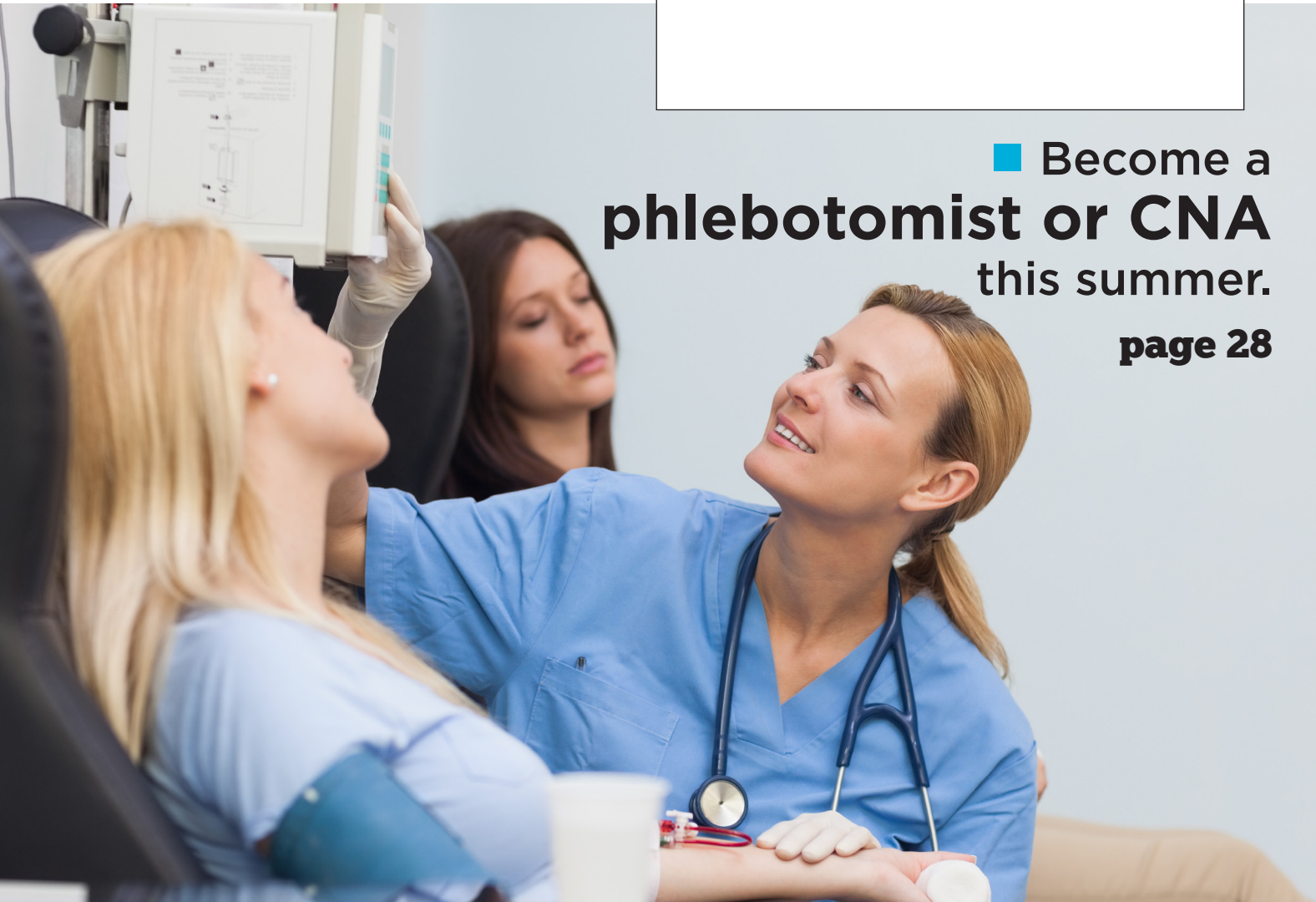
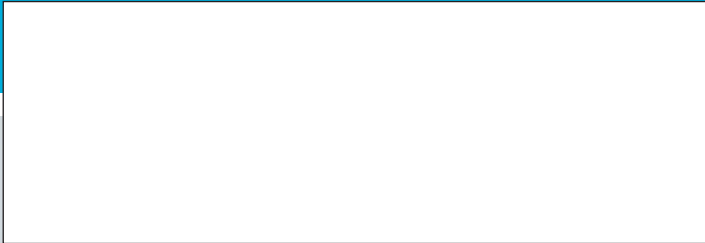




WAKE COUNTY
PUBLIC SCHOOL SYSTEM

COMMUNITY SERVICES
110 CORNING ROAD CROSSROADS II
CARY NC 27518-9927

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■ Become a
phlebotomist or CNA
this summer.
page 28

■ Connect with your
teen in parent-teen
cooking classes.
page 22

■ Dance the night
away in beginning
Latin dance.
page 24

■ Earn big money
bringing joy to
seniors.
page 27

919-858-1735

@WCPSSAdultEdu