

Adult Evening EDUCATION

a publication of the Wake County Public School System



■ **Estate Planning**
Leave an inheritance
to those you love.
page 34

■ Cook global,
healthy meals.
page 23

■ Paint like a pro to
pizzazz your space.
page 32

■ Save a bundle on
your taxes.
page 35



LIFELONG LEARNING
WITH COMMUNITY SCHOOLS

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



WAKE COUNTY
PUBLIC SCHOOL SYSTEM

Welcome!

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

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

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



Ditch the workout; join the Zumba party.

page 31



Turn your SAT score into a scholarship.

page 50



Inside the Catalog:

Popular Demand Classes



Paint small treasures in oil or acrylics. page 5



Run a business for next to nothing. page 10



Publish your own book. page 15



Use Facebook to market your business. page 19



Make a wig that looks good on you. page 42

Registration Info

- 4 Icon Key
- 52 Sites and Directions
- 54 FAQs
- 55 Registration Instructions

Courses

- 5 Arts and Crafts
- 9 Career Skills
- 14 Communications
- 18 Computers
- 20 Construction
- 21 Cooking
- 26, 31 Dance and Fitness
- 32 Decorating/Gardening
- 33 ESL
- 34 Finance
- 36 Health and Wellness
- 37 Languages
- 41 Personal Enrichment
- 43 Photography
- 44 Sewing
- 46 Teacher CEU/Parent
- 50 Teens

Features

- 27 7 Benefits and 7 Myths of Wig Wearing
- 28 From InLine to Online to Publish a Book
- 30 Ready, Set, Go for the Redesigned SAT and ACT
- 45 Gardner-Webb Master's Programs
- 49 Teacher Training through NC State

Icon Key

LL

Lifelong Learning

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

Season Year Semester:

Monday-Thursday,
January 6 - May 5

Holidays:
January 18 MLK Holiday

WT

Wake Tech

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

Season Year Semester:

Monday-Thursday,
January 6 - May 5

Holidays:
January 18 MLK Holiday

ICON KEY

LL

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

WT

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





Spotlight: Painting with Marcelle

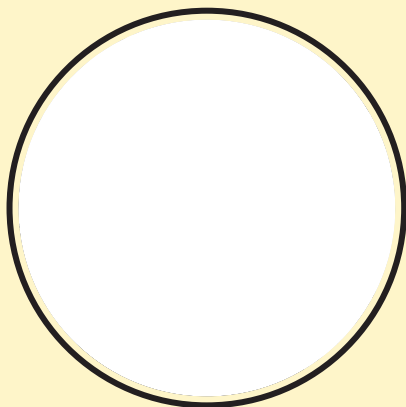
LL Classical Painting Techniques

Materials \$

This is a comprehensive class with an academic approach where you can paint a portrait, an animal, still life, or landscape using the classical techniques of the Old Master painters. This involves learning to scale a small photo to a larger canvas using a different type of grid for a true likeness. Also, this class includes mixing and applying an underpainting using a 10 value palette and a flesh palette similar to those used by Vermeer and the Old Masters. You will also learn about painting backgrounds, using composition, creating clothing with folds, glazing techniques, and much more. When you register, you will receive a supply list, or you may contact the instructor directly to discuss supplies and other concerns before starting. Marcelle Hooks is a talented instructor who will give you one-on-one attention to ensure you walk away with a painting you'll enjoy for years to come.

See page 55 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
2/23-4/12 \$125



LL New Landscape Painting with a Limited Oil Palette

Materials \$

This class combines color mixing with landscape painting in a way that really is helpful in all types of painting. You will begin with the primary colors plus white and then add three other colors to make all the colors of nature. You will look at landscape photos and by doing a thumbnail sketch determine if the composition can be improved. Aerial perspective, making objects recede and advance, brush work and edges plus many more techniques of landscape painting will be covered. Enjoy instructor demonstrations and individualized attention. All levels welcome.

See page 55 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
1/12-2/16 \$110

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.

LL New Painting Small Treasures in Oil or Acrylics

Materials \$

Experience the fun of completing a small painting in one evening using the same techniques that you use for a larger canvas. 5 x 7 and smaller canvases are recommended. These small treasures make wonderful gifts and decorative pieces for small wall areas. Marcelle Hooks, a celebrated instructor, will cover still life and landscape techniques with much individualized instruction.

See page 55 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
4/26-5/3 \$60



“What people are saying... Always a lot of fun. The classes Marcelle Hooks teaches give valuable techniques and training that continue to help me hone my skills as an artist.”

- Richard Connelly
Classical Painting
Techniques

Candle Making

★ Free booklet to keep

Receive a complete rundown of basic candle making equipment and supplies used in the class. Also covered are dyes, fragrances, wicks, and waxes. After completing this beginner candle making class, you will have the confidence to go home and create these candles any time you wish.

LL Beginners Cupcake Candles **New**

Materials \$



Make six imitation cupcake candles that look and smell real in part one of a six-part candle making series.

See page 55 to register online, by phone, or mail; call the Provider, Spice of Life Candles at 919-606-1106 for more information.

Athens Dr HS | 6:30-8:30 PM | W | 1/27 | \$38

Athens Dr HS | 6:30-8:30 PM | W | 3/9 | \$38

LL Ice Cream Sundae Candles **New**

Materials \$



Love cold ice cream on a hot summer day? Then keep the sweet aroma with you year-round in this hands-on ice cream sundae class—part two of a six-part series. You will make one ice cream sundae drizzled with real chocolate in varying shaped dishes to include the tulip glass, cup, or bowl.

See page 55 to register online, by phone, or mail; call the Provider, Spice of Life Candles at 919-606-1106 for more information.

Athens Dr HS | 6:30-8:30 PM | W | 2/3 | \$48

Athens Dr HS | 6:30-8:30 PM | W | 3/16 | \$48

LL Mini Bundt Cake Candles **New**

Materials \$



Amp up the deliciousness and the yummy aromas with a chocolate decadent bundt cake candle. In part three of this six-part series, this candle will have real chocolate in the wax and will smell like a chocolate cake baking each time it is lit.

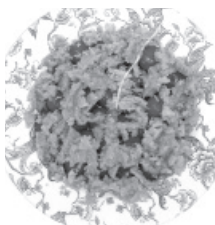
See page 55 to register online, by phone, or mail; call the Provider, Spice of Life Candles at 919-606-1106 for more information.

Athens Dr HS | 6:30-9:00 PM | W | 2/10 | \$48

Athens Dr HS | 6:30-9:00 PM | W | 3/23 | \$48

LL Fruit Crisp Candles **New**

Materials \$



Make a fruit crisp candle that reminds you of the sights and smells of your grandmother's baking. This hearth and home candle will take you back to childhood and fond, warm memories every time you light it. Register now for part four of this six-part series offering intricate detailing to make this candle.

See page 55 to register online, by phone, or mail; call the Provider, Spice of Life Candles at 919-606-1106 for more information.

Athens Dr HS | 6:30-8:30 PM | W | 2/17 | \$48

Athens Dr HS | 6:30-8:30 PM | W | 3/30 | \$48

LL Mini Fruit Pie Candles **New**

Materials \$



Berries, apples, and peaches! Oh my! In part five of this six-part series, make a fruit pie candle bursting with luscious filling and covered in perfectly brown, flaky crust. Your senses will overflow with the sweet and savory aromas emitted when you light these delightful candles. It's a bit more work

with extensive intricate detail, but friends and family will find this one a real work of art when they see it displayed in your home.

See page 55 to register online, by phone, or mail; call the Provider, Spice of Life Candles at 919-606-1106 for more information.

Athens Dr HS | 6:30-8:30 PM | W | 2/24 | \$48

Athens Dr HS | 6:30-8:30 PM | W | 4/6 | \$48

LL Small Veggie Tray Candles **New**

Materials \$



How about a festive party table complete with food candles? In this hands-on class, make your own veggie platter candle with vegetable embeds and dip. This is part six of the six-part series on candle making, so the level of skill and intricacy explained in this class is top-notch. This candle is so realistic, you'll have to keep visitors from taking a bite. Lots of fun to have in your home.

See page 55 to register online, by phone, or mail; call the Provider, Spice of Life Candles at 919-606-1106 for more information.

Athens Dr HS | 6:30-8:30 PM | W | 3/2 | \$48

Athens Dr HS | 6:30-8:30 PM | W | 4/13 | \$48



LL **Not Your Mother's Scrapbooking: Pocket Scrapbooks for the 21st Century** **New**
Materials \$

Pocket Scrapbooking is quick and easy. With minimal effort you can create beautiful scrapbooks that you will be proud to share with friends and family. There is no more struggling over page layouts! Using a basic grid design, you will fit photos into pockets, add a title and some journaling and a page is complete! In addition, there is a digital app for pocket scrapbooking that works with iPhones and iPads using the pictures already on your phone or tablet. You will learn basic design principles and techniques as you explore your own creative style, expand your skills, make a scrapbook and have fun! No prior scrapbooking experience necessary. Contact the instructor, Hanna Lyons, for information about supplies and photo sizes.

See page 55 to register online, by phone, or mail; call the Provider, Hanna Lyons, at 919-772-1521 for more information.

Athens Dr HS | 6:30-9:00 PM | T | 1/12 | \$38

Athens Dr HS | 6:30-9:00 PM | T | 2/23 | \$38

LL **Finish that Scrapbook!** **New**
Materials \$

So many of us have scrapbooks and supplies that are sitting in boxes and piles, half completed, finished except for the journaling or waiting for the 'right' time to pull it all together. The time is now! Bring your supplies, your unfinished projects, your piles of photos, and pull it all together with the support of the instructor, Hanna Lyons, and fellow scrappers. Hanna has been making scrapbooks and helping scrappers with their projects for more than twenty years. She believes that scrapbooking should be fun, and that 'finished' is more important than 'perfect!' Come let her help you complete your projects and have fun in the process creating shortcuts to complete your projects with stellar results. This course is offered as a series of one-night classes. You can pick and choose how many and which evenings you want to attend for instruction, coaching on your projects, and interaction with other class members. You register for each class individually, and each class will be unique as Hanna responds to your specific issues.

See page 55 to register online, by phone, or mail; call the Provider, Hanna Lyons, at 919-772-1521 for more information.

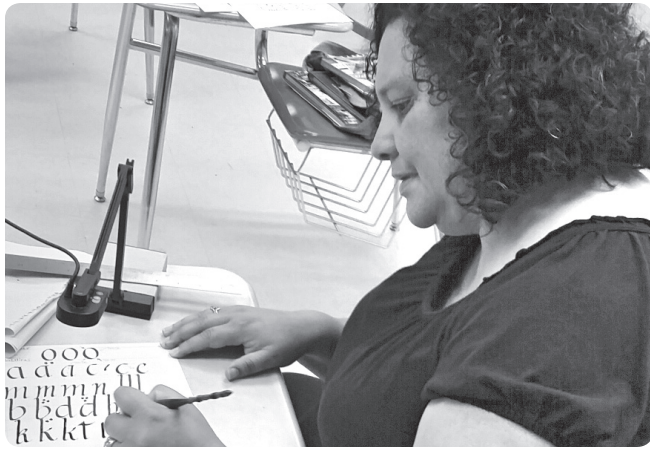
Athens Dr HS | 6:30-8:30 PM | T | 2/9 | \$28

Athens Dr HS | 6:30-8:30 PM | T | 2/16 | \$28

Athens Dr HS | 6:30-8:30 PM | T | 3/1 | \$28



ARTS AND CRAFTS



LL **New** Copperplate Calligraphy

Materials \$

This 12-hour beginner's calligraphy class will cover copperplate calligraphy. 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.

See page 55 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 | 1/19-2/23 | \$125



WT Expressions in Oils

Materials \$

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

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Athens Dr HS | 6:30-9:30 PM | T | 151977 | 2/23-4/12 | \$100

Jewelry Making Workshops with Elizabeth Strugatz



Visit www.wcpss.net/adult-edu or call the Provider, Elizabeth Strugatz, at 919-649-2123 for more information.

One-night workshops

- Bangle Bracelet
- Basic Stringing and Crimping Necklace
- Caged Beads Bracelet
- Simple Loops with Beads Bracelet
- Wire Wrapping Individual and Multiple Beads
- Wrapped Loops with Beads Bracelet



Spotlight: Medical Billing with Vision Medical Billing Services

LL Medical Billing I & II

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

See page 55 to register online, by phone, or mail; call the Provider, Vision Medical Billing Services, at 919-521-6480 for more information.

Millbrook HS 6:30-9:00 PM TTh
1/7-2/2 \$230

Millbrook HS 6:30-9:00 PM TTh
3/8-4/12 \$230



What people are saying...

“The class was very educational and was taught very well. The teacher kept my attention to where I didn’t miss a class because I wanted to know more. I loved the class. Thanks, Gwen!”

-Stephanie Guy
Medical Billing I and II

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

LL **New** Direct Sales Fundamentals

So you signed on with a direct sales business to sell jewelry, makeup, Tupperware, dietary supplements, or something else. You’re pumped up and ready to make a powerful, ongoing stream of income because you have the personality and tenacity to keep it going, build a sales team, and drive a company car. You tell your friends. They host a few parties for you, and NOW... it’s drying up. Did you do something wrong? In this class, learn the systems needed to achieve success in direct sales. Sheila Tolbert, a direct sales genius living your dream for over a decade now, will take the mystery out of getting bookings and growing a team. Learn word choices and techniques for getting leads, recruiting, and following up. Build confidence to become more effective in your direct sales business.

No direct sales business yet? No worries. For those with an entrepreneurial spirit, get an overview of the direct sales industry. Success starts now. Invest in your future today.

See page 55 to register online, by phone, or mail; call the Provider, Sheila Tolbert at 919-271-0799 for more information.

Millbrook HS 6:30-9:30 PM Th
1/28 \$50



LL New Workforce Readiness

You are in the business of YOU! No bigger advocate exists for you than yourself. When it comes to carving out your place in the workforce, it's imperative you make a powerful and lasting impression. Assume that you only get one shot! Starting out in the world of work is the time to pay some dues, build an employment history, learn to work with a supervisor, and develop good work habits. You have to be equipped to compete. You have to be the "total package." If you are ready to enter the work force, or propel your career to the next level, let us help you prepare for that life changing event through this series.

See page 55 to register online, by phone, or mail; call the Provider, D4G Advisory Group at 919-518-9631 for more information.

Millbrook HS	6:30-8:00 PM	W
	4/6-4/27	\$75

LL New Fail-Proof Strategies to Run a Successful Home-Based Business

This interdisciplinary course is designed to help you to discover and develop the personal attributes needed to become a successful entrepreneur or intrapreneur. The core of the course focuses on the discovery and understanding of entrepreneurial attitudes and behaviors within yourself. You'll begin to understand the competencies required to be an entrepreneur through case studies, creative problem solving, and exercises aimed at self-development. Identify, discuss and grow an idea about a business you might one day start. Enjoy the opportunity to participate in the business planning process.

See page 55 to register online, by phone, or mail; call the Provider, Elizabeth Rogers at 919-443-2289 for more information.

Millbrook HS	6:30-8:30 PM	T
	4/5-5/3	\$110

LL New Run a Business for Next to Nothing

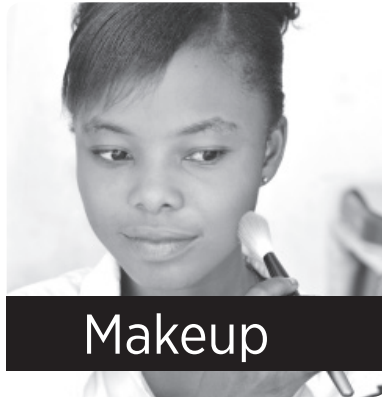
This class teaches individuals, small business owners, home-based business owners, and entrepreneurs how to run a business for little to no money using virtual and web-based systems.

See page 55 to register online, by phone, or mail; call the Provider, Ophelia Burwell Inc. at 919-332-4750 for more information.

Millbrook HS	6:30-9:00 PM	T
	2/16	\$60
Millbrook HS	6:30-9:00 PM	T
	3/15	\$60
Millbrook HS	6:30-9:00 PM	T
	4/19	\$60
Millbrook HS	6:30-9:00 PM	T
	5/3	\$60



Eyebrows



Makeup



Eyelashes

Learn from a beauty professional

LL New Celebrity Style Eyebrow Shaping Workshop

This course is designed for anyone desiring to learn how to sculpt, fill in, and enhance the shape of a natural or waxed eyebrow. The student will learn how to correctly shape eyebrows into the most desired, sought after brow shapes no matter what condition they're currently in. Techniques taught in this course will focus on working with various tools and accessories to achieve a flawless look to the eyebrows. The student will learn by hands-on demonstration to correctly use and apply accessories by several methods such as the Stencil method, Free Hand design, and a combination of the two methods according to brow and facial shape. This course is great for licensed and unlicensed beauty professionals looking to achieve precise definition to the eyebrow area.

See page 55 to register online, by phone, or mail; call the Provider, Jacquetta Daye at 919-208-3023 for more information.

Millbrook HS	6:45-9:00 PM	T	
	1/12		\$45
Millbrook HS	6:45-9:00 PM	T	
	2/9		\$45
Millbrook HS	6:45-9:00 PM	T	
	3/1		\$45
Millbrook HS	6:45-9:00 PM	T	
	3/22		\$45
Millbrook HS	6:45-9:00 PM	T	
	4/26		\$45
Millbrook HS	6:45-9:00 PM	T	
	5/3		\$45

LL New Do-It-Yourself Flawless Makeup 101

This course is for anyone desiring to learn the basics of applying makeup correctly for a flawless, natural look. The student will learn to properly prepare and care for the skin, how to match and select foundation and concealers, as well as select age appropriate colors for the eyes and lips. Techniques taught in this course will focus on achieving three looks: enhanced natural, professional business, and night time/special event. The student will have hands-on demonstration in bringing the total look together to achieve a professional, polished look. Ideal for beginners with no previous experience or experienced professionals looking to advance their current skills.

See page 55 to register online, by phone, or mail; call the Provider, Jacquetta Daye at 919-208-3023 for more information.

Millbrook HS	6:45-9:00 PM	Th	
	1/14		\$55
Millbrook HS	6:45-9:00 PM	Th	
	1/28		\$55
Millbrook HS	6:45-9:00 PM	Th	
	2/25		\$55
Millbrook HS	6:45-9:00 PM	Th	
	3/3		\$55
Millbrook HS	6:45-9:00 PM	Th	
	3/24		\$55
Millbrook HS	6:45-9:00 PM	Th	
	4/7		\$55
Millbrook HS	6:45-9:00 PM	Th	
	4/21		\$55

LL New Naturally Flawless Eyelash Extension Workshop

This course is for licensed professionals, beauty students, or makeup artists looking to gain knowledge and techniques in applying lash extensions. The workshop will focus on strip lashes and individual cluster tab lashes. The student will learn how to provide a proper consultation and sanitary practices in working with and around the eyes. Hands-on demonstration will focus on lash placement and proper techniques to achieve a flawless, undetectable, natural look. Ideal for beginners with no previous experience or experienced professionals looking to advance their current skills. Students will work in teams and will have the option to practice on each other or watch a live demonstration from the instructor. CEU=8.0

See page 55 to register online, by phone, or mail; call the Provider, Jacquetta Daye at 919-208-3023 for more information.

Millbrook HS	6:45-9:00 PM	M	
	1/11		\$75
Millbrook HS	6:45-9:00 PM	M	
	2/8		\$75
Millbrook HS	6:45-9:00 PM	M	
	2/29		\$75
Millbrook HS	6:45-9:00 PM	M	
	3/21		\$75
Millbrook HS	6:45-9:00 PM	M	
	4/11		\$75
Millbrook HS	6:45-9:00 PM	M	
	4/25		\$75



Become the "Go-To" planner for weddings and events in your area.

LL Wedding and Event Planning 101

Turn your love for wedding and event planning into a career! 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!!! This course will cover: 1) Duties and responsibilities of a wedding and event planner 2) Vendor relations and the importance of networking 3) The budget and the consultations: Who pays for what? 4) Timeline: What you need to do and when you need to do it. 5) Planning and coordinating the wedding rehearsal, ceremony and reception 6) Wedding customs and traditions 7) "How to Be" wedding etiquette and protocol 8) Expert guest speakers and class project 9) And everything else you need to know to start your business today!

See page 55 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
	1/11-2/15	\$125
Millbrook HS	6:30-9:00 PM	M
	3/7-4/11	\$125

What people are saying...

“This class is essential for those wanting to start a wedding planning business. The instruction was detailed and highly informative. I feel this class has equipped me to start my business. Very satisfied.”

-Sonya Hawkins
Wedding and Event Planning 101



LL Basic Grant Writing 101
See Communications, page 14.

LL Bring Joy to Seniors for Fun and Profit
See Personal Enrichment, page 41.

LL New Facebook Marketing Strategies for Small Business and Entrepreneurs
See Computers, page 19.

LL New Floral Design: Arranging Fresh Flowers
See Decorating/Gardening, page 32.

LL New LinkedIn For Beginners
See Computers, page 19.

LL New Soft Skills for Success in the Workplace
See Communications, page 16.

LL Voice-Overs...Now Is Your Time!
See Communications, page 14.

Have a service, product, skill or talent?



Become a Provider

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

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

- Simple Home Repairs
- Bee Keeping
- Japanese Language
- Real Estate
- Car Repair
- Bridge/Poker/Rummy

Qualifications

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

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

Communications

Spotlight: Voice-overs with Guy

LL 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! Most people go about it the wrong way. In this class, 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 55 to register online, by phone, or mail; call the Provider, Such A Voice, at 802-275-0154 for more information.

Athens Dr HS	7:00-9:00 PM	W
	2/24	\$35



You've heard **Guy Arledge** on TV and radio commercials! Now hear Guy live as he illustrates how you could begin using your speaking voice for commercials, films, and videos! Guy will show you how to cash in on this lucrative business in an engaging style. A former DJ, Guy is a voice-over talent for both commercials and corporate industry. He has done voice work for Cigna, AT&T, GE, Cancer Treatment Centers of America, and many more.



LL Accent Reduction for Professionals

Speak with greater clarity and confidence while learning to speak with a Standard American Accent and use correct English pronunciations. Through proven accent training techniques, reduce the speech improvement hurdles by focusing on the most difficult English pronunciations that will have the greatest positive impact in your business communication skills. Success in professional life depends on the ability to communicate well with colleagues and clients. This class is ideal for anyone who wants to communicate more effectively in business to deliver stellar presentations and get one's point across convincingly and confidently.

See page 55 to register online, by phone, or mail; call the Provider, Cary Tutor, at 919-798-6493 for more information.

Reedy Crk MS	6:45-8:30 PM	T
	1/12-2/16	\$85
Reedy Crk MS	6:45-8:30 PM	T
	3/1-4/5	\$85

LL Basic Grant Writing 101

Grant writing is essential for preparing effective grant proposals, and this course is about acquiring a skill that involves quite a bit of writing. If you have never written grant proposals before, this course 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=0.2**

See page 55 to register online, by phone, or mail; call the Provider, Doris Dzameshie, at 202-716-8752 for more information.

Sanderson HS	6:30-8:30 PM	M
	4/11	\$49

LL New 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 55 to register online, by phone, or mail; call the Provider, TooMuchTV, at 919-744-4388 for more information.

Millbrook HS 6:30-8:30 PM Th
1/7-3/17 \$140

LL Keeping Your Voice Healthy and Young

Did you know that the voice ages just like the physical body? As you get older, the voice muscles can become weak and lose their health and vitality. You can turn back the hands of time, sound more youthful, gain vocal strength and increase your range. Your voice can be healthy again! This class, taught by a licensed speech pathologist, tells you what you can do.

See page 55 to register online, by phone, or mail; call the Provider, Deborah McMillan, at 919-266-0276 for more information.

Millbrook HS 6:45-8:45 PM T
3/22-3/29 \$65
Sanderson HS 6:45-8:45 PM Th
4/28-5/5 \$65



Receive writing guidance from instructor Natalie Hill, a noted composition professor and professional writer.

LL Memoir Writing

You have a story to tell! Learn to craft your memoir by strengthening your writing skills and actively work towards making your story interesting. Develop voice, mood, setting, character, point-of-view, plot, description, dialogue, and theme. Share your work with classmates and receive one-on-one 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 55 to register online, by phone, or mail; call the Provider, Natalie Hill, at 919-637-3733 for more information.

Athens Dr HS 6:30-9:30 PM T
3/1-3/15 \$85

LL Writing to Heal

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. Therapeutic writing dissolves buried pain to heal the body, build the immune system, and invigorate mental stimulation. 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 55 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
3/2 \$55



What people are saying...

“An amazing amount of useful information packed into four short weeks.”

-Anne Tazewell
Memoir Writing

LL **New** Purely For A Passion For Poetry

This celebration of poetry indulges the lover of rhyme and prose with a chance to read their favorite verse (be it of their own, original work or that of another author's) and, for those with a penchant for writing spontaneously, a challenge to pay poetic homage to a special person, place or pet during the class. Others who need more time and privacy to write may compose their tribute ahead of time and bring it to the class, instead. Either (and even those who don't write anything at all) will also enjoy learning of various creative ways to preserve a loved one's poetic tribute for all time. 'If you're a lover of poetry, this is, by far, the place to be!'

See page 55 to register online, by phone, or mail; call the Provider, Senior Play List, Inc., at 919-954-9745 for more information.

Millbrook HS 6:30-8:30 PM M
1/25 \$30

LL **New** Soft Skills for Success in the Workplace

Employers look for soft skills that are not usually taught in school. Communications (written and verbal), presentation skills, leadership, time management, and other soft skills are all key to your success in the workplace. Small business owners—join us to develop the skills that will help grow your business!

See page 55 to register online, by phone, or mail; call the Provider, WordsWorking, at 919-306-4242 for more information.

Reedy Crk MS 6:30-8:30 PM T
1/19-2/9 \$65

LL Your Voice is Your Treasure

Teachers, preachers, trainers, speakers—your voice is an asset you can't afford to lose! Find out what can be done to keep it working at its peak. In this three-session class, learn how the voice works, how to avoid vocal strain, acquire healthy vocal habits, discover ways to strengthen the vocal folds and so much more. This class is taught by Deborah McMillan, a licensed speech pathologist. **CEU=0.9**

See page 55 to register online, by phone, or mail; call the Provider, Deborah McMillan, at 919-266-0276 for more information.

Millbrook HS 6:30-9:30 PM Th
4/7-4/21 \$85



LL Bring Joy to Seniors for Fun and Profit

See Personal Enrichment, page 41.

LL **New** Common Core Literacy Across the Disciplines

See Teacher CEU/Parenting, page 48. **CEU=1.0**

LL **New** Designing Multi-Sensory Presentations

See Teacher CEU/Parenting, page 48.

LL **New** Facebook Marketing Strategies for Small Business and Entrepreneurs

See Computers, page 19.

LL **New** Floral Design: Arranging Fresh Flowers

See Decorating/Gardening, page 32.

LL **New** LinkedIn For Beginners

See Computers, page 19.

Dance Improvisation with VAMP

Voice, Acting, Movement, Performing



VAMP on your personal story using improvisation with voice, acting, movement, and performing.

Different types of music will be explored in solo, partner, and group work to express your story individually and collectively as a group. Opportunities will exist to show your work throughout the workshop.

★ Visit www.wcpss.net/adult-edu or call the Provider, Sandi Walker, at 218-259-7624 for more information.

**WT Beyond the Basics:
Pronunciation for Non-Native English Speakers
Part 1**

This course helps non-native English speakers improve pronunciation, manage accents, and become more understandable to others. Part 1 covers vowel sounds, word stress, word stress patterns, and sentence stress.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Reedy Crk MS 152189	6:30-9:30 PM 1/20-3/2	W \$95
Millbrook HS 152193	6:30-9:30 PM 1/21-3/3	Th \$95

**WT Beyond the Basics:
Pronunciation for Non-Native English Speakers
Part 2**

This course helps non-native English speakers improve pronunciation, manage accents, and become more understandable to others. Part 2 covers conversational strategies, such as disagreeing, correcting, and clarifying; voiced and unvoiced sounds, vowel contrasts, and thought groups.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Reedy Crk MS 152204	6:30-9:30 PM 3/23-5/4	W \$95
Millbrook HS 152205	6:30-9:30 PM 3/24-5/5	Th \$95

**WT Beyond the Basics:
Advanced Conversation and Fluency**

This course, for non-native English speakers, helps improve spoken fluency and accuracy. Students will participate in interactive practice to learn to express themselves in a variety of settings. Instructors use the latest instructional techniques, including effective error correction.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Millbrook HS 152200	6:30-9:30 PM 2/16-4/5	T \$95
Reedy Crk MS 152203	6:30-9:30 PM 3/3-4/21	Th \$95

Sharpen your public speaking skills

WT Confidence in Public Speaking

Whether it is a business presentation or an impromptu speech for coworkers, speaking in front of an audience at work can make some people anxious. Improve your ability to communicate at work with this basic course, which will introduce you to many of the principles of speech communication. Develop confidence and avoid negative self-talk. You will learn and practice skills that can be used in your present job or in a new career. Learn in a non-threatening environment how to organize your talk effectively, create speaking outlines, challenge nervousness, and communicate a message to your audience appropriately.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Millbrook HS 152487	6:30-9:30 PM 3/15-4/19	T \$95
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WT Advanced Public Speaking

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

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Athens Dr HS 152484	6:30-9:30 PM 3/10-4/21	Th \$95
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WT Introduction to Grant Writing

This course covers the basics of writing grant proposals in a hands-on, workshop format. Learn the components of a grant and learn how to create and maintain a workable grant cycle, build a successful grants management program, track potential funders in the business community, and apply good storytelling to a successful program.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Athens Dr HS 152489	6:30-9:30 PM 3/15-4/26	T \$95
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WT Write Right!

Expand your knowledge of grammar, word usage, punctuation, and vocabulary. Writing exercises will help you improve your ability to write clear and concise documents and ultimately increase your value to an organization.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Athens Dr HS 152490	6:30-9:30 PM 3/15-5/3	T \$95
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Spotlight: Computers with Mark

LL **New** Digital Image Editing Unleashed

Materials \$

Unleash your inner graphic designer. Learn to download, manage, convert, edit, print, and frame your digital photos to post online or to create incredible memory books. Bring your laptop and a flash drive or cd of your images. This is a hands-on, instructor-led class. Leave equipped to design your photos like a pro!

See page 55 to register online, by phone, or mail; call the Provider, Mark Merry, at 919-586-1369 for more information.

Athens Dr HS 6:30-9:30 PM T
1/26-2/9 \$90

LL **New** Website Design for Beginners

Materials \$

WordPress has all you need to create a free website or build a blog. Explore hundreds of free, customizable, mobile-ready designs and themes. Enjoy free hosting and support. Find out the many features and templates available to make your website a truly professional work of art. This is a hands-on, instructor-led class. Bring your laptop and your idea for your website.

See page 55 to register online, by phone, or mail; call the Provider, Mark Merry, at 919-586-1369 for more information.

Athens Dr HS 6:30-9:00 PM T
2/16-3/8 \$90

LL **New** Fundamentals of Windows 10

Materials \$

Got a new operating system, and now you need help to navigate it? Join this one-night crash course to get your questions answered. Windows 10, the latest operating system from Microsoft, combines the compatibility of Windows 95/98 with the stability and security of Windows NT. This training covers the fundamentals of Windows 10 in a way that can be understood by the novice and enjoyed by the more advanced. Whether you are using the home or professional version, instructor Mark Merry will make using 10 easy. Be introduced to the menus and their options, and then move to the use of programs, files, and folders. Get started on the Internet, and explore painting, music, and games. This is a hands-on, instructor-led class. Bring your laptop and flashdrive.

See page 55 to register online, by phone, or mail; call the Provider, Mark Merry, at 919-586-1369 for more information.

Athens Dr HS 6:30-9:00 PM T
1/19 \$63



LL **New** Excel for Teachers

Materials \$

See Teacher CEU/Parenting, page 47.
CEU=1.0

LL **New** Introduction to the PC and MS Office Suite

Materials \$

Whether you're a beginning computer user or someone with experience using a previous version of Windows, this class will help you understand the tasks and tools you need to be successful. In this hands-on, instructor-led class, learn about your computer, how to use a mouse, how to use a keyboard, and how to turn off the computer. Learn the desktop fundamentals of the start menu and taskbar. Discover programs, files, and folders to print, paint, and work with your files. Explore Internet, email, and the network. Locate and play games. View your pictures. Learn next steps for help and support once the class has concluded. Bring your laptop and flash drive and prepare to get your questions answered.

See page 55 to register online, by phone, or mail; call the Provider, Mark Merry, at 919-586-1369 for more information.

Athens Dr HS 6:30-9:00 PM T
3/15-4/5 \$90

Mark Merry is a university professor with several years experience educating and inspiring information technology students for an exciting career in computer animation, a rapidly developing field. He has taught computer concepts for students of all ages in a variety of settings such as colleges, factories, and summer camps. Dr. Merry has taught advanced courses in Malaysia as well. He has authored numerous research papers in computing journals and enjoys sharing his passion for technology and gadgetry with the community.



LL New LinkedIn For Beginners

Seeking a new job? Ready to transition into a new career? Leveraging the tools of LinkedIn can help! In this course, you'll learn the essential elements of an effective LinkedIn profile to attract the right attention. You'll also learn how to better leverage LinkedIn groups, attract the right connections, and use its native blog format to develop content that gets you hired.

See page 55 to register online, by phone, or mail; call the Provider, Alice Fuller, at 919-322-8508 for more information.

Athens Dr HS 6:30-8:00 PM T
4/12 \$45

LL New Basic HTML and Cascading Style Sheet

Materials \$
Create webpages from scratch using simple HTML. Progress to miscellaneous tags that are new in HTML 5 and the latest in CSS styling. Free text included. Bring your laptop.

See page 55 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 Th
3/10-3/24 \$100

LL New Introduction to WordPress

Materials \$
Want to make a professional website? This class introduces WordPress from scratch installation, dashboard overview, general settings, content, theme management, and host provider selection. Free text included in the course cost! Bring your laptop.

See page 55 to register online, by phone, or mail; call the Provider, Shere McClamb, at 919-437-3646 for more information.

Millbrook HS 7:00-9:00 PM T
1/26-2/9 \$100

LL New Intermediate WordPress

Materials \$ / Pre-Req
Add the bells and whistles to your WordPress website. This class covers advanced dashboard, menus, plugin management, widgets, and users. Free text included. Bring your laptop.

See page 55 to register online, by phone, or mail; call the Provider, Shere McClamb, at 919-437-3646 for more information.

Millbrook HS 7:00-9:00 PM W
2/17-3/2 \$100

LL New Facebook Marketing Strategies for Small Business and Entrepreneurs

As a business, you're not using Facebook to make friends. You're there to win customers and clients. In this three-part course, you'll learn how to PROPERLY set up a fan page a.k.a. business page that attracts attention. Second, you'll learn how and when to post to best engage your customers without wasting time. And last, you'll learn the basics of Facebook advertising—when to boost posts versus when to invest in ads.

See page 55 to register online, by phone, or mail; call the Provider, Alice Fuller, at 919-322-8508 for more information.

Athens Dr HS 6:30-8:00 PM W
3/9-3/23 \$65

LL New Dangers of Electromagnetic Pollution in the Home

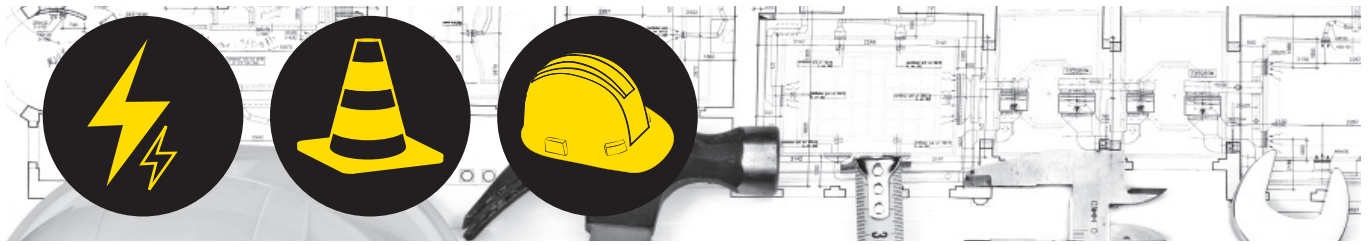
See Teacher CEU/Parenting, page 47.

LL New iPads for Classroom Use

Materials \$
See Teacher CEU/Parenting, page 47.
CEU=1.8



Construction



Prep for a career in construction



Become an Electrician!



LL Electrical Contractor's Exam Preparation

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

See page 55 to register online, by phone, or mail; call the Provider, Billy Morris, at 919-469-8823 for more information.

Athens Dr HS | 6:30-9:00 PM | MTh | 1/11-5/5 | \$290

CONSTRUCTION

WT Residential Contractors Exam Prep

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

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

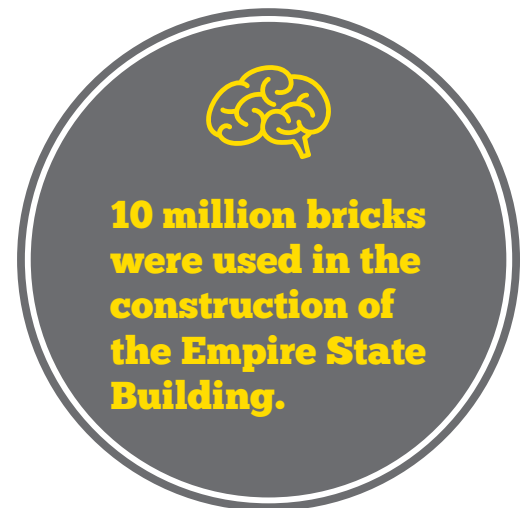
Sanderson HS 6:30-9:30 PM TTh
152273 3/3-4/14 \$150

WT N.C. Commercial Contractor's

This class is a review of the laws, codes, and procedures covered by the N.C. General Contractors License Examination for commercial structures.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Sanderson HS 6:30-9:30 PM MW
152280 3/16-4/20 \$150





6 culinary courses with Chef Cherisse

LL Basic Knife Skills "Korean Style"

Materials \$

Slice, chop, mince, dice, brunoise, batonnet, and julienne your way to cutting perfection. Learn the basic care and handling of knives, so you feel confident maneuvering on the cutting board. Learn which knife works best and get tips to keep your cutlery sharp. Cover essential chopping techniques while putting your skills to use to prepare a signature Korean dish: Bibimbap. Also prepare a quick and easy version



of kimchi and a sauce to complete the meal. Bring your own knives, if available. The instructor has knives to share.

See page 55 to register online, by phone, or mail; call the Provider, Foodamentally Sound, at 919-272-3827 for more information.

Sanderson HS | 6:30-9:30 PM
W | 4/6 | \$45

LL Couples Night Out

New

Materials \$

Couples, shake up date night with an exciting evening of food, fun, and friends in this hands-on class. Prepare popular Thai dishes, enjoy a family-style meal, and get competitive with a little gaming. Menu: Tom Kha Gai (chicken coconut soup), Pad Krapow Nua (beef with basil), Shrimp Pad Thai, Som Tam (green papaya salad), and lemongrass bars with coconut shortbread. It's sizzling in the kitchen.



See page 55 to register online, by phone, or mail; call the Provider, Foodamentally Sound, at 919-272-3827 for more information.

Sanderson HS | 6:30-9:30 PM
W | 3/2 | \$70

LL Mardi Gras Feast

New

Prepare a Mardi Gras themed menu. Menu: Mini oyster po' boys with pickle remoulade, shrimp etouffee, black-eyed peas and bacon, Cajun chicken pasta, beignets and café au lait. Food will be provided.



See page 55 to register online, by phone, or mail; call the Provider, Foodamentally Sound, at 919-272-3827 for more information.

Sanderson HS | 6:30-9:30 PM
W | 2/3 | \$60

WT A Cook's Tour of European Cooking

Materials \$

The cuisines of Europe are very different, yet equally delicious. This exploration of food will allow participants to get a taste of France, Germany, Italy, and the Iberian and Balkan Peninsulas - just to name a few! Students share food costs.



Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Sanderson HS | 6:30-9:30 PM
151969 | Th | 3/3-4/21 | \$100

WT Bake Shop Fun

Materials \$

Do you have a sweet tooth - and a desire to make simple yet delicious desserts? Take a fun trip through your own bakeshop! Each week will be devoted to a tasty category. You'll prepare cakes, pies, cookies, custards, and more, and you'll learn how to make your favorite treats with minimal equipment.



Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Reedy Crk MS | 6:30-9:30 PM
151976 | T | 2/2-3/22 | \$100

WT Cooking With Au Pairs

Materials \$

As an au pair living in a foreign land, you may enjoy meeting others who are having the same experience. Why not participate in a cooking class with your peers? You will learn how to prepare delicious meals using simple recipes and low-cost ingredients - all while enjoying the company of other au pairs! Students share food costs.



Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Reedy Crk MS | 6:30-9:30 PM
151980 | T | 3/29-5/2 | \$100



LL Beginning Baking

Materials \$

Learn basic baking terms and techniques and how to properly measure for recipes. This class, sure to be filled with fun and sweet aromas, will give you hands-on training to bake a basic yellow cake, make frosting, and learn a simple decorating technique. Students will also make tender shortbread cookies (used in two different ways), cornbread in a variety of flavors, a quick bread, and drop biscuits. Students share \$10 food cost.

See page 55 to register online, by phone, or mail; call the Provider, Michelle Blakeney-Richardson, at 919-349-0581 for more information.

Leesville HS 6:30-8:45 PM M
3/7-3/14 \$75



LL Cake Decorating 101

Materials \$

Whether you're looking to start a cake decorating business or just make cakes for family and friends, our cake decorating classes will teach you all you need to know to turn out professionally decorated cakes. You'll develop techniques practiced by professional cake decorators such as applying buttercream icing, making a rose, leveling a cake, pouring ganache and mastering a piping bag. From breathtaking to whimsical designs, all the latest cake decorating trends are disclosed. Plus, instructions and ideas about how to bake and decorate the darlings of the cake world: finger-licking cupcakes. Textbook and supplies approximately \$100 cake.

See page 55 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-694-5188 for more information.

Reedy Crk MS 6:30-9:00 PM M
1/25-2/22 \$150

LL Cake Decorating 102

Materials \$ / Pre-Req

This course is a continuation from Cake Decorating 101. Whether you're looking to start a cake decorating business or just make cakes for family and friends, our cake decorating classes will teach you all you need to know to turn out professionally decorated cakes. You'll develop techniques practiced by professional cake decorators such as applying buttercream icing, making a rose, leveling a cake, pouring ganache and mastering a piping bag. From breathtaking to whimsical designs, all the latest cake decorating trends are disclosed. Plus, instructions and ideas about how to bake and decorate the darlings of the cake world: finger-licking cupcakes. Textbook and supplies approximately \$100.

See page 55 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-694-5188 for more information.

Reedy Crk MS 6:30-9:30 PM M
3/7-4/4 \$150

What people are saying...

“I learned new, better techniques than I had previously been taught. The class was great!”

-Cindy Clowers
Cake Decorating 101



LL New Bread 101

Materials \$

Bread is a delicious necessity with every meal, and there is nothing like the mouthwatering aroma of fresh bread wafting through the house. Once you learn the basics, you'll find that making fresh, homemade bread is an absolute delight. Master the art of bread making. In this class, you will learn about blooming yeast, mixing doughs, proofing and baking. Create fresh-baked breads that you and your family will savor. Menu: French bread Baguettes, Poppy Seed and Honey Whole Wheat Rolls and various flat breads.

See page 55 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-694-5188 for more information.

Reedy Crk MS 6:30-9:00 PM T
3/1 \$43



LL Canning, Freezing, Drying and Preserving Food

Materials \$

This course is filled with everything you need to know to get started in canning and preserving your own foods. By the time you finish this course, you will be well on your way to making and storing foods like you have thought about for so long!

See page 55 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-694-5188 for more information.

Reedy Crk MS 6:30-9:00 PM M
1/25-2/15 \$100



LL Cooking 101

Materials \$

This hands-on basic cooking series meets five consecutive weeks. Chef Wynton Mann will guide you through complete cooking basics. You'll learn essential culinary techniques through classic cooking methods and gourmet recipes! Cover all the bases of the kitchen as you master everything from professional knife skills to gourmet presentations. This series will provide clear and concise recipes for everyday cooking with simple techniques for easy cooking meals. Learn how to roast, pan-sear, stir-fry, make soups and sauces, and bake from scratch.

See page 55 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-694-5188 for more information.

Reedy Crk MS 6:30-9:00 PM T
1/26-2/23 \$150



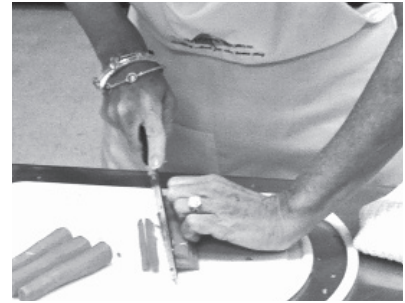
LL New Global Healthy Cooking

Materials \$

Take a tour of the most flavorful countries for cuisine including Thai, Moroccan, Indian and Grecian. All classes are hands-on and include five recipes and a complete meal. Food cost included in course fee.

See page 55 to register online, by phone, or mail; call the Provider, Food Simple Real Food at 310-980-0139 for more information.

Reedy Crk MS 6:30-9:00 PM W
2/3-2/24 \$140



LL Knife Skills 101

Materials \$

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

See page 55 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-694-5188 for more information.

Reedy Crk MS 6:30-9:00 PM T
4/19 \$43



LL New Pasta 101

In this class, you will learn to cook fresh and dried pasta, as well as an array of appropriate sauces to complement them. You will make fresh pasta dough by hand, roll it, cut it, and fill it. Menu: fresh lasagna with bolognese sauce; ricotta-filled ravioli; and other simple sauces, including pesto genovese (basil sauce with cheese and pine nuts).

See page 55 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-694-5188 for more information.

Reedy Crk MS 6:30-9:00 PM T
3/29 \$43



LL Pastry 101

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

See page 55 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-694-5188 for more information.

Reedy Crk MS 6:30-9:00 PM T
5/3 \$43



LL Sushi 101

Materials \$
Learn the secret techniques of making traditional and creative Japanese Sushi in one lesson, including California roll and Rainbow roll, Miso soup, vegetable dishes and more.

See page 55 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-694-5188 for more information.

Reedy Crk MS 6:30-9:00 PM T
4/12 \$43



WT Cooking Beyond the Basics

Materials \$
Take your basic cooking skills to a whole new level! In this intermediate course, you'll explore the five "mother" sauces, learn to debone a chicken, find out how to buy and prepare meats and seafood, and master techniques such as pan-searing and poaching. Students share food costs.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Reedy Crk MS 6:30-9:30 PM M
151975 1/11-3/7 \$100



WT New Fast and Fresh Dinners

Materials \$
This course will teach students how to shop for, prepare, and cook with fresh meat, poultry, seafood, and produce. Students will learn the basic techniques of cooking through simple, easily duplicated recipes that are delicious and nutritious. Students share food costs.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Reedy Crk MS 6:30-9:30 PM T
152347 3/22-5/3 \$100



WT New Home Chef: The Basics

Materials \$
Would you like to learn basic cooking skills? Learn how to cook soups, sandwiches, entrees and sides, breakfasts, desserts, and more in this course. Become more confident in the kitchen and leave class with new recipes to jump start the process.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Sanderson HS 6:30-9:30 PM M
152716 1/11-2/29 \$100



WT Hurry for Curry: Basic Indian Cooking

Materials \$
Add Indian cuisine to your cooking repertoire! This course covers a range of Indian dishes and cooking techniques to improve your grasp of this fascinating cuisine and build your confidence. Participants will learn how to prepare basic dishes from start to finish and how to use spices and other ingredients. The course also includes Indian culture, regional cooking, and terminology. Students share food costs.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Sanderson HS 6:30-9:30 PM M
151968 3/14-5/2 \$100



WT The Food and Flavors of France

Materials \$

This course will teach students about the flavors, ingredients, and culinary techniques used in the kitchens of France. Students will learn the French style of cooking through simple, easily-duplicated recipes that are authentic and delicious. Students share food costs.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Reedy Crk MS 151978	6:30-9:30 PM 3/21-5/2	M \$100
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WT The Food You Eat

Materials \$

Wondering about what's in the food you eat? Want to know more about organic and natural foods, GMOs, pesticides and toxins? Find out how to make healthier choices when purchasing, storing, and cooking food. Students share food costs.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Reedy Crk MS 151979	6:30-9:30 PM 3/23-4/27	W \$100
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WT Weeknight Global

Materials \$

Most of us have a rotation of dinner menus that we prepare routinely. Add excitement to your evening meals by learning how to prepare dishes from around the world! These globally-inspired creations come together quickly and use ingredients available at your neighborhood grocery store!

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Athens Dr HS 152348	6:30-9:30 PM 2/8-3/28	M \$100
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WT The Food and Flavors of Italy

Materials \$

This course teaches students about the flavors, ingredients, and culinary techniques used in the kitchens of Italy. Students will learn the Italian style of cooking through simple, easily-duplicated recipes that are authentic and delicious. Students share food costs.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Sanderson HS 151964	6:30-9:30 PM 1/12-3/8	T \$100
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What people are saying...

“The taste of Italy course was an amazing course. I learned many new techniques from the chef. He has great experience and takes his time helping students as they cook.”

-Laura Litaraw
The Food and Flavors of Italy

Dance and Fitness



Spotlight: Dancing with Franca

LL Beginner Latin Dance

Are you tired of going out to night clubs and Salsa bars and not knowing what to do? Now is your chance to learn some basic steps, simple turns and good technique. This class will teach you the basic steps in Salsa, Merengue and Bachata. Come out, learn and have some fun dancing! Please make sure to dress in comfortable clothes and shoes with no more than a two-inch heel that you can easily turn in. Visit www.francasdancestudio.com to register. Note: \$10 discount for couples, but no partner is required.

See page 55 to register online, by phone, or mail; call the Provider, Franca Luzzi, at 919-791-6825 for more information.

Athens Dr HS	7:00-8:30 PM	M
	1/11-2/29	\$105

LL Beginner Latin Dance II

So you're getting comfortable in the Latin clubs and Salsa bars and are familiar with a couple of moves. This class will teach you some advanced basic steps in Salsa, Merengue and Bachata. To attend this class, you will need to have taken the Beginner Latin Series or have had some formal lessons in these dances. Be sure to dress in comfortable clothes and shoes with no more than a two-inch heel that you can easily turn in. Visit www.francasdancestudio.com to register and check the schedule. Note: \$10 discount for couples, but no partner is required.

See page 55 to register online, by phone, or mail; call the Provider, Franca Luzzi, at 919-791-6825 for more information.

Athens Dr HS	7:00-8:30 PM	M
	3/14-5/2	\$105

Franca Luzzi's passion for dance began as a young child watching ballet on television. Her love of dance continued in middle and high school where she participated in a number of talent shows. In college, she took formal ballet and jazz instruction. She began her ballroom training in December 2009 and participated in her first Dancesport Competition in Las Vegas the following summer. Franca more recently participated in a competition at Myrtle Beach, consistently placing first place for her level and age group. She has also enjoyed participating in several showcases in the Triangle area. Franca began at North Carolina Ballroom Teachers College and has completed all 16 dances, passing the DVIDA Certification with honors.



LL Beginner Rhythm Ballroom I and II

This class is for the beginner with 'two left feet' or some formal dance instruction. It covers the three Rhythm dances of Rumba, Cha Cha, and East Coast Swing. Learn how to use your feet and stand properly, how to use correct leading and following techniques, understand Cuban Motion and how and when to use it. This is great for building confidence, getting exercise, and staying in time with the music while having fun! Visit www.francasdancestudio.com to register and check the schedule. Note: \$10 discount for couples, but no partner is required.

See page 55 to register online, by phone, or mail; call the Provider, Franca Luzzi, at 919-791-6825 for more information.

Athens Dr HS	7:00-8:30 PM	T
	3/15-5/3	\$105

LL Beginner Smooth Ballroom I and II

This will be a seven-week course focusing on only the three smooth dances of Waltz, Foxtrot and Tango. Learn how to use your feet and stand properly and how to use correct leading and following techniques. We will focus on learning a minimum of six figures in each dance. Taking this class may be the start of many years of fun in dance. Discover the possibilities. Note: \$10 discount for couples, but no partner is required. Visit www.francasdancestudio.com to register and check the schedule.

See page 55 to register online, by phone, or mail; call the Provider, Franca Luzzi, at 919-791-6825 for more information.

Athens Dr HS	7:00-8:30 PM	T
	1/19-3/1	\$105

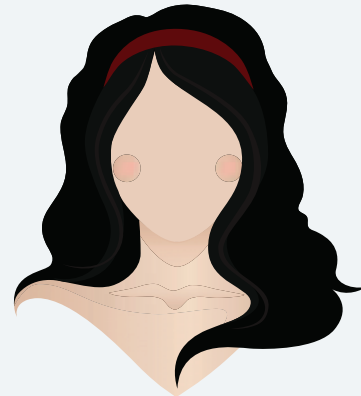
Dance and Fitness
continued on page 31

7 Benefits and 7 Myths of Wig Wearing

Unless you've experienced the heart wrenching travesty of losing your hair, you don't know the leap in self-esteem a beautiful wig can provide. People choose to wear wigs for any number of reasons. Some have medical issues with hair loss such as alopecia, chemotherapy, or hormone imbalance. Some have thin hair that does not retain length. Yet others truly enjoy the diversity that wearing a wig affords.

Whatever the reason, a wig is an incredible confidence booster and interested women should try it out. You could pay thousands of dollars to have a wig made by a professional, or for a mere fraction of the cost, you could make your own in Wig Making 1 and 2. Through the skilled guidance of professional stylist, Vinnie Hatton, receive the instruction you need to make a stunning wig that looks lovely on you.

Benefits of Wig Wearing



- Wigs give you diversity in styling.
- Wigs are easy to care for.
- Wigs can be a real confidence booster.
- Wigs give you the opportunity to try a different grade of hair from your own.
- Wigs can hide medical issues that resulted in hair loss.
- Wigs are just plain fun!

Myths of Wig Wearing

I can't find a wig that has the cut I'm looking for.

-Just customize the cut of the wig to give it the trendy, sleek, or sophisticated edge you seek.

I struggle to care for my wig.

-You can extend the life of your wig and keep it looking beautiful for years. All you need is the right products and the correct care regimen.

Wigs are just so unnaturally shiny.

-You can minimize unnatural shine with powder. Learn tips to dial back the shine to make your wig look completely natural.

Wigs never fit my head properly.

-Before you make a wig, you must find out your measurements. You can make a wig that suits your hair line and head size perfectly, making a seamless fit that meshes well with your face shape and crown.

I like to change up my hairstyles, and I can't have diversity with a wig.

-Not so. With real hair wigs, you can go between straight and curly in a flash, just like with your own hair.

Wigs are uncomfortable and hot.

-This may have been true years ago, but today wig caps are made to be well ventilated and comfortable.

Wigs come off with a gust of wind or leap of excitement.

-If your wig fits your head properly, you need not worry about the wig coming off.

★ If you're ready to have some fun and discover your new look, register now for Wig Making 1 and 2. Details are on page 42.



From In Line to Online to Publish a Book

Love writing? Have something to say that you want the world to hear? Well get in line because thousands of people are just like you. They want to publish a book, tell a story, to energize the world or maybe just inform an audience who needs to know what they have to share.

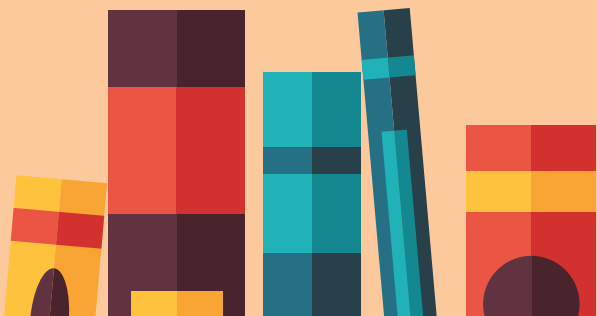
Years ago, the only way to become a published author was to go through a publishing house, but now writers can self-publish their work and make more money, yes MORE MONEY, than they would

likely make going through a traditional publishing company (This is expressly true for authors selling under 1,000 copies.) Today, the Internet has opened the gateway for burgeoning authors to write and publish both hardbound and e-books and sell them on popular sites like Lulu and Amazon. All you need is the steps required to get there. If you want to write a book and have it published, EXIT THE LINE and get online.

Your future is waiting.

1. Develop your concept

Do you want to write children's books, erotica, family memory books or something else? Determine the genre you want to enter.



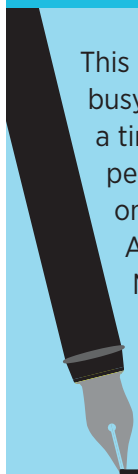
2. Read



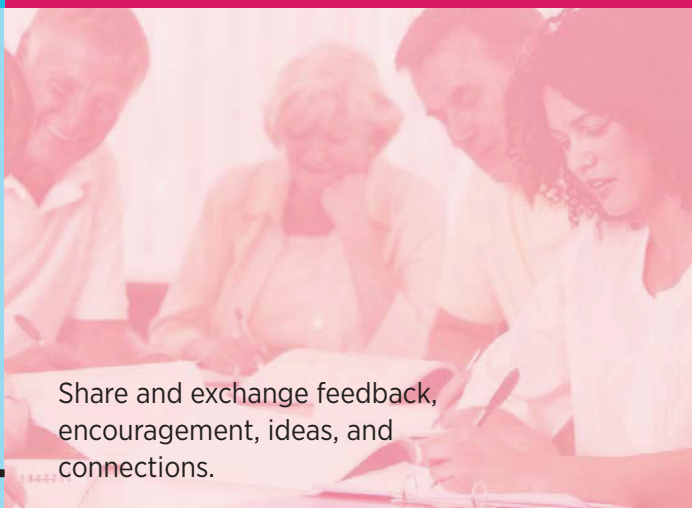
Yes, read books in your genre of choice. The best way to determine whether or not your idea is original and to refine your writing and grammar skills is to read quality work of accomplished authors.

3. Write your book

This is easier said than done. If you have a busy schedule, as most people do, set aside a time and place every day where you will pen some aspect of your book. Perhaps one day you'll develop a character. Another day, you'll work through the plot. Make writing a habit and don't break it unless it's absolutely necessary.



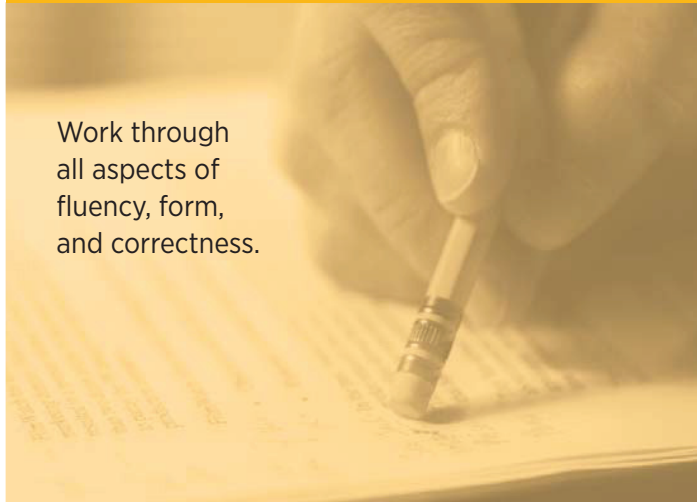
4. Join a writer's group



Share and exchange feedback, encouragement, ideas, and connections.

5. Revise your book and prepare to publish

Work through all aspects of fluency, form, and correctness.



6. Publish your book



Maybe you'll sell a million copies. Maybe you'll see your book on sale in a book store. Maybe you'll become the next New York Times #1 best seller. You never know until you get started.

★ Register today for "I Want to Publish a Book" and take the next big step towards becoming a published author. Turn to page 15 to view course details.



Ready, Set, Go for the Redesigned SAT and ACT

The SAT and ACT exams have a new redesigned format, so get ready for some test prep fun.

- 1 Know the differences in the SAT and ACT.** Generally, the SAT is better for those who like vocabulary, and the ACT is preferred by those stronger in math.
- 2 Become familiar with the format of the test.** Learn about the types of questions you'll be asked and how the test sections are timed.
- 3 Take the pre-SAT and ACT** in the sophomore year of high school.
- 4 Register for a preparation program.**
- 5 Test your timing.** If you finish quicker than the time allotted, go back to check what kinds of questions you missed. If you don't finish in the time allotted, get help to finish the test.
- 6 Get a good night's sleep** the evening before the exam.
- 7 Know where the test is located** and the time you are expected to arrive, so you're not feeling frazzled on the way.
- 8 Eat a protein packed breakfast** to fuel your test brain.
- 9 Bring identification,** layered clothing, pens and pencils, and a light snack. Keep your cell phone off.
- 10 Show up early** for the test to help work off nervous jitters. Feel confident knowing you've done all you can to prepare.
- 11** If you take the test more than once, feel free to **submit your superscore** to colleges. If you plan to take the test just one time, have your test score sent directly to the universities you're considering.

★ Turn to page 50 for test preparation programs.



Build your core muscles through basic isolations and layering.

LL Belly Dance Fitness

Grab a girlfriend and run, don't walk to Belly Dance Fitness. This sultry workout taking the community by storm will get you into shape fast. Word is spreading like wildfire as women drop dress sizes and get back that hour glass figure. Learn the basic movements and positions for belly dance. Build your core muscles through basic isolations and layering. Enjoy an overview of the origins and some of the history of belly dance as well as the many styles. Practice these movements with traditional and non-traditional belly dance music throughout the world. **30% discount for WCPSS employees.**

See page 55 to register online, by phone, or mail; call the Provider, KellyBuynitzky, at 919-846-0409 for more information.

Sanderson HS 6:30-8:00 PM Th
1/7-5/5 \$90



LL **New** ZUMBA!! Ditch the Workout, Join the Party

Enjoy eight weeks of pure fun and better health! Perfect for everybody and every body! This class will even feature a modifier for those individuals who want to ease into higher intensity routines or who need to move at a lower intensity but want to get moving. Each Zumba® class is designed to bring you together with other people to sweat it out. Take the 'work' out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over, you'll see why Zumba® Fitness classes are exercise in disguise. Super effective? Check. Super fun? Check and check. Benefits include a total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of awesomeness each and every class.

See page 55 to register online, by phone, or mail; call the Provider, Adalia Ellis, at 843-304-2034 for more information.

Leesville HS 7:00-8:00 PM M
1/25-3/21 \$65



LL **New** Dance Improvisation with VAMP—Voice, Acting, Movement, Performing

See Communications, page 16.



Decorating and Gardening



WT Interior Design

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

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Sanderson HS 151970	6:30-9:30 PM 3/1-4/19	T \$90
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LL **New** Floral Design: Arranging Fresh Flowers

Whether you grow or purchase flowers, learn the basics of working with fresh flowers to add beauty to your home. Learn about flower and container preparation. Cover five design styles including bud vase design, grouping, symmetrical, round, and asymmetrical. Students provide flowers, containers, tools, and materials needed to create their designs and will receive a supply list for the first design before the first class.

See page 55 to register online, by phone, or mail; call the Provider, Janice Mancuso, at 919-460-8836 for more information.

Reedy Crk MS	6:30-8:30 PM 4/7-4/28	Th \$85
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LL **New** Pizzazz Your Home: Learn to Paint Like a Pro

Keep your money. Stop paying the pros for jobs you can do around the house. Learn fundamental to advanced methods of interior home painting with professional painter Chris Wager. Avoid telltale drips and spatters at the end of a job. Stop straining your back. Know what is involved in establishing a ballpark estimate for how much paint you'll need. Determine when you must use a separate primer and when two-in-one works just fine. Learn how to protect all the surfaces you don't want painted. Find out when you need dry weather to paint and when it's okay to proceed in wet weather. Discover what's really involved in a visual inspection and prep for a professional job. In no time, you'll have the tips and materials you need to update your home on a budget with professional results! Individuals and professional painters welcome! Materials fee of \$30 for paint supplies and book: *101 Helpful Painting Hints*.

See page 55 to register online, by phone, or mail; call the Provider, Christopher Wager, at 330-332-0885 for more information.

Sanderson HS	6:30-8:30 PM 2/16-3/8	T \$125
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“What people are saying...
“I enjoyed learning how to create a design board for my own home. I look forward to designing more rooms.”

- Katie Smoak
Interior Design I



**Bamboo, the
fastest growing
wood plant, can
grow 35 inches
in a day!**

LL Accent Reduction for Professionals

Speak with greater clarity and confidence while learning to speak with a Standard American Accent and use correct English pronunciations. Through proven accent training techniques, reduce the speech improvement hurdles by focusing on the most difficult English pronunciations that will have the greatest positive impact in your business communication skills. Success in professional life depends on the ability to communicate well with colleagues and clients. This class is ideal for anyone who wants to communicate more effectively in business to deliver stellar presentations and get one's point across convincingly and confidently.

See page 55 to register online, by phone, or mail; call the Provider, Cary Tutor, at 919-798-6493 for more information.

Reedy Crk MS	6:45-8:30 PM	T
	1/12-2/16	\$85
Reedy Crk MS	6:45-8:30 PM	T
	3/1-4/5	\$85

There is no charge for most ESL classes.

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

WT ESL

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

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

Athens Dr HS 6:30-9:30 PM MTWTh
1/12-5/4 \$0
Registrations on 1/12, 1/13, 1/14, 2/8 and 3/7

Millbrook HS 6:30-9:30 PM MTWTh
1/6-5/5 \$0
Registrations on 1/6, 1/7, 1/25, 2/8, 2/29 and 3/14

Reedy Crk MS 6:30-9:30 PM MTWTh
1/12-5/4 \$0
Registrations on 1/13, 1/14, 2/8, 2/29 and 3/7



LL **New Debt Reduction and Asset Building**

Personal debt is a major problem in the U.S. Following the economic downturn, many Americans turned to credit and/or payday loans to cover their monthly expenses when their households were hit by reduced income and unemployment. If you were impacted by this, then you understand the struggle. Get help to manage your situation. D4G Advisory Group is on a mission to help you reduce your debt. Debt management is possible, no matter how dire you feel your situation has become. You can get back in control of your finances and rebuild your credit score for a bright future.

See page 55 to register online, by phone, or mail; call the Provider, D4G Advisory Group, at 919-518-9631 for more information.

Millbrook HS 6:30-8:30 PM W
3/9-3/23 \$125

Class of interest

LL **New Run a Business for Next to Nothing**

See Career Skills, page 10.



LL **New Finance & Tax Strategies to Maximize your Life**

Need financial help with investments, insurance, budgeting, and wealth building? Want to make sure you don't miss out on a single tax credit to which you're entitled? Count on tax and finance consultant Jason Amen Hetep. He assists individuals and small business owners through individualized consultation that's perfect for your special circumstance. In this hands-on class, get help to save for retirement or an emergency fund. Learn sure-fire methods to start a stream of income in a crisis. Find out all you need to know about IRAs, mutual funds, investments and more. Make sound financial choices and expertly navigate company annual reports to know what would be a sound investment. Interested in a career in finance? Get information on becoming a tax preparer or financial advisor. Culminate the class with tax preparation help. Expect savings worth more than \$300 over what you could generate with your typical tax software. Bring your device: laptop, tablet, or cell phone. Get on the road to financial success. Register today.

See page 55 to register online, by phone, or mail; call the Provider, Black Diamond Financial Group, at 919-633-2125 for more information.

Millbrook HS 6:30-8:00 PM W
1/20-2/3 \$125

LL **New Understanding Credit**

According to the 2012 Consumer Financial Literacy Survey, 55% of Americans have not obtained their credit report and 62% have not reviewed it! That's alarming considering the fraud risks and scheming present in today's environment. Credit is the foundation of so many financial decisions. One bad move, and you could be paying for it for the rest of your life. That's serious business. Get to know your credit situation, understand the advantages and disadvantages of using credit, know your rights, and take the proper steps to improve your credit standing. Get on the path to more financial freedom. This course can help you get there.

See page 55 to register online, by phone, or mail; call the Provider, D4G Advisory Group, at 919-518-9631 for more information.

Millbrook HS 6:30-8:00 PM W
2/3-2/24 \$125

Health and Wellness



LL Take Back Your Health: The Keys to Permanent Lifestyle Changes

Are you confused by all the contradictory information available regarding nutrition? Have you gained a few unwanted pounds, become overweight, or are obese and don't know what to do to regain your health on the Standard American Diet (SAD)? If you've tried diets only to gain back all the weight you've lost plus some, you are not alone. Obesity has become pandemic! Learn about food addictions and the industries that perpetuate them, so you can cultivate the power to take back your health: no gimmicks, no quick fixes, no diets! Set goals to move from where you are to where you want to be. Plus, enjoy two food demonstrations overviewing the steps to prepare simple dishes that taste gourmet and are truly healthy.

See page 55 to register online, by phone, or mail; call the Provider, Elizabeth Strugatz, at 919-649-2123 for more information.

Athens Dr HS	6:30-8:30 PM	M
	1/25-3/14	\$125

LL New Foundations to Self-Care and Holistic Health

Did you know that health and wellness incorporates many facets of your daily life? The amount of sleep you get, the water you drink, the food you eat, and the level of activity you maintain impacts your health. Working to improve your health and wellness can be difficult to achieve on your own. Overall wellness is much like a puzzle, and a high level of health is only achieved when each piece of the puzzle is in place. This class will assist you in finding your missing piece of the puzzle. Topics will include self-care methods, diet, stress management, time management, and other health related issues. Health coach, Tameka Fuller, will motivate and guide, as well as provide valuable resources and expertise to equip students with the necessary tools to make life changes.

See page 55 to register online, by phone, or mail; call the Provider, Health Matters, at 919-798-1001 for more information.

Leesville HS	7:00-9:00 PM	M
	2/8-3/28	\$95
Millbrook HS	7:00-9:00 PM	T
	2/16-4/5	\$95

LL New The Key to Opening the Door Out of Depression After the Death of a Loved One

This class will cover several topics in the *The Key to Opening the Door to Depression After the Death of a Loved One*. Relish in the opportunity to discuss your unique situation in a small group setting as you examine depression, its meaning, why it may occur, signs and symptoms, and stages. Discuss what happens when someone close to you dies, and learn exercises to help you ease back into life. Study why the mind wars against the heart in an effort to come to terms with the loss. Instructor Vinnie Hatton, a grief counselor, will guide you in moving forward with renewed hope for the future and a better understanding of the value of life. Be inspired; register today.

See page 55 to register online, by phone, or mail; call the Provider, Vinnie A. Hatton, at 919-521-2866 for more information.

Millbrook HS	6:30-9:30 PM	M
	1/25-2/29	\$125

LL New Dangers of Electromagnetic Pollution in the Home

See Teacher CEU/Parenting, page 47.

LL Essential Oils

Join Angie Ceroli to discover the everyday uses of essential oils. Oils contain remarkable health benefits to keep you well or help you heal quickly. Clear up acne, reduce stress, eliminate indigestion, fight illness, relieve allergy symptoms, and more. Experience the oils, enjoy light snacks, and walk away with a few practical recipes in this hands-on class. Pay in advance by PayPal to angceroli@gmail.com. Cash payments ONLY taken at the door.

\$20 One night course

See page 55 to register online, by phone, or mail; call the Provider, MaukaMakai Ventures, LLC, at 919-656-0963 for more information.

Athens Dr HS	6:30-8:00 PM	T
	3/1	\$20





8 Different Languages to Explore!

- Arabic
- Brazilian Portuguese
- Esperanto Language
- French
- Italian
- Korean
- Sign Language
- Spanish

Arabic

WT Arabic Part 2

Pre-Req

This is a beginner's continuation course in the Arabic language in which students will further their vocabulary and understanding of the language and culture. The course focuses on reading and writing the language, using grammar and syntax, and communicating in Arabic.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152452 | Sanderson HS | 6:30-9:00 PM | M | 1/11-4/4 | \$180



Brazilian Portuguese

WT Introduction to Brazilian Portuguese Part 1

Materials \$

This beginner's course assumes students have never studied Portuguese or no longer retain what they learned in the past. The focus is on reading and writing the language, grammar and syntax, and communication with Portuguese-speaking people.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152472 | Athens Dr HS | 6:30-8:30 PM | M | 1/25-3/14 | \$130

WT Introduction to Brazilian Portuguese Part 2

Materials \$ / Pre-Req

This is a continuation of the beginner's course, for students who have had some exposure to Portuguese but need to build knowledge and skills. The focus is on reading and writing the language, grammar and syntax, and communication with Portuguese-speaking people.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152470 | Athens Dr HS | 6:30-8:30 PM | Th | 1/21-3/10 | \$130

Esperanto Language

LL Esperanto Language and Culture Pt 1

Materials \$

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

See page 55 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 | 1/21-3/24 | \$100

“What people are saying...
It was great to meet so many Esperanto enthusiasts and learn about the language and the community.”

- Hanitha Malladi
Esperanto Language and Culture

French

WT French Foundations 1a

Materials \$

This is a beginner's course and the first of our four-part series introducing the French Language - for those who have never before studied French or no longer retain any prior knowledge of the language. The course focuses on how to read and write the language, grammar and syntax, and French culture.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152453 | Sanderson HS | 6:30-9:00 PM | T | 1/12-2/16 | \$110

152488 | Millbrook HS | 6:30-9:00 PM | T | 3/15-4/19 | \$110

WT French Foundations 1b

Materials \$ / Pre-Req

This is a beginner's course and the second in our four-part series introducing the French Language. Students should have some knowledge of French. The course focuses on how to read and write the language, grammar and syntax, and cultural highlights.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152469 | Reedy Crk MS | 6:30-9:00 PM | Th | 1/21-2/25 | \$110

152480 | Sanderson HS | 6:30-9:00 PM | T | 3/1-4/5 | \$110

WT French Conversation

Materials \$

This course is designed to introduce business personnel to the basics of conversational French. Emphasis is on the fundamentals of grammar as well as vocabulary, pronunciation, dialogue, and common expressions. Participants will learn and practice conversational skills through reading, speaking, and listening activities and become familiar with French culture and history.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152471 | Sanderson HS | 6:30-9:00 PM | Th | 1/21-4/14 | \$150

Italian

WT Italian Beginning Part 1

Materials \$

Italian Culture, vocabulary, structure, and grammar rules will be covered.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152476 | Sanderson HS | 6:30-8:00 PM | W | 2/3-4/6 | \$150

WT French Foundations 2A

Materials \$ / Pre-Req

This is a beginner's course and the third in our four-part series introducing the French Language. The assumption is that the student has some knowledge of French. The course will concentrate on how to read and write the language, grammar and syntax, and communication and cultural highlights, with an emphasis on usage of all vocabulary and concepts learned.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152454 | Sanderson HS | 6:30-9:00 PM | Th | 1/14-2/18 | \$110

152485 | Reedy Crk MS | 6:30-9:00 PM | Th | 3/10-4/21 | \$110

WT French Foundations 2B

Materials \$ / Pre-Req

This is a beginner's course and the fourth in our four-part series introducing the French Language. The assumption is that the student has some knowledge of French. The course will concentrate on how to read and write the language, grammar and syntax, and communication and cultural highlights, with an emphasis on usage of all vocabulary and concepts learned.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152481 | Sanderson HS | 6:30-9:00 PM | Th | 3/3-4/14 | \$110

WT French for Travel

Materials \$

This course is designed for students planning to travel to France or French-speaking countries (with major emphasis on France). The course focuses on the vacation traveler but is also appropriate for business travelers and those planning short-term residence (exchange students, professionals on job assignment, etc.). Participants will learn basic travel/survival French in the context of thematic lessons. Other aspects of French life will be covered as well.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152483 | Sanderson HS | 6:30-8:30 PM | T | 2/16-4/19 | \$150

WT Italian Beginning Part 2

Materials \$ / Pre-Req

Have fun while continuing to learn Italian! Culture, vocabulary, structure, and grammar rules will be covered. Conversation is emphasized after you have a general understanding of the structure of the language and have learned basic words.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152473 | Sanderson HS | 6:30-9:00 PM | M | 1/25-3/28 | \$150

Korean

WT Introduction to Korean

Materials \$

This is a beginner's course in the Korean language for students who have never studied Korean or do not remember what they have studied in the past. The course will concentrate on reading, writing, grammar, and syntax, as well as communication with Korean people.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152475 | Reedy Crk MS | 6:30-9:00 PM | Th | 2/25-5/5 | \$150

WT Introduction to Korean Part II

Materials \$ / Pre-Req

This is Part 2 of a beginner's course in the Korean language. Students should have completed Introduction to Korean Part I or have studied Korean for at least one semester. Part 2 concentrates on reading and writing the language, including grammar and syntax, and communicating with Korean people.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152451 | Reedy Crk MS | 6:30-9:00 PM | M | 1/11-3/14 | \$155

WT Introduction to Korean III

Materials \$ / Pre-Req

This is an intermediate course in the Korean language that includes speaking, listening, reading, and writing. The course emphasizes conversation skills and focuses on listening and learning through everyday dialogue and activities. Students will study advanced grammar and syntax as well as participating in class discussions and activities.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152492 | Reedy Crk MS | 6:30-9:00 PM | M | 3/28-5/2 | \$120

WT Introduction to Korean IV

Materials \$

This course further develops speaking, listening, reading, and writing skills for intermediate-level students of the Korean language. Students will build conversation skills by studying drama, TV, and film. Upon completion of the course, they will be able to carry on practical conversations in the language; watch and understand Korean drama, TV, and film; and read Korean newspapers.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152455 | Reedy Crk MS | 6:30-9:00 PM | Th | 1/14-2/18 | \$120

Sign Language

WT Sign Language I Part A

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

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152461 | Athens Dr HS | 6:30-9:30 PM | T | 1/19-3/8 | \$95

WT Sign Language I Part B

Pre-Req

Continue to communicate by learning more American Sign Language. Lessons are based on everyday communication and include role-playing activities. Review the ASL alphabet and learn more common words and phrases.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152491 | Athens Dr HS | 6:30-9:30 PM | T | 3/15-5/3 | \$95

WT Sign Language I Part C

Pre-Req

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

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152456 | Athens Dr HS | 6:30-9:30 PM | Th | 1/14-3/3 | \$95

WT Sign Language I Part D

Pre-Req

In this course, students will continue to learn ASL while they apply what they've learned in Parts A, B, and C of the course. Students will expand their vocabulary of signs, learn how to develop longer sentences, and learn more about deaf culture.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152486 | Athens Dr HS | 6:30-9:30 PM | Th | 3/10-5/5 | \$95

Spanish: Beginning

LL Basic Conversational Spanish I

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

See page 55 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-840-8108 for more information.

Reedy Crk MS | 6:30-9:00 PM | M | 1/25-3/7 | \$125

LL Basic Conversational Spanish II

Pre-Req

This course continues from Basic Conversational Spanish I. The purpose of this course is to further the students' conversational skills in Spanish. In addition to new vocabulary, the present tense and other useful grammatical points will be covered. As in the first course, there will be great emphasis on developing the students' speaking ability. The students will create their own dialogues on specified topics, and will be responsible for several readings. Focus is on the present tense. (Materials included)

See page 55 to register online, by phone, or mail; call the Provider, Wynton's World, at 919-840-8108 for more information.

Reedy Crk MS | 6:30-9:00 PM | M | 3/21-5/2 | \$125

WT Spanish for Beginners

Materials \$

A comfortably-paced introductory course for beginning students with no Spanish language experience.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152477 | Athens Dr HS | 6:30-8:00 PM | T | 2/16-4/19 | \$95

WT Spanish for Beginners - Part 2

Materials \$ / Pre-Req

Part 2 of the 2-part series.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

152466 | Sanderson HS | 6:30-9:00 PM | W | 1/20-3/23 | \$95



**Spanish is
the official
language of
22 countries.**





Personal Enrichment

PERSONAL ENRICHMENT



Spotlight: Fun and Profit with Karen

LL All About Afternoon Teas

The elegant indulgence of partaking in "a spot o' tea" has remained timeless and beloved by many. Here's your chance to learn about the history and customs associated with afternoon teas in the Victorian and Edwardian eras. Discover what goes into hosting an elegant tea, with helpful tips, ideas for themes, and a display of various tea accoutrements. Be entered into a drawing for an elegant gift basket of tea-related sundries by prepaying the class fee at <http://www.seniorplaylist.com/lifelong-learning/>

See page 55 to register online, by phone, or mail; call the Provider, Senior Play List, Inc., at 919-954-9745 for more information.

Millbrook HS 6:30-9:30 PM M
2/15 \$65

LL Bring Joy to Seniors for Fun and Profit

This fascinating class introduces an outlet for entertainers, yoga/exercise instructors, artists, crafters, poetry readers, topical lecturers (on history, foreign cultures, etc.) and other program providers. Places where seniors live and play often pay \$35-\$150/hr. for 1-hr. programs like these, held when you're available Mon. - Sat. (until 8pm and except mealtimes).

Receive a free copy of the booklet *Keys to Successful Senior Entertainment* by prepaying the class fee at <http://www.seniorplaylist.com/lifelong-learning/>.

See page 55 to register online, by phone, or mail; call the Provider, Senior Play List, Inc., at 919-954-9745 for more information.

Millbrook HS 6:30-9:30 PM M
4/18 \$65

LL Cats 101: Decoding the Fabulous, Fickle Feline

Cats have befuddled mere mortals for centuries. But some puzzling quirks can be explained. Like, why they often head straight for that one guest who hates cats. (There is a reason!) Or why they drink from one bowl but not another. Need to coax a shy cat from a hiding place? Find out how and about ways cat interaction benefits humans. Plus, hear about amazing, true stories of heroic cats and a real-life 'furry reaper.' Gain a deeper understanding of cats from Karen Raines' lifetime of cat ownership, pet sitting, founding a visiting cat program, and caretaking of nursing home cats. Missing out on this fun foray into feline foibles would be purrfectly cat-astrophic!

Be entered into a drawing to win a gift any cat lover would adore by prepaying the class fee at <http://www.seniorplaylist.com/lifelong-learning/>.

See page 55 to register online, by phone, or mail; call the Provider, Senior Play List, Inc., at 919-954-9745 for more information.

Millbrook HS 6:30-9:30 PM M
3/21 \$50



Karen Raines has appeared on WRAL's Tarheel Talk and in Raleigh's News and Observer, is the author of two poetry books, and has been a syndicated speaker for over a dozen senior facilities in the surrounding area. She has broadcast live on Triangle Radio Reading Service and has had articles published in Wake Living, NC Builder magazines, Victoria magazine's Reader-to-Reader newsletter, and on Senior-Kaboodle.com. Infusing each speech with equal parts wit, sensitivity and passion, whether it's of an inspirational nature, a glimpse into a past era, or a lesson in cat behavior, Karen engages and appeals to all ages as she delivers her message effectively and memorably.



LL New Designing Multi-Sensory Presentations

See Teacher CEU/Parenting, page 48.

LL New Purely For A Passion For Poetry

See Communications, page 16.



LL Travel Free and Get Paid to Do It

Materials \$

Don't Wait. This class is offered just one time this year! If you're nearly retired, retired, a career switcher, or a student, learn hundreds of practical ways to travel free, take fun work vacations, and get paid travel opportunities. Instructor Gina Henry will share her personal experiences as a successful career traveler. She teaches in 90 cities nationwide and will show you how she affords to travel 12 months a year visiting over 89 countries and 48 states for 25 years now. Earn FREE airline tickets, hotel nights, cruises, tours, car rentals, meals, and more in the USA and worldwide. Maximize frequent flyer miles and reward points. Get bumped and fly free. Volunteer and enjoy paid, worldwide seasonal jobs. Get free resort stays. Be a tour director or organize your own trips and go free. Get paid to mystery shop on vacation. If you speak English, teach conversational English to earn a free trip or even get paid. Get paid to drive. Import, start your own business, write articles, shoot photos. Learn about money-saving travel websites and smart phone apps. Get the scoop on packing light, solo travel, safety, and health. Avoid scams, get negotiation tips, and discover the top 50 words to know in any language to travel anywhere. Go to www.GinaHenry.com for more instructor information and to read student testimonials.

See page 55 to register online, by phone, or mail; call the Provider, Gina Henry, at 512-751-5096 for more information.

Millbrook HS	6:30-9:30 PM	Th
	2/18	\$48

LL New Play Piano

Prepare for fun in this 11-week group piano course. Lessons will include a primary introduction to learning, technique, music theory, and performance. Lessons will always be tailored to your competence level. Keyboards will be provided for you to use during instructional time. You're encouraged to purchase keyboards for daily practice at home. At the conclusion of this class, you will demonstrate what you've accomplished in a finale recital. 13+ welcome

See page 55 to register online, by phone, or mail; call the Provider, Nita Key Enrichment, at 919-675-4513 for more information.

Leesville HS	6:30-7:30 PM	W
	2/17-4/27	\$220
Reedy Crk MS	6:30-7:30 PM	Th
	2/25-5/5	\$220

LL Go Get It

Materials \$

This course will provide individuals with practical understanding, skills, and tools in setting and achieving personal goals. The use of visualization, affirmations, and reflection will be covered.

See page 55 to register online, by phone, or mail; call the Provider, Jacqueline Boyer, at 919-341-2776 for more information.

Athens Dr HS	6:30-9:30 PM	M
	1/25	\$40



LL New Dangers of Electromagnetic Pollution in the Home

See Teacher CEU/Parenting, page 47.

LL Essential Oils

Health and Wellness, page 36.

LL Dream It See It Plan It Vision Board Party

Materials \$

Create a vision board to unleash the greatness in you. Learn to set personal objectives, become aware of personal obstructions, and reset your subconscious mind to achieve what you long for in life. Creating a vision board is the culminating part of the process. Bring either a piece of foam core, artist canvas or other medium to use as a background; a notebook; and photos, drawings, magazines and personal trinkets. Lisa Jacobs will take you on an adventure of one glorious night of laughter, fun, and sharing to make your dreams a reality.

See page 55 to register online, by phone, or mail; call the Provider, Lisa Jacobs, at 919-349-5462 for more information.

Millbrook HS	6:30-8:30 PM	T
	1/12	\$43

LL New Wig Making 1 and 2

Materials \$

Are you looking for a wig that can last beautifully with everyday wear for a year or more? If you love the look and feel of wigs, but want them at an affordable price, made to fit your face shape and style, you need this class. Learn a simple and fun technique to make quality wigs. Locate websites to purchase beautiful virgin hair from Chinese manufacturers at seriously discounted prices. You'll also learn how to select truly high quality hair at local supply stores. Try out different sewing techniques to sew the hair onto a wig cap for longevity. You'll leave the class with all the knowledge necessary to make amazing wigs. This is a hands-on class, so you'll need to purchase supplies, and will leave with a beautiful wig you can enjoy for years to come. Contact the instructor for a supply list.

See page 55 to register online, by phone, or mail; call the Provider, Vinnie A. Hatton, at 919-521-2866 for more information.

Millbrook HS	6:30-9:30 PM	T
	2/23-3/15	\$125



Spotlight: Photography with AI

LL **New Black and White Photography**

Materials \$

This course helps students learn what goes into the making of a good black-and-white photo. Students will take photographs, edit, and present them. Students should have access to a DSLR camera, a laptop computer, and Adobe Photoshop Lightroom installed on the laptop.

See page 55 to register online, by phone, or mail; call the Provider, Alphonso Gorham, at 919-618-1786 for more information.

Millbrook HS 6:30-9:30 PM M
1/25-2/22 \$125

LL **New 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.

See page 55 to register online, by phone, or mail; call the Provider, Alphonso Gorham, at 919-618-1786 for more information.

Millbrook HS 6:30-9:30 PM M
3/7-5/2 \$125

LL **New Flash Photography**

Materials \$

This class is for intermediate and advanced users of digital cameras. Learn how to take advantage of the modern digital camera's flash capabilities. The class covers the fundamentals of using the built-in and/or external flash in portrait, still life, and night photography.

See page 55 to register online, by phone, or mail; call the Provider, Alphonso Gorham, at 919-618-1786 for more information.

Millbrook HS 6:30-9:30 PM W
1/27-2/24 \$125

LL **New Photography on Location**

Materials \$

Taking photography outdoors provides an excellent opportunity to take better pictures. You will practice nature, action, close-up, architecture, night, and travel shots.

See page 55 to register online, by phone, or mail; call the Provider, Alphonso Gorham, at 919-618-1786 for more information.

Millbrook HS 6:30-9:30 PM W
3/9-5/4 \$125



LL **New Digital Image Editing Unleashed**

Materials \$

Unleash your inner graphic designer. Learn to download, manage, convert, edit, print, and frame your digital photos to post online or to create incredible memory books. Bring your laptop and a flash drive or cd of your images. This is a hands-on, instructor-led class. Leave equipped to design your photos like a pro!

See page 55 to register online, by phone, or mail; call the Provider, Mark Merry, at 919-586-1369 for more information.

Athens Dr HS 6:30-9:30 PM T
1/26-2/9 \$90



Sewing



WT

Sewing: Beginning I

Materials \$

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

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Athens Dr HS 151972	6:30-9:30 PM 2/1-3/21	M \$100
Sanderson HS 151971	6:30-9:30 PM 2/2-3/22	T \$100

WT

Sewing: Beginning II

Materials \$ / Pre-Req

Utilize more advanced skills regarding pattern and fabric selection, fitting and sewing techniques. Students supply materials.

Visit workforce.waketech.edu to register; call 919-866-5800 for more information.

Sanderson HS 152139	6:30-9:30 PM 3/17-5/5	Th \$100
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Register Now!



Teach Today to Change Tomorrow

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

Complete your advanced degree right here in Raleigh! Each cohort meets one day a week with online enhancement. The next cohort will begin Fall 2016

Degrees Offered

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- > School Administration Add-on Licensure
- > Curriculum & Instruction Master's
 - Or choose a concentration in:
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 - Elementary Education
 - Middle Grades Education
 - Teacher Leadership
 - Christian School Education
 - Urban Education
 - Rural Education
- > Doctor of Education in Educational Leadership (Ed.D.)
- > Doctor of Education in Curriculum & Instruction (Ed.D.)
- > Educational Specialist Degree (Ed.S.)

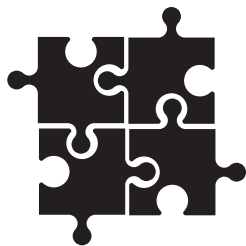
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GARDNER-WEBB
UNIVERSITY



Autism Courses

LL Basic Strategies for Communicating with Children with Autism **New**

Often times, children with Autism have a hard time communicating with others and regulating their emotions. These social skills challenges may lead to behavioral outbursts and emotional dysregulation. Given the right techniques, the communication process can be successful and problem behaviors can be stopped before they start. Learn research-based strategies for communicating with an autistic child: schedule creation, emotional regulation, and communication boards. Create a happier home and classroom for children with Autism and the adults who love them. **CEU=0.6**

See page 55 to register online, by phone, or mail; call the Provider, Dr. Heather Burton, at 704-804-6799 for more information.

Millbrook HS | 6:30-8:30 PM | M | 1/11-1/25 | \$150

Millbrook HS | 6:30-8:30 PM | M | 3/14-3/28 | \$150

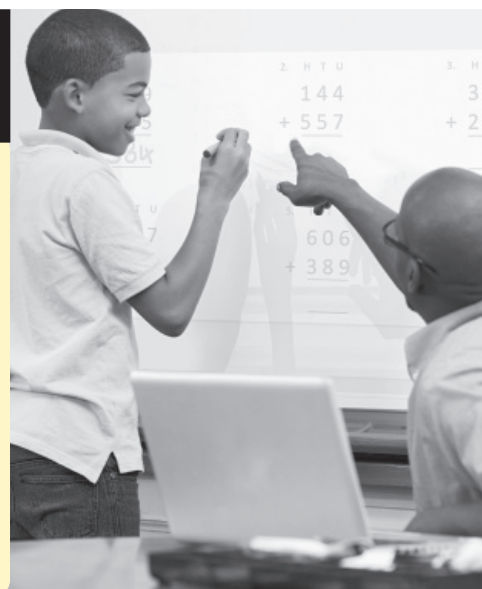
LL Discrete Trial Teaching for Students with Autism **New**

Students with Autism or development delays often learn better in a one-on-one setting when first learning a new skill because a systematic and repetitive approach assists with retention. Discrete Trial Teaching is a method of teaching that helps students with Autism or developmental delays know what to expect. This limits difficult behaviors due to emotional dysregulation and offers students success in a fun, predictable environment. Individualized attention will be given to each participant as you'll create a Discrete Trial Teaching program that includes data collection and progress monitoring. **CEU=0.9**

See page 55 to register online, by phone, or mail; call the Provider, Dr. Heather Burton, at 704-804-6799 for more information.

Millbrook HS | 6:30-8:30 PM | M | 2/8-2/22 | \$150

Millbrook HS | 6:30-8:30 PM | M | 4/11-4/25 | \$150



LL Writing and Implementing Social Narratives for Children with Autism **New**

At times, children with Autism have trouble in new or unplanned situations. One strategy for assisting them in these stressful situations is social narratives. These narratives are specific to the child's needs and situation. In this course, explore different examples of social narratives, learn how to write them, and implement them in your classroom or home. **CEU=0.3**

See page 55 to register online, by phone, or mail; call the Provider, Heather Burton, at 704-804-6799 for more information.

Millbrook HS | 6:30-9:30 PM | W | 1/6 | \$80

Millbrook HS | 6:30-9:30 PM | M | 3/7 | \$80



Dangers of Electromagnetic Pollution in the Home

New

Do fluorescent lights give you a headache? Do you feel dizzy or tired when carrying around your cell phone? You may have an electromagnetic pollution sensitivity. Our bodies are more than flesh and blood. They respond to and are impacted by the electrical fields emitted in our technological culture. This class offers an indepth look into the electromagnetic pollution created by today's electronic gadgets. Learn the dangers to your health and what you can do to protect yourself.

See page 55 to register online, by phone, or mail; call the Provider, Christopher Wager, at 330-332-0885 for more information.

Sanderson HS | 6:30-8:30 PM | M | 2/8 | \$43



Computer Courses



Excel for Teachers

Materials \$

New

Integrating technology in the classroom is becoming the standard in schools across the world. Teachers need to think of creative ways to incorporate technology into the classroom. This guide provides help for teachers wanting to use the application, Microsoft Excel, for help in their classes. Also listed are some unique ideas for ways in which to use spreadsheets in different lesson plans. Hands-on, instructor led class. Bring your laptop and storage device. **CEU=1.0**

See page 55 to register online, by phone, or mail; call the Provider, Mark Merry, at 919-586-1369 for more information.

Athens Dr HS | 6:30-9:00 PM | Th | 4/14-5/5 | \$90



iPads for Classroom Use

Materials \$

New

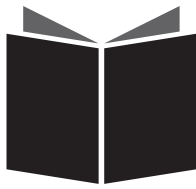
With the integration of iPads in most classrooms, teachers need ideas on how to effectively incorporate them into the curriculum model. In this exciting class, explore numerous practical ways to use iPads in your classroom. Use iPads to improve literacy, explore apps, create and share demonstrations, read interactive textbooks, network socially, watch video, grade papers, differentiate instruction in the classroom, teach environmental friendliness, reach students in "their" language, prepare students for the technological world, and more. BYOD and your questions. This is a hands-on, instructor-led class sure to leave you with amazing tips and tricks that will revolutionize your lesson plans. **CEU=1.8**

See page 55 to register online, by phone, or mail; call the Provider, Regina Blount, at 919-323-2722 for more information.

Leesville HS | 6:30-9:00 PM | M | 1/11-2/15 | \$125



TEACHER CEU/PARENTING



Literacy Courses



Designing Multi-Sensory Presentations

New

It's a fact: the more senses are engaged, the more likely an audience will be interested in a topic, receptive toward its message, and remember what's conveyed. Your ability to involve multiple senses in a program or presentation can mean the difference between an audience that's wide-eyed or glassy-eyed, and your being booked or overlooked. Learn techniques for engaging an audience's senses and participation, to ensure you deliver a dynamic presentation that is focused yet multi-faceted and always memorable. **CEU=0.25**

See page 55 to register online, by phone, or mail; call the Provider, Senior Play List, Inc. at 919-954-9745 for more information.

Millbrook HS | 6:30-9:00 PM | M | 5/2 | \$60



Common Core Literacy Across the Disciplines

New

Literacy across the curriculum is critical to student success. This pre-approved reading credit class is designed for teachers in all k-12 subject areas to enhance their ability to nurture students to be critical readers, writers, and discussants of the world around them. Culminate the class with a mini-media package you've designed for advertising, marketing, public relations, or journalism to implement in any class assignment. **CEU=1.0**

See page 55 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 | TTh | 4/5-4/14 | \$85



Define and analyze historical media versus modern media practices.



Explore communication skills, tools, and assessments, to appeal to both native language speakers and ESL speakers.



Understand the significance of utilizing popular forms of media for academic assessment.



Discover ethical standards for freedom of expression and a free press.



preapproved literacy credit

Class of interest



Basic Grant Writing 101

See Communications, page 14.
CEU=0.2



Your Voice is Your Treasure

See Communications, page 16.
CEU=0.9



Students say that the #1 occupation contributing to the well-being of society is teaching.



What does extraordinary look like?

For NC State's College of Education it is the face of every classroom teacher we graduate. We are creating an army of educators who are innovative and will go on to inspire future generations. That is the career of a teacher—impacting the world by teaching its children.

This is nothing less than extraordinary.

NC State. Think and Do.

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Learn more at ced.ncsu.edu/idea/nc-teach
alternative_licensure@ncsu.edu
919.513.2802

North Carolina Teachers of Excellence for All Children (NC TEACH) is designed to recruit, train, support, and retain mid-career professionals as they become licensed teachers in North Carolina. This program is for professionals who have non-education degrees and would like to earn their teaching license. Classes offered at Athens Drive High School.

Spotlight: Test Prep with Sheba

LL ACT Prep: Score Higher for College Admissions and Scholarships

Wonder if the ACT is a better fit for you as a test taker? Earn higher ACT scores for college admissions and scholarship qualification! Course includes comprehensive instruction in English, math, reading, science, and writing! All juniors are required to take the ACT at their schools. Be ready for this opportunity to score well on this college admissions test! Visit www.aplushigherscores.com.

See page 55 to register online, by phone, or mail; call the Provider, A+ Test Prep, at 919-824-3912 for more information.

Leesville HS	6:30-8:30 PM	MW
	2/1-2/17	\$350

Sheba Lowe Brown, founder and president of A+ Test Prep & Academic Services is in her 22nd season as an educator. She is also the Academic Director of Duke's Constructing Your College Experience and an ongoing facilitator for UNC's Heels for Success program. At NC State, Brown served as a professional development leader and traveled NC assisting school administrators and teachers with online formative assessments and data analysis. Currently, she serves as an educational consultant and curriculum developer specializing in college admissions testing, ACT and SAT prep program development, and Common Core Standards curriculum alignment. Brown's familiarity with everything from test question writing to essay grading puts her students at a distinct advantage as they prepare to earn higher scores.

LL SAT Prep: Turn Your Score Into a Scholarship

Enjoy dynamic instruction in reading, math, English, and writing. Included also is a session that focuses on using SAT/ACT scores to earn scholarships. Tuition includes workbook. Students who've taken this class have earned scholarships from Gates Millennium, Elon's Watson and Odyssey, the Howard University Presidential, and the NC Teaching Fellows Scholarship Program, among others. Learn academic skills necessary for success on the SAT and beyond. For more information, visit www.aplushigherscores.com, email aplus@aplushigherscores.com, or call 919-824-3912.

See page 55 to register online, by phone, or mail; call the Provider, A+ Test Prep, at 919-824-3912 for more information.

Leesville HS	6:30-8:30 PM	MW
	1/6-1/20	\$350
Leesville HS	6:30-8:30 PM	MW
	4/18-5/4	\$350



LL New SAT and ACT Preparation Program

Comprehensive 8-session SAT exam preparation program for the new, redesigned SAT exam. The course combines intensive subject matter review with highly effective, score-raising test-taking strategies for all areas of the exam: Algebra, Statistics & Probability, Evidence-Based Reading, Writing/Language, and Essay. The course seamlessly integrates ACT preparation. (The SAT, since its redesign, is very similar to the ACT in its new format and testing emphasis.)

See page 55 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	MTh
	1/28-2/29	\$395
Sanderson HS	6:30-9:30 PM	W
	3/9-5/4	\$395

LL New SAT English and Math Prep

Does your student need help with SAT prep? Does he or she need to learn test-taking skills or strategies to best conquer the test or focus on specific areas?

Take the fear out of math, and get help with the English, reading, and writing sections, too. Cary Tutor will help your student gain confidence and excel at this important test with an eye towards college admissions and future goals. We understand this is a big deal, and we want to help you.

See page 55 to register online, by phone, or mail; call the Provider, Cary Tutor at 919-798-6493 for more information.

Reedy Crk MS	6:30-8:30 PM	Th
	4/7-5/5	\$225

Make Music

See page 55 to register online, by phone, or mail; call the Provider, Philharmonic Association, at 919-645-8434 for more information.

LL Triangle Youth Orchestra
Leesville HS 6:30-8:15 PM M
1/11-4/18 \$150

LL Triangle Youth Philharmonic
Athens Dr HS 6:30-8:30 PM T
1/12-4/12 \$150

LL Triangle Youth String Orchestra
Sanderson HS 6:30-8:00 PM Th
1/7-4/28 \$135

LL Triangle Youth String Sinfonia
Reedy Crk MS 6:30-8:30 PM Th
1/7-4/28 \$135

LL Triangle Youth Symphony
Athens Dr HS 6:30-8:30 PM M
1/11-4/18 \$150

Class of interest

LL New Workforce Readiness
See Career Skills, page 10.



11-week group piano course

LL New Play Piano
Prepare for fun in this 11-week group piano course. Lessons will include a primary introduction to learning, technique, music theory, and performance. Lessons will always be tailored to your competence level. Keyboards will be provided for you to use during instructional time. You're encouraged to purchase keyboards for daily practice at home. At the conclusion of this class, you will demonstrate what you've accomplished in a finale recital. 13+ welcome

13+
welcome

See page 55 to register online, by phone, or mail; call the Provider, Nita Key Enrichment, at 919-675-4513 for more information.

Reedy Crk MS	6:30-7:30 PM	Th	
	2/25-5/5		\$220
Leesville HS	6:30-7:30 PM	W	
	2/17-4/27		\$220

Sites and Directions



Athens Drive High School

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

Directions from North

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

Directions from Cary:

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



Leesville High School

8410 Pride Way
Raleigh, NC 27613
Site Coordinator:
Christie Dobbin
Hours: 6:30-9:30 PM
Days: Monday and Wednesday
Phone: 919-870-4300
Email: 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. High School.



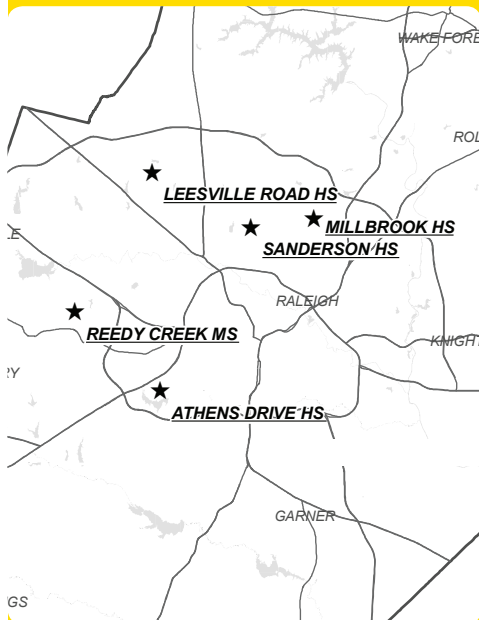
Millbrook High School

2201 Spring Forest Road
Raleigh, NC 27615
Site Coordinators:
Renee Patterson and Teresa Cronin
Hours: 6:30-9:30 PM
Days: Monday - Thursday
Phone: 919-850-8787
Evening: 919-850-8804
Email: lpatterson@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 200 building; follow sidewalk around the front of the school and it is on the left.

Directions from I-540: Take exit 16 for US-1 S toward Raleigh. Turn right onto U.S. 1 S/Capital Boulevard (0.2mi). Take the 1st right onto Old Wake Forest Road (1.1mi). Continue onto Dixie Forest Road (0.2 mi). Turn right (0.2mi). Turn left (95ft). 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 Middle School

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

Directions from Cary:

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



Sanderson High School

5500 Dixon Drive
 Raleigh, NC 27609
 Site Coordinators:
 Debra Lassiter and Frank Overstreet
 Hours: 6:30-9:30 PM
 Days: Monday - Thursday
 Phone: 919-881-4805
 Email: dlassiter1@wcpss.net
 foverstreet@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 the ramp into the main entrance.



What is Community Schools?

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



Community Schools Staff

Linda Willcox
 Director
 Community Services

Natasha Moore
 Senior Administrator
 Lifelong Learning with
 Community Schools

Jan Ruede
 Lifelong Learning Coordinator
 Lifelong Learning with
 Community Schools

Jenny McAllister
 Community Schools Technician
 Lifelong Learning with
 Community Schools

FAQS ?



Where is my class?

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

What is the age for attendees?

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

Is childcare provided?

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

Are Teacher Continuing Education Units (CEUs) available?

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



Where do I park?

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

Is smoking allowed on campus?

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

What if my class is canceled?

How do I get my refund?

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

If the telephone number listed below the course description is not Wake Tech, it is up to the provider as to whether there are enough students to hold the class. If the 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 <http://www.wcpss.net> and announced on local radio and television stations. It will be up to the providers to decide if and how they will make up the missed classes.

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

If you desire additional information on a course, please call the number that is listed below the course description. For general questions about the Lifelong Learning Program, call 919-694-0559 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 nmoore3@wcpss.net or call 919-694-0557.

Can I register by 'walk-in' registration?

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

How to Register for Lifelong Learning Courses



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



Register Online

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



Call

- Call Jan Ruede at 919-694-0559 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.



How to Register for Lifelong Learning Courses



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

Beneath the course description it states "To register visit <http://workforce.waketech.edu>; call 919-866-5800 for more information." You must register directly with Wake Technical Community College.

Use one of these methods to register:



Pay with Credit Card

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



Mail Check

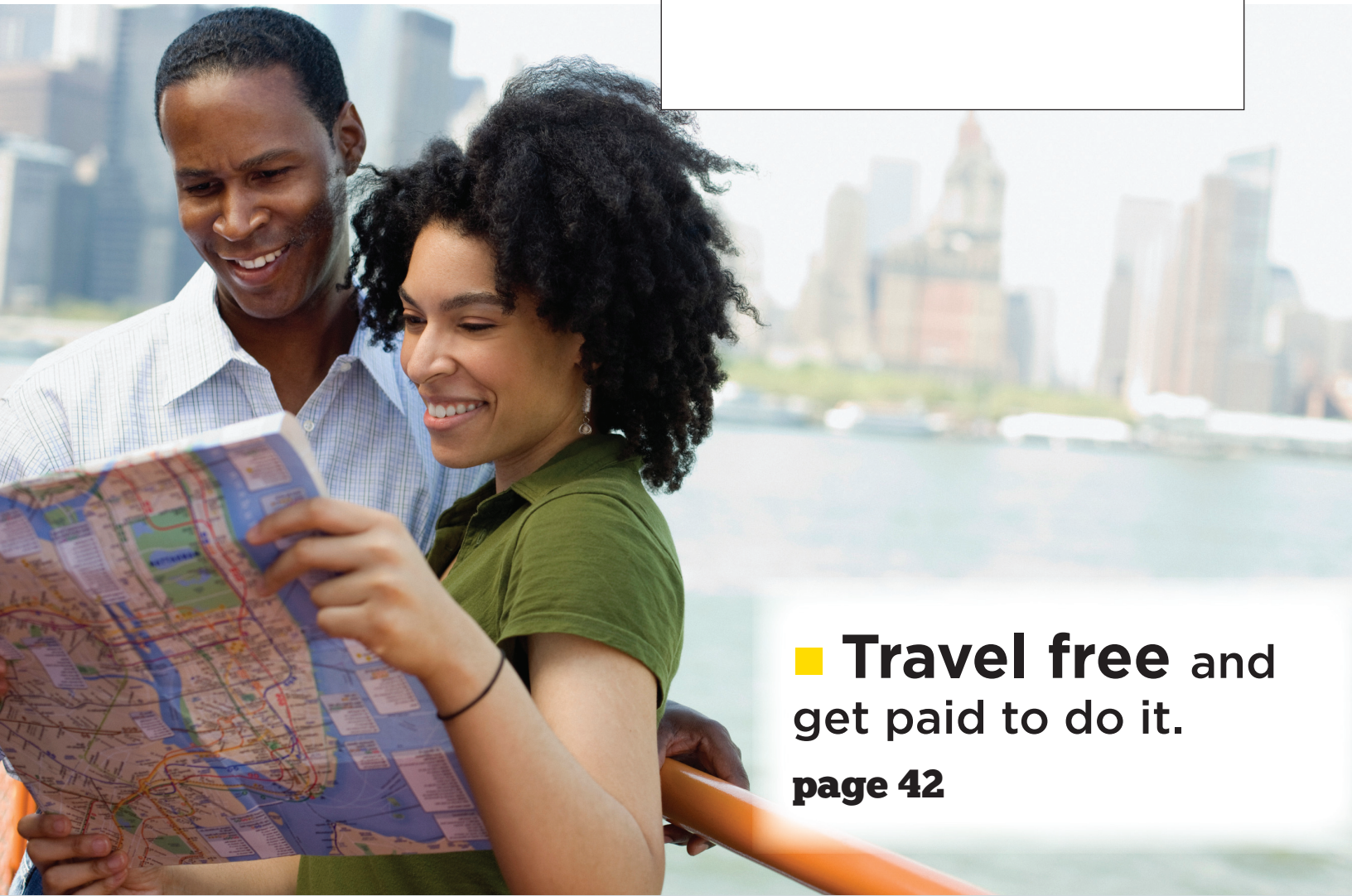
Wake Tech Community College
Continuing Education
9101 Fayetteville Rd
Raleigh NC 27603



WAKE COUNTY
PUBLIC SCHOOL SYSTEM

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

NON-PROFIT ORG.
US POSTAGE



■ **Travel free** and
get paid to do it.
page 42

■ Become a
wedding and event
planner.
page 12

■ Make traditional
and creative
Japanese sushi.
page 24

■ Communicate
effectively with
your autistic child.
page 46

919-694-0559

@WCPSSAdultEdu