

Adult Evening EDUCATION

2019 Spring Course Catalog

→ LEARN the benefits of becoming an NC Notary.

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→ Improve your public speaking skills, with STAND UP COMEDY.

page 15

→ CREATE floral cake designs like the professionals.

page 19

Register Now!

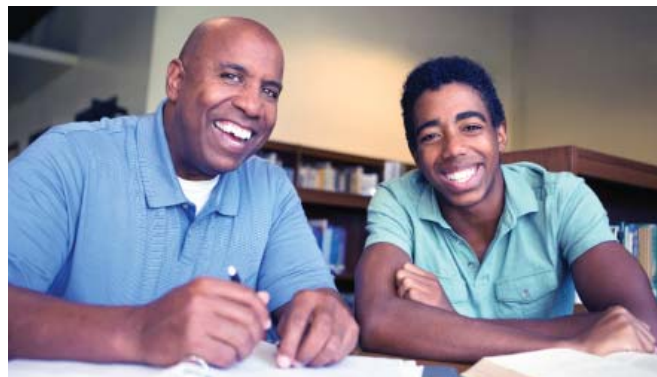
DISCOVER YOUR POTENTIAL

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 (AEE)* catalog published three times per year (fall, spring, and summer) available online, 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!



IMPROVE your grades with
High School Tutoring. 35

Lifelong Learning Program Calendar

Spring 2019 Semester:

Monday-Thursday,
January 3-May 9

Holidays:

January 21 Martin Luther King Day



Provider Spotlight—
Natalie Hill 14



Site Coordinator
Spotlight—Jason Viens 36

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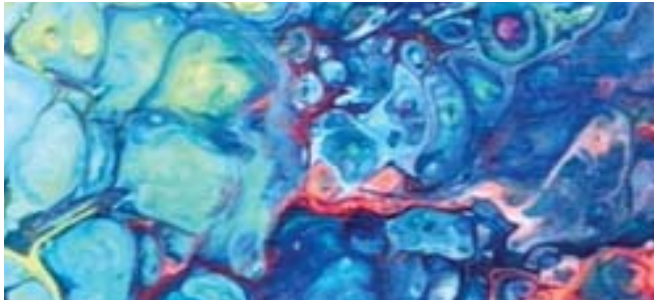
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Experience ONLINE CLASSES 22



New Acrylic Pouring

Materials \$

Explore the relatively new technique of acrylic pouring. Learn through demonstration followed by hands-on practice. No artistic talent is needed, just an interest in trying something new with paint and color! The artists will take their painting(s) home accompanied by a cheat sheet for home use.

See page 39 to register online, by phone, or mail; call the Provider, Linda Long, at 704-214-6676 for more information.

Sanderson HS | 6:30-8:30 PM | Th | 1/10 | \$50



New Alcohol Inks on Canvas

Materials \$

Energize your creative spirit through a colorful medium of alcohol inks. Explore color and layout while using inks on small canvases working your way up to larger pieces. All skill levels are welcome. A supply list will be provided once enrolled.

See page 39 to register online, by phone, or mail; call the Provider, Artful JEM, L.L.C., at 919-323-6971 for more information.

Fuquay Varina MS | 7:00-9:00 PM | Th | 3/28-4/11 | \$92

Sanderson HS | 7:00-9:00 PM | Th | 4/25-5/9 | \$92



Jenny McAllister loves to create through a variety of mediums including graphic design, videography, photography, paper, drawing, and painting. She enjoys sharing her joy and passion for art to help inspire the creativity in others.

Watercolor Painting with Ryan



Continuing Watercolor

Materials \$

Explore watercolor painting techniques and learning about composition and color through a variety of subject matter. If you have learned the fundamentals of watercolor painting and want to take them to the next level JOIN this fun and supportive environment. Led by the instructor, students will work on three paintings in the six-week course. Taught by an American Watercolor Society signature member and nationally award-winning painter Ryan Fox.

See page 39 to register online, by phone, or mail; call the Provider, Ryan Fox Painting, at 919-645-8345 for more information.

Sanderson HS | 6:30-9:00 PM | T | 1/29-3/5 | \$125



Ryan Fox is a renowned watercolorist with works displayed throughout North Carolina and beyond. He teaches at several locations, including Jerry's Artarama in Raleigh. His award winning watercolor paintings have appeared in the Adirondacks National

Exhibition of American Watercolors, American Watercolor Society, Watercolor Society of North Carolina, Pittsburgh Watercolor Society, and Illinois Watercolor Society shows. His work has been featured in *Splash 15* and *Splash 16* hardcover books published by F+W Media. Join Ryan to unlock the mystery of making beautifully layered watercolor paintings.



Oil Painting with Marcelle

Classical Oil Painting Techniques

Materials \$

Want to take your oil painting skills to another level or learn to paint people, realistic pets, still-life? These are timeless techniques that you will use in many other painting styles. Students will learn how to accurately draw their subject, other drawing techniques, painting backgrounds and clothing, folds and mixing, and applying an under-painting and flesh palettes. Also covered are glazing techniques and much more. Students may bring their own 8 x 10 photograph or choose one provided by the instructor.

See page 39 to register online, by phone, or mail; call the Provider, Marcelle Hooks, at 919-906-2636 for more information.

Sanderson HS | 6:30-9:30 PM | T | 1/8-2/26 | \$135



Marcelle Hooks, a 20-year veteran artist and instructor in Raleigh, NC, celebrates art of all kinds with a concentration in oil figure and portraiture.

She began her formal art education at Meredith College, studying under nationally acclaimed artists as Frank Covino, Daniel Greene, Ben Konis, Mary Whyte, Rick McClure, William Jameson, and James Sulkowski. Today, her work appears in private collections in both the United States and abroad.

Register Today!

Painting Depth and Light in Landscapes

Materials \$

Learn techniques in painting light and depth in landscapes by using the six basic principles: warm and cool colors, size, overlapping, edges, values, and intensity. This class will help students who find color mixing confusing and challenging. We will learn the basics of color mixing, how to mix the many shades of green, blocking in color, painting water, trees, clouds, and much more. Students must have supplies to begin this class. Acrylics or oils welcome. All levels welcome.

See page 39 to register online, by phone, or mail; call the Provider, Marcelle Hooks, at 919-906-2636 for more information.

Sanderson HS | 6:30-9:30 PM | T | 4/2-5/7 | \$125

Painting Flowers and Still Life in Oils or Acrylic

Materials \$

Whether you're a beginner or you want to expand your skills of oil or acrylic painting of flowers, fruit, or still-life, this class is for you. You will learn fundamentals of blocking in, use of color to recede or advance objects, the finer points of good composition, color mixing, how to select a background, seeing values, and much more. Bring your own photos (8 x 10) to paint from or choose a photo from those provided by the instructor.

See page 39 to register online, by phone, or mail; call the Provider, Marcelle Hooks, at 919-906-2636 for more information.

Sanderson HS | 6:30-9:30 PM | T | 3/5-3/26 | \$115



Calligraphy with Jessica

Calligraphy 101

Materials \$

This 12-hour beginner's calligraphy class will cover three lettering styles—Italic, Uncial, and Copperplate. Explore the history of letter styles, how to care and adjust the penholder, as well as exercises, instructions, and practice sheets. Cover each letter group and discuss letter formations and variations. Practice pen and nib control. Discuss paper, ink, and overall construction of words. This class, taught by calligrapher Jessica Yee, will give you an engaging introduction to the beautiful vintage art of calligraphy. Register early. This class fills up fast. Overflow students will be waitlisted for the next session. Contact the provider for a supply list.

See page 39 to register online, by phone, or mail; call the Provider, The Oblique Pen, at 919-650-3135 for more information.

Athens Dr HS | 6:30-8:30 PM | T | 4/2-5/7 | \$135

New Calligraphy 102

Materials \$

This 12-hour beginner's calligraphy class will cover three lettering styles, Blackletter, Carolingian, and Roman. The class will give you a history of letter styles, how to care and adjust the penholder, as well as exercises, instructions, and practice sheets. Cover each letter group and discuss letter formations and variations. Practice pen and nib control. Discuss paper, ink, and overall construction of words. This class, taught by calligrapher Jessica Yee, will give you an engaging introduction to the beautiful vintage art of calligraphy. Register early. This class fills up fast. Overflow students will be waitlisted for the next session. Supply kits can be purchased at http://www.johnnealbooks.com/prod_detail_list/jessica-yee. Please select your kit based on the class title.

See page 39 to register online, by phone, or mail; call the Provider, The Oblique Pen, at 919-650-3135 for more information.

Fuquay Varina MS | 6:30-8:30 PM | Th | 2/14-3/21 | \$135

Copperplate Calligraphy

Materials \$

Enroll in Copperplate calligraphy and you will learn the history of letter styles, how to care for and adjust the penholder, as well as exercises, instructions, and practice sheets. Cover each letter group and discuss letter formations and variations. Practice pen and nib control. Discuss paper, ink, and overall construction of words. This class, taught by calligrapher Jessica Yee, will give you an engaging introduction to the beautiful vintage art of calligraphy. Register early. This class fills up fast. Overflow students will be waitlisted for the next session. Contact the provider for a supply list.

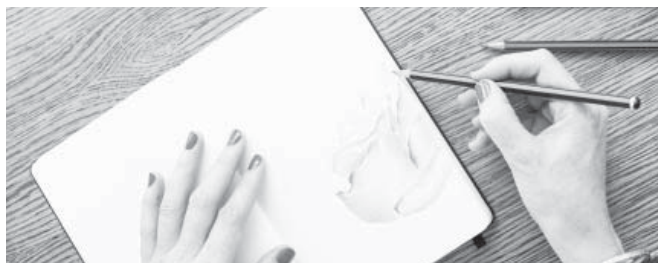
See page 39 to register online, by phone, or mail; call the Provider, The Oblique Pen, at 919-650-3135 for more information.

Sanderson HS | 6:30-8:30 PM | T | 2/12-3/19 | \$135



Jessica Yee spends her days writing, but she is not a writer. The locally renowned calligrapher puts pen to paper masterfully spelling out names and addresses; honing her technique; and experimenting with new letter art. Jessica began studying the lettering arts thirty years ago, learning from some of the premier calligraphers and letter artists of the world. The founder of the Oblique Pen finds beauty in letters and how they are created. Jessica loves the elegant smooth and fluid scripts that a pointed pen creates. Moreover, she enjoys meeting and working with clients, sharing in their poignant moments while bringing art to life. When the married mother of four is not busy creating an artistic expression of a wonderful occasion, Jessica is heavily involved in serving the arts locally.

Drawing with Katie



New Drawing 101: Essentials

Materials \$

Did you know that you can draw? Everyone has the potential to be a great artist, all you need is to find your style! Learn the basic elements of drawing that can be applied to any art you want to create. Explore how to consider linework, composition, light, color, and more to make appealing drawings. Whether you want to draw realistic portraits, impressive landscapes, or fantastical comics, with either traditional or digital techniques, these principles will be essential. If you already draw regularly and want to improve, or if you're a total beginner, this class is for you!

See page 39 to register online, by phone, or mail; call the Provider, Katie Finan, at 919-345-3975 for more information.

Leesville HS | 6:30-8:30 PM | M | 1/28-3/4 | \$135

Katie Finan has been a self-taught artist since she could hold a crayon. She loves using bright, bold colors in her work, and enjoys watching her art improve from year to year. In her free time, she enjoys drawing, reading, playing video games, and spending time with her husband and their cat, Eevee.

Soapmaking with Carolyn



Handcrafted Soap

Materials \$

Creating beautiful soap is much easier than you think! Carolyn Zahnow, owner of Shore Soap, will lead you through the steps of making handcrafted soap. You will use soap bases to create various shapes. You'll also add colorant (mica is preferred) for colors and fragrance and/or essential oils to fragrance your soap. All materials are included in the course cost. Leave with two soaps which you 'designed.'

See page 39 to register online, by phone, or mail; call the Provider, Shore Soap, at 919-368-6286 for more information.

Wake Forest HS | 6:30-8:15 PM | T | 1/17 | \$38

Sanderson HS | 6:30-8:15 PM | T | 4/2 | \$38

Memory Books with Billy

Memory Books 101

Materials \$

Make collaborative memory books to honor, remember, celebrate, or appreciate someone. Through class instruction, individual exercises, and reflection, select a theme, decide on the content, and collect contributions from friends and family. Finish the book in class with heartwarming results to give as a treasured, lifetime gift.

See page 39 to register online, by phone, or mail; call the Provider, Memory Books, LLC, at 919-632-9416 for more information.

Sanderson HS | 7:15-8:30 PM | T | 4/2-5/7 | \$47



Billy Dibbert created a memory book about his Dad who was killed in Vietnam. The letters and pictures from family and friends brought his Dad back to life. Now he is passionate about helping others make these timeless treasures to honor their loved ones, living or deceased.

Military Memory Books 102

Materials \$

Imagine creating a collaborative memory book to honor, remember, celebrate, or appreciate someone special who has or is currently serving in the military, living or deceased. Through class instruction, individual exercises, and reflection, select a theme, decide on the content, and collect contributions from friends and family. Finish the book in class with heartwarming results to give as a treasured lifetime gift.

See page 39 to register online, by phone, or mail; call the Provider, Memory Books, LLC, at 919-632-9416 for more information.

Sanderson HS | 7:15-8:30 PM | W | 4/3-5/8 | \$47



Discover the Benefits of Becoming an NC Notary



Why would I become a notary?

You can enhance your professional career, serve the public as a trusted public official, and earn additional income. Notaries work in a variety of professions including court reporters, paralegals, attorneys, mobile notaries, bankers, and increasingly as signing agents within the mortgage industry.

What do NC Notaries do?

Notaries witness signatures on a variety of high value and important business and professional documents. Some specific tasks include administering oaths and affirmations related to affidavits, taking acknowledgments, inventorying abandoned safe deposit boxes, and notarizing absentee voter ballots.

Steps to becoming a notary:

STEP 1: Purchase the "2016 North Carolina Notary Public Manual."

STEP 2: Take a 6-hour notary course.
(These include the classes shown on the right)

STEP 3: Pass the final exam with at least 80%.

STEP 4: Submit a notarized application along with a \$50 fee.

STEP 5: Take the Oath of Office at the Register of Deeds office.

STEP 6: Obtain a notary seal and a notary journal.

Watch this video for more details:
https://sosnc.gov/divisions/notary/become_a_notary

What advice would benefit a newly licensed NC Notary?

Notaries have a statutory responsibility to protect the public from fraud and forgery and are often the last line of defense against document fraud. Notaries must follow the notary law to the letter without relying on their unauthorized independent judgment.

New Notary Public Education

Learn to perform the five notarial acts authorized in North Carolina including acknowledgments, oath and affirmations, verification's and proofs, inventorying abandoned safe deposit boxes, and notarizing voter absentee ballots. This course is designed to equip you to take and pass the notary public examination and prepare you to serve the public with a high degree of professionalism as a notary public. Review the NC Notary website to ensure eligibility and requirements for the class. Requirements: a current state or federal picture identification and prior book purchase of 'North Carolina Notary Public Manual, 2016' ISBN: 9781560118510. Prepay for class with credit or debit card via PayPal: https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=JS338K62NCNCW

See page 39 to register online (see above), by phone, or mail; call the Provider, Xpert Notary Instruction, at 919-633-0844 or email Xpertnotary@gmail.com for more information.

All courses are taught by North Carolina Certified Notary Public Instructors.

- Sanderson HS | 6:30-9:30 PM | MT | 1/7-1/8 | \$75
- Athens Dr HS | 6:30-9:30 PM | MT | 1/14-1/15 | \$75
- Millbrook HS | 6:30-9:30 PM | WTh | 1/16-1/17 | \$75
- Reedy Crk MS | 6:30-9:30 PM | TTh | 1/22-1/24 | \$75
- Wake Forest HS | 6:30-9:30 PM | TTh | 1/29-1/31 | \$75
- Athens Dr HS | 6:30-9:30 PM | MW | 2/4-2/6 | \$75
- Millbrook HS | 6:30-9:30 PM | MT | 2/11-2/12 | \$75
- Reedy Crk MS | 6:30-9:30 PM | WTh | 2/20-2/21 | \$75
- Wake Forest HS | 6:30-9:30 PM | TTh | 2/26-2/28 | \$75
- Sanderson HS | 6:30-9:30 PM | MT | 3/4-3/5 | \$75
- Athens Dr HS | 6:30-9:30 PM | MW | 3/11-3/13 | \$75
- Millbrook HS | 6:30-9:30 PM | TTh | 3/19-3/21 | \$75
- Reedy Crk MS | 6:30-9:30 PM | TTh | 3/26-3/28 | \$75
- Wake Forest HS | 6:30-9:30 PM | TTh | 4/2-4/4 | \$75
- Sanderson HS | 6:30-9:30 PM | MT | 4/8-4/9 | \$75
- Athens Dr HS | 6:30-9:30 PM | WTh | 4/10-4/11 | \$75
- Millbrook HS | 6:30-9:30 PM | WTh | 4/24-4/25 | \$75
- Reedy Crk MS | 6:30-9:30 PM | MT | 4/29-4/30 | \$75
- Sanderson HS | 6:30-9:30 PM | WTh | 5/1-5/2 | \$75
- Athens Dr HS | 6:30-9:30 PM | MW | 5/6-5/8 | \$75
- Wake Forest HS | 6:30-9:30 PM | TTh | 5/7-5/9 | \$75



I Want to Teach English to Students in China

Want to earn extra money by teaching one-on-one online full-immersion English classes based on the US Common Core State Standards to students in China? If you are eligible to work in the US or Canada, have a bachelor's degree in any field, one school year of traditional teaching experience or the equivalent in mentoring, tutoring, or alternative education, and have a computer with good internet access you could earn an additional \$14-\$24/hour. This opportunity is ideal for teachers, recent college graduates, entrepreneurs, stay at home moms, or digital nomads.

See page 39 to register online, by phone, or mail; call the Provider, TooMuchTV, at 919-744-4388 for more information.

Millbrook HS | 6:30-8:00 PM | Th | 1/24-2/7 | \$175

Medical Office Administration

Our Medical Office Assistant program curriculum prepares you for working in a medical office setting by introducing you to essential topics like medical terminology, laws and ethics, medical office administration skills, records management, coding, and billing. Lessons also touch on basic clinical procedures, patient relations, and provider involvement.

See page 39 to register online, by phone, or mail; call the Provider, Brittney Stone, at 919-444-9595 for more information.

Athens Dr HS | 6:30-8:30 PM | W | 1/9-3/6 | \$150



Brittney Stone is a North Carolina native with over 10 years of experience in the healthcare industry. She attended the University of North Carolina at Greensboro and Colorado Technical University. With a passion for healthcare management and leading others, she finds joy in being able to share her wealth of knowledge with students who are eager and willing to learn a new industry.

How to Operate A Home-Based Bakery Micro Course

See Cooking, page 18.

New Teach English Online from Home

Learn about a rewarding supplemental income opportunity to teach English to Chinese students. You do not have to be a formal educator to be eligible. As long as you can legally work in the US or Canada, have earned a Bachelor's degree (in any subject), and have a computer with stable internet connection and clear audio/video capacity, you are eligible! No lesson planning, great support staff, and small class sizes (1 to 4 students). This 2-hour workshop will provide you with an overview of the plethora of competing companies currently hiring, the information you need to prepare a successful application, as well as insider tips about the industry.

See page 39 to register online, by phone, or mail; call the Provider, Susan Mosher, at 919-552-9343 for more information.

Athens Dr HS | 6:45-8:45 PM | W | 3/20 | \$60

New Understanding the Music Business, Really

Follow your dream into the music industry! Explore the various ways to make money with your music by first understanding how money is made in the industry. Details covered include tagging music, copyrights, encoding, performance rights organizations, and collaborating with others to develop that masterpiece. Components also include the power of music in our lives, structure of music, music hooks, and the art of song composition. Students are encouraged to share songs they have created, any song concepts, and their music goals.

See page 39 to register online, by phone, or mail; call the Provider, Wendy Elston-Davis, at 919-649-3697 for more information.

Sanderson HS | 7:00-8:30 PM | W | 1/16-1/30 | \$55



Wendy Elston Davis has written and licensed independent music projects for over 20 years. She started with contracting project remixes of her indie songs for DJ's. The unique marketing approach created licensing deals. A few years ago she started sharing her knowledge through Meetup groups, short classes, and workshops designed to empower the next generation of music professionals.

Register Today!



Become a Leader with Shere

An Introduction to Project Management

Expand your professional skills and gain an introduction to project management. Better than a project management boot camp, explore the project life-cycle as well as the organization and role of the project team in detail. Learn from this results-driven, detailed instructor, step-by-step what's involved in no-fail project management.

See page 39 to register online, by phone, or mail; call the Provider, Shere McClamb, at 919-437-3646 for more information.

Millbrook HS | 6:30-9:00 PM | TTh | 1/22-1/31 | \$100

Millbrook HS | 6:30-9:00 PM | TTh | 2/5-2/14 | \$100

New Project Management for Administrators

As administrators, it is important to expand your professional skills to include being an integral part of a project. This course explores the project life-cycle as well as your role as the business owner and project coordinator. Learn from this results-driven, detailed instructor, step-by-step what's involved in no-fail project management.

See page 39 to register online, by phone, or mail; call the Provider, Shere McClamb, at 919-437-3646 for more information.

Millbrook HS | 6:30-9:00 PM | MW | 1/21-1/30 | \$100

New Myers-Briggs Type Indicator® & Project Management

Improve your project management skills by understanding yourself and how you work. Learn exactly what a project is and how it fits into the other work on your plate and your organization. You will be introduced to Project Management and the role and responsibilities of the project manager. You will take the MBTI® (personality) assessment to help you identify your natural preferences in four areas of personality. All materials are included in the course cost.

See page 39 to register online, by phone, or mail; call the Provider, Shere McClamb, at 919-437-3646 for more information.

Millbrook HS | 6:30-8:30 PM | TWTh | 3/12-3/14 | \$140

New The Myers-Briggs Type Indicator® and Emotional Intelligence

Want to work better with people? The first step is understanding yourself. Explore your empathy and "emotional intelligence," also known as EQ. Take the MBTI® (personality) assessment and identify your natural preferences in four areas of personality. You will be provided with instant results for on-the-spot interpretation of 16 distinct MBTI® personality types. You will become more aware of the individual and interpersonal differences of your sponsors, managers, and project team members allowing improvements in project planning, communication, and execution. All materials are included in the course cost.

See page 39 to register online, by phone, or mail; call the Provider, Shere McClamb, at 919-437-3646 for more information.

Millbrook HS | 6:30-8:30 PM | TWTh | 3/19-3/21 | \$140

New Your Personality Type Revealed!

See Communications, page 15.

New Making Your WordPress AWESOME!

See Computers, page 16.



Shere McClamb, Ph.D., PMP, PMI-ACP has, for more than 2 decades, developed new and improved existing technological features within college, university, and state organizations. This includes CMS and Web applications that support the display of text and multi-media content. She has expert understanding of Section 508 of the Rehabilitation Act Requirements as well as the W3C's accessibility recommendations. She has been a project manager since 2008 and enjoyed her time managing projects for NC Department of Public Safety. She currently enjoys teaching the PMP bootcamp modules provided to NC State Employees by The Department of Information Technology for which she works in the GDAC (Government Data Analytics Center) as a Business Intelligence Analyst.



Cake Business with Ruth

New How to Assemble a Professional Cake Portfolio

Materials \$

There is nothing more important to a cake designer than their portfolio. A good one will give you instant credibility, showing what you have done and instilling confidence that you can turn customer ideas into beautiful, edible works of art. A bad one will keep you from landing clients. In this 3-hour seminar learn how to create a portfolio that shows your work in its best light and helps you win business. You'll learn what items you need to put it together, how to take decent photos of your cakes, and how to get professional photos practically for free.

See page 39 to register online, by phone, or mail; call the Provider, Ruth Drennan, at 347-886-6606 for more information.

Reedy Crk MS | 6:30-9:30 PM | Th | 2/7 | \$93

New How to Launch Your Own Custom Cake Business

Materials \$

Do you dream of making cakes? Do friends and family tell you that you should have your own bakery? Are you looking for a fun way to make money on the side? If so, starting your own cake business might be for you. You don't even have to take out loans or go back to school! In this information packed session, you'll learn how to set up your business for success without wasting precious time and money, how to attract and retain customers, how to price your cakes, and how to set yourself apart from the competition.

See page 39 to register online, by phone, or mail; call the Provider, Ruth Drennan, at 347-886-6606 for more information.

Reedy Crk MS | 6:30-9:30 PM | Th | 1/10 | \$93



Selling Online

I Want to Use Social Media to Sell a Product or Service

Get your business noticed on social media. Every post you make is an opportunity to connect with potential customers. You will learn how to leverage your social media to reach your target audience directly. You will facilitate and improve the communication between your brand and your customer. What are you waiting for? Sign up today!

See page 39 to register online, by phone, or mail; call the Provider, TooMuchTV, at 919-744-4388 for more information.

Millbrook HS | 8:00-9:00 PM | W | 1/9-3/13 | \$375

Learn To Sell on eBay The Right Way!

Get trained by Paul, an eBay Education Specialist. Learn the right way to sell with the most up-to-date training and student materials used by eBay University. This class will cover how to make the most of eBay to increase your revenue. Avoid many of the costly mistakes that new eBay sellers may make. You'll navigate through the whole process of selling an item on eBay: selling, taking photos, listing, packing, and shipping.

See page 39 to register online, by phone, or mail; call the Provider, Paul Apollonia, at 919-812-4759 for more information.

Leesville HS | 6:30-9:00 PM | Th | 1/17 | \$98

Leesville HS | 6:30-9:00 PM | Th | 2/21 | \$98

Leesville HS | 6:30-9:00 PM | Th | 3/21 | \$98

Leesville HS | 6:30-9:00 PM | Th | 4/18 | \$98

Paul Apollonia has been selling and buying on eBay since 2001. He can teach the new or experienced seller how to succeed. He also specializes in working with businesses to show them how to turn excess inventory into cash using eBay. He is the founder and facilitator of the Raleigh eBay E-Commerce Sellers Meetup Group and the Four Oaks eBay Sellers Meetup Group. Learn more about Paul at www.PaulApollonia.com.

ONLINE Self-Directed Classes with MK Education



New Central Sterile Processing (Online, Self-Directed Class)

Materials \$

The ONLINE Central Sterile Processing program helps students become a sterile processing technician. A sterile processing technician is someone who cleans and sterilizes used surgical instruments and other medical supplies. Students work independently and at their own pace. It is recommended for students to finish one module per week, but students have up to one year to complete the program. 125 didactic hours; 400 optional externship hours. Certification exams available upon completion: IAHCSSM - CRCST (if externship was completed). CBSPD - CSPDT (no externship required).

See page 39 to register online, by phone, or mail;

Online | Continuous Enrollment | \$525

New Clinical Medical Assistant (Online, Self-Directed Class)

Materials \$

The ONLINE Clinical Medical Assistant program helps students to understand the role of a medical assistant in a clinical or hospital setting. Students work independently and at their own pace in this online course. It is recommended for students to finish one module per week, but students have up to one year to complete the program. 225 didactic hours; 160 optional externship hours. Certification exam available upon completion: NHA - CCMA.

See page 39 to register online, by phone, or mail;

Online | Continuous Enrollment | \$525

Medical Coding Certification (Online, Self-Directed Class)

Materials \$

The ONLINE Medical Coding program helps a student gain an understanding of ICD-10 documentation requirements. Be a part of this Medical Coding training program to discover best practices for clinical documentation in ICD-10. Externship included! National AHIMA and NHA certification exams available upon successful completion of the course.

See page 39 to register online, by phone, or mail;

Online | Continuous Enrollment | \$525

Pharmacy Technician Certification (Online, Self-Directed Class)

Materials \$

The ONLINE Professional Pharmacy Technician program trains individuals to effectively assist in pharmaceutical preparations and complete daily required tasks in any pharmacy environment, although on the job training is still a part of pharmacy training. Optional externship available! National PTCB & NHA certification exam available upon successful completion.

See page 39 to register online, by phone, or mail;

Online | Continuous Enrollment | \$525

Veterinary Assistant (Online, Self-Directed Class)

Materials \$

In the ONLINE Veterinary Assistant program students will be taught how to care for sick and injured animals in a veterinarian office, clinic, or animal hospital. Students will learn client relations, office and hospital procedures, animal nursing, exam room procedures (hospital sanitation, weight/TPR, animal handling, and restraining and preventative care protocols), surgical prep and assisting, laboratory procedures, radiology, and pharmacology.

See page 39 to register online, by phone, or mail;

Online | Continuous Enrollment | \$525

Other Online/Hybrid Classes

New 90 Days to Published Author on Amazon (Hybrid)

See Communications, page 15.

Creating Content and Teaching in the Digital Classroom (Online - CEUs=1.0)

See Teacher CEU/Parent, page 31.

Voice-Overs with Such a Voice

Voice-Overs...Now Is Your Time!

In what could be one of the most enlightening two hours you've ever spent, this class will show you how YOU could actually begin using your speaking voice for commercials, films, and videos! You will learn about a unique, outside-of-the-box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for!

See page 39 to register online, by phone, or mail; call the Provider, Such a Voice, at 802-275-0154 for more information.

Sanderson HS | 7:00-9:00 PM | M | 4/8 | \$35
Athens Dr HS | 7:00-9:00 PM | T | 4/9 | \$35



Justine Reiss has done looping (post production voices) on numerous Film TV projects: Leverage, Private Practice, NCIS New Orleans, and many more. She has voiced many narrations for documentaries, video games and CD-ROMs. Justine is

thrilled to share her passion for voice-over with others. Come join her for a fun-filled evening!

Wedding and Event Planning 101

Materials \$

Have you always DREAMED of owning your own wedding and event planning business? Are you the "Go-To" planner for all of your family and friends' events? If you answered yes, then this informative course is for you!!! Discover the importance of networking and vendor relations. Maneuver through budget and the consultations process. Receive timelines and checklists for planning and coordinating the wedding rehearsal, ceremony, and reception. Grasp wedding customs and traditions and wedding etiquette and protocol. Gain insights from expert guest speakers and class project.

See page 39 to register online, by phone, or mail; call the Provider, Lisa Jacobs, at 919-349-5462 for more information.

Millbrook HS | 6:30-9:00 PM | M | 3/11-4/15 | \$150



Lisa Jacobs is the owner of Lisa Jacobs Special Events, an event planning and marketing company. Her specialties and services include budget and organizational management, venue and vendor selection, logistics and bespoke management,

ceremony and reception planning, floral arrangement, linens and rentals, music and entertainment, and photography. An impeccable planner with an infectiously fun personality, students should prepare to be delighted. You'll have more fun than you can imagine while learning comprehensively what is involved in being a wedding and event planner.

Register Today!

Have a service, product, skill or talent?

Inspire others, 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:

- Languages
- Teacher CEUs
- Musical Instruments
- Theater/Acting
- Commercial Drone Pilot Exam Training
- Real Estate

wcpss.net/adult-edu

A Provider Profile: Natalie Hill

Natalie Hill has been a writer, editor, and educator for over 25 years. Her love of writing led her to careers in public relations, marketing, advertising, video scripting, songwriting, and publishing. She currently teaches English at a local university and conducts writing classes with Adult Evening Education.

How would you describe your hometown and upbringing?

I grew up in a diverse ethnic and racial section of Philadelphia. Most people were first, second, and third generation families of early 1900's immigrants from many areas around the world. Everybody had a story. Stories were happening all around me. I could see by the action in the area stories evolve, plus I heard many stories about the old work, new life in America, and future dreams and hopes for new generations.

Describe your educational journey.

I was one of those returning adult learners, having left college to pursue singing aspirations.

When did you first find your love of writing?

I learned to read at the age of three. By first grade I was writing stories. The oldest writing I have kept came from age nine – poetry, songs, and a horror story.

What motivated you to begin teaching the art of writing?

I felt that there are so many good stories that get shared but then lost within families. I wanted to help people write their stories, so they can preserve history.

What author do you idolize and what is your favorite book?

I most enjoy humor and satire, especially in memoirs. I love the writings of Jean Shepard who wrote "A Christmas Story". I had an opportunity to interview him. My number one author is Mark Twain.

It is too hard for me to choose a book, but if I was lost on an island I would need his humor, James Thurber's satire; Charles Dicken's drab descriptions to make me thankful for what I have; and Toni Morrison's "Beloved". I love that book. Her masterful stories are ripe for interpretation.

If you could give one writing tip to everyone, what would it be?

One writing tip I would give is to write without fear. Easy to say, hard to do.

What do you enjoy most about teaching lifelong learners?

I love seeing students become confident when orally sharing their stories; as well as to see them learn how to find their voice and style on paper. Some use first person, others like to use a fictional name.

You have an extensive professional background, but what is one thing you haven't done that you would like to do?

Well, I started out as a singer/songwriter so I would have liked to have done more travel sharing songs and stories. I have visited all but four of the United States. I wish I had written down all the stories from folk I have met.



Memoir Writing

It doesn't matter if you're a famous politician, suburban homemaker or someone in between, the fact is you have a personal story worth telling. "Memoir Writing" is a comprehensive step-by-step guide that will demystify the process of finally putting your story on paper. Through varied writing exercises, sharpen your instincts and hone your storytelling. The course will cover voice, character, scene development, structure, editing, and incorporating feedback. Receive individualized guidance from instructor Natalie Hill, a noted composition professor and professional writer. If you need a boost to start writing or have a memoir in the making, you're welcome to attend.

See page 39 to register online, by phone, or mail; call the Provider, Natalie Hill, at 919-637-3733 for more information.

Athens Dr HS | 6:45-9:15 PM | W | 3/20-4/3 | \$89

Writing to Heal

Therapeutic writing dissolves buried pain to heal the body, build the immune system, and invigorate mental stimulation. Instructor Natalie Hill used therapeutic writing to help her overcome a cancer diagnosis. You, too, can use writing to release stress, pent-up emotions, and to confront fears about illnesses. Through writing, you can have epiphanies about the choices you've made and how they have impacted where you are today. Be free of the emotional and physical scars that are masking your inner beauty. Create a positive outlook to overcome any challenge you face.

See page 39 to register online, by phone, or mail; call the Provider, Natalie Hill, at 919-637-3733 for more information.

Athens Dr HS | 6:30-8:30 PM | W | 3/6 | \$42



Conversational Skills with Cheryl

New Communicating with Confidence

Do you communicate effortlessly or struggle through it? Whether an introvert who often struggles through it, or an extrovert who can strike up a conversation wherever they go - maybe causing them to forget to listen, all of us could probably brush up on, or fine tune our conversational skills. Whether an introvert or extrovert, you can communicate with confidence by learning your personality style and using practical tools for success with starting, continuing, and ending a conversation.

See page 39 to register online, by phone, or mail; call the Provider, Cheryl Jackson-Oakley, at 804-887-9681 for more information.

Reedy Crk MS | 6:30-8:30 PM | T | 2/12 | \$45

Reedy Crk MS | 6:30-8:30 PM | T | 3/5 | \$45

Reedy Crk MS | 6:30-8:30 PM | T | 5/2 | \$45

Publish your Book

90 Days to Published Author on Amazon (Hybrid)

This is a hybrid course. We meet on the specified course date and then after that online. Complete online modules designed to teach the steps to self-publishing. You'll create a publishing account on Amazon and finish your book by working with the instructor through three tight revisions. At the conclusion of the course you will have a work ready to be published on Amazon, Kindle, and if you choose, available to stores like Barnes and Noble. The course will have prepared you to replicate the process for future works as you build your writing career. New author groups start each month. Payment plan available.

See page 39 to register online, by phone, or mail; call the Provider, TeachTechU, at 919-916-8939 for more information.

Leesville HS | 7:00-8:00 PM | M | 1/7-5/6 | \$402

I Want to Publish a Book

Want to become a self-published author? Children's books, cookbooks, and memory books are all great concepts in this course that teaches you how to publish your own knowledge. You'll begin with your concept and work through the process to complete a book. Leave the course with either a softcover or hardback book that is sure to impress.

See page 39 to register online, by phone, or mail; call the Provider, TooMuchTV, at 919-744-4388 for more information.

Millbrook HS | 6:30-8:00 PM | W | 1/9-3/13 | \$275

Adult Evening Education — Spring 2019

Find out your Personality

New Your Personality Type Revealed!

Become more aware of the individual and interpersonal differences of those around you allowing improvements in communication, learning, and working with others. Through a series of questions, the MBTI® (personality) assessment helps you identify your natural preferences in four areas of personality. You will be provided with instant results for on-the-spot interpretation. The 16 distinct MBTI® personality types will be explored to assist you in your efforts to improve your self-awareness to make your self-help efforts more fruitful. All materials are included in the course cost.

See page 39 to register online, by phone, or mail; call the Provider, Shere McClamb, at 919-437-3646 for more information.

Millbrook HS | 6:30-8:30 PM | TWTh | 3/5-3/7 | \$120

Stand Up Comedy with Mick

Stand Up Comedy Classes

Discover and perform "Stand-up" comedy at Mick McKenna's seven, fun-filled, comedy classes. Boost your confidence, and enhance your public speaking skills. Learn how to write jokes, and discover the skills you need to command an audience and make them laugh. Now is the time to get serious about comedy and do classes to hone your humor. Students will "Graduate" when they perform for a "real audience" in April. Participants should bring a notebook and a good sense of humor.

See page 39 to register online, by phone, or mail; call the Provider, Mick McKenna All Clean Comedy, at 919-539-8725 for more information.

Wake Forest HS | 6:30-8:15 PM | T | 2/19-4/2 | \$135



Mick McKenna is a Scottish Stand-up comedian, motivational speaker, emcee, and writer. Mick learned that it is never too late to learn something new when Stand-up comedy came to Mick quite late in his life after he moved to the USA. He now

gets paid to perform and entertain audiences all over the Southeastern United States with his brand of clean comedy. Mick's classes are for wannabe comedians and anyone who wants to improve their presentation skills. Teachers or preachers, presenters, or managers will benefit from learning how to read an audience, keep them engaged, and discover how to add the right kind of humor to their presentations.



Chromebook 101, The What, Why, and How about Chromebooks

Materials \$

A Chromebook is not your ordinary laptop. Discover what is a Chromebook and why is it different than other computers. What you can and cannot do on a Chromebook. How to personalize your Chromebook. Gain an introduction to Google Drive and on running Android Apps. Don't miss this insightful class! Bring your Chromebook to class.

See page 39 to register online, by phone, or mail; call the Provider, Paul Apollonia, at 919-812-4759 for more information.

Leesville HS | 6:30-9:00 PM | M | 2/18 | \$98

Leesville HS | 6:30-9:00 PM | M | 3/18 | \$98

Leesville HS | 6:30-9:00 PM | M | 4/15 | \$98

Making Your WordPress AWESOME!

Materials \$

If your goal is to improve the look, layout, and access to the information in your site, learning the lessons of efficiency and effective placement is the best place to start. Learn engagement strategies, coding techniques, third-party elements, user experience, and more. Purchase book, "Making Your WordPress Site Awesome: The Intermediate Guide (Web Site)," online (Amazon \$32.50) or the first night of class (\$30.00). Bring your WiFi accessible laptop.

See page 39 to register online, by phone, or mail; call the Provider, Shere McClamb, at 919-437-3646 for more information.

Millbrook HS | 6:30-9:00 PM | TTh | 1/8-1/17 | \$100

Millbrook HS | 6:30-9:00 PM | MW | 2/4-2/13 | \$100

Google Tools for Beginners (CEUs=1.0)

Gain time-saving skills, acquire tips and tricks to make you appear super tech-savvy, and have fun while adding a valuable set of tools to your technology toolbox! Google has many powerful applications that allow users to increase collaboration, communication, and productivity skills. Participants go beyond the basic Google search with advanced searching and hands-on practice with Google Calendar, Drive, Docs, Sheets, and more. Google Tools for Beginners is geared toward educators, providing ideas for tapping into the educational potential of Google tools, however, anyone interested in learning more about Google tools will benefit. Bring a WiFi enabled laptop.

See page 39 to register online, by phone, or mail; call the Provider, Susan Mosher, at 919-552-9343 for more information.

Athens Dr HS | 6:45-9:15 PM | Th | 3/7-3/28 | \$125

Dr. Susan Mosher is an online instructor and an educational consultant with over 20 years experience in the education industry. She leverages her experience with professional development and technology integration to help students and teachers discover exciting ways to authentically integrate technology into the curriculum. In addition, she has been joyfully teaching English online to students in China and providing professional development to other online teachers for over a year.





Programming and Web Design Skills with Peter

New Intro to Computer Programming - Create a Text Adventure

Materials \$

Gain valuable skills learning the basics of the Ruby programming language, a simple but powerful language which is perfectly suited to beginners. We will learn everything from creating variables and functions to exploring object-oriented programming. In the end, students will complete a fully-functioning program in the form of a text-based adventure game in the style of Zork.

See page 39 to register online, by phone, or mail; call the Provider, The AV Club, L.L.C., at 919-260-6479 for more information.

Leesville HS | 7:00-9:00 PM | Th | 1/10-3/14 | \$520

New Intro to Web Design - HTML & CSS Basics

Materials \$

Gain valuable skills in web design for personal or professional use. Students are introduced to the building blocks of designing websites: HTML & CSS. Content will cover everything there is to know about how to create static websites and students will leave with a fully functioning website!

See page 39 to register online, by phone, or mail; call the Provider, The AV Club, L.L.C., at 919-260-6479 for more information.

Leesville HS | 7:00-9:00 PM | M | 1/7-3/11 | \$520



Peter Barnett is an artist, web designer and computer programmer. He loves to take photographs, make websites and design video games and for over 5 years he's been helping other people do the same. If knowledge is power, than tech knowledge is super power!

Enhance your Computer Skills with Tara

New Microsoft Excel for Beginners (CEUs=0.2)

Materials \$

Microsoft Excel is a powerful tool essential for managing and presenting data in today's working environment. In this class, we will cover all the elements you need to know to master the basic features and functions of Excel. Learn from a certified Microsoft Office Specialist how to summarize data by incorporating formulas and functions and creating charts and graphs. You will leave the class with new confidence in your ability to produce professional Excel documents. Bring your laptop with WiFi capability with Excel 2013 or 2016 already uploaded.

See page 39 to register online, by phone, or mail; call the Provider, Tara Batemon, at 919-538-0941 for more information.

Athens Dr HS | 7:00-9:00 PM | Th | 3/21-3/28 | \$100

New Microsoft Word for Beginners (CEUs=0.2)

Materials \$

Gain confidence and optimize your basic word processing skills. Learn how to navigate and perform common tasks in Word, such as opening, viewing, editing, saving, and printing documents, format text and paragraphs, enhance lists by sorting, renumbering, and customizing list styles, create and format tables, insert graphic objects into a document, including symbols, special characters, illustrations, pictures, and clip art and more. As a Microsoft Office Specialist in Word 2016, I will help you to leave the class with a new confidence level in your ability to produce professional Word documents. Bring your laptop with WiFi capability with Word 2013 or 2016 already uploaded.

See page 39 to register online, by phone, or mail; call the Provider, Tara Batemon, at 919-538-0941 for more information.

Athens Dr HS | 7:00-9:00 PM | Th | 3/7-3/14 | \$100

Tara Batemon is an educator. Passion. Excitement. Vision. Goals. These are all attributes that she possesses as a teacher and an individual and she makes every effort to transfer these elements of success to her students. Tara is a 2016 Microsoft Office Specialist and enjoys sharing the many aspects of the Microsoft Office Programs. She currently teaches Computer Applications at a local university.

Register Today!

French Macarons with Chef Angela

French Macarons

Materials \$

In one night, explore the techniques of mixing, baking, and decorating macarons. Compose a delicate balance with the addition of delectable fillings, like buttercream and ganache infused with different flavors.

See page 39 to register online, by phone, or mail; call the Provider, Mable's Sweet Table, at 443-629-0348 for more information.

Reedy Crk MS | 6:30-9:30 PM | Th | 2/7 | \$68



Angela Daniel has over 15 years of baking experience and has taught baking and cake decorating through Wake County Public Schools as a guest Chef. She found her love of baking while making extravagant cakes for her family. She realized that she had a talent when friends started asking her to

bake for their family events. With the passion for baking, she will get you ready to make lovely and delicious tasting French Macarons in your own home with professional results.



New Roots of Morocco, Cuisine Marocaine, and Cultural Exploration

Materials \$

Expand your cultural knowledge. Roots of Morocco is a course that invites you to learn cooking a savory organic vegetarian Moroccan dish, exclusively baked in a clay pot/tagine, learn about the benefits of clay pot cooking, learn about Moroccan culture, Arabic Calligraphy, stories from the Middle East and North Africa, and rejuvenate through restorative movement. Come along to experience some healthy lifestyle practices themed à la Marocaine!

See page 39 to register online, by phone, or mail; call the Provider, Arab Heritage Learning, at 919-756-4510 for more information.

Sanderson HS | 6:30-9:30 PM | Th | 3/7-4/4 | \$165



Samia Touati Ph.D. is an educator and founder of Arab Heritage Learning. She has taught courses in Arabic, French, English, arts-cultures from Middle East-North Africa, with focus on Morocco, Arabic calligraphy, visual culture, and cooking/

healthy lifestyle for over ten years in Morocco, Japan, Qatar, and America. She is passionate about sharing her experiences from her upbringing, interdisciplinary training, and travels. Samia seeks to bring more understanding to the triangle community about her Moroccan culture. She is dedicated to the conservation of the Arab Heritage and creating intercultural bridges between the East and West.

How to Operate A Home-Based Bakery Micro Course

Want to have a successful bakery all from the comforts of your own home? North Carolina is one of seven states that currently allow home-based bakers to bake from home and sell their baked goods to the public for profit. Gain a comprehensive understanding of what it takes to 'bake' your dreams come true. Examine compliance regulations and the kitchen inspection process. Understand recipe development and packaging requirements. Discover the procedure of food storage, food safety, and sanitation. Master online sales and receive practical advertising suggestions and marketing strategies. Operating a home-based bakery is one way to see if your product is ready to go from "the kitchen to the marketplace!"

See page 39 to register online, by phone, or mail; call the Provider, Foodpreneur Institute, at 919-412-9158 for more information.

Reedy Crk MS | 6:30-9:30 PM | Th | 3/7-3/28 | \$174



Detra 'Denay' Davis, is a home-based baker, and cottage food operator. She founded the Foodpreneur Institute in 2009, an educational hub assisting cottage food operators across the U.S. She is the author of "How to Start a Home-based

Bakery Business," who in 2014 opened the Charlotte Pie Authority in Charlotte, NC. Today Detra travels across North Carolina sharing her knowledge and experience as a cottage food operator, helping others take their products from kitchen to market.

Floral Cake Decorating with Ruth

New How to Create Gumpaste Roses for Cakes

Materials \$

Sylvia Weinstock, Ron Ben-Israel, and the Cake Boss Buddy Valastro are all justifiably famous for their beautiful cakes and their amazing ability to create sugar flowers that look like they were plucked right from the garden. If you love flowers and cake decorating, you can totally learn how to do this too. It just takes practice! In this two-night class, you'll learn how to make gum paste roses, buds and leaves, and once dry, how to assemble and dust them to make them look their best. All tools and materials will be supplied for use in this hands-on class.

See page 39 to register online, by phone, or mail; call the Provider, Ruth Drennan, at 347-886-6606 for more information.

Reedy Crk MS | 6:30-9:30 PM | TTh | 1/29-1/31 | \$175

New How to Create Gumpaste Sweet Peas for Cakes

Materials \$

Sylvia Weinstock, Ron Ben-Israel, and the Cake Boss Buddy Valastro are all justifiably famous for their beautiful cakes and their amazing ability to create sugar flowers that look like they were plucked right from the garden. If you love flowers and cake decorating, you can totally learn how to do this too. It just takes practice! In this two-night class, you'll learn how to make gum paste sweet peas and buds, and once dry, how to assemble and dust them to make them look their best. All tools and materials will be supplied for use in this hands-on class.

See page 39 to register online, by phone, or mail; call the Provider, Ruth Drennan, at 347-886-6606 for more information.

Reedy Crk MS | 6:30-9:30 PM | TTh | 2/26-2/28 | \$175



New How to Create Gumpaste Dogwoods for cakes

Materials \$

Sylvia Weinstock, Ron Ben-Israel, and the Cake Boss Buddy Valastro are all justifiably famous for their beautiful cakes and their amazing ability to create sugar flowers that look like they were plucked right from the garden. If you love flowers and cake decorating, you can totally learn how to do this too. It just takes practice! In this two-night class, you'll learn how to make a gum paste dogwood branch, and once dry, how to assemble and dust the flowers and buds to make them look their best. All tools and materials will be supplied for use in this hands-on class.

See page 39 to register online, by phone, or mail; call the Provider, Ruth Drennan, at 347-886-6606 for more information.

Reedy Crk MS | 6:30-9:30 PM | TTh | 3/19-3/21 | \$175

New How to Create Gumpaste Peonies for cakes

Materials \$

Sylvia Weinstock, Ron Ben-Israel, and the Cake Boss Buddy Valastro are all justifiably famous for their beautiful cakes and their amazing ability to create sugar flowers that look like they were plucked right from the garden. If you love flowers and cake decorating, you can totally learn how to do this too. It just takes practice! In this two-night class, you'll learn how to make a gum paste peony, and once dry, how to assemble and dust it to make your flower look its best. All tools and materials will be supplied for use in this hands-on class.

See page 39 to register online, by phone, or mail; call the Provider, Ruth Drennan, at 347-886-6606 for more information.

Reedy Crk MS | 6:30-9:30 PM | TTh | 4/9-4/11 | \$175



Ruth Drennan, gave up the cubicle life at age 30 to become a cake designer in NYC, opening multiple businesses and getting to star on 'Amazing Wedding Cakes.' She specializes in creating life-like sugar flowers and loves to pass along what she's learned. Ruth lives in Cary with her husband, daughter, and cat.

BUILD your professional cake business

New How to Assemble a Professional Cake Portfolio

See Career Skills, page 11.

New How to Launch Your Own Custom Cake Business

See Career Skills, page 11.

Dance and Fitness



Tai Chi with Howie

Beginning Tai Chi—Basics and 24 Movement Form

Materials \$

Tai Chi Chuan is an ancient Chinese Internal Martial Art that enables you to rediscover your natural flow and rhythm through movement. Classes will look at the many dimensions of Yang style Tai Chi Chuan. Explore the classical 24 movement form, and use it to build a strong core through correct structure, basic exercises, and body alignment practices. Wear cotton clothes and thin-soled, flexible shoes.

See page 39 to register online, by phone, or mail; call the Provider, Howard Gottfried, at 631-974-2462 for more information.

Reedy Crk MS | 7:00-8:30 PM | T | 1/29-4/23 | \$205



Howie Gottfried is a passionate practitioner of Tai Chi since 1991 and has been teaching the art since 1997. Wishing to deepen his knowledge, Howie spent eight years in China studying with Dr. Wang Zhi Xiang, an internationally

renowned Tai Chi teacher. Howie brings to the classes an extensive understanding of many aspects of Tai Chi including forms, energies, principles, and martial art. Commitment to Tai Chi aids in balance, body awareness, flexibility, and relaxation.



Intermediate Tai Chi—Yang Style 24 Movement Form

Materials \$ Pre-Rec

Enroll in this continuation of the Beginners Tai Chi Class. A further refinement of the 24 Movement Yang Style Tai Chi form helps deepen your study of Tai Chi through form corrections, single movement exercises, Tai Chi principles, Qigong, and energetics. If you have previous Tai Chi experience with another teacher, please contact the instructor before signing up for this class.

See page 39 to register online, by phone, or mail; call the Provider, Howard Gottfried, at 631-974-2462 for more information.

Reedy Crk MS | 7:00-8:30 PM | W | 1/16-5/1 | \$250

Krav Maga Self-Defense with Cassie

Krav Maga Self-Defense Workshop

Materials \$

Get Fit and Go Home Safe! Learn the world's best self-defense techniques to protect yourself and your family! Along with the most effective self-defense techniques in the world, you will burn calories, increase flexibility, speed, and muscle strength while feeling all around healthier and more empowered. Learn to recognize, avoid danger - and when forced - be able to defend yourself or your loved ones aggressively and effectively. Please wear workout clothes and athletic shoes and bring some water. No jewelry. Register for class on Adult Evening Education site, but pay before class here: <http://kravmagaraleigh.com/home/event/4699>. Not accepting checks. Payment can be made at the time of the workshop.

See page 39 to register online, by phone, or mail; call the Provider, Krav Maga Raleigh, at 919-455-6079 for more information.

Wake Forest HS | 6:30-8:30 PM | T | 3/19 | \$49



Cassie Rhodes teaches novice to advanced students through weekly classes, and trains civilian, military, and law enforcement personnel through private classes and workshops. Her classes are exciting and empowering! She has extensive experience

providing private Krav Maga training for a variety of settings and audiences, including corporate groups, university and high school students, local parks and recreation, religious groups/organizations, international students, au pairs, prisons, psychologists, and law enforcement. She has also been the coach for a student run university Krav Maga club for the past 3 years, and has conducted a monthly women's only Krav Maga workshop for the past 7 years.



Decorating and Gardening

Hatch a Plan for your Backyard Hobby

Hentopia: Better Backyard Chicken Keeping

Experienced chicken keepers and novices will learn new, improved techniques to save time, money, and effort in keeping their backyard chickens happy. Frank will demonstrate how to make a rodent-proof Vending Machine Feeder from a 5-gallon bucket. Receive a handout of resources, a slideshow of projects you can make, and plenty of time for Q&A. Learn from someone the editor of *Chickens* magazine says is a “Zen master of poultry.”

See page 39 to register online, by phone, or mail; call the Provider, Frank Hyman, at frankhyman@hentopiacoops.com for more information.

Athens Dr HS | 7:00-8:30 PM | T | 1/22 | \$29
Millbrook HS | 7:00-8:30 PM | Th | 2/21 | \$29



Frank Hyman is the author of "Hentopia: Create Hassle-Free Habitat for Happy Chickens." He wrote the book after devising a system of chicken keeping that allowed Frank and his wife to go on vacation for two weeks and still come home to happy chickens—without a chicken-sitter. He is a former organic farmer and carpenter who writes the 'Coop Builder' and 'Chicken Feed Café' columns for *Chickens* magazine. You can learn more about him at www.hentopiacoops.com.



Study ESL

ESL

ESL classes are for non-native English speaking adults who want to learn English to get a job or go to college. The program focuses on developing college and career readiness skills; including technology, civics, and workplace skills through reading, writing, listening, and speaking experiences.

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

Athens Dr HS | 6:30-9:30 PM | MTWTh | 1/9-6/13 | \$0
*New and Returning Student Registrations on 1/9, 1/10, 4/22, and 4/23.
Millbrook HS | 6:30-9:30 PM | MTWTh | 1/9-6/13 | \$0
*New and Returning Student Registrations on 1/9, 1/10, 4/22, and 4/23.

ESL/ABE Expanding Reading and Vocabulary

The ESL/Adult Basic Education (ABE) program is for students that have tested out of ESL, and need to increase their literacy skills. Students develop foundational reading and vocabulary skills for college and career readiness. This class prepares students for their next academic step; including High School Equivalency Preparation program or a college or university curriculum program.

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

Athens Dr HS | 6:30-9:30 PM | MTWTh | 1/9-4/11 | \$0
*New and Returning Student Registrations on 1/9, 1/10, 4/22, and 4/23.
Millbrook HS | 6:30-9:30 PM | MTWTh | 1/9-4/11 | \$0
*New and Returning Student Registrations on 1/9, 1/10, 4/22, and 4/23.

There is no charge for most ESL classes.

Call Wake Tech at 919-334-1501 for more information or visit esl.waketech.edu.



LAUNCH your Medical Career in an ONLINE, Self-Directed Class

- New** Central Sterile Processing
- New** Clinical Medical Assistant
- New** Medical Coding Certification
- New** Pharmacy Technician Certification
- New** Veterinary Assistant



REGISTER TODAY!

View our Career Skills for more information, pages 9-13.



ADDITIONAL ONLINE/ HYBRID COURSES

New 90 Days to Published Author on Amazon (Hybrid)

Creating Content and Teaching in the Digital Classroom (CEUs=1.0)



Basic Stock Options with Sam

Basic Stock Options Wealth Builder

Materials \$

Accelerate your wealth in the stock market through the time-tested Fort Knox Trading System. In this captivating class, discover powerful techniques to transform your portfolio with profitable trades. Within reason, repair most stocks that have lost value. Generate monthly income, capture the potential upside appreciation in a stock, bulletproof your stocks for a guaranteed price, and more. Master these techniques to manage your personal and retirement accounts without help. Bring a pocket calculator and laptop (optional) to class. \$20 discount for seniors and clergy and \$45 discount for active and retired police officers, firefighters, medics, military, and government employees.

See page 39 to register online, by phone, or mail; call the Provider, Sam Doctor, at 203-983-8075 for more information.

Wake Forest HS | 7:00-9:00 PM | T | 1/15-2/19 | \$195

Wake Forest HS | 7:00-9:00 PM | T | 3/5-4/9 | \$195

Sam Doctor has been a private consultant for more than 35 years. He began teaching stock market classes in 1996 to individuals as well as groups first at Westchester County, New York and eventually at West Hartford Continuing Education, Connecticut.

Since 2016 he has been teaching his very informative course through Wake County Public Schools, Adult Evening Education program, with great success.

His ultimate goals are to help individuals access all the necessary tools to manage their accounts and build a legacy of wealth for themselves and their loved ones.

Register Today!



Strengthen your Healing Knowledge

Essential Oils Rollers Workshop

Improve your emotional and physical awareness with essential oils. Green Health First of MaukaMakai Ventures offers comprehensive education on essential oils characterizations, usages, production, and recipes according to the topic(s) selected for the class. You are given the opportunity to try the oils topically and aromatically. Enjoy discussions on the history of essential oils around the world. Discover the current supplements market under which the FDA regulates oils. Embrace the science to take control of your health! The goal is to provide knowledge of our natural resources available for maintaining a healthy lifestyle. Upon registering, contact the provider to share specific concerns to help tailor fit the class to your specific needs and interests. Each participant will make a 5ml roller for addressing the health issue of concern to take with them. Fee: cash only.

See page 39 to register online, by phone, or mail; call the Provider, Green Health First, LLC, at 919-656-0963 for more information.

Leesville HS | 6:45-8:30 PM | Th | 2/28 | \$30
Athens Dr HS | 6:45-8:30 PM | T | 3/12 | \$30
Fuquay-Varina MS | 6:45-8:30 PM | T | 3/26 | \$30



Angela Ceroli has a background in Chemistry and has more than 10 years in both environmental consulting and pharmaceutical sales. Her love for our gifts of the earth is what has had her on this journey of exploring and understanding

better how our natural resources can benefit us.

Angie and her team provide educational workshops in the Carolinas for businesses and individuals to empower others with knowledge to make choices about healthy living.

Introduction to Aromatherapy

Materials \$

Ever wonder about how scent affects your moods? Feeling overwhelmed and needing some relief? Aromatherapy is an effective way to improve moods, supplement your lifestyle, and self-treat conditions. It doesn't have to be confusing, but you do need to understand how to use essential oils safely. You will learn essential oil safety, basic principles, the science of aromatherapy, and you'll make a take-home roller blend of your choice. For more information, see PetrichorApothecary.com.

See page 39 to register online, by phone, or mail; call the Provider, Petrichor Apothecary, LLC, at 919-559-1241 for more information.

Sanderson HS | 7:00-8:30 PM | Th | 1/24 | \$48
Sanderson HS | 7:00-8:30 PM | Th | 2/21 | \$48
Sanderson HS | 7:00-8:30 PM | T | 4/2 | \$48



Shannon Becker, Ph.D. AMPract CA is a research scientist who has become a qualified and certified aromatherapist, with over 770 hours of advanced training in the field. She is not affiliated with one of the 'big 2' multilevel marketing companies and

has established her practice, specializing in evidence-based aromatic therapies. She has published in trade journals and established schools on the topic of the science of aromatherapy. Her practice, Petrichor Apothecary, LLC, is named after the smell of dust after rain.

Register Today!

Caregiving with Judith

Navigating Home Care

Materials \$

Do you know what it takes to ensure that you and your loved one have a positive home caregiving experience? Caregiving for your loved one at home can be a complicated journey filled with challenges and surprises. Navigating the caregiving and coordination activities takes knowledge and resources. Explore critical topics including advance directives, financial and insurance implications, critical caregiving considerations, communication strategies, tools, resources, and tips to simplify caregiving. A copy of "Navigating Home Hospice: The Caregiver's Guide" will be provided, as part of the tuition.

See page 39 to register online, by phone, or mail; call the Provider, Judith R. Sands, at 954-663-3580 for more information.

Sanderson HS | 6:30-9:30 PM | T | 3/19-4/9 | \$139



Judith Sands has over 30 years of experience as a healthcare professional and is a recognized authority in the areas of care coordination, quality, risk management, and patient safety. She earned a Bachelor of Science in Nursing from the University of Florida and a Master of Science in Leadership from Nova Southeastern University. Judith is a registered nurse, holding state and national certifications in case, quality, and risk management. Ms. Sands has been a speaker at various local and national conferences. Her current focus is on ensuring patient safety, care coordination, and bringing dignity to end-of-life care.



Increase mobility with My Hao

Therapeutic Chair Yoga

Materials \$

Using the body's anatomy, Chair Yoga helps alleviate the typical complaints of pain in major muscle groups: neck, shoulders, back, hips, and knee joints. Increase the body's ability to reduce stress, increase self-awareness, and promote movement. Begin to pay attention to your posture, breathing, and body alignment for overall improved health as Chair Yoga principles are integrated into the body, mind, and spirit.

See page 39 to register online, by phone, or mail; call the Provider, My Hao Tran, at 919-210-0324 for more information.

Sanderson HS | 6:30-7:30 PM | T | 3/26-4/30 | \$130

Leesville HS | 6:30-7:30 PM | Th | 3/28-5/9 | \$165



My-Hao Tran received her B.A. from NCSU in Multidisciplinary Studies in 1995. Her passion for holistic healing led her to pursue studies in massage therapy. She trained at Medical Art Massage School and obtained her NCLMBT license in 2002 and Thai massage and yoga in Thailand in 2005. Further expanded in area of wellness, she obtained yoga instructor training at Kripalu Yoga and Health Center in Lenox Massachusetts and received the certification in 2007. Her services and teaching emphasize the importance of a whole person and encourage individuals to develop an optimum quality lifestyle by bringing full awareness in practices that integrate body, mind, and spirit.

Languages

Engage with Others in a Different Language

Basic Conversational Spanish

Learn a second language in this beginning course in Spanish which emphasizes oral communication in a variety of fun topics at a basic level. It covers only the grammar and structures absolutely necessary for speaking. The course is intended for students with no previous knowledge of the Spanish language. This class is great for people who would like to better communicate with Spanish-speaking friends and/or are traveling to a Spanish-speaking country.

See page 39 to register online, by phone, or mail; call the Provider, Laura Griffith, at 336-687-5163 for more information.

Athens Dr HS | 6:30-8:30 PM | Th | 2/21-3/28 | \$135



Laura Griffith has been working in foreign language education for 10 years both locally and abroad. She is excited to spread the love of learning Spanish to adult learners. In her free time, Laura likes to travel and listen to live music.

New Basic Conversational Spanish

Did you know that Spanish is the official language of 21 countries? That's 21 different countries to start planning a getaway! You will learn how to navigate key conversations that are relevant to your life such as common greetings and sayings, describing interests, and more. Of course, topics like food, art, sports, and music will be involved! Join the adventure in a comfortable environment where you can learn basic Spanish while having fun and not being afraid to make mistakes along the way! Ole!

See page 39 to register online, by phone, or mail; call the Provider, Kelly Eichenlaub, at 724-923-8911 for more information.

Sanderson HS | 6:30-8:00 PM | W | 1/23-3/6 | \$145



Kelly Eichenlaub is currently in her 5th year of teaching Spanish at Rolesville Middle School. She knows what it takes to keep learners engaged and motivated when learning and speaking another language. She studied abroad in Ecuador and Spain, and loves to provide similar travel experiences for her students and other adults. She is super excited to bring Spanish to life through a culturally immersive classroom focusing on a specific theme each week. Come and learn basic conversational Spanish and become confident when traveling somewhere new or conversing with new friends! With topics such as getting around town and ordering food, you will catch the travel bug and want to keep learning more and more!



Esperanto for English Speakers

Want to learn a foreign language, but not sure which one? This course is for those who are taking 'Esperanto for English Speakers' on the free language website www.Duolingo.com and for those interested in learning Esperanto. You'll gain an introduction to the Esperanto community, history, Internet resources, and knowledge of the global culture. The focus is on speaking and understanding and building vocabulary by playing games, singing, and using clever ways to remember new words.

See page 39 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 | Th | 1/10-3/14 | \$100

What people are saying...

“Instructor’s enthusiasm for the subject is infectious. I learned a lot and had loads of fun.”

-Phil Binkowski,
Esperanto Language and Culture



Embark on a Journey of Self-Discovery



New Introduction to Positive Psychology

Materials \$

Put down those old self-help books and open your mind to exploring the science and benefits of Positive Psychology. Positive Psychology can teach us the knowledge we need to increase our optimism, our positive affect (happiness levels), and to benefit our health. Even though we all have a particular genetic disposition to happiness levels, it can be increased through awareness of and practice of positive psychology interventions. Students will leave with this awareness and specific strategies and techniques to use.

See page 39 to register online, by phone, or mail; call the Provider, Clear Path Health Coaching, LLC, at 919-612-0245 for more information.

Millbrook HS | 7:00-9:00 PM | T | 1/15-1/29 | \$115

Mindset: Even if You Think You Can't, You Can!

Our behaviors and their consequences are determined by the underlying beliefs and thinking habits we hold—our MINDSET. Did you know that Mindsets can limit our success and affect our health? Underlying Mindsets can be either at the heart of our inertia or at the heart of our earnest efforts. Even if you feel you are 'open-minded'- no doubt some fixed beliefs are holding you back in some areas. In this class, you can learn where they come from, how to recognize the fixed ones when we have them and how to change them when needed.

See page 39 to register online, by phone, or mail; call the Provider, Clear Path Health Coaching, LLC, at 919-612-0245 for more information.

Millbrook HS | 7:00-9:00 PM | Th | 3/7-3/21 | \$99



Kathy Mackintosh is a national board certified health and wellness coach who has a passion for spreading the Science of Positive Psychology. She has taught the principles and tools of improving your life and your health through improving your positive approach to life since 2013. In addition to teaching positive psychology topics, Kathy is an instructor in the health coaching program for Duke Integrative Medicine and sees private clients in her Raleigh office.



Planning Your Wedding "On A Dime"

Desire to have that beautiful, fairy-tale wedding, but money is limited? Are you frustrated with the planning process because it looks impossible? Well, from the wedding dress, to the bridal party, the shower, onto the wedding day, and everything in between, let me show you how to plan that phenomenal wedding "on a dime," that will leave your guests amazed!

See page 39 to register online, by phone, or mail; call the Provider, Cheryl Jackson-Oakley, at 804-887-9681 for more information.

Leesville HS | 6:30-8:30 PM | Th | 1/10-1/24 | \$150
Athens Dr HS | 6:30-8:30 PM | Th | 3/28-4/11 | \$150

Put Your Dream To The Test

Are you a DREAMER or ACHIEVER? Have you dreamed of something that you have not achieved? Are you dreaming something now that seems bigger than your current capacity has space? According to best-selling author Dr. John Maxwell, the answer lies in answering ten powerful, yet straightforward, questions. I want to challenge you to Put Your Dream to the Test by gaining the knowledge in this step-by-step action plan, that you can use to see, own, and reach your dream.

See page 39 to register online, by phone, or mail; call the Provider, Cheryl Jackson-Oakley, at 804-887-9681 for more information.

Athens Dr HS | 6:30-9:00 PM | W | 2/20-3/6 | \$150
Athens Dr HS | 6:30-9:00 PM | W | 3/20-4/10 | \$150



Cheryl Jackson-Oakley is an innovative, detailed-oriented, certified Trainer, Speaker and Coach with the John C. Maxwell Group, and the founder of CJOakley Consulting, a leadership development and event planning company. She is specialized and skilled at creating and marketing your event, as well as delivering a variety of impeccable leadership development, speaking, and coaching services, to include training groups and individuals in the marketplace and church setting, that will allow them to efficiently and effectively perform better, thereby encouraging them to become the best "you", you were created to be.

Take Free Vacations and More Leveraging the Secret Power of Reward and Travel Points

Go for the gold with Rewards Points! Stay knowledgeable of the latest trends in the wonderful world of rewards points. Instructor Barron Damon, who enjoys the benefits of rewards through free vacations, hotel stays, gifts, and more, calls it “The Power of the Points.” Rewards programs are becoming more and more popular with American households averaging 29 loyalty memberships! In this fun, one-night workshop, you will learn about basics and strategies to turn those points into financial powerhouses and use them for everyday use. Don't just work for your money. Start making your money work for you!

See page 39 to register online, by phone, or mail; call the Provider, Business of Life CC, at 919-439-5410 for more information.

Sanderson HS | 6:30-9:30 PM | T | 2/26 | \$58



Triangle Wind Ensemble

Enjoy this exciting course for adults with advanced skills in wind and percussion. The class will include a series of rehearsals, culminating in a powerful performance. New members are accepted by audition only.

See page 39 to register online, by phone, or mail; call the Provider, Triangle Wind Ensemble, at 919-924-6330 for more information.

Sanderson HS | 7:15-9:30 PM | T | 1/8-5/7 | \$25

New Your Personality Type Revealed!

See Communications, page 15.



Create a Vision Board

Vision Board Party— Empower! Envision! Execute!

Create a vision board to unleash the greatness in you! Set goals and live a life of passion and purpose. Certified Life Coach and Vision Strategist, Lisa D. Jacobs will take you on a journey to help you unlock your dreams, set BIG goals and be prepared for success! In this class, Lisa will help you pay attention to your intentions and start your journey to living your best life now. Lisa will provide poster board, glue, and scissors. You will need to bring your favorite magazines, personal pictures, and mementos. Get Set for a GREAT new year!

See page 39 to register online, by phone, or mail; call the Provider, Lisa Jacobs, at 919-349-5462 for more information.

Millbrook HS | 6:30-9:00 PM | Th | 1/10 | \$43

New Vision Board: Let's Party!

Do you have a vision of what you want to accomplish in life, but, whether it's an immediate, short-term or a long-term goal, you can't seem to make it happen? Often, fulfillment of the vision is not our inability to see a mental picture of what we hope to accomplish, but it's our lack of “know how” and inability to execute a plan for that mental picture, that keeps it from coming to pass. Benjamin Franklin said it best, “if you fail to plan, you plan to fail.” So, come, let's party! Bring a stack of your favorite magazines, as I share with you the secret to getting your vision realized!

See page 39 to register online, by phone, or mail; call the Provider, Cheryl Jackson-Oakley, at 804-887-9681 for more information.

Sanderson HS | 6:30-8:30 PM | T | 1/29 | \$45

Sanderson HS | 6:30-8:30 PM | T | 2/26 | \$45

Sanderson HS | 6:30-8:30 PM | T | 3/12 | \$45

Athens Dr HS | 6:30-8:30 PM | T | 4/9 | \$45



Photography with AI

Adobe Photoshop Lightroom CC

Materials \$

This course introduces the features of Adobe Photoshop Lightroom, for organizing, enhancing, and sharing digital photos and video clips. The course shows how to import photos from a camera or hard drive; manage photos with the Library module; and enhance photos in the Develop module, including batch editing, cropping, adjusting exposure, recovering details from highlights and shadows, sharpening and adding clarity, and correcting part of a photo. The course concludes with a look at how to share photos: printing, exporting, creating photo books, and sharing on Facebook.

See page 39 to register online, by phone, or mail; call the Provider, Alphonso Gorham, at 919-618-1786 for more information.

Reedy Crk MS | 6:30-9:30 PM | Th | 2/7-2/28 | \$125

Basic Digital Photography

Materials \$

This class is for new users of digital cameras and those changing from 35mm cameras. Learn how to take advantage of the modern digital camera's built-in features. The class covers the fundamentals of digital camera operation, exposure techniques, and how to use manual settings, filters, and lighting. Weather permitting, there will be field trips.

See page 39 to register online, by phone, or mail; call the Provider, Alphonso Gorham, at 919-618-1786 for more information.

Reedy Crk MS | 6:30-9:30 PM | Th | 4/25-5/16 | \$125

Introduction to Adobe Photoshop CC

Materials \$

Photoshop is the number one graphic software application used by professional graphic artists for both hardcopy and web design. This is an introductory class to offer students the opportunity to learn the basics and fundamental skills of the software. Learn how to manipulate various image formats and utilize the various tools and filters to create original and composite artwork. Learn how to set up your images and then output your work to produce efficient graphics for the web, digital photography, and vibrant images for brochures and magazine media.

See page 39 to register online, by phone, or mail; call the Provider, Alphonso Gorham, at 919-618-1786 for more information.

Reedy Crk MS | 6:30-9:30 PM | Th | 3/14-4/4 | \$125



Al 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.

Al 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.

Al 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."

Prepare to Lead. Advance in Your Field. Change Lives.

Pursue a Graduate Degree at the NC State College of Education.

Whether you're an experienced educator or new to the profession, and whatever your background and interests, we have a program that will enhance your ability to transform lives, schools and communities. We offer 40+ flexible master's and doctoral degrees that cover the spectrum — from elementary education and counselor education to educational leadership and policy.

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ced.ncsu.edu



#1 Ranked*

Online Graduate Education
Programs in N.C.



#1 In Education Research*

Productivity by Faculty in N.C.



#1 Ranked*

Value of Online Graduate
Education Programs in N.C.

*Sources: U.S. News & World Report and Value Colleges

Gain the Knowledge to Help Others

Basic Grant Writing 101 (CEU=0.25)

Materials \$

Writing a grant is not as simple as writing a letter. Grant writing is essential for preparing effective grant proposals, and this class is about acquiring a skill that involves quite a bit of writing. If you have never written grant proposals before, this class will help you get over the initial panic of not knowing where to start. It will serve as your step-by-step guide and reference in developing your first proposal and many others to come. CEU=0.25

See page 39 to register online, by phone, or mail; call the Provider, Doris Dzameshie at, 202-716-8752 for more information.

Sanderson HS | 7:00-9:30 PM | T | 3/12 | \$49

Creating Content and Teaching in the Digital Classroom (Online - CEUs=1.0)

Materials \$

Self-paced online. In this course, you will learn how to use technology in your classroom, even if your school technological resources are limited. Each module teaches a new technology platform and allows for practice on creating digital content and lesson plans. Access to student collaboration and instructor feedback. You will learn how to take your own curriculum materials and convert them into digital lessons. This course is particularly helpful for teachers who need to boost their knowledge and confidence with digital tools. Earn CEUs and learn the tools to make your content, classroom management, and work/life balance more efficient. CEUs=1.0

See page 39 to register online, by phone, or mail; call the Provider, TeachTechU at, 919-916-8939 for more information.

Online | Continuous Enrollment | \$125

New Google Tools for Beginners (CEUs=1.0)

See Computers, page 16.

New Microsoft Excel for Beginners (CEUs=0.2)

See Computers, page 17.

New Microsoft Word for Beginners (CEUs=0.2)

See Computers, page 17.

New The Village: Engaging all Stakeholders (CEUs=1.0)

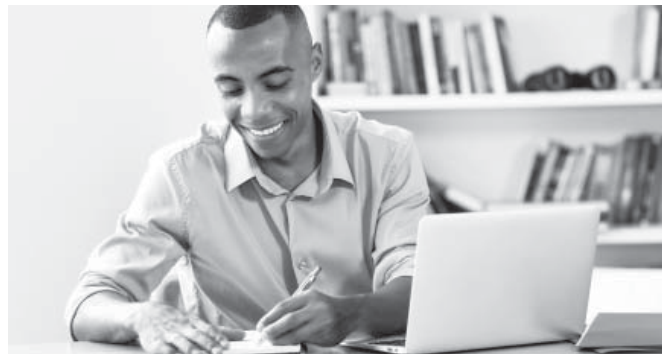
Teachers—Are you having a hard time communicating with students or parents? Are you working harder than anyone else in your classroom? Whether you are a new or veteran teacher, this series of classes will help you reframe the strengths and perspectives of students and adults in your school village. First, we will examine student personality profiles to create collaborative groups that manage themselves. Second, we will self-reflect to examine what tools and baggage we bring into the classroom. Then we will dig deeper into engaging diverse families, and finally, we will cultivate growth through peer partnerships. CEUs=1.0

See page 39 to register online, by phone, or mail; call the Provider, Amy Walter, at 919-818-1682 for more information.

Millbrook HS | 6:30-7:45 PM | Th | 1/10-1/31 | \$125



Journalist turned school counselor **Kinea Epps** joins forces with veteran teacher **Amy Walter** to share their beliefs that the “village” truly raises each child. Together they are passionate about advocating for students, families, and teachers and love helping students and teachers overcome obstacles that impede classroom success. In her spare time, Mrs. Epps enjoys volunteering in her community and spending time with her family. Ms. Walter loves challenging herself with ultra-marathon races and raising two children.



New Web Site Basics for Teachers

Acquire the valuable technical skill of website coding to better serve your students. Understand the construction of web pages and multi-media elements. Progress to tags used to create pages, the latest in page styling, and working with music and video links. Bring your laptop.

See page 39 to register online, by phone, or mail; call the Provider, Shere McClamb, at 919-437-3646 for more information.

Millbrook HS | 6:30-9:00 PM | MW | 1/7-1/16 | \$100



One-Night Workshops for Parents



TEACHER CEU/PARENTING

How to Support Academic Growth Over School Breaks

Reedy Crk MS | 6:30-8:00 PM | Th | 4/11 | \$0

Identify Bullying and Protect Your Child Against It

Fuquay Varina MS | 6:30-8:00 PM | T | 2/5 | \$0

Preparing Your Child for the End of Grade (EOG) Test

Fuquay-Varina MS | 6:30-8:00 PM | T | 4/2 | \$0

Reading is Fundamental and Ways to Encourage Writing at Home

Reedy Crk MS | 6:30-8:00 PM | Th | 3/14 | \$0

Today's Math, "I didn't learn like that!" (K-5)

Fuquay-Varina MS | 6:30-8:00 PM | T | 3/5 | \$0

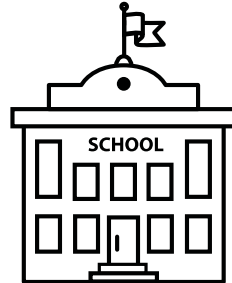
Visit wcpss.net/adult-edu or call the provider, WCPSS Family Academy, at 919-533-7179 for more information.

FAMILY
ACADEMY
Academia Familiar

*We regret that childcare is not available for the children of students of the Lifelong Learning program. Children and non-registered adults are not allowed on campus.



Save the Date!



Saturday, April 6th, 2019
 10 am – 2 pm
Garner High School
 2101 Spring Drive
 Garner NC 27529

This is an excellent opportunity to bring together Wake County Public School System parents, their children, and Triangle area after-school providers to inform and educate about available enrichment activities.



Fun fair activities brought to you by area sponsors:



FACE PAINTING



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INFLATABLE
 OBSTACLE
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FOOD TRUCKS

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wcpss.net/camps

Please refer questions to Brian Thacker 919-694-0557

Sponsor Opportunities



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Strengthen your ACT/SAT scores

SAT and ACT Preparation Program

Join Educational Services Center's test preparation program today! Focus on divided math and verbal sessions during each three-hour class. The math section reviews basic mathematical concepts and basic and advanced algebra and geometry. The verbal review includes evidence-based reading, writing (grammar, punctuation, structure, and style), and essay writing. Learn to refine your test taking skills like how to work strategically, effectively eliminating wrong answer choices, and fully understanding the patterns of both the SAT and ACT exams. Get a 43% discount for students who qualify for school free and reduced meal plans. Ages 14+.

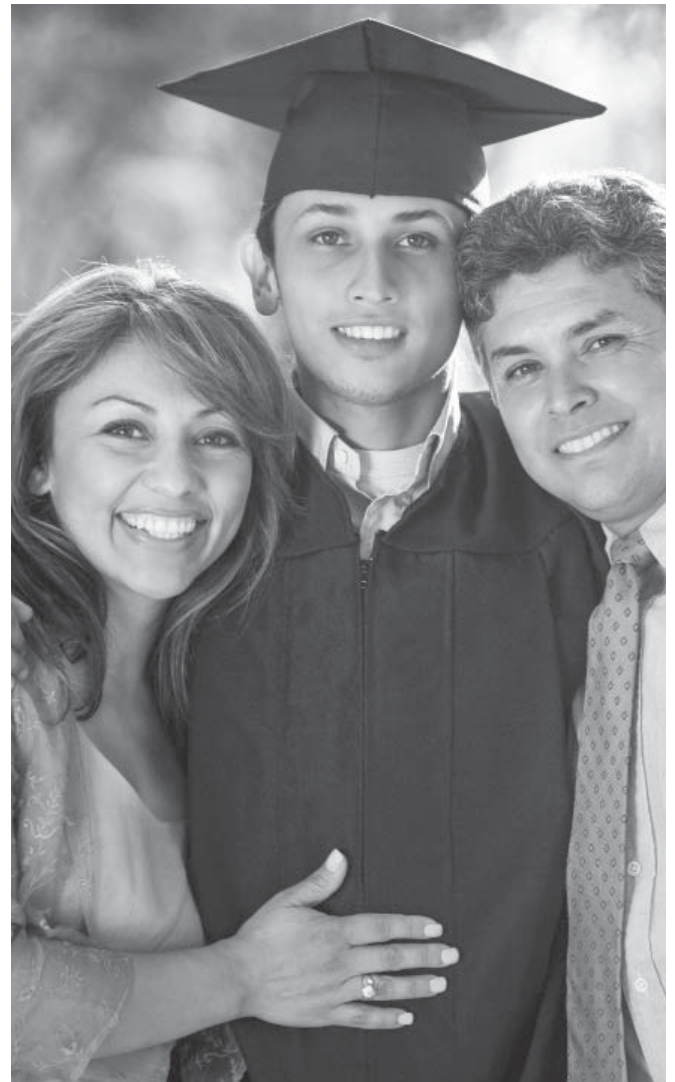
See page 39 to register online, by phone, or mail; call the Provider, Educational Services Center, at 609-953-4001 for more information.

Reedy Crk MS | 6:30-9:30 PM | MW | 2/4-3/4 | \$395
Wake Forest HS | 6:30-9:30 PM | TTh | 2/5-2/28 | \$395
Reedy Crk MS | 6:30-9:30 PM | W | 3/13-5/1 | \$395

What people are saying...

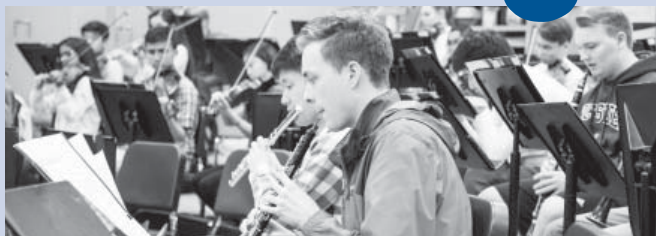
“This class gave me good tips about how to go about taking the SAT and ACT. The teachers were fantastic and didn't make it boring.”

-Kayla Surles,
SAT and ACT Preparation Program



Play Music

See page 39 to register online, by phone, or mail; call the Provider, Philharmonic Association, at 919-645-8434 for more information.



Triangle Youth Orchestra

Leesville HS | 6:30-8:30 PM | M | 1/7-4/29 | \$215

Triangle Youth Philharmonic

Athens Dr HS | 6:30-8:30 PM | T | 1/8-4/23 | \$215

Triangle Youth String Sinfonia

Reedy Crk MS | 6:45-8:30 PM | Th | 1/10-5/9 | \$195

Triangle Youth Symphony

Athens Dr HS | 6:30-8:30 PM | M | 1/7-4/29 | \$215



New High School English Tutoring

Did you know that according to the US Department of Education students who are tutored show significant gains in reading skills when compared with similar students who do not receive tutoring? High School English Tutoring will help high school students (ages 16+) gain critical reading and thinking skills necessary to promote lifelong readers and learners.

See page 39 to register online, by phone, or mail; call the Provider, Melinda Schroeder, at 919-267-5190 for more information.

Reedy Crk MS | 7:00-8:15 PM | MW | 1/7-1/30 | \$225
Reedy Crk MS | 7:00-8:15 PM | MW | 2/4-2/27 | \$225
Reedy Crk MS | 7:00-8:15 PM | MW | 3/4-3/27 | \$225



Melinda Schroeder is a passionate teacher of reading and writing. She graduated from Needham B. Broughton High School and went to The University of Mississippi where she decided to become a teacher. She has two daughters, a husband, and two dogs.

For the past 17 years, Schroeder has loved educating middle schoolers. She hopes to inspire reading with purpose and to encourage lifelong learning. Her goal is to help show growth academically as well as personally in all things reading and writing. She looks forward to sharing this opportunity of growth and collaboration with you.

New HS Math Tutoring

Improve your knowledge and gain the opportunity to pull together and apply the accumulation of mathematics concepts learned previously. Appropriate technology and tools, including manipulatives and calculators, will be used regularly for instruction and assessment. The Standard for Mathematical Practice applies throughout each course and, together with the content standards, require that students experience mathematics as a coherent, useful, and logical subject that uses their ability to make sense of problem situations.

See page 39 to register online, by phone, or mail; call the Provider, Mathtopia, at 919-274-9277 for more information.

Fuquay Varina MS | 6:30-7:30 PM | TTh | 1/8-1/31 | \$225
Fuquay Varina MS | 6:30-7:30 PM | MW | 2/4-2/27 | \$225



Tamiko Williams is a 20-year veteran of teaching middle school mathematics. She graduated from Saint Augustine's University with a Bachelor of Science degree in Math Education. Mrs. Williams has a variety of teaching experiences in

different environments such as Montessori, public and private schools. She is also a Wake County teacher mentor where she has had the pleasure of guiding new teachers to find their path in education.

Mrs. Williams recently co-led a Math Lab tutoring program for three years. The program was designed to help students improve their growth in mathematics. She also recently was selected to be a part of the Kenan Fellowship Program where teachers partner up with major companies to learn 21st century job skills. Teachers then bring these skills into the classroom and incorporate in their lessons.

Register Today!



Site Coordinator Profile: Justin Viens

Where did you grow up and what was it like growing up there?

I am lucky enough to be teaching at the same school that I attended as a middle school student myself. After leaving the area to attend college, I ended up teaching ESL in South Korea for several years. When the time came for me to return home, the only place I could ever imagine myself returning was Fuquay Varina. I love the small town feeling and the diversity of my community. I've been here 25 years, and I hope to remain for many more. I couldn't think of a better community.

What are you most excited or passionate about?

I'm most excited about community service. I'm lucky enough to be the 4-H club adviser at Fuquay Varina Middle School, where I get to share my passion with my students. Our students have worked hard to create the Fuquay-Varina Community Garden, which was a program our 4-H'ers created in 2015 as a way to combat food insecurity in southern Wake County. Our students brainstormed this entire plan on their own, with only minimal input from myself. All food from our garden goes to local food pantries. I'm proud of my students for coming up with such a wonderful plan, and it makes me truly appreciate being an educator.

As you know we are always growing and learning. Is there anything you would like to take the time to learn more about?

I always wished I could speak a foreign language. I've spent a great deal of time traveling, and when you are able to communicate with your country's hosts it really opens up your experiences. I've always thought learning a language like Korean, Arabic, or French would be interesting.

What led you to become a Site Coordinator for Adult Evening Education?

Since I grew up in Fuquay, I've always felt an attachment to my community. My goal with Adult Evening Education is to help spread the word about how great our school is and improving our community.

Describe a typical evening as a Site Coordinator for Adult Evening Education.

I'll normally greet our providers and students when they arrive and make sure they have everything they need to enjoy their evening. I'm always wandering around making sure everyone has what they need.

What do you like most about being a Site Coordinator?

I'm a people pleaser, so I'm big on making sure people are happy. I get joy out of finding what people want and working hard to get it to them. As a teacher at FVMS, I get the opportunity to work with 120 students, 58 staff members, and countless parents to make our community great. I like being able to apply that enthusiasm in making Adult Evening Education work for our clients and providers.

If you could share one bit of advice you've learned in life, what would it be?

Travel as much as you can and always eat like the locals do.



Sites and Directions

Athens Drive Magnet High School

1420 Athens Drive
Raleigh, NC 27606
Hours: 6:30-9:30 PM
Days: Monday - Thursday

Site Coordinator:
Krista McGivern
Phone: 919-233-4050 x24921
Email: kmcgivern@wcpss.net

Directions from North Raleigh:

Take I-440 to Melbourne exit. Turn left onto Melbourne from the exit. Turn right onto Kaplan Drive. Turn left onto Athens Drive. Turn right onto Avent Ferry Road. Turn right into the Athens Library parking lot. Enter the library entrance.

Directions from Cary:

Take I-440 to Jones Franklin Road exit. Turn left onto Jones Franklin. Turn right onto Athens Drive. Turn right onto Avent Ferry Road. Turn right into the Athens Library parking lot. Enter the library entrance.

Fuquay-Varina Middle School

109 N Ennis Street
Fuquay-Varina, NC 27526
Hours: 6:30-9:30 PM
Days: Tuesday and Thursday

Site Coordinator:
Justin Viens
Phone: 919-557-2727 x24120
Email: jviens@wcpss.net

Directions from I-540:

Take the last exit on 540 East for Holly Springs/Fuquay-Varina, turning on NC55-E. Follow 55-E through downtown Fuquay. Turn Right on North Ennis St, crossing the railroad tracks and through the light (across Main Street). Once you pass the athletic fields on the right side, turn into the parking lot at the intersection, or next to the cafeteria. The entrance is next to the cafeteria.

Directions from 401 or I-40:

Take 401-S through Raleigh and Garner. Once in Fuquay, turn left onto Judd Parkway, then a right onto East Academy St (right before the big Methodist Church). At the next stoplight turn right on North Ennis Street. Park in the lot at the intersection, or next to the cafeteria. The entrance is next to the cafeteria.

Leesville Road High School

8410 Pride Way
Raleigh, NC 27613
Hours: 6:30-9:30 PM
Days: Monday and Thursday

Site Coordinators:
Connie Barrow and
Christie Dobbin
Phone: 919-870-4250
Email: cbarrow2@wcpss.net
cdobbin@wcpss.net

Directions from I-440:

Take the Glenwood Avenue exit North. Turn right onto Creedmoor Road. Go 2 miles and turn left onto Lynn Road. Go 1.2 miles and turn right onto Leesville Road. Go 1.7 miles and take a left at the light onto Oneal Road. Turn left onto Pride Way and drive into the third parking lot entrance. Enter the building marked Leesville Road High School.

Directions from I-540:

Take the Leesville Road exit going South. Go 1.7 miles on Leesville Road. Take a right at the light onto Oneal Road. Turn left onto Pride Way and drive into the third parking lot entrance. Enter the building marked Leesville Road High School.

Millbrook Magnet High School

2201 Spring Forest Road
Raleigh, NC 27615
Hours: 6:30-9:30 PM
Days: Monday - Thursday

Site Coordinators:
Renee Patterson and
Teresa Cronin
Phone: 919-850-8787
Evening: 919-850-8804
Email: rpatterson@wcpss.net
tcronin@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 Wild Cat Academy; 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 Boulevard (0.2 mi). Take the 1st right onto Old Wake Forest Road (1.1 mi). Continue onto Dixie Forest Road (0.2 mi). Turn right (0.2 mi). Turn right (95 ft). Millbrook High School is 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 Magnet Middle School

930 Reedy Creek Road
Cary, NC 27513
Hours: 6:30-9:30 PM
Days: Monday - Thursday

Site Coordinators:
Ambika Persad and
Michelle Parker-Van Dyke
Phone: 919-460-3504
Email: apersad@wcpss.net
mparkervandyke@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
Hours: 6:30-9:30 PM
Days: Monday - Thursday

Site Coordinators:
Rashunda Jennings and
Lisa Messick
Phone: 919-881-4800
Email: rjennings@wcpss.net
lmessick@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.

Wake Forest High School

420 West Stadium Drive
Wake Forest, NC 27587
Hours: 6:30-9:30 PM
Days: Tuesday and Thursday

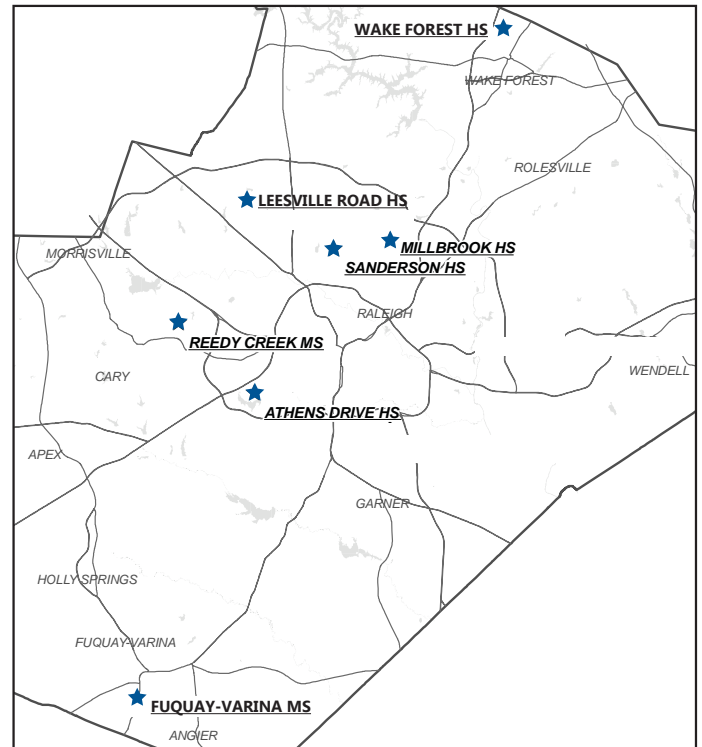
Site Coordinator:
Emily Adams
Phone: 919-554-8611 x23681
Email: eadams@wcpss.net

Directions from I-440:

Take Exit 11 for US-1 N/US-401 N/Capital Boulevard from I-440. In 13.5 miles, turn right onto Stadium Dr. Park in the main school parking lot and enter through the front doors.

Directions from I-540:

Take Exit 16 via I-540 E. Drive 9 miles and turn right onto Stadium Dr. Park in the main school parking lot and enter through the front doors.



Register Today!

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

Brian Thacker

Senior Administrator
Lifelong Learning with Community Schools

Krista McGivern

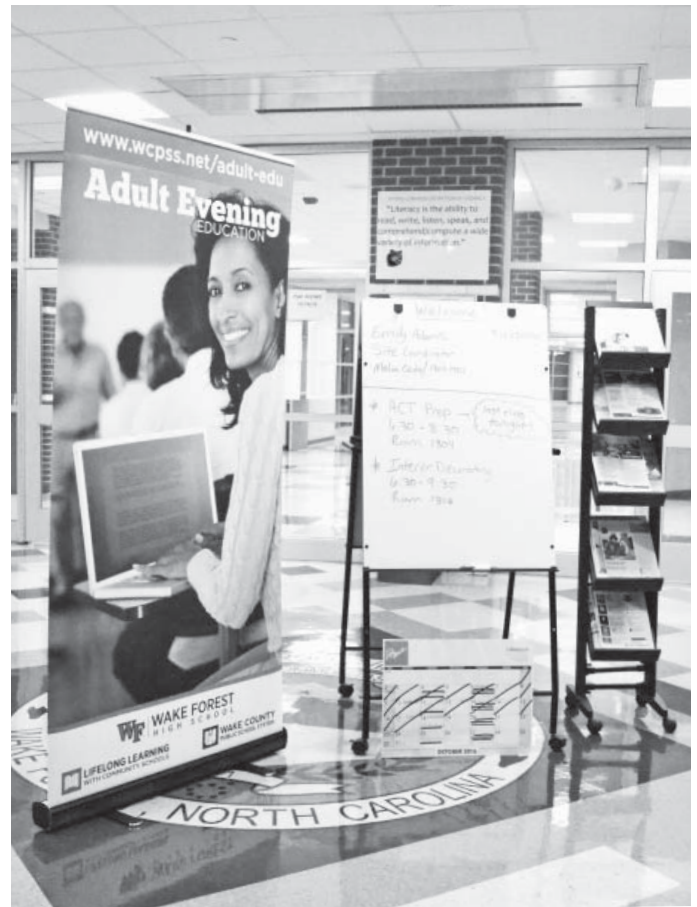
Administrator
Lifelong Learning with Community Schools

Jan Ruede

Coordinator
Lifelong Learning with Community Schools

Jenny McAllister

Community Schools Technician
Lifelong Learning with Community Schools





How to Register for Lifelong Learning Courses

Use one of these methods to register:



Online

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



Call

- Call Jan Ruede at 919-694-0559 to reserve your spot today!



Email

- Email lifelonglearning@wcpss.net.



Walk-in

- Call Jan Ruede at 919-694-0559 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.

? 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? 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?

It is up to the provider as to whether there are enough students to hold the class. If the provider 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 wcpss.net and the Community Schools' website at cs.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 919-694-0559 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 lifelonglearning@wcpss.net.

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 15 minutes prior to class.



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PUBLIC SCHOOL SYSTEM

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